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PRESS RELEASE

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

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 (20–22 May, Barcelona).

Research shows around half of consumers are now experiencing high levels of stress and that improving sleep health is a key priority across all age groups.¹ In response, many are turning to natural solutions – botanical ingredients in mood and sleep supplements grew by 17% in Europe between 2020 and 2024.²

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 rapidly ease stress, improve mood and enhance sleep quality.³

At Vitafoods, Nektium (stand 3K89) will offer visitors the chance to sample Vanizem™ in capsule format. The Spain-based company will also host a talk on its mechanism of action at 3.30pm on May 20 in the event's New Ingredients Theater.

In addition, Nektium will be presenting its award-winning Zynamite® ingredient in lime-flavored 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.⁴

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.

Throughout the event, Nektium's experts will be available to discuss how its botanicals can be used across different formulations.

Nektium CEO Miguel Jimenez said: “Today’s consumers want natural solutions that can help them thrive day to day – whether through stress management and better sleep or by supporting mental and physical energy. We’re committed to ensuring they have access to high-quality botanical extracts supported by peer-reviewed studies demonstrating their efficacy. Our ingredients are perfectly placed to deliver innovative and convenient solutions that meet evolving market demands.”

For more information on Vitafoods Europe 2025, visit: www.vitafoods.eu.com

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About Nektium

Based in Gran Canaria, Spain, Nektium is a global leader in premium branded botanical extracts that deliver proven benefits for cognitive health, stress reduction, physical performance, weight management, and more. With an unshakeable commitment to quality and safety, Nektium monitors and controls every link in its supply chain, sourcing raw materials only from reliable, trusted, sustainable growers and producing the finished ingredients in its own world-class manufacturing facilities. Nektium’s portfolio of branded botanicals includes Rhodiolife®, Zynamite®, Vanizem™, and Xanthigen®, all of which deliver on-trend health benefits supported by multiple gold-standard clinical studies.

¹ FMCG Gurus ‘Trouble sleeping: What’s keeping consumers up at night?’ (April 2025)

² Innova Market Insights ‘Trends in Mood & Sleep Support Supplements’ (April 2025)

³ Pérez-Machín, R. et al. ‘Aframomum melegueta Seed Extract’s Effects on Anxiety, Stress, Mood, and Sleep: A Randomized, Double-Blind, Pilot Clinical Trial’ *Pharmaceuticals* (2025) <https://www.mdpi.com/1424-8247/18/2/278>

⁴ Castellote-Caballero, Y et al. ‘Acute Supplementation of Soluble Mango Leaf Extract (Zynamite® S) Improves Mental Performance and Mood: A Randomized, Double-Blind, Placebo-Controlled Crossover Study’ *Pharmaceuticals* (2025) <https://www.mdpi.com/1424-8247/18/4/571>