

Neurexan[®] reduces acute stress reactions decreasing the neuroendocrine response⁵



Full title

Efficacy Profile of Neurexan[®] in an Experimental Acute Stress Setting – an Explorative, Double-blind Clinical Trial in Healthy Proband (NEUPRO: NEUrexan[®] PRObands)



Design

Explorative double-blind, randomized, placebo-controlled



Objective

To investigate the efficacy of Neurexan[®] on the psychological and neuroendocrine responses to an acute stress situation



Participants

66 healthy volunteers who were exposed to an acute psychological stressor (Trier Social Stress Test [TSST]) were recruited from 2 study centers

INTERVENTIONS

before the actual onset of the stressor



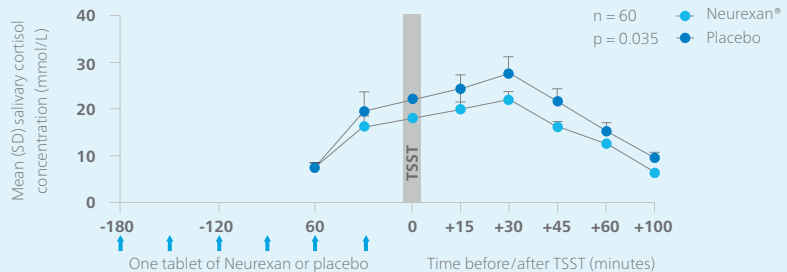
Neurexan[®]



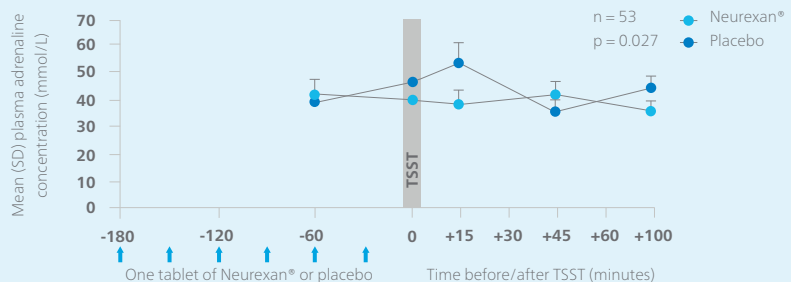
Placebo

Reduction of stress biomarkers after treatment

Salivary cortisol levels in response to acute stress



Plasma adrenaline levels in response to acute stress



- Neurexan[®] significantly reduced stress-induced increase in stress biomarker salivary cortisol in comparison to placebo.
- Neurexan[®] showed a trend to diminish stress-induced increase in plasma cortisol in comparison to placebo.
- Neurexan[®] significantly reduced stress-induced increase in stress mediator plasma adrenaline in comparison to placebo.
- In the context of the study, Neurexan[®] is safe.