

Food supplement **4** probiotics + **1** prebiotic  
**Magnesium** & clinically studied **saffron extract**



Granules  
for oral  
suspension

20 Sticks



LACTOLEVURE 12ΣΕΛΙΔΟ PROBIO MOOD ENG 03.2025



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Lacto  
Levure®  
PROBIO MOOD



Clinically proven psychobiotic

# Psychobiotics

Psychobiotics are beneficial bacteria that influence gut-brain relationships.

## Gut-brain axis

A network comprising :

1

The gastrointestinal tract

2

The enteric nervous system

3

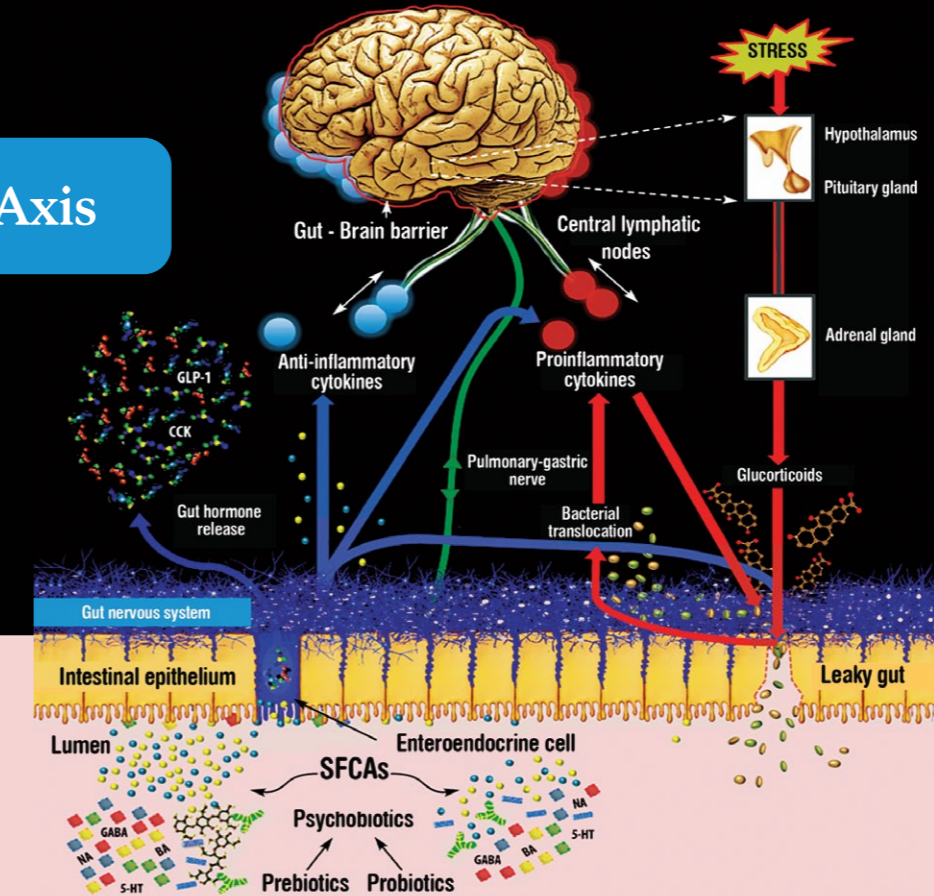
The brain

Bidirectional communications between these entities regulate several important functions, including immunity, digestion, metabolism, satiety and stress reactions.<sup>1</sup>

1: Anar Sarkar et al. 2016. Trends in Neurosciences, Vol.39, No11

## Gut-Brain Axis

### Systems - Level Overview of Psychobiotic Action



Adaptation from: 1. Psychobiotics and the Manipulation of Bacteria-Gut-Brain Signals. Philip W.J. Burnet. Trends in Neurosciences, November 2016, Vol. 39, No. 11, 763-781

