

Calmer, more relaxed, and happier:

Biogena Antistress Formula® reduces stress by 44.9 % and improves wellbeing by 42.9 %

Abstract:

Stress is a natural response to specific burdens. In the short term, it enables the body to mobilise its resources and achieve increased performance. However, if the stress becomes a permanent state, it becomes problematic. There are physical and psychological indicators for this kind of stress. People who are affected by stress feel irritated, weary, and overburdened.

Certain micronutrients are known to play an important role in maintaining the functions of the nerves and the mind. Plants such as ginseng have also traditionally been used for stress management.

The goal of this product test was to demonstrate that a suitable combination product (Biogena Antistress Formula®) can lead to reduced stress and improved wellbeing for people under stress. The results were unambiguous: after using the test product for two months, the participants experienced a better overall mood, felt calmer and more relaxed, reacted less irritably and conserved their mental power.

Permanently stressed people can improve their wellbeing and quality of life by using this special combination to supplement their normal diet.

More than 60 % of people recognise the feeling of being stressed. Although there is no clear definition for the term “stress” as used in everyday speech, the signs of stress are familiar to everyone. Indicators of high stress include becoming tense, feeling irritable, thinking about too many things at once, and experiencing nervous impatience towards both other people and oneself. If the stress continues over a longer period of time, it can have negative effects on health. Excess stress always has negative effects for the quality of life and wellbeing of the individual.

We now know that that our diet, in particular the supply of vitamins and minerals, makes an important contribution to enabling stress reactions to abate normally. A range of B vitamins (such as B6, B12 and niacin), and also the mineral product magnesium, all have an important role to play in maintaining nervous and mental functions. They are furthermore important for cellular energy production. There are also plant substances that can support the organism in situations of stress – for example, ginseng root helps maintain mental equilibrium and the ability to adapt to external and internal disruptions.

Biogena Antistress Formula® is a special combination of all eight B vitamins plus magnesium and ginseng. In order to scientifically demonstrate and statistically prove the stress-modulating effects of this combination, the product was tested by volunteers over a two-month period. Stress levels were measured at the beginning and end of the trial using the DASS questionnaire; wellbeing levels were likewise measured, using the WHO-5 questionnaire. A statistical evaluation was carried out on the results.

Stress declines...

The results show an impressive 44.9 % reduction in stress. The DASS questionnaire specifies the threshold for an elevated stress level at 14 points. At the beginning of the study, the participants reported an average level of 20.9 points – considerably above this threshold. By using Biogena Antistress Formula®, a reduction of 9.4 points in stress levels was achieved, bringing the participants' stress levels to a more normal level of 11.5 points (Fig. 1).

This positive overall result is a consequence of the consistently significant and highly significant changes to the separate values. The participants became less agitated about small things (-40.1 %), less sensitive (50.3 %), had fewer problems relaxing (50 %), became less impatient when waiting (46.1 %) and were better able to control overreactions (-52.7 %) (Fig. 2).

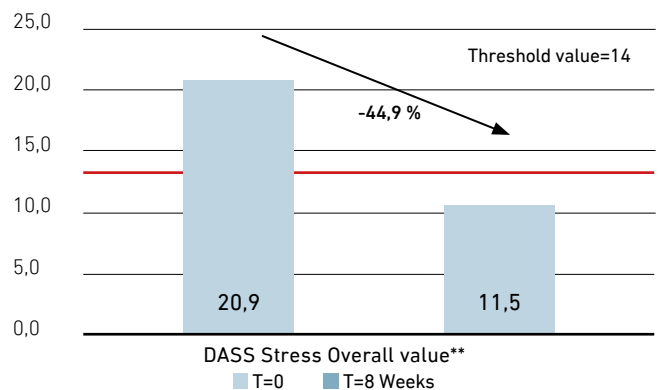


Figure 1: Highly significant (**) decrease in total stress value (absolute value in points, based on DASS) following 8 weeks of use of Biogena Antistress Formula® (n=17)

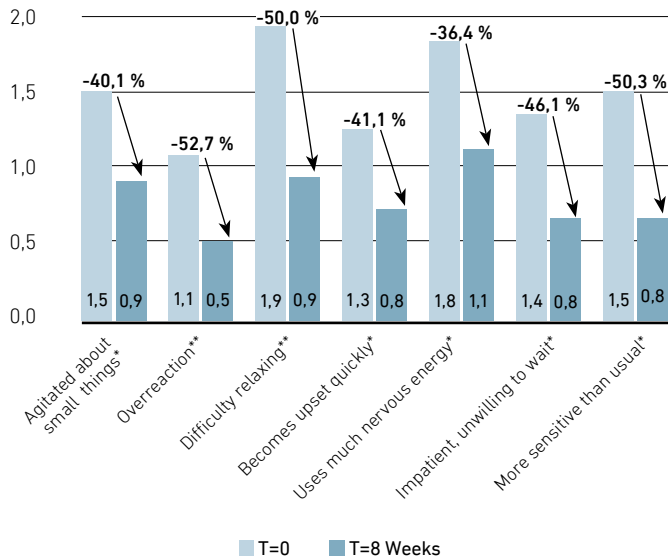


Figure 2: Significant (*) and highly significant (**) decrease in individual stress value (absolute value in points, based on DASS) following 8 weeks of use of Biogena Antistress Formula® (n=17)

