

Malaysians Are Seriously Sleep Deprived



9 in 10

are experiencing **some level of insomnia** and **having one or more sleep problems**⁵

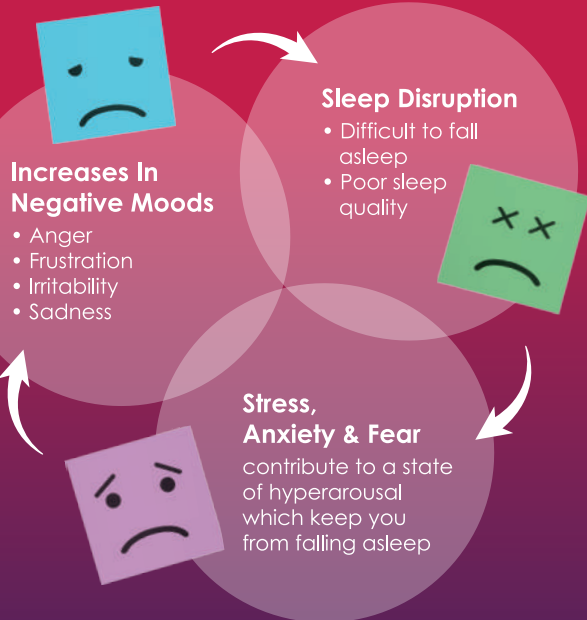
52%

of Malaysians stated that sleep disorders are primarily triggered by **stress, anxiety & depression**⁶

53%

of them **get less than seven hours of sleep daily**⁶

Sleeplessness and Mood Are Closely Linked



Embrace Peacefulness and Serenity Every Day

Enhance Overall Sleep Quality

Uplift Your Overall Wellness

Relieve Stress & Promote Relaxation

Improve Daytime Performance



Cozey
An Optimal Solution for

Individual with sleep problem

Individual with stress and anxiety

Individual with limited time to sleep

Individual with disturbed internal body clock

Serving Suggestion

Take 1 sachet daily. Mix with 150ml of water and stir well before consuming.

References:

1. Dehghanmehr, S., Shadadi, H., Mansouri, A. and Arbabisarjou, A. (2017). Effect of oral saffron capsules on sleep quality in patients with diabetes at Zabol-Iran. *Bali Medical Journal*, 6(3), 595-600.
2. Milesi, M. A., Lacan, D., Brosse, H., Desor, D., & Notin, C. (2009). Effect of an oral supplementation with a proprietary melon juice concentrate (Extramel®) on stress and fatigue in healthy people: a pilot, double-blind, placebo-controlled clinical trial. *Nutrition Journal*, 8(1), 1-7.
3. Sarris, J., Byrne, G. J., Cribb, L., Oliver, G., Murphy, J., Macdonald, P., ... & Ng, C. H. (2019). L-theanine in the adjunctive treatment of generalized anxiety disorder: A double-blind, randomised, placebo-controlled trial. *Journal of Psychiatric Research*, 110, 31-37.
4. Pickering, G., Mazur, A., Trousselard, M., Bienkowski, P., Yalteswa, N., Amessou, M., Noah, L., & Pouteau, E. (2020). Magnesium Status and Stress: The Vicious Circle Concept Revisited. *Nutrients*, 12(12), 3672.
5. AmLife Sleep Survey. 2018. <https://worldsleepday.org/wp-content/uploads/2018/04/AmLife-Sleep-Survey-Infographic-2018.pdf>
6. New Straits Times. 2019. Survey: Malaysian employees are overworked, sleep deprived, unhealthy. <https://www.nst.com.my/news/nation/2019/11/539026/survey-malaysian-employees-are-overworked-sleep-deprived-unhealthy>

A Product Of

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Cozey

Relax, Sleep & Reset



Botanical Beverage Mix Kombucha with

Saffron Stigma Extract, Lemon Balm Extract, L-Theanine,

Marine Magnesium & Melon Fruit Concentrate



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Activ' Inside, France.



is a trademark of
Robertet, France.



is a trademark of
Champion, Taiwan.

For Medical Professional Purpose Only

Cozey^z

Soothe Your Mind, Sleep in Comfort

1 Saffron Stigma Extract



The **only encapsulated Iranian saffron extract** that contains the **highest concentration of saffron active metabolites**, delivering up to **10 times more safranal** compared to non-encapsulated extracts.

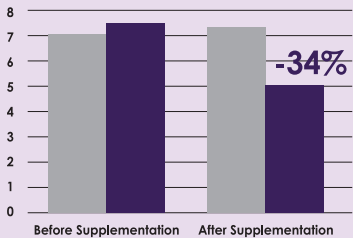
Safranal is the main saffron metabolite that naturally **supports mood and emotional health** through dual mechanism of action:

- Regulate stress hormone (cortisol) secretion
- Positively maintain the balance of brain metabolism



Saffron Stigma Extract Improves Sleep Quality

Pittsburgh Sleep Quality Index
(Total Score)



34%

significant improvement in sleep quality after only one week supplementation of saffron!

Placebo
Iranian Saffron

2 Lemon Balm Extract

A perennial herb from the mint family that is **rich in flavonoids** which contribute to its **antioxidant, anti-inflammatory, antimicrobial and antidepressant activities**.

It lowers the level of anxiety, induces sleep and exhibits sedative properties by **supporting the production of the neurotransmitter (GABA)**.



3 Melon Fruit Concentrate



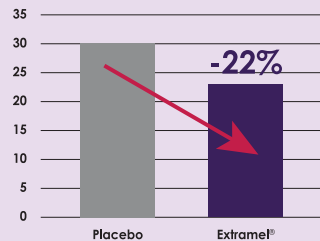
A proprietary variety of Cantaloupe melon that contains the **highest concentration of Superoxide Dismutase (SOD)**.

SOD is the **primary key antioxidant enzyme** that helps **inhibit the formation of reactive oxygen species (ROS)** and **positively impact several stress-related symptoms including irritability & weariness**.



Melon Fruit Concentrate Helps Relieve Stress

PSS14 scale (Mean of scores)



Significant Improvement
in relieving daily stress²

4 L-Theanine

A naturally occurring amino acid that exerts a **calming effect on the central nervous system, alleviating stress and promoting better sleep**.

L-Theanine can pass through the blood-brain barrier freely and **affect brain activity** by³:

- Increasing GABA, dopamine and serotonin levels
- Increasing alpha brain waves activity, the most prevalent brain wave in relaxed individuals
- Reducing presynaptic glutamate release and the levels of norepinephrine



5 Marine Magnesium

Stress could accelerate magnesium loss and in turn, **magnesium deficiency could increase the body's vulnerability to stress**.

Magnesium plays an inhibitory key role in the **regulation and neurotransmission of the normal stress response**⁴.

- Promote serotonin synthesis
- Inhibit the activity of glutamate
- Increase level of GABA



6 Kombucha Powder

Naturally brewed from green tea through a 6-months fermentation process, this **100% kombucha is free from alcohol and sugar**.

It has a **low pH** and **contains delicious organic acids**, which can help **improve gut health, strengthen immunity and promote overall well-being**.



7 Nutrifood® Red Berries

A unique combination of **elderberries, chokeberries and blackcurrants** that is abundant in naturally occurring **anthocyanins**.

Anthocyanin is a **powerful antioxidant** that can **counteract free radicals and prevent oxidative stress**.

