



ZENBIOME™ COPE

Occasional sleeplessness and stress often impact a person's lifestyle adversely. One in ten Americans seek intervention to manage stress-related issues, including support for occasional mood changes, sleeplessness, and lack of energy. ZenBiome™ Cope is designed to help clients better handle life's occasional stressors. ZenBiome™ Cope pairs the well-researched psychobiotic *Bifidobacterium longum* 1714™ with other vital nutrients like B vitamins and herbal extracts to provide targeted support for coping with day-to-day stressors and mood changes.**

The Gut-Brain Axis, the Psychobiome, & Psychobiotic 1714™

The gut-brain axis is a bidirectional communication pathway between gut microbiota and the central nervous system (CNS) that significantly supports healthy cognitive function, digestion, and mood. A diverse and balanced microbiome can help maintain a healthy gut-brain axis. "Psychobiome" describes the interaction between a person's collective microbiome and mental state. A "psychobiotic" is a type of commensal probiotic bacteria that impacts the gut-brain axis and supports brain function.

Bifidobacterium longum 1714™ is the trail-blazing psychobiotic biotechnology in ZenBiome™ Cope that may provide occasional stress management. Psychobiotic 1714™ may support healthy cognitive function, cognitive process, nerve function, and an overall feeling of well-being. In a 4-week human trial, support from 1714™ reduced perceived stress, improved memory function, reduced mental fatigue, positively supported brainwave activity, and improved occasional stress-handling abilities.**



Key Benefits & Features

- Supports healthy mood**
- Help address and overcome occasional stress**
- Supports the gut-brain axis**
- Maintains healthy brain and nerve function**
- Supports brainwave activity**
- Supports memory function**
- Maintains energy and vitality**

BIFIDOBACTERIUM LONGUM (1714™):

A high potency psychobiotic, 1714™ helps support the body's response to occasional stress and maintains the body's cognitive function. This strain helps support HPA axis function and helps maintain cortisol levels already within a normal range. In studies, it also helped support memory function.

VITAMIN B6 (PYRIDOXINE)

Vitamin B6 is a quintessential B vitamin for supporting healthy transmitter signaling. Vitamin B6 is a cofactor required to convert glutamate to GABA—a natural mood support. B6 is also a cofactor in converting 5-HTP to serotonin, which supports happiness and mood.

VITAMIN B12 (HYDROXOCOBALAMIN)

Vitamin B12 can support serotonin synthesis, which can help maintain calm moods and positive coping mechanisms. B12 supplementation can help maintain homocysteine levels already within a normal range, which is associated with supporting cognitive health.

SAFFRON EXTRACT

Saffron extract can help support central nervous function and mood.

**ZENBIOME™
SLEEP**

ZenBiome™ Sleep is ZenBiome™ Cope's sister supplement in Microbiome Labs' ZenBiome™ psychobiotic Cognitive Support collection. ZenBiome™ Sleep is formulated to help clients deal with occasional sleeplessness but can also help support feelings of relaxation and reduced tension. ZenBiome™ Cope and ZenBiome™ Sleep were designed to be taken together—a brand-new concept for supporting mood and sleep support.

1. Allen, A., et al. (2016). <https://doi.org/10.1038/tp.2016.191>. 2. Allen, A.P., et al. (2016). <https://doi.org/10.1038/tp.2016.191>. 3. Dinan, T.G., et al. (2017). <https://doi.org/10.1038/nrgastro.2016.200>. 4. Liu, T., et al. (2017). <https://doi.org/10.1038/sigtrans.2017.23>. 5. López-Patiño, M.A., et al. (2014). <https://doi.org/10.1242/jeb.087916>. 6. Ruffoli, R., et al. (2011). <https://doi.org/10.1016/j.jchemneu.2010.12.002>. 7. Savignac, H.M., et al. (2014). <https://doi.org/10.1111/nmo.12427>. 8. Savignac, H.M., et al. (2015). <https://doi.org/10.1016/j.bbr.2015.02.044>.

To view more studies, request our downloadable Reference Tables from your Sales Representative.

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Want to know more? Just reach out!

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SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
<i>Bifidobacterium longum</i> 1714™ <small>At time of manufacturing</small>	50 mg 5B CFU
Vitamin B6 (as pyridoxine)	850 mcg 50%
Vitamin B12 (as hydroxocobalamin)	1.2 mcg 50%
Saffron extract (<i>Crocus sativus</i> L.)	14 mg †

† Daily values not established.

OTHER INGREDIENTS: Cellulose, vegetable capsule (cellulose and water).

SUGGESTED USE: Ages 8+

Take 1-2 capsules in the morning with or without a meal, or as directed by your healthcare practitioner.



*1714™ is a trademark of PrecisionBiotics Group Ltd.