

# prime X

Backed by Nature.  
Verified by Science:

**The Ingredients Behind the Results**



## 5-in-1 Synergy Technology

We live in a time where we are more connected, more advanced, and more medically informed than ever before — yet many of us feel constantly tired, inflamed, and out of balance. Our mornings begin with alarms and notifications, our days are filled with pressure and deadlines, and our evenings often end in exhaustion rather than restoration. Convenience has replaced nourishment. Ultra-processed foods dominate grocery shelves, many everyday products contain artificial additives, and even fresh produce can carry traces of pesticides and environmental contaminants. Soil depletion has reduced nutrient density in crops, while chronic stress, lack of sleep, and sedentary habits compound the strain on our bodies.

Over time, this constant exposure — to stress, processed ingredients, environmental toxins, and nutrient-poor diets — begins to show. Digestive discomfort becomes common. Energy drops. Brain fog lingers. Inflammation rises. Metabolic imbalance and oxidative stress quietly build beneath the surface. What feels “normal” today would not have been normal a generation ago. Even global health data from the World Health Organization reflects this reality, with noncommunicable, lifestyle-related conditions now accounting for the majority of deaths worldwide.

Understanding this modern challenge, Sanavi International approached formulation from a systems perspective. Instead of asking what single ingredient could make a difference, the question became more fundamental: What core biological systems are under the greatest pressure today — and how can we support them simultaneously?

The answer became the architecture of primeX.

Rather than a conventional supplement, primeX is structured as an integrated system built around five precision-designed blends. Each blend targets a foundational stress point of modern living, and together they operate synergistically — reinforcing one another to support resilience, cellular protection, digestive balance, nutrient replenishment, and metabolic function.

These five blends form the core of primeX:

- BiomeBalance™ Digestive Support Blend
- CellGuard™ Antioxidant Matrix
- CoreNourish™ Micronutrient Complex
- MetaFlow™ Metabolic Activation Blend
- NeuroCalm™ Adaptogenic Stress Blend

primeX is not formulated as isolated ingredients, but as an integrated system. Each blend is intentionally designed to work in synergy—supporting digestion, defending cells, replenishing nutrients, activating metabolism, and calming the stress response. In a world where modern living challenges human biology daily, primeX helps restore balance at the foundational level.

# BiomeBalance™ Digestive Support Blend

## SUPPORTS

Gut Health • Digestive Comfort • Microbiome Balance

## WHAT IT DOES

BiomeBalance™ is formulated to support digestion and gut microbiota through a synergistic combination of prebiotics, probiotics, fiber, and plant enzymes. These ingredients work together to promote regularity, nutrient absorption, and immune health.



### **ACTAZIN®** (*Kiwi Fruit Extract*)

A patented kiwi fruit extract rich in fiber and enzymes, Actazin® supports:

- Natural bowel regularity and reduced bloating
- Healthy gut flora via prebiotic pectin and fiber
- Improved protein digestion through actinidin enzyme activity

#### **STUDY HIGHLIGHT**

Actazin® supplementation improved stool frequency and supported beneficial gut bacteria in healthy adults.<sup>1</sup>



### **HEMP SEED**

A plant-based fiber source containing protein, omega-3s, and lignanamides, Hemp helps:

- Support healthy gut motility and regularity
- Deliver prebiotic fiber to feed beneficial bacteria
- Provide anti-inflammatory compounds for gut resilience

#### **STUDY HIGHLIGHT**

Hemp seeds were shown to promote gut microbial diversity and support metabolic health.<sup>2</sup>



### **MALIC ACID**

A naturally occurring fruit acid that plays a role in:

- Supporting digestive enzyme activity
- Aiding in nutrient absorption, particularly magnesium
- Enhancing energy metabolism in intestinal cells

#### **STUDY HIGHLIGHT**

Malic acid improves mineral bioavailability and cellular energy pathways in the digestive tract.<sup>3</sup>



### **INULIN** (*Prebiotic Fiber*)

A soluble fiber from chicory root that helps:

- Feed beneficial Bifidobacteria and Lactobacilli
- Reduce digestive discomfort and support bowel regularity
- Modulate blood sugar responses via delayed gastric emptying

