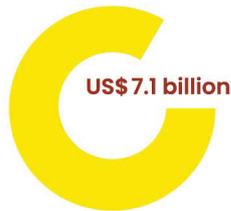


For Improved Sleep Quality

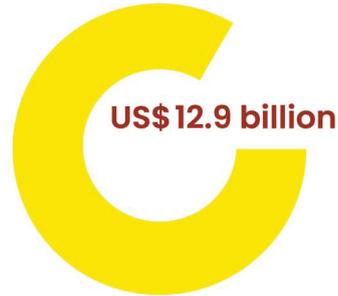


Quality sleep is foundational to cultivating a healthier and more robust lifestyle.

The global sleep aids market: ^①



Sleep Supplement Market Value 2023



Projected Market Value 2034

What is Bacopa (Bacopa monneiri)?

- A perennial, creeping herb native to the wetlands of Southern and Eastern India, Europe, Africa, Asia, and North & South America.
- Possess a long history in Ayurveda, Bacopa known as Brahmi in Sanskrit from "Lord Brahma - The Creator".
- A holistic solution for brain health encompassing quality of sleep, memory, focus & concentration & occasional stress & anxiety.

CLINICAL STUDY

B-Lit Bacopa has been clinically evaluated for mood and mental wellness in two gold-standard human clinical studies*. Sleep quality, assessed using the Pittsburgh Sleep Quality Index (PSQI), showed statistically significant improvement as early as Day 28. Objective actigraphy measurements using the Validated CamNtech MotionWatch 8 further demonstrated an increase of 28 minutes in sleep time and a 9% improvement in sleep efficiency compared to placebo. Additionally, B-Lit Bacopa significantly reduced serum cortisol levels against placebo in both studies.

*Study 1 – 80 subjects, RDBPC, 84 days

*Study 2 – 50 subjects, RDBPC, 84 days

B-Lit Bacopa difference:



Low dose – 300mg/day



Optimal Bacoside Content



Vegan & Plant based



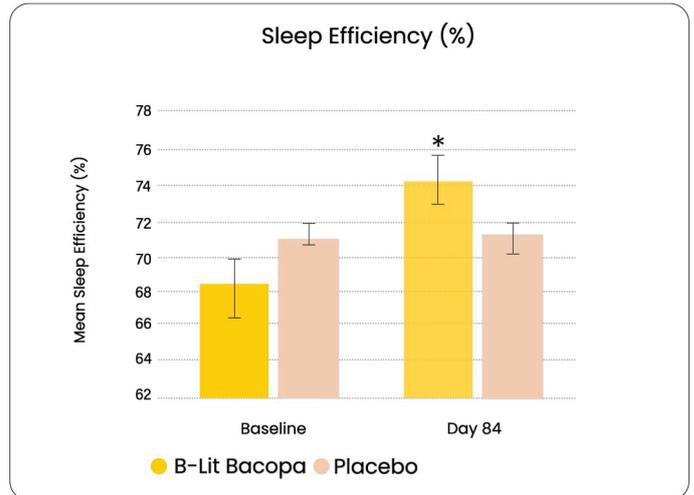
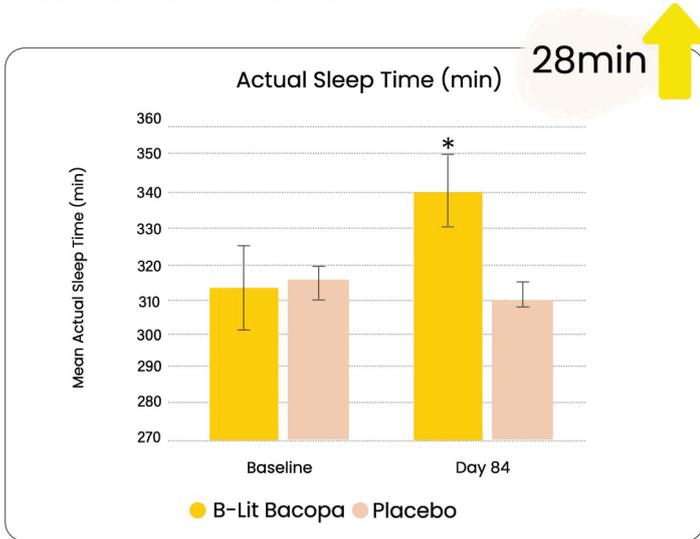
Clinically studied

