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What is ZEN?



ZEN (NPN: 80045114) is a product that contains hops, it acts on the central nervous system and helps relieve tension and anxiety. It is used as a sedative and to facilitate sleep. In a second time, he has earned the reputation of effectively treat anxiety and insomnia. The German Commission E has approved the use of catkins hop (fruit shaped cones) to combat agitation, anxiety and sleep disorders.

Scientists say that sleep plays an important role in brain function regarding memory and learning, maintains emotional balance and stimulates the immune system. Insomnia can have significant physical and psychological

consequences. When insomnia sets in, nervous fatigue is neglected and the most important is that, often, depression and anguish follow.

To avoid these effects ZEN contains hops which contains bitter substances (hulblones, lupulones), flavonoids and essential oils. Hops is a sedative herb that has a good pharmacological activity. This activity is mainly due to better resins, particularly alpha acid and 2-methyl-3-butene-2-ol component.

What are ZEN's benefits and advantages?

There are today about 40 different synthesis antidepressants on the market. They differ in their biochemical mode of action and their effects. The natural products used as antidepressants have no side effects compared to synthetic ones which have many, but their natural product's therapeutic effects are weaker.

It is for this reason that herbal products should not be used to treat severe depression. These products are effective when the dosage is high enough (" Psychotropic drugs, information for an informed use of psychotropic" Andreas Knuf and Margret Osterfeld).

A study of researchers of Philadelphia published in the "Journal of the American Medical Association" shows real interest and the need to care for severe depression,



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but it calls into question the true indications of synthetic antidepressants and ease with which they are sometimes prescribed under the influence of medically supported advertising.

Montreal, February 5, 2010 - A U.S. study found that antidepressants are no more effective than placebo against mild to moderate depressive states and they would only be required to treat severe depression. However, in practice, almost 70% of patients who are prescribed an antidepressant suffer from mild to moderate depression. Researchers found that the effectiveness of antidepressants varied widely depending on the severity of symptoms. In their opinion, mild to moderate depression may be treated with alternative approaches, such as natural products, psychotherapy or exercise.

How to maximise the therapeutic effect of ZEN?

To achieve its optimal effect, the hops must be combined with other herbs or other dietary supplements, for this reason, we suggest the complex ZEN - MORPHEUS or ZEN - SEREN with sedative properties. It is necessary to follow the prescribed doses to have the desired effect.

What are ZEN main impacts?



ZEN is used in cases of agitation, anxiety insomnia, headache, diarrhea, gastritis and to combat osteoporosis and stomach ulcer.

Why and when should you take ZEN?

Anyone 12 years old or older can take ZEN. This is required in case of agitation and anxiety and for sleep needs. For women, menopause often accompanies depression. Researchers have verified the effectiveness of hops and they recommend taking it during pre-menopause and / or menopause, when in a stressed state, irritable and / or sad.

It should also be recommended for men who have difficulty falling asleep. It is advisable to also take ZEN to prevent plaque, cavities and



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gum inflammation, thanks to its antibiotic spectrum: 9 gram positive bacterial strains, 13 strains gram negative, 11 strains of fungi.

Can I take ZEN even though I have a sensitive stomach?

Yes. It helps relieve stomach pain associated with gastric hyperacidity; even if you have a weak stomach there are no documents to prove this product is harmful.

Are there situations in which I should avoid taking ZEN?

No, hops is not toxic and no adverse effects have been reported. It can cause allergic reactions if sensitive or intolerant to the product.

What are the interactions with other products/drugs?

There are interactions with herbs or supplements: the effect of hops may be added to those of other plants or supplements whose action is estrogenic or sedative.

With synthetic drugs, the effect of hops may be added to those drugs whose action is estrogenic or sedative.

Recommended dose of ZEN

Hops treatment duration varies from one person to another depending on the intensity of the disorder to be treated.

The recommended minimum dosage for a good therapeutic effect is 2 to 3 capsules 1 to 2 times a day for a period of 6 weeks. The dose and the frequency should be adjusted according to the severity of symptoms.

Precautions for the use of ZEN

It is recommended for pregnant or nursing women to avoid consuming hops, because it lacks toxicological data. Health Canada advises women to consult a health professional before taking hops products.

In cases of hormone cancer, it is advisable to use hops with caution since it can affect estrogen action.

People allergic to hops should refrain from taking the product.
 No known adverse effects after ingestion of hops have been recorded.

The active components of ZEN

Ways in which the components of ZEN contribute to the therapeutic effects



ZEN is composed of de Humulus Lupulus (hops) 430 mg.

The mechanism of action of the hop resin is to increase the activity of the neurotransmitter gamma-aminobutyric acid (GABA), via the modulation of brain GABA (A) receptors. The sedative effect of hops in the nervous system has been clearly reported in researches on animals and humans. Narcotic effects have also been demonstrated at high concentrations; they are due to the component 2-methyl-3-[1, 3, 4, 5] butene - ol.

References

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