

Zwiększenie odporności
na stres^{1,8,9}



Łagodzenie ogólnych
objawów lęku^{4,8,9,10}



Łagodzenie objawów ze strony
przewodu pokarmowego
wywołanych przez stres^{2,5}

***Lactobacillus
helveticus Rosell® – 52,
Bifidobacterium
longum Rosell® – 175***



Wspomaganie równowagi
emocjonalnej^{5,7,8,9}



Wsparcie terapii
depresji^{6,7,10}



Poprawa
jakości snu^{10,11}

MECHANIZMY:^{3,4,7,8}

- ✓ zmniejszenie poziomu kortyzolu
- ✓ obniżenie stanu zapalnego
- ✓ zwiększenie wytwarzania serotoniny z tryptofanu
- ✓ spadek syntezy amoniaku
- ✓ wzrost syntezy GABA



nastaya.pl dr Natasza Staniak



dr_nastaya



Zapytaj Farmaceutę

www.nastaya.pl

Písmiennictwo:

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11. Yamamura S et al. The effect of *Lactobacillus helveticus* fermented milk on sleep and health perception in elderly subjects. *Eur J Clin Nutr.* 2009 Jan;63(1):100-5.