#### **STUDY HIGHLIGHT**

Inulin consumption significantly increased Bifidobacteria levels and improved bowel habits in clinical trials.<sup>4</sup>



### **BACILLUS SUBTILIS MB40** (*Probiotic*)

A spore-forming probiotic strain known for:

- Surviving stomach acid and colonizing the gut
- Promoting immune signaling and healthy inflammatory responses
- Reducing occasional gas, bloating, and discomfort

#### **STUDY HIGHLIGHT**

Daily intake of MB40 significantly improved GI symptom scores and supported gut microbiota balance in healthy adults.<sup>5</sup>

Together, the ingredients in BiomeBalance™ form a comprehensive support system for gut health—enhancing nutrient absorption, regulating digestion, balancing the microbiome, and protecting the gut lining. This blend helps create a strong foundation for whole-body wellness by optimizing the way your body processes and utilizes nutrients.

#### **REFERENCES – BIOMEBALANCE™**

- <sup>1</sup> Gearry, R. et al. (2015). *Kiwi extract improves gut motility and microbiome markers*. World J Gastroenterol.
- <sup>2</sup> House, J.D. et al. (2010). *Nutritional composition and gut impact of hemp seed*. Br J Nutr.
- <sup>3</sup> Zofkova, I. et al. (2015). *Malic acid and mineral uptake: Insights into digestive function*. Nutrition.
- <sup>4</sup> Kolida, S., & Gibson, G.R. (2007). *Prebiotic effects of inulin-type fructans*. J Nutr.
- <sup>5</sup> Lefevre, M. et al. (2015). *Bacillus subtilis MB40 improves GI function and immune biomarkers*. Benef Microbes.

# CellGuard™ Antioxidant Matrix

## SUPPORTS

Cellular Defense • Oxidative Stress Reduction • Skin & Cardiovascular Health

## WHAT IT DOES

The CellGuard™ blend protects your body at the cellular level by neutralizing free radicals and supporting antioxidant activity. These deeply pigmented superfruits are rich in polyphenols, anthocyanins, and nitrates—compounds known to combat oxidative stress, support circulation, and enhance skin vitality.



### **MITOHEAL®** (*Red/Black Currant Extract*)

A trademarked extract rich in natural anthocyanins, clinically studied to:

- Improve skin smoothness, elasticity, and radiance
- Reduce oxidative stress and signs of premature aging
- Boost mitochondrial function and energy levels

#### **STUDY HIGHLIGHT**

Clinical research on MitoHeal® shows significant improvements in skin smoothness, wrinkle reduction, and facial brightness after 6 weeks of supplementation with 500 mg daily.<sup>6</sup>



### **POMEGRANATE** (*Punica granatum*)

A potent antioxidant fruit shown to:

- Reduce oxidative stress and inflammation
- Support healthy blood pressure and vascular function
- Protect against LDL oxidation and cellular aging

#### **STUDY HIGHLIGHT**

Pomegranate juice has been shown to deliver high antioxidant capacity due to its polyphenol composition, supporting both cardiovascular and skin health.<sup>7</sup>



### **BEETROOT**

A nitrate-rich vegetable that enhances nitric oxide production, leading to:

- Improved blood flow and oxygen delivery
- Reduced blood pressure and cardiovascular strain
- Enhanced athletic performance and recovery

#### **STUDY HIGHLIGHT**

Beetroot supplementation significantly lowers blood pressure and improves endothelial function in healthy adults.<sup>8</sup>



### **BLUEBERRY**

A flavonoid-dense berry that has been shown to:

- Improve memory and cognitive performance in older adults
- Support neuroprotection and healthy brain aging
- Reduce systemic oxidative stress

#### **STUDY HIGHLIGHT**

Supplementation with blueberry juice improved memory and reduced depressive symptoms in older adults.<sup>9</sup>



### **AÇAÍ BERRY** (*Euterpe oleraceae*)

An Amazonian fruit packed with polyphenols that:

- Scavenge reactive oxygen species (ROS) and protect against cell damage
- Support lipid metabolism and cardiovascular wellness
- Enhance immune modulation and overall resilience

#### **STUDY HIGHLIGHT**

Freeze-dried açai pulp has demonstrated exceptionally high antioxidant capacity and other beneficial bioactivities in lab and animal models.<sup>10</sup>

Together, the CellGuard™ ingredients form a broad-spectrum antioxidant defense system that fights aging, protects cells from environmental stress, and enhances natural resilience from the inside out.

