

## INDENA AT VITAFOODS 2023: HIGH QUALITY BOTANICALS FOR A BETTER LIFE

**KEEPING GUT HEALTHY AND SLEEPING WELL ARE KEY FOR PEOPLE'S WELLBEING. DISCOVER HOW NUTRACEUTICALS CAN HELP IN THIS: VISIT INDENA AND FOLLOW OUR PRESENTATIONS AT THE SHOW**

Milan, 9th May 2023 – Brilliant products, with scientifically proven efficacy for the benefit of human wellbeing and sustainable production starting from responsible supply chain management, these are the main topics Indena is taking to Vitafoods 2023, **from 9<sup>th</sup> to 11<sup>th</sup> May in-person at the Palexpo in Geneva - Booth E84, and from 1<sup>st</sup> to 12<sup>th</sup> May online.**

*“Vitafoods is always an exciting opportunity to share our latest innovations, both regarding products and sustainability-oriented governance, and to discuss the latest news in the nutraceutical world with our stakeholders – says **Francesca de Rensis, Marketing Director at Indena SpA** -. At the 2023 edition, we'll present our **CUBO™**, a new, sharp duo based on **Curcumin Phytosome™** and **Boswellia Phytosome™**, a precious ally with proven efficacy in keeping gut healthy. We'll also discuss the latest clinical evidence on **Relissa™**, our formulation of **Melissa officinalis** in **Phytosome™**, which is able to help relaxation and sleep very effectively. Both products represent a natural support to face one of today's most important challenges: managing a stressful lifestyle. As regards sustainability, we're proud to present our consolidated approach to the supply chain, which is responsibly managed with the aim of protecting nature, people and business. Both at our stand and during our presentations at Vitafoods 2023, we're sure we'll have inspiring conversations with all our guests”.*

### **CUBO™, THE NEW COMBINATION OF CURCUMIN PHYTOSOME™ AND BOSWELLIA PHYTOSOME™, IS A SMART ALLY FOR GUT HEALTH**

The highly evolved and complex microbiota play a crucial role in overall health: some go as far as calling the gut a “second brain”. Its optimal functionality relies on delicate balances threatened by stress, poor diet, illnesses and so on. That's why solving common issues like abdominal bloating can be so tricky. Indena's insight was to develop a combined strategy compounding the benefits of two ingredients supported by solid scientific evidence: both in Phytosome™ formulation and processed with a strong commitment to sustainability, curcumin and boswellia join forces to control oxidation, bacterial balance and muscle cramps, for optimal gut health and a better quality of life.

Recently clinical evidence has demonstrated the efficacious support given to gut health by the two-Phytosome™ coalition, which has been proven to provide multiple health benefits for easy gut transit, controlling bloating, abdominal discomfort and balancing intestinal microbiota.

This evidence will be presented at Vitafoods 2023 on 9<sup>th</sup> May by Elisabetta Frattini, Indena's Head of Scientific Communication & LCM.

### **RELISSA™: SLEEP WELL AND LIVE BETTER, WITH MELISSA PHYTOSOME™**

Sleep plays a fundamental role in our wellbeing: decreased sleep duration or quality can both adversely affect mental health. In the past few years we have experienced many factors that could directly impact anybody's sleeping habits: pandemic-related constraints such as home confinement, social isolation, and the fear of contracting the virus, but also the unstable global economic situation. There is evidence that the demand for natural ingredients that can help in balancing sleep and consequently mood and general health is increasing.

*Melissa officinalis* (a member of the mint family), with its high content of rosmarinic acid, is known for its calming effect with a positive outcome for sleep. The main mechanisms recognized for their effect are the modulation of the GABA-transaminase enzyme (resulting in a high level of GABA) and its antioxidant and radical scavenging activities.

**Relissa™** is a health food ingredient based on the formulation of *Melissa officinalis* with phospholipids, i.e. **Melissa Phytosome™**, to optimize dispersion in gastrointestinal fluids and biological performance. It's the Indena solution for turning a good ingredient (*Melissa officinalis*) into a great ingredient.

