

Probiotic Formula that support Sleep Quality

Gut and brain communicate with each other via the gut-brain axis, a specific pathway that involves the neural, endocrine, and immune systems. Improving the gut microbiota could improve the quality of sleep, as the gut bacteria also produce melatonin that the brain uses to regulate sleep. A study showed that a probiotic bacterial strain intake could improve sleep quality and reduce the number of episodes of wakefulness in individuals suffering from sleep alterations and/or insomnia and, specifically, induce a more mature sleep pattern in infants and young children.

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Product List

A new study suggested a multi-strain probiotic containing three different Lactobacilli and one Bifidobacterium (*L. fermentum*, *L. rhamnosus*, *L. plantarum*, and *B. longum*), might be an optimal combination.

Cat No.	Product Name	Activity	Appearance
PBSQ-004	Probiotics Blend for Sleep Quality Improvement	10 billion CFU/g or more	White to Light Yellow-Colored, Free-Flowing Powder
PRBT-007	Bifidobacterium Longum Freeze Dried Powder	10 billion CFU/g or more	White to Light Yellow-Colored, Free-Flowing Powder
PRBT-018	Lactobacillus Fermentum Freeze Dried Powder	10 billion CFU/g or more	White to Light Yellow-Colored, Free-Flowing Powder
PRBT-022	Lactobacillus Plantarum Freeze Dried Powder	10 billion CFU/g or more	White to Light Yellow-Colored, Free-Flowing Powder
PRBT-024	Lactobacillus Rhamnosus Freeze Dried Powder	10 billion CFU/g or more	White to Light Yellow-Colored, Free-Flowing Powder

Creative Enzymes also provides other probiotic products with multiple functions in addition to the ones listed above. Please [contact us](#) for any needs.

Note: Our products can only be used for the purpose of research and industrial production, not for individual use.

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