



# Biome Lift™ Probiotic

## Condition Management Guide Mood balance and sleep quality



### INTRODUCTION

Biome Lift™ Probiotic is an exclusive probiotic formulation clinically proven to reduce depressed mood, anger, and fatigue, and improve sleep quality in healthy adults (1).

Biome Lift™ Probiotic is indicated to support a healthy mood balance, and can be prescribed as a complement or alternative to listed medicines which support a healthy mood, such as St. John's Wort.

Biome Lift™ Probiotic is also indicated to enhance sleep quality, and can be prescribed as a complement or alternative to herbal preparations such as valerian, passionflower, and hops.

### CONSIDER AS AN ADJUNCT TO:

Antidepressant Medications

Medications for Sleeping Difficulties



### CONSIDER AS A COMPLEMENT TO:

St John's Wort

Valerian



### REFERENCES

1. Marotta A, Sarno E, Del Casale A, Pane M, Mogna L, Amoruso A, et al. Effects of Probiotics on Cognitive Reactivity, Mood, and Sleep Quality. *Front Psychiatry* [Internet]. 2019 Mar 27 [cited 2019 May 31];10. Available from: <https://www.frontiersin.org/article/10.3389/fpsy.2019.00164/full>



# Biome Lift™ Probiotic

Supporting clinical  
research



Front Psychiatry. 2019 Mar 27;10:164. doi: 10.3389/fpsy.2019.00164. eCollection 2019.

**EFFECTS OF PROBIOTICS ON COGNITIVE REACTIVITY, MOOD, AND SLEEP QUALITY.**

Marotta A, Sarno E, Del Casale A, Pane M, Mogna L, Amoruso A, Felis GE, Fiorio M.

Recent demonstration that probiotics administration has positive effects on mood state in healthy populations suggests its possible role as an adjunctive therapy for depression in clinical populations and as a non-invasive strategy to prevent depressive mood state in healthy individuals. The present study extends current knowledge on the beneficial effects of probiotics on psychological well-being, as measured by changes in mood (e.g., cognitive reactivity to sad mood, depression, and anxiety), personality dimensions, and quality of sleep, which have been considered as related to mood. For this double-blind, placebo-controlled study 38 healthy volunteers assigned to an experimental or control group assumed a daily dose of a probiotic mixture (containing *Lactobacillus fermentum* LF16, *L. rhamnosus* LR06, *L. plantarum* LP01, and *Bifidobacterium longum* BLO4) or placebo, respectively, for 6 weeks. Mood, personality dimensions, and sleep quality were assessed four times (before the beginning of the study, at 3 and 6 weeks, and at 3 weeks of washout). **A significant improvement in mood was observed in the experimental group, with a reduction in depressive mood state, anger, and fatigue, and an improvement in sleep quality.** No between-groups differences were found. These findings corroborate the positive effect of probiotics on mood state and suggest that probiotics administration may improve psychological well-being by ameliorating aspects of mood and sleep quality.