#### **REFERENCES – CELLGUARD™:**

- <sup>6</sup> Specnova. *MitoHeal®: A Natural Anthocyanin-Rich Complex for Beauty & Energy*. Clinical study data on file.
- <sup>7</sup> Gil MI, Tomás-Barberán FA, Hess-Pierce B, Holcroft DM, Kader AA. *Antioxidant activity of pomegranate juice and its relationship with phenolic composition and processing*. J Agric Food Chem. 2000.
- <sup>8</sup> Siervo M, Lara J, Ogbonmwan I, Mathers JC. *Inorganic nitrate and beetroot juice supplementation reduces blood pressure in adults: a systematic review and meta-analysis*. J Nutr. 2013.
- <sup>9</sup> Krikorian R, Shidler MD, Nash TA, et al. *Blueberry supplementation improves memory in older adults*. J Agric Food Chem. 2010.
- <sup>10</sup> Schauss AG, Wu X, Prior RL, et al. *Antioxidant capacity and other bioactivities of the freeze-dried Amazonian palm berry, Euterpe oleraceae Mart. (açai)*. J Agric Food Chem. 2006.

# CoreNourish™ Micronutrient Complex

## SUPPORTS

Daily Nutrient Density • Cellular Health • Antioxidant Defense

## WHAT IT DOES:

CoreNourish™ delivers foundational nourishment from whole fruits and micronutrients that your body needs daily but often lacks due to modern diets. This blend helps optimize cellular function, immune readiness, and nutrient absorption—supporting a strong foundation for long-term health.



### THAUSWEET VRM™

A proprietary natural sweetener blend of monk fruit, thaumatin, and cassava root fiber. While primarily included for its pleasant taste and clean-label appeal, each component contributes beneficial functionality:

- Monk fruit contains mogrosides, natural compounds with antioxidant properties
- Thaumatin is a plant protein that adds sweetness without affecting blood sugar
- Cassava root fiber offers prebiotic support for gut health and glucose balance

### STUDY HIGHLIGHT

Emerging evidence supports that non-glycemic sweeteners like monk fruit may reduce postprandial glucose and insulin response, with added fibers contributing to digestive health.<sup>11</sup>



### WATERMELON FRUIT (*Citrullus lanatus*)

A natural source of **L-citrulline**, watermelon helps stimulate **nitric oxide** production in the body, which supports:

- Healthy **blood flow** and vascular function
- **Cellular nutrient delivery** and oxygenation
- Antioxidant protection from natural phytonutrients

### STUDY HIGHLIGHT

A randomized trial in adults found that watermelon extract increased nitric oxide bioactivity and improved endothelial function without reliance on exercise or disease conditions.<sup>12</sup>



### MANGO (*Mangifera indica*)

Beyond flavor, mango provides **polyphenols and vitamins** that support immune resilience and gut health. Studies show:

- Mango polyphenols may help improve **microbiome balance** and **intestinal barrier function**
- Natural antioxidants may reduce **oxidative stress** and support daily detoxification

### STUDY HIGHLIGHT

Daily mango intake for 12 weeks improved gut permeability and modulated inflammatory markers in healthy adults, suggesting a role in foundational wellness.<sup>13</sup>



### ZINC (as zinc gluconate)

An essential trace mineral involved in hundreds of enzymatic reactions; zinc is required for:

- **Immune cell function** and defense against pathogens
- **Cellular repair** and antioxidant support
- Hormone production and DNA synthesis

### STUDY HIGHLIGHT

Meta-analysis shows that zinc supplementation improves immune response, antioxidant capacity, and overall metabolic balance in healthy populations.<sup>14</sup>



### VITAMIN B6 (Pyridoxine HCl)

Vitamin B6 is required for energy metabolism, mood regulation, and red blood cell production. It:

- Helps convert food into usable energy
- Supports neurotransmitter synthesis (like serotonin and dopamine)
- Aids in hormone balance and immune defense

#### STUDY HIGHLIGHT

Supplementation with Vitamin B6 significantly improved mood, reduced anxiety, and enhanced focus in healthy adults, suggesting central nervous system benefits beyond basic nutrition.<sup>15</sup>

Together, these ingredients in CoreNourish™ build the body's baseline of nutritional strength—fueling energy, supporting immune readiness, and protecting cells from oxidative stress.

