



# Cortimin

## What Is It?

This product contains a highly specialized milk protein (casein) hydrolysate, providing a unique active peptide known as  $\alpha_{S1}$  casein peptide. This decapeptide has demonstrated the potential to bind to GABA receptors, enhancing the inhibitory effect of GABA and moderating the effects of occasional stress.\*

## Uses For Cortimin

**Moderates Occasional Stress:** In a pre-clinical in vivo study, this milk protein hydrolysate helped to reduce stress-related behavior in animals. An initial pilot trial with healthy volunteers indicated that it promoted positive outcomes on stress evaluation scores. The results of a 2-week double blind, randomized, placebo-controlled clinical trial suggested that it may also moderate perceived stress in a dose-dependent manner. In a second double blind, placebo-controlled trial, its effects on physiological responses to stress were evaluated. The data suggests that this milk protein hydrolysate may help to maintain healthy vascular function and stress hormone levels, including cortisol, under stressful conditions. In addition, a 4-week study involving biathletes revealed that milk protein hydrolysate may help moderate cortisol production associated with rigorous training, mediating physical and psychological stress in athletes.\*

## What Is The Source?

Cortimin contains milk protein hydrolysate standardized to provide 2.5 mg  $\alpha_{S1}$  casein peptide (U.S. Patent no. 5,846,939 by Miclo, 1998). Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1–2 capsules per day, between meals.

## Are There Any Potential Side Effects Or Precautions?

This product is not recommended for individuals sensitive to casein. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Due to similar mechanisms of action, this ingredient may be contraindicated with benzodiazepine medications.

## References:

1. Miclo L, Perrin E et al. Characterization of alpha-casozepine, a tryptic peptide from bovine alpha(s1)-casein with benzodiazepine-like activity. *FASEB J* 2001 Aug;15(10):1780-2.
2. Advitech Solutions, Inc.

### Cortimin

#### each vegetable capsule contains



milk protein hydrolysate .....	150 mg.
(standardized to contain 2.5 mg $\alpha_{S1}$ casein peptide)	
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
other ingredients: sodium caseinate	
<b>1–2 capsules per day, between meals.</b>	