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Nektium to show benefits of VanizemÂ for calm and sleep at Vitafoods Europe 2025

07 May 2025 | News

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Nektium will demonstrate how its new Vanizem ingredient can meet the growing consumer demand for natural stress relief and sleep support at Vitafoods Europe 2025 (20â??22 May, Barcelona).

Research shows that around half of consumers are now experiencing high levels of stress and that improving sleep health is a key priority across all age groups. In response, many are turning to natural solutions â?? botanical ingredients in mood and sleep supplements grew by 17 per cent in Europe between 2020 and 2024.

Vanizem, which has been named as a finalist in the Vitafoods 2025 awards, is a fast-acting botanical that promotes a feeling of calm without causing drowsiness. A recent study in Pharmaceuticals shows the proprietary Aframomum melegueta extract targets the endocannabinoid system to ease stress, improve mood and enhance sleep quality rapidly.

In addition, Nektium will be presenting its award-winning Zynamite ingredient in lime-flavoured RTD energy drinks, powder sticks and gummies.

The Mangifera indica extract is a highly versatile solution that is proven to deliver a fast-acting boost to mental energy, focus and cognitive performance without side effects. Zynamite is backed by more than 10 clinical studies, with the most recent showing its water-soluble form can significantly enhance cognitive performance in students.

Rhodiolife, meanwhile, is a Rhodiola rosea extract for applications that demand superior adaptogen quality and performance. Helping the body adapt to stress, it has been shown to support balance, mood and physical performance. Rhodiolife will be available in gummy form and is also suitable for use in food, drink and capsules.