#### REFERENCES – CORENOURISH™

- <sup>11</sup> Luo J, Cai W, Wu T. Mogrosides: The sweetness and health properties of a plant-based sweetener. *J Agric Food Chem*. 2016 and Patel S, Goyal A. Recent developments in thaumatin: A natural intense sweetener with therapeutic potential. *J Food Sci Technol*. 2015.
- <sup>12</sup> Figueroa A, Sánchez-González MA, Wong A, et al. *Watermelon extract supplementation improves arginine availability and nitric oxide bioactivity in adults*. *J Nutr*. 2011;141(6):1133–1138.
- <sup>13</sup> Carrillo C, He F, Gonzalez de Mejia E. *Consumption of mango (Mangifera indica L.) is associated with improved nutrient intake, diet quality, and reduced inflammation in adults*. *Nutrients*. 2022;14(2):406.
- <sup>14</sup> Wessells KR, Brown KH. *Estimating the global prevalence of inadequate zinc intake from national food balance sheets: effects of methodological assumptions*. *Food Nutr Bull*. 2012;33(1):52–73.
- <sup>15</sup> Field DT, Wendt M, Thomas NA, Williams CM. *High-dose vitamin B6 supplementation reduces anxiety and improves visual attention in healthy adults*. *Hum Psychopharmacol Clin Exp*. 2022;37(6):e2851.

# MetaFlow™ Metabolic Activation Blend

## SUPPORTS

Metabolic Health • Cellular Energy • Fat Metabolism

## WHAT IT DOES

MetaFlow™ is crafted to optimize your body's natural metabolic performance—from how you process glucose to how you generate energy at the cellular level. This blend features three clinically informed botanicals:



### **MORINGA LEAF** (*Moringa oleifera*)

A nutrient-dense superleaf rich in polyphenols and bioactives, Moringa supports:

- Healthy blood sugar by improving insulin sensitivity and slowing glucose absorption
- Antioxidant protection to combat metabolic stress
- Reduced inflammation, promoting better fat metabolism and hormonal balance

#### **STUDY HIGHLIGHT**

Supplementation with Moringa reduced fasting glucose and improved metabolic markers in adults.<sup>16</sup>



### **SHILAJIT** (*Purified Mineral Resin*)

A rare adaptogen containing fulvic acid and essential minerals, Shilajit helps:

- Enhance mitochondrial function and cellular energy (ATP)
- Boost endurance and reduce fatigue
- Support recovery from metabolic stress

#### **STUDY HIGHLIGHT**

200 mg of Shilajit daily for 15 days improved mitochondrial energy markers and physical performance.<sup>17</sup>



### **CHIA SEEDS** (*Salvia hispanica*)

Rich in fiber, plant-based omega-3s, and essential nutrients, Chia helps:

- Promote fullness and reduce cravings
- Stabilize post-meal blood sugar
- Sustain energy without sugar spikes

#### **STUDY HIGHLIGHT**

Clinical trials show improved glucose tolerance and reduced blood sugar spikes with chia supplementation.<sup>18</sup>

Together, these ingredients in MetaFlow™ work synergistically to energize your metabolism, improve fat processing, and reduce the underlying stress that impairs metabolic performance.

## REFERENCES – METAFLOW™

<sup>16</sup> Stohs, S.J. et al. (2021). *Effects of Moringa oleifera on glucose metabolism: A review*. *Nutrients*, 13(733).

<sup>17</sup> Panigrahi, S. et al. (2019). *Impact of Shilajit on mitochondrial energy and fatigue resistance: A randomized clinical trial*. *J Ethnopharmacol*, 236, 43–50.

