

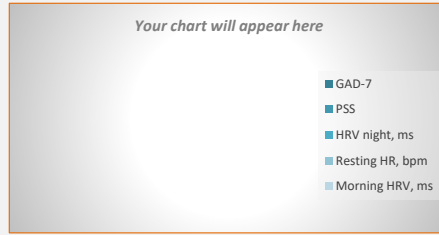
# Anexity

**Attention:** Example of a Personal CNS Report (Structure Only)

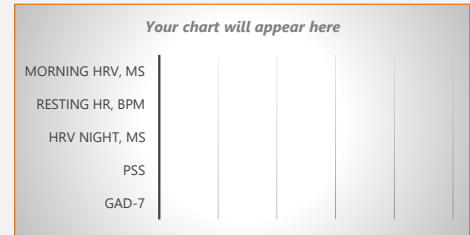
This document demonstrates the structure and types of information included in your personal report.  
All values, charts, and interpretations in the actual report are generated exclusively from your data.

## Personal data

metrics	value
GAD-7	Your result
PSS	Your result
HRV night, ms	Your result
Resting HR, bpm	Your result
Morning HRV, ms	Your result



Contribution of subjective and objective data to the assessment of your current state



Results from your questionnaires and devices, shown on standard reference scales

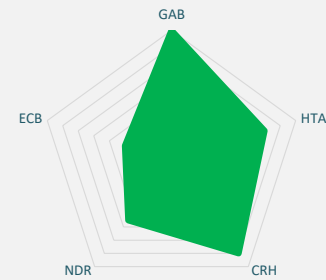
In your personal report, your individual profile and reference thresholds are displayed relative to the optimal range shown here.

## Neurobiological targets

Target	Function	Code	Personal
GABA-A	Anxiety ↓; sedation	GAB	Your result
5-HT1A	Mood stabilization	HTA	Your result
CRH / HPA	Stress reaction	CRH	Your result
Noradrenaline α2	Anxiety ↓	NDR	Your result
Endocannabinoid CB1	Stress ↓	ECB	Your result

**How to understand:**

Detailed interpretation content is included in the personal report.



Your profile will appear here

**GAB \*\* HTA \*\* CRH \*\* NDR \*\* ECB \*\***

# Cognitive

**Attention:** Example of a Personal CNS Report (Structure Only)

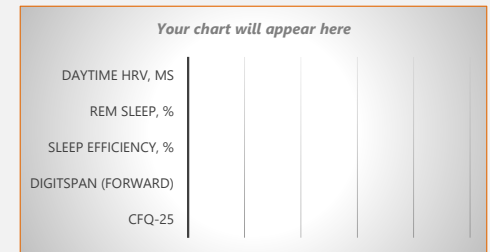
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## Personal data

metrics	value
CFQ-25	Your result
DigitSpan (forward)	Your result
Sleep Efficiency, %	Your result
REM Sleep, %	Your result
Daytime HRV, ms	Your result



Contribution of subjective and objective data to the assessment of your current state



Results from your questionnaires and devices, shown on standard reference scales

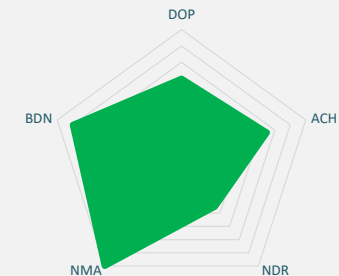
In your personal report, your individual profile and reference thresholds are displayed relative to the optimal range shown here.

## Neurobiological targets

Target	Function	Code	Personal
Dopamine D1/D2	Motivation, reward	DOP	Your result
Acetylcholine	Attention, memory	ACH	Your result
Noradrenaline α2	Anxiety ↓	NDR	Your result
NMDA / AMPA	Learning, memory	NMA	Your result
BDNF / TrkB	Neurogenesis	BDN	Your result

**How to understand:**

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Your profile will appear here

**DOP \*\* ACH \*\* NDR \*\* NMA \*\* BDN \*\***

# Sleep

**Attention:** Example of a Personal CNS Report (Structure Only)

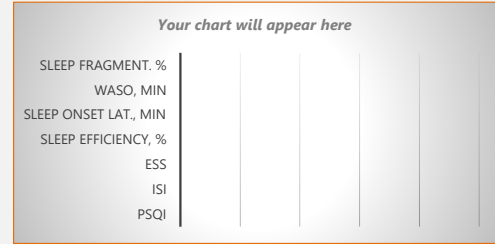
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## Personal data

metrics	value
PSQI	Your result
ISI	Your result
ESS	Your result
Sleep Efficiency, %	Your result
Sleep Onset Lat., min	Your result
WASO, min	Your result
Sleep Fragment. %	Your result