Probiotics mechanism

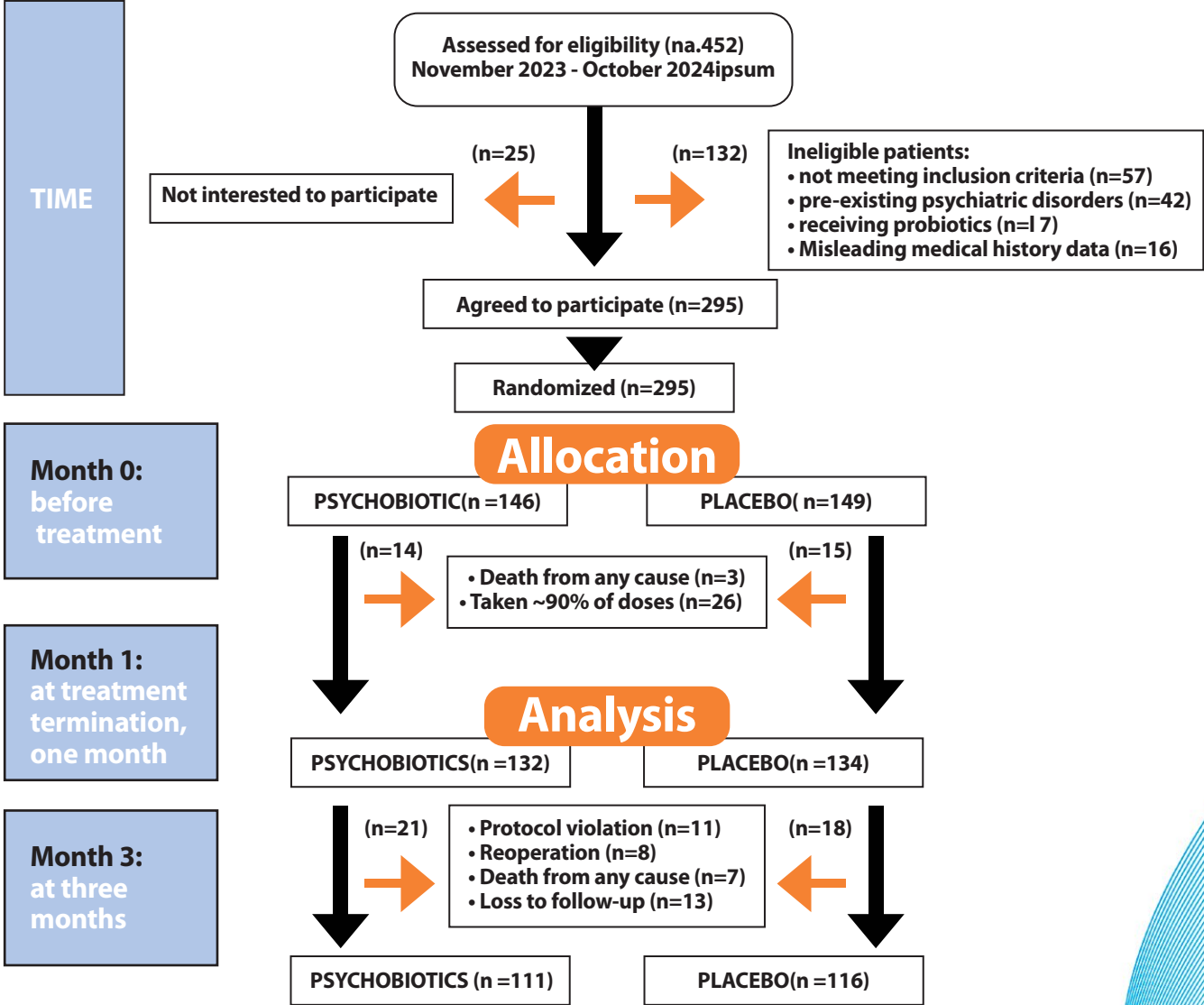
- ✓ Psychobiotics exert anxiolytic and anti-depressant effects characterized by changes in emotional, cognitives, systemic and neural indices.
- ✓ They may regulate the neurotransmitters and proteins, including gamma-amino butiric acid (GABB), serotonin, glutamate and brain derived neurotropic factor (BDNF).

