Neurexan® reduces acute stress reactions decreasing the neuroendocrine response[5]

Full title
Efficacy Profile of Neurexan® in an Experimental Acute Stress Setting – an Explorative, Double-blind Clinical Trial in Healthy Probands (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

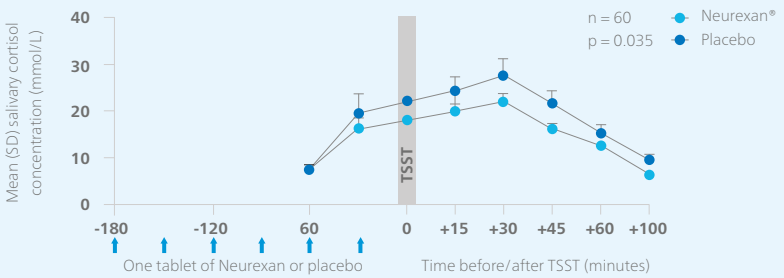
INTERVENTIONS
before the actual onset of the stressor

Neurexan®

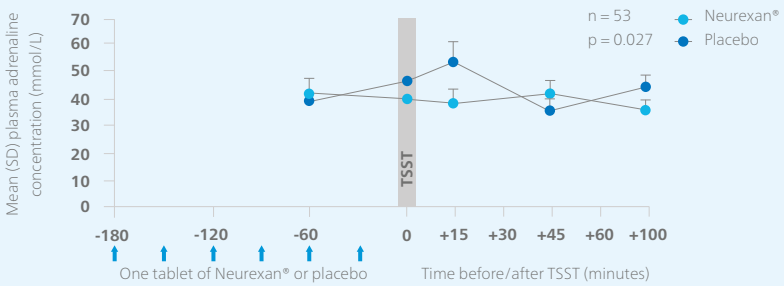
Placebo

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.

Doering BK, Wegner A, Hadamitzky M, Engler H, Rief W, Schedlowski M. Effects of Neurexan® in an experimental acute stress setting — An explorative double-blind study in healthy volunteers. Life Sci. 2016;146:139-147. doi:10.1016/j.lfs.2015.12.058