Contribution of subjective and objective data to the assessment of your current state



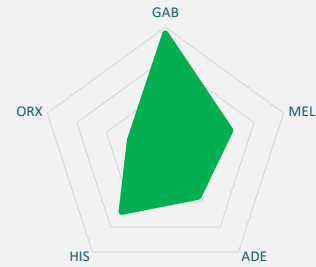
Results from your questionnaires and devices, shown on standard reference scales

## Neurobiological targets

Target	Function	Code	Personal
GABA-A	Anxiety ↓; sedation	GAB	Your result
Melatonin MT1/MT2	Sleep promotion	MEL	Your result
Adenosine A1/A2A	Sleepiness	ADE	Your result
Histamine H1/H3	Sleep initiation	HIS	Your result
Orexin / Hypocretin	Wakefulness ↑	ORX	Your result

**How to understand:**

Detailed interpretation content is included in the personal report.



Your profile will appear here

**GAB \*\* MEL \*\* ADE \*\* HIS \*\* ORX \*\***

**Attention:** Example of a Personal CNS Report (Structure Only)

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# CNS-profile

## Neurobiological targets

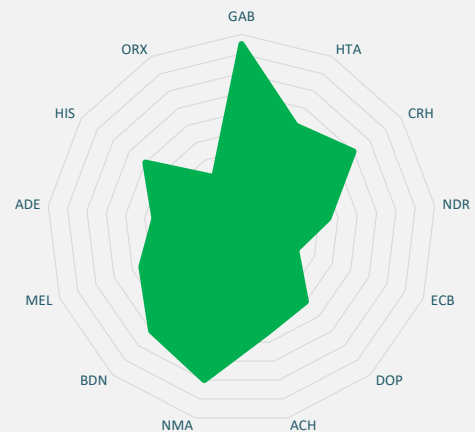
Target	Function	Code	Personal
GABA-A	Anxiety ↓; sedation	GAB	Your result
5-HT1A	Mood stabilization	HTA	Your result
CRH / HPA	Stress reaction	CRH	Your result
Noradrenaline α2	Anxiety ↓	NDR	Your result
Endocannabinoid CB1	Stress ↓	ECB	Your result
Dopamine D1/D2	Motivation, reward	DOP	Your result
Acetylcholine	Attention, memory	ACH	Your result
NMDA / AMPA	Learning, memory	NMA	Your result
BDNF / TrkB	Neurogenesis	BDN	Your result
Melatonin MT1/MT2	Sleep promotion	MEL	Your result
Adenosine A1/A2A	Sleepiness	ADE	Your result
Histamine H1/H3	Sleep initiation	HIS	Your result
Orexin / Hypocretin	Wakefulness ↑	ORX	Your result

Your profile will appear here

**GAB \*\* HTA \*\* CRH \*\* NDR \*\* ECB \*\* DOP \*\* ACH \*\* NMA \*\* BDN \*\* MEL \*\* ADE \*\* HIS \*\* ORX \*\***

**How to understand:**

Detailed interpretation content is included in the personal report.



Interpretation	<p><b>General notes:</b>  <i>Detailed interpretation content is included in the personal report.</i></p>
CNS-Imprint	<p><b>Using Your CNS Profile: CNS-Imprint of Standardized Botanical Combinations</b></p> <p>Each CNS-Imprint describes the interaction of key bioactive compounds from standardized botanical combinations with neurobiological targets involved in CNS regulation.</p> <p>Numerical values indicate the relative contribution of functional influence across neurobiological targets within each CNS-Imprint and are shown together with the direction of action.</p> <p><i>Example of a CNS-Imprint (for illustration)</i></p> <p><b>Focus SSR-151 (Fraction extracts: Schisandra Salvia Rhaponticum)</b></p> <p>CNS-Imprint (functional action proportions): AMPK 80↑; DOP 76↑; GAB 74↑; MAO-A 47↓; NMDA 18↓; BDN 64↑; ACH 12↓</p> <p><i>Available CNS-Imprint profiles of standardized botanical combinations are included in the personal report.</i></p>