

HOLIXER[®]

Stress Less | Find Calm | Sleep Sound

Holixer is a clinically studied, natural bioactive derived from *Ocimum tenuiflorum* that naturally supports restful sleep, stress relief, and overall well-being.



“Improved sleep quality
& efficiency **from 4 weeks***”

Nocturnal Polysomnography Sleep Study on Sleep Quality Enhancement



Holixer[®] improves
sleep quality & efficiency



Holixer[®] reduces stress
& insomnia severity



Evaluation

On day **8, 15, 22, 36, 43 & 50** for Sleep efficiency



Evaluation Methods

Cap Rate, WASO & REM sleep latency, REM sleep duration, PSS, ISI, RSQ-W



Participants

70 subjects
(Age: 18– 65 years)



Condition

Adults with moderate perceived stress and sleep problems



Dosage

250 mg
(evening)



Duration

8 weeks

HOLIVER[®] Study Outcomes

- ✓ Improved sleep quality & lower stress.
- ✓ Increased CAP A1- improved deep sleep & sleep stability.
- ✓ Reduced time for onset of sleep.
- ✓ Improved sleep efficiency and quality from week 4.
- ✓ Decreased fewer night time awakenings.
- ✓ Improvement in overall health & wellness.



Scan to
know more

 naturalremedieshumanhealth.com

 nutraceutical@naturalremedy.com

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Certifications

