

SLEEP

1 in 3 adults
struggle with sleep

STRESS

54% report stress &
anxiety as the main cause

Cortisol

Over 1 in 2 people with poor sleep
have elevated cortisol.

May cause

Acute &
everyday stress

Disturbed
sleep

Mid-Night
Awakenings

Delayed
Sleep Onset

Manage cortisol effectively with...

Award-Winning

HOLIVER[®]

Stress Less | Find Calm | Wake Fresh

Gold Standard

CORTISOL SUPPORT



Powered by B.O.T Technology

- **Holy Basil Extract:** Standardized $\geq 5\%$ Ocimum-Bioactive Complex (OBC) - Rabdosiin, Rosmarinic acid, Luteolin-7-o-beta-glucuronide, Ociglycoside I, Apigenin-7-o-beta-glucuronide
- **Daily dose: 250mg**

Validated by 2 gold standard clinical trials

Stress

↓ **10 mins**

Rapid relief from acute stress (reduced salivary cortisol)*

↓ **2 weeks**

Marked reduction in perceived stress

↓ **66% Hair cortisol**

Helps in long-term stress management

1st Botanical Ingredient Validated to Reduce **Hair Cortisol**

Sleep

↑ **50%**

Improved sleep quality

↓ **95%**

Reduction in sleep disturbances**

↑ **60%**

Faster sleep onset

Designed for daily use

Non-habit forming, and with zero fading effect over time

Dual-R Mechanism of Action

RESET: The Stress Axis

Modulates the HPA axis

- Balances cortisol
- CRF1 receptor antagonist

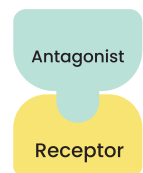
RESTORE: The Natural Sleep-Wake Rythm

Modulates multiple neuropeptide receptors



Galanin
MCH
Melatonin receptor

Stimulates sleep-promoting pathway



Orexin-1
Orexin-2

Suppresses arousal pathway

*After 8 weeks of intake

**Based on deep sleep analysis by polysomnography

MCH: Melanin-Concentrating Hormone

Why Choose Holixer® ?



Clinically validated

Validated by cortisol
biomarkers & CAP A1



Award-winning

Mind and Mood

HOLIXER®



Trusted Worldwide

23 countries
>50+ global brands



Water soluble

Formulation flexibility



Sustainably Sourced

Transparent & reliable

References:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12561395/#:~:text=3.4.&text=Of%20the%20fourteen%20papers%20reviewed,from%20morning%20to%20late%20afternoon;> [https://pubmed.ncbi.nlm.nih.gov/15728214/;](https://pubmed.ncbi.nlm.nih.gov/15728214/) [https://www.medscape.com/viewarticle/704866_print;](https://www.medscape.com/viewarticle/704866_print) [https://www.researchgate.net/publication/393633083_Cortisol_Awareness_and_its_Impact_on_Sleep_Patterns_and_Fatigue_Among_Nursing_Students;](https://www.researchgate.net/publication/393633083_Cortisol_Awareness_and_its_Impact_on_Sleep_Patterns_and_Fatigue_Among_Nursing_Students) Lopresti et al. (2022) Front. Nutr. 9:965130. doi:10.3389/fnut.2022.96513; Abhijith et al, 2026 (accepted for publication in Alternative Therapies in Health and Medicine)

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