

Saffron Extract – Helps Support Healthy Mood Balance, Relieve Nervousness, and Improve Restorative Sleep

About Saffron Extract

- Saffron is a spice derived from the *Crocus sativus* flower, also known as saffron crocus. It has a long history of use as both a spice and medicinal agent and has recently been recognized for its effects related to stress reduction, healthy mood support, and sleep quality improvement.¹
- Saffron contains many bioactive compounds. These include antioxidants such as carotenoids, anti-inflammatory compounds, and other molecules that give saffron its colour and taste as well as its physiological effects.¹⁻³
- Saffron is thought to influence several pathways related to mood, including effects on neurotransmitters and stress-related hormones like cortisol.³⁻⁵
- In clinical trials, saffron has been shown to improve symptoms related to nervousness and stress, such as fatigue, weariness, and irritability, along with supporting mood balance.^{6,7}
- Affron® is a well-studied, 100% pure specific extract of saffron from Spain with standardized amounts of the bioactive components of saffron (crocin and safranal).
- In a randomized clinical trial, affron supplementation was shown to improve several symptoms in adults with low mood in just four weeks, including reductions in perceived stress, nervousness, tension, and fatigue, as well as a slight increase in sleep quality.⁸
- Affron has also been shown to improve mood when combined with standard therapies.⁹
- In a clinical trial of perimenopausal women, affron supplementation was shown to improve symptoms of nervousness and mood compared to a placebo.¹⁰
- Affron supplementation was also shown to improve symptoms related to mood in an eight-week trial of adolescents (aged 12–16), especially separation anxiety, low mood, and social phobia.¹¹
- Clinical trials have found that supplementation with affron improved sleep quality and melatonin levels among people reporting sleep problems.^{12,13}

How to Use Saffron Extract

- **Adults (Mood, Symptoms of Stress, Nervousness, Sleep Quality):** Take 1 capsule per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks. For sleep quality, consult a health care practitioner for use beyond 4 weeks.
- **Adolescents Over 12 Years of Age (mood):** Take 1 capsule per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 8 weeks.

PATIENT NAME: _____

PRACTITIONER NOTES:

Cautions and Contraindications

- Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition, such as frequent anxiety or depression, or if you are taking antidepressants. Do not use if you are taking blood thinners/anticoagulants, have a bleeding disorder, or if you are pregnant or breastfeeding. Keep out of reach of children.

Drug Interactions

- Saffron may lower blood pressure, but this is observed only at high doses and is unlikely at the recommended dose.¹⁴ One case of possible interaction with a direct oral anticoagulant (rivaroxaban) has been reported; caution is advised with anticoagulant medications.¹⁵

Quick Tips for Optimal Health

- Observational studies have shown that the Mediterranean diet has a protective effect against many mood-related conditions. The antioxidant and anti-inflammatory components of the Mediterranean diet may be partly responsible for this effect.¹⁶
- Exercise has also been shown to support a healthy mood and limit anxiety in both younger and older populations. Resistance exercise performed 3–4 times per week for 30–60 minutes may be most effective in younger populations.¹⁷
- A review of 41 randomized, controlled trials found that exercise supports a healthy mood in adults, and there may be benefits to supervised exercise and group exercise in older adults.¹⁸
- Inflammation also appears to play a role in regulating mood. An analysis of 10 randomized trials found that a daily dose of 1–2 g of omega-3 fatty acids (total EPA/DHA) may be the optimal amount to support a healthy mood.¹⁹
- Intake of B vitamins, such as folic acid and vitamin B12, along with vitamin D, were found to significantly improve symptoms related to mood in