Biotis™

Brain health

Re-lax shot

Biotis™ GOS

Introduction*

The frantic nature of modern life means that stress, anxiety, and disrupted sleep patterns are common, as consumers cram many activities into the day and struggle to relax. Stress is one of our body's natural processes, helping us to push ourselves and maintain our performance during the day. It has helped to keep us sharp and alert for centuries. But just as with many things in life, too much of it is not good, and that also applies for stress. We designed an all-natural drink, that supports consumers through the day. Biotis™ GOS stimulates the growth of gut bacteria that support mental resilience. By using Biotis™ GOS, consumers state that they that they feel less stressed & anxious[1].

Consumer benefits

- Supports the body's natural processes
- Biotis™ GOS supports a reduction of feelings of stress and anxiety
- Safe for daily use, non-addictive ingredient
- A convenient, on-the-go tasty format, which can easily be incorporated into a daily routine

Market drivers

- Growing consumer awareness on the importance of mental health[8]
- Increased consumer feelings of stress[9]
- Conveniently nutritious
- Healthy snacking

FrieslandCampina Ingredients

Features and benefits of Biotis™ GOS

- Biotis™ GOS is an ingredient rich in non-digestible galacto-oligosaccharides (GOS)
- Safe for daily use, non-addictive ingredient
- Supported with the first human clinical trial in women, which shows that Biotis™ GOS significantly reduces feelings of stress and anxiety
- Product concept delivers up to 5g GOS per serving
- Versatile ingredient: Heat and acid stable, easily incorporated in instant or ready-to-drink concepts (available in syrup and powder formats)
- Clean sensory profile with slightly sweet flavour

*Above potential claims are based on scientific studies[1-7], however final language to be determined by customer pending regulatory and legal review. Claims not validated with consumers. These potential health benefits should not be considered health claims. They should be considered as potential leads that might be developed into health claims complying with the local legal requirements. Please consult legal advice when applying claims on your product. This information is intended for industrial customers only and not intended for consumers.

Re-lax shot
Biotis™ GOS

Method of preparation

- Add Biotis™ GOS* to water
- Mix for 10 minutes, measure pH
- Acidify with citric acid to pH 3.0
- Add flavour and colour
- Mix for 10 minutes, measure pH
- UHT: 90°C for 30s

Declaration

Suggestion for declaration of Biotis™ GOS in the ingredient list:

- Galacto-oligosaccharide

As directives differ between countries, we strongly advise you to check with your local authorities whether the above mentioned suggestions are permitted.

Ingredients	%
Water	81.5%
Biotis™ GOS*	17.6%
Citric acid 25%	0.8%
Givaudan Ginger flavour	0.04%
Givaudan Lime flavour	0.03%
Colour Riboflavin	0.0015%

* = FrieslandCampina Ingredient

Nutritional information	Per serving 60ml	Per 100ml
Energy	25kCal	42Kcal
Protein	0g	0g
Carbohydrates	7.9g	13.2g
Of which sugar	4.5g	7.5g
Of which fiber	3.5g	5.8g
Fat	0g	0g
Of which saturated	0g	0g

References

1. Johnstone N et al, 2019 under review
2. Schmidt K et al, 2015
3. Burokas A et al, 2017
4. Walton et al, 2018
5. Shadid R et al, 2007
6. Codagnone MG et al, 2019
7. Schaafsma et al, 2020 to be published
8. FMCG Gurus 2020
9. FMCG Gurus 2019, 2020

Biotis™ Health benefit solutions from FrieslandCampina Ingredients

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

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