Biotis™ | Sleep health

Biotis™ SleepWell

Getting a good night's sleep is a concern for many people globally. Biotis ™ SleepWell is a natural prebiotic*[2] and protein solution designed to improve sleep quality in adults, without any preservatives, artificial flavours or added sugars. Specially formulated to support the body's own functions, Biotis ™ SleepWell assists you in both falling asleep and sleeping through the night, so you wake up feeling refreshed**.[1]

Biotis ™ SleepWell solution is easy to dissolve and has a neutral taste that is simple to mask with delicious flavours like vanilla.

Consumer benefits

- Improving sleep quality in a natural way, supports sleeping in, sleeping through & waking up fresh[1]
- Additional benefits on stress reduction & supports digestive health
- Convenient and tasty format easily incorporated in daily routine
- "High protein" claim in US and EU***

Market drivers

- Consumer interest in sleep products is on the rise - about 20-30% of the global population has problems with sleep[3]
- Consumers are looking for natural and non-habit forming solutions to improve their sleep quality

Features and benefits of Biotis™ SleepWell

- Easy to dissolve, suitable for different applications formats (versatile)
- Neutral taste
- Natural and non-addictive

FrieslandCampina Ingredients

This information is intended for industrial customers only and not intended for consumers.

Biotis™ SleepWell

A daily night-time prebiotic*[2] and protein formula to support proper sleep

Method of preparation

- Premix the stabilizer (Walocel 1000PA) with Biotis™ Sleepwell powder
- Dissolve the lactic acid and citric acid in water at room temperature, stir for 5 min
- Dissolve Biotis powder premix to the acidic water, stir for 30min
- Add the flavors & sweetener, stir for 5 minutes
- Confirm / adjust pH at 4.4-4.5 using lactic/citric acid
- Heat treat solution (UHT, 120ºC, 1.5 seconds)
- Cool back to 20ºC and fill aseptically in sterilized bottles
- Store bottles at ambient temperature

Declaration

Declaration suggestions on the ingredient list of products containing Biotis ™ SleepWell include:

- Whey protein, Galacto-oligosaccharides, milk peptides

The following vitamins and minerals have to be declared separately:

- Niacin, 10mg
- Vitamin B6, 1mg
- Vitamin D3, 10µg
- Magnesium, 200mg
- Zinc, 5mg

As regulatory directives differ between countries, we strongly advise you to check with your local authorities on whether the above mentioned wording is permitted.

References

1. FrieslandCampina Whitepaper Support qualitative sleep in adults (available on request).
2. Gibson GR, Hutkins R, Sanders ME, Prescott SL, Reimer RA, Salminen SJ, Scott K, Stanton C, Swanson KS, Cani PD, Verbeke K, Reid G. The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. Nat Rev Gastroenterol Hepatol. 14(8);491-502 (2017).
3. Stranges, S., Tigbe, W., Gomez-Olive, F. X., Thorogood, M., & Kandala, N. B. (2012). Sleep problems: an emerging global epidemic? Findings from the INDEPTH WHO-SAGE study among more than 40,000 older adults from 8 countries across Africa and Asia. Sleep, 35(8), 1173-1181.

* a prebiotic is a substrate that is selectively utilized by host micro-organisms conferring a health benefit2.

** no claim: reported by users in a consumer study

*** Please consult legal advice when applying claims on your product.

Ingredients	%
Water	86.0%
Biotis™ SleepWell*	12.6%
Lactic acid (Corbion)/Citric acid (JBL)	0.67%
Walocel 1000PA (Dupont)	0.5%
Vanilla flavor	0.2%
Sucralose	0.015%
Steviolglycosides	0.010%

* = FrieslandCampina Ingredient

Nutritional information	Per serving 150 ml	Per 100 ml
Energy	66kCal	44Kcal
Protein	10g	6.7g
Carbohydrates	7g	4.7g
Dietary fibers	3g	2g
Total sugars	3g	2g
Added sugars	0g	0g
Fat	0.6g	0.4g
Of which saturated	0.3g	0.2g
Cholesterol	25mg	17mg
Sodium	90mg	60mg
Calcium	36mg	24mg
Magnesium	200mg	133mg
Zinc	5mg	3.3mg
Niacin	10mg	6.7mg
VitaminB6	1mg	0.7mg
Vitamin D	10µg	6.7µg

Biotis™ Health benefit solutions from FrieslandCampina Ingredients

Please visit www.biotis.com or email info@biotis.com

Find us on LinkedIn

Potential consumer benefits are not to be considered as health claims. They should be considered as potential leads that might be developed into health claims complying with the local legal requirements. The information contained herein is, to the best of our knowledge, correct. The data outlined and the statements are intended only as a source of information. No warranties, expressed or implied, are made. On the basis of this information it is suggested that you evaluate the product on a laboratory scale prior to use in a finished product. The information contained herein should not be construed as permission for violation of patent right.

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