As Serena Tongiani, Chief Portfolio Officer at Indena, will explain in her presentation at Vitafoods on 10<sup>th</sup> May, recent clinical evidence shows that **Relissa™** has a clear effect on sleep, mood, stress, emotional

health and quality of life with significant results based on validated self-assessed questionnaires given to 100 subjects. Moreover, Indena's great ingredient also has a positive impact on the *Lactobacillus rhamnosus*, which is known to be involved in the maintenance of a good quality of sleep-wake cycle.

**SUSTAINABILITY: INDENA CULTIVATES WITH CARE ITS OWN PRECIOUS CIRCLE, CONSISTING OF NATURE, TECHNOLOGY AND PEOPLE, TO PROTECT NATURE AND PEOPLE THEMSELVES AND, ULTIMATELY, BUSINESS.**

Sustainability has been an approach to governance for Indena for many years. The company makes a major commitment to protecting nature, a source of inspiration but also of business, in innovating technology to address climate change and in taking care of people as the real source of sustainable success.

There are five main global sustainability challenges that Indena constantly addresses, to guide its vision and plans: climate change, loss of biodiversity, waste, social vulnerability and health. The company's concrete actions to face those challenges will be the focus of *Protecting nature, people and business: exploring responsible supply chain and energy management with Indena*, the presentation Francesca De Rensis, Indena's Marketing Director, will make at Vitafoods 2023 on 9<sup>th</sup> May.

**MEET INDENA'S EXPERTS IN PERSON AT VITAFOODS, TO DISCOVER MORE ABOUT PRODUCTS AND SUSTAINABILITY**

At Vitafoods you can follow the presentations by some of the Indena's experts in person, to go deeper into the company's news about products and about an important aspect of sustainability such as supply chain management.

- *Protecting nature, people and business: exploring responsible supply chain management with Indena*, by **Francesca De Rensis, Marketing Director, Indena**  
Sustainability Resource Centre, E280, May 9<sup>th</sup>, 2:30 pm
- *CUBO™ The new smart alliance in favour of gut health* by **Elisabetta Frattini, Head of Scientific Communication & LCM, Indena**  
New Ingredients Theatre, E70, May 9<sup>th</sup>, 12:30 pm
- *Relissa™: keep calm, sleep well and live better with help from Nature*, by **Serena Tongiani, Chief Portfolio Officer, Indena**  
New Ingredients Theatre, E70, May 10<sup>th</sup>, 2:30 pm.

**Visit Indena at Vitafoods 2023: Booth E84**

9-11 May 2023 – Palexpo, Geneva

1-12 May 2023 - online <https://www.vitafoods.eu.com/en/home.html>

Indena is the leading company dedicated to the identification, development and production of high quality active principles derived from plants, for use in the pharmaceutical and health food industries. Backed up by a century of botanical experience, the company owns 100 patent families, has published more than 1000 scientific studies and co-operates with the world's most prestigious universities and private research institutions. Indena employs over 900 staff, investing a significant amount of its annual turnover in research, making this activity the key to its success. Headquartered in Milan, Indena has 4 production sites and 5 international branches throughout the world and manages sales in more than 80 countries. The company's experts communicate and interact constantly with the major international regulatory authorities and cooperate on the update of all the main pharmacopoeias.

CDMO activities are the priority in Indena's strategic vision. Today, Indena has a multipurpose GMP pilot plant equipped with reactor ranging from 1000 lt to 10,000 lt; a kilo lab LK2 to offer different capacities for products at the highest containment level (OEL 20 ng/m<sup>3</sup> or OEB5); a large and a mid-size spray dryer working with organic solvents; a 20-liter hydrogenator being complemented by a 250-liter hydrogenator (ready at the end of 2023) to satisfy a wider demand for this kind of chemistry.

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