- Backed by 2 gold-standard, most comprehensive studies
- Impact as early as Day 1



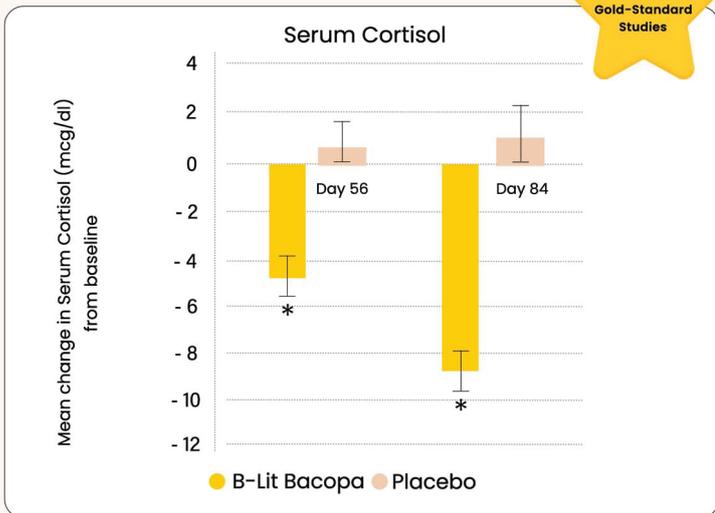
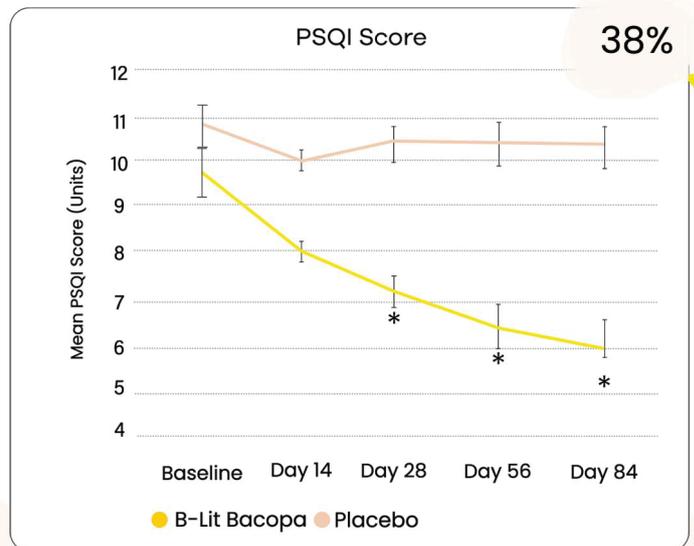
Formulated with BEAT TECH

- Solvent free, food-grade technology making Bacopa highly efficacious



CamNtech Motionwatch 8

Sleep outcomes were measured using the validated CamNtech MotionWatch 8 actigraphy device. Objective recordings showed significant improvements in sleep efficiency and total sleep time among participants supplemented with B-Lit Bacopa, supporting its role in enhancing restorative sleep.



Serum Cortisol

Serum Cortisol, also a stress biomarker, is known to increase occasional stress and has a powerful influence on sense of well-being. B-Lit Bacopa has demonstrated statistically significant reduction in serum cortisol against placebo in two studies.

CONCLUSION

B-Lit Bacopa is the most comprehensively studied bacopa for mood and mental wellness using best-in-class objective and subjective assessments in two RDBPC studies. It has demonstrated significant reduction in occasional stress and occasional anxiety, while supporting improved quality of sleep, sleep time, and sleep efficiency. Experience restful sleep and embrace a refreshed day with B-Lit Bacopa.