... Wellbeing increases

Reduction in stress levels is associated with an increase in wellbeing and quality of life. The WHO-5 questionnaire specifies a value of less than 13 points as the threshold for low wellbeing and poor quality of life. This includes mood (good mood, relaxation), vitality (activity, feeling fresh and well-rested when waking up) and general interest (interest in activities). At the beginning of the study, the participants had an average total value of 12.4 points, putting them slightly below the threshold value of 13. After using Biogena Antistress Formula® for two months, the wellbeing value increased to 17.7 points, representing a considerable increase in the wellbeing and quality of life of the participants (Fig. 3).

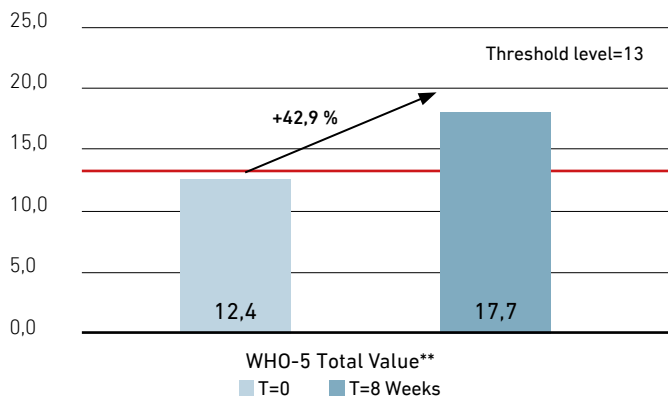


Figure 3: Highly significant (**) change in the total WHO-5 value (absolute value in points) following 8 weeks of use of Biogena Antistress Formula® (n=17)

Studying the individual categories in more detail, it is clear that on average the participants made improvements in all areas. Their mood was better in general (+20.5%), they found their days more interesting (+26.2%), were more active (+43.2%), were able to relax better (+59.2%) and felt more relaxed when they woke up (+96.1%) (Fig. 4).

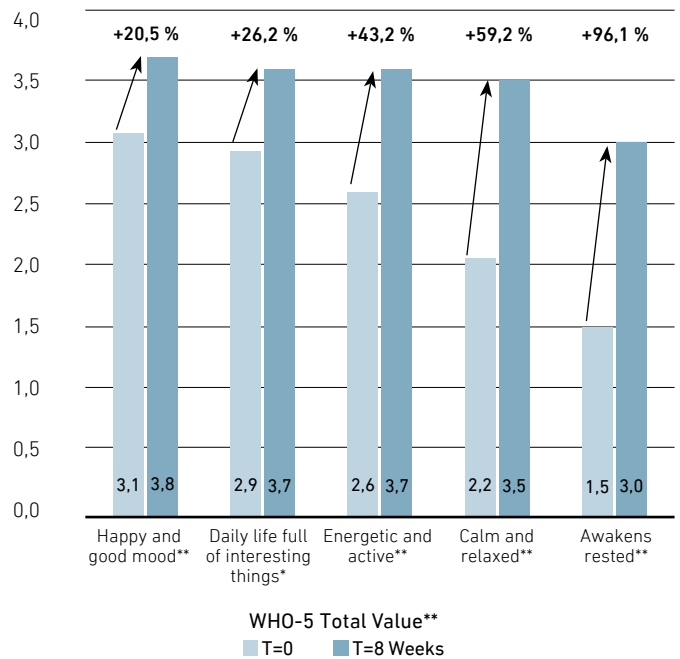


Figure 4: Significant (*) and highly-significant (**) increase in the individual WHO-5 values (absolute value in points) following 8 weeks of use of the study product Biogena Antistress Formula® (n=17)

Conclusion:

Stress in general is not necessarily negative. However, when stress becomes long term, it can affect quality of life and wellbeing. At this point, it is sensible to take countermeasures. Special micronutrients and plant substances – such as magnesium, the group of eight B vitamins, and ginseng root extract – have already shown that they have a role to play in functions of the nervous system and mind, acting to maintain normal stress responses. The good results from this product test, which showed stress levels reduced by 44.9% and wellbeing increased by 42.9%, can be derived from the interaction between these micronutrients and plant substances.

Biogena Antistress Formula® can therefore certainly be said to live up to its name.