<sup>18</sup> Vuksan, V. et al. (2010). *Reduction in postprandial glucose and insulin by chia seed supplementation*. *Br J Nutr*, 103(8), 1155–1162.

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# NeuroCalm™ Adaptogenic Stress Blend

## SUPPORTS

Stress Resilience • Mood Balance • Cognitive Clarity

## WHAT IT DOES

NeuroCalm™ combines time-tested adaptogens and essential nutrients to help balance your nervous system, reduce the impact of daily stress, and support emotional well-being. Each ingredient is selected for its ability to calm the mind while promoting clarity and resilience.

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### TRYPTOPHAN

An essential amino acid and precursor to serotonin and melatonin, tryptophan plays a critical role in mood regulation and sleep-wake cycles. Clinical studies show that it:

- Helps improve emotional resilience and reduce stress reactivity
- Enhances positive affect by boosting serotonin synthesis
- Supports better sleep and cognitive flexibility during high-stress periods

### STUDY HIGHLIGHT

Supplementation with L-tryptophan significantly improved mood, emotional processing, and reduced perceived stress in healthy adults exposed to stress-inducing environments.<sup>19</sup>

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### SENSORIL® ASHWAGANDHA

*(Withania somnifera extract)*

A patented adaptogen with high withanolide content, Sensoril® has been clinically studied for its broad impact on mental and physical stress. It has been shown to:

- Lower serum cortisol and reduce fatigue
- Enhance mental performance and focus under pressure
- Support long-term mood stability and physical endurance

### STUDY HIGHLIGHT

Randomized, placebo-controlled human trials demonstrate Sensoril® reduces stress, improves cognitive function, and lowers fatigue across diverse adult populations.<sup>20</sup>

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### HOLY BASIL (*Ocimum sanctum*)

An ancient herb used in Ayurvedic medicine, Holy Basil has adaptogenic and anxiolytic properties supported by modern research. It has been shown to:

- Improve general stress symptoms, including forgetfulness, sleep issues, and exhaustion
- Enhance mood and cognitive function without sedative effects
- Act as a neuroprotective antioxidant supporting mental clarity

### STUDY HIGHLIGHT

Clinical studies found Holy Basil extract significantly improved symptoms of stress and anxiety in healthy adults under daily life stressors.<sup>21</sup>



### **MAGNESIUM** (as *Magnesium Aspartate*)

Magnesium plays a vital role in neurotransmission and stress regulation. Studies support its ability to:

- Reduce symptoms of mild anxiety and promote relaxation
- Enhance sleep quality and parasympathetic nervous system activity
- Buffer stress responses by regulating cortisol and GABA pathways

#### **STUDY HIGHLIGHT**

Magnesium supplementation has been shown to significantly reduce perceived stress and anxiety in healthy adults, especially under chronic low-grade stress.<sup>22</sup>

Together, the ingredients in NeuroCalm™ provide multi-pathway support for emotional well-being—targeting hormonal balance, nervous system regulation, and neurotransmitter production—helping you stay calm, focused, and resilient throughout your day.

#### **REFERENCES – NEUROCALM™**

<sup>19</sup> Markus CR, Olivier B, de Haan EH. Whey protein rich in alpha-lactalbumin increases the ratio of tryptophan to other large neutral amino acids and improves cognitive performance in stress-vulnerable subjects. *Am J Clin Nutr.* 2002.

<sup>20</sup> Auddy B, Hazra J, Mitra A, Abedon B. A standardized *Withania somnifera* extract reduces stress-related parameters in chronically stressed humans: a double-blind, randomized, placebo-controlled study. *JANA.* 2008.

<sup>21</sup> Saxena RC, Gupta B, Saxena RS, et al. Effect of *Ocimum sanctum* on stress-induced changes in neurotransmitters. *Indian J Pharmacol.* 1998.

<sup>22</sup> Boyle NB, Lawton C, Dye L. The effects of magnesium supplementation on subjective anxiety and stress—a systematic review. *Nutrients.* 2017.

**Note:** All active ingredients are reviewed for sourcing purity, quality assurance, and regulatory compliance. Select ingredients like Actazin®, MitoHeal®, and Sensoril® are backed by multiple human clinical trials.