New clinical study Prodeca

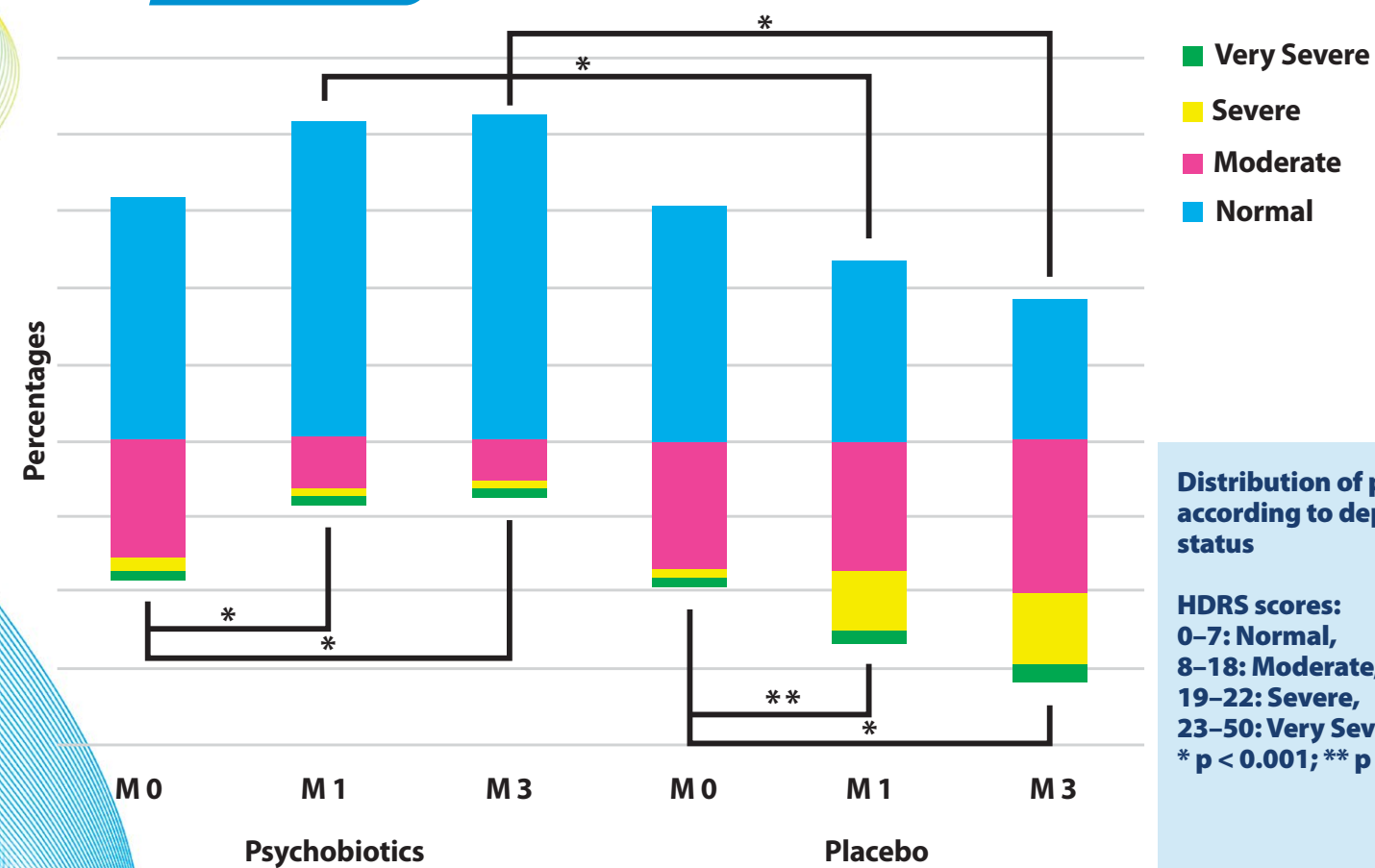
Psychobiotics Ameliorate Depression and Anxiety Status in Surgical Oncology Patients: Results from the ProDeCa Study<sup>2</sup>

2. Nutrients 2025, 17, 857

New clinical study Prodeca



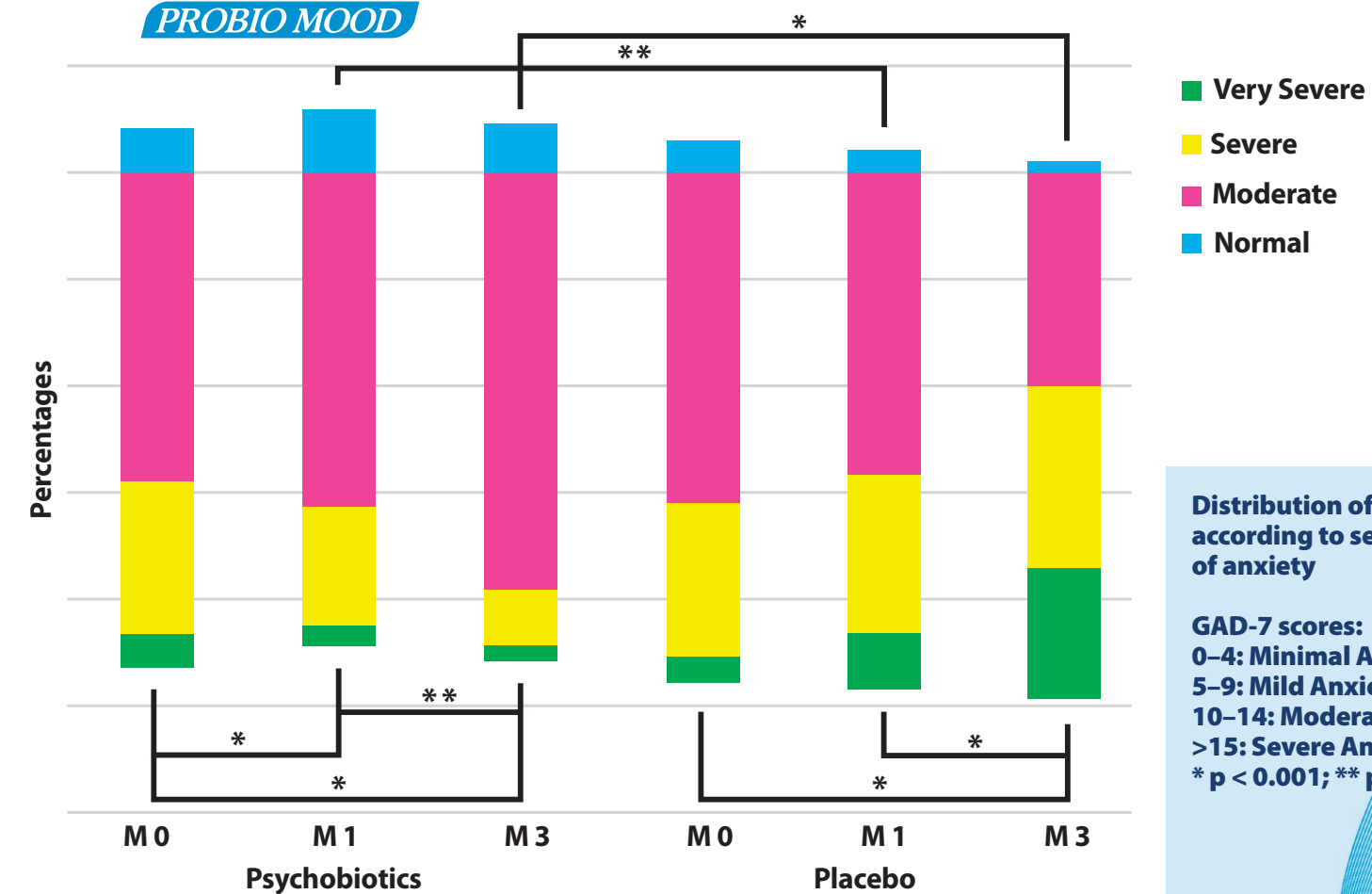
## Improves Depression



Distribution of participants according to depression status

HDRS scores:  
0–7: Normal,  
8–18: Moderate,  
19–22: Severe,  
23–50: Very Severe  
\*  $p < 0.001$ ; \*\*  $p < 0.010$ .

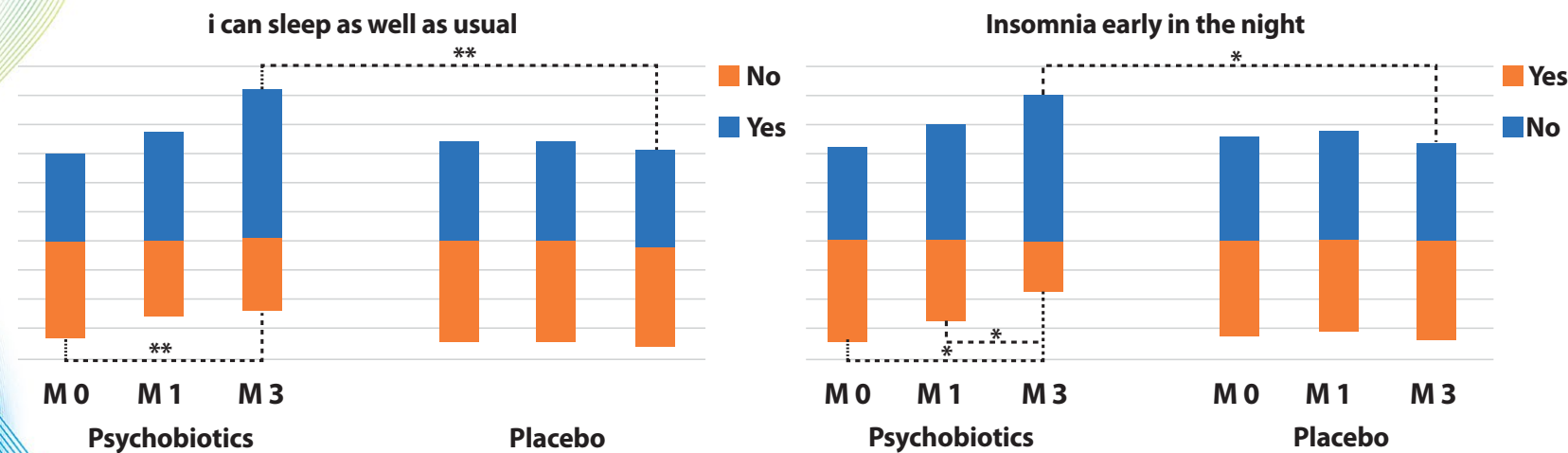
## Improves Anxiety



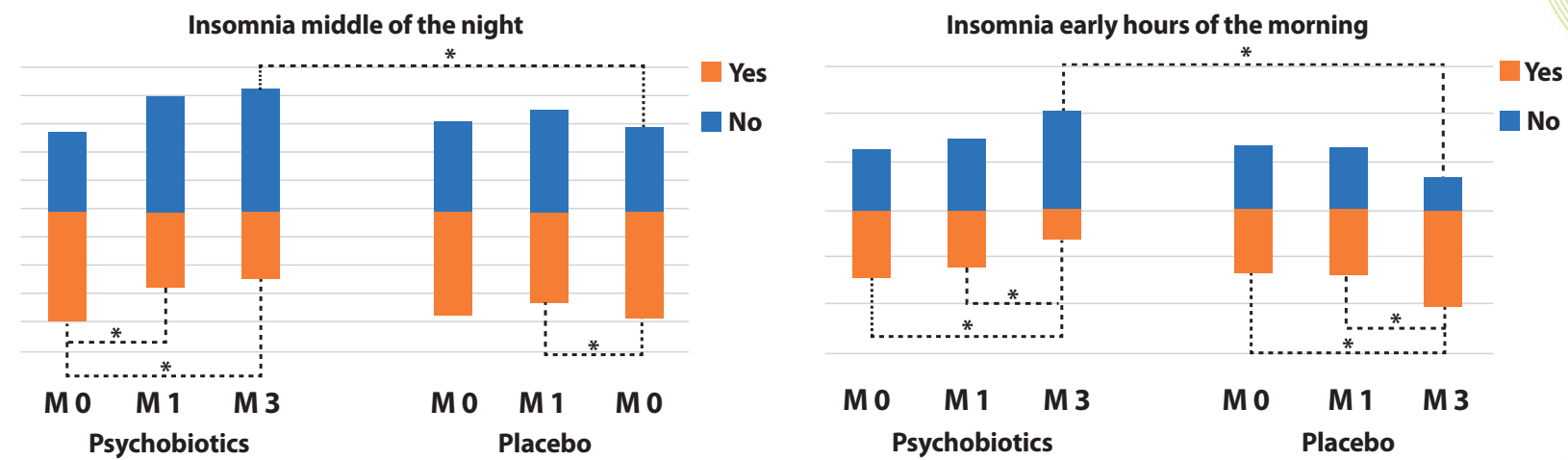
Distribution of participants according to severity of anxiety

GAD-7 scores:  
0–4: Minimal Anxiety,  
5–9: Mild Anxiety,  
10–14: Moderate Anxiety,  
>15: Severe Anxiety  
\*  $p < 0.001$ ; \*\*  $p < 0.010$ .

**Improves sleep disorders**



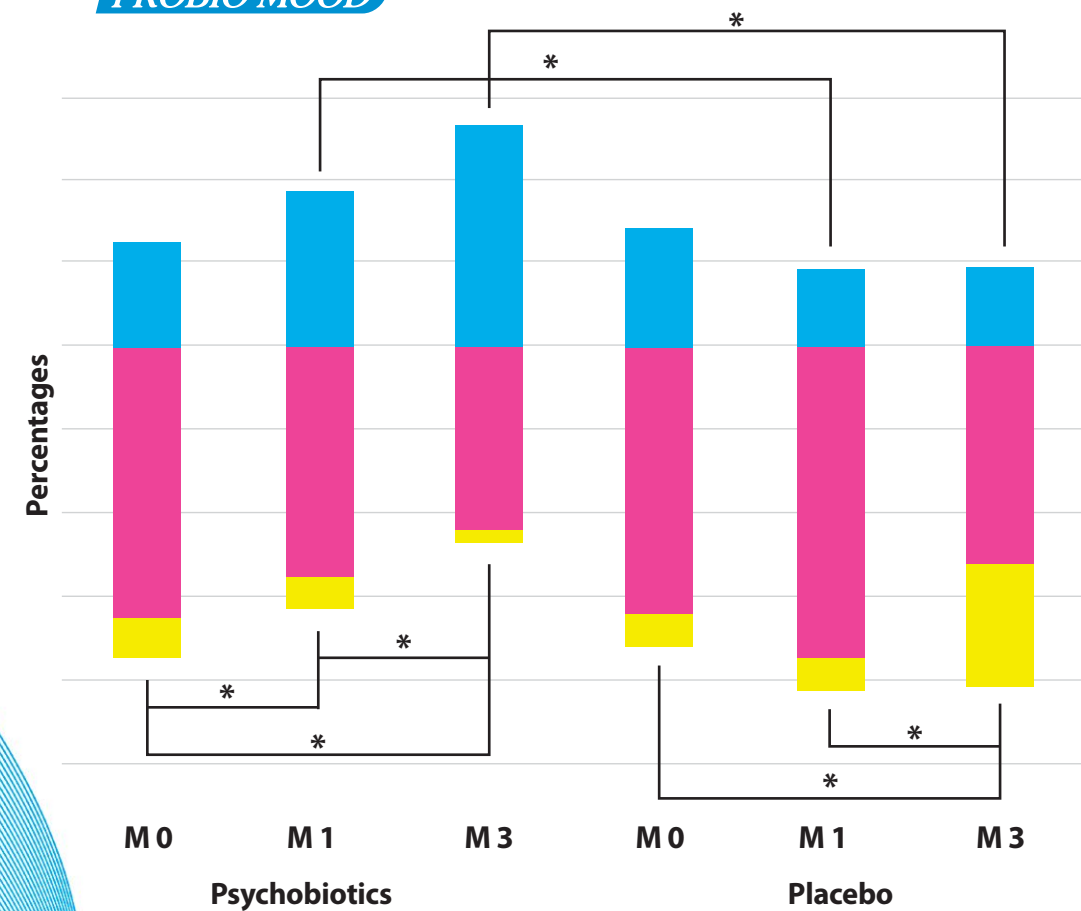
**Improves sleep disorders**



Distribution of participants according to dichotomous classification of sleeping disorders[yes or no] in each group and at each time-point: T1: before treatment, T2: at treatment termination, one month, T3: at three months.  
Data presented as percentages.  
\*  $p < 0.001$ ; \*\*  $p < 0.05$ .

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## Improves stress reaction



Distribution of participants according to stress status at each time-point and for each treatment group.  
T1: before treatment;  
T2: at treatment termination, one month,  
T3: at three months.  
Data are presented as percentages.  
\* p < 0.001.  
Stress status is based on PSS-14 scores: 0-18: Low Stress, 19-37: Moderate Stress, 38-56: High Stress.



- ✓ Food supplement with **4 chosen probiotic** strains **Lactobacillus** and **Bifidobacterium** for better mood and stress reduction
- ✓ **Prebiotic Fructooligosacharides**
- ✓ **Clinical studied saffron extract** with antidepressant and anxiolytic action
- ✓ **Magnesium** for reduction of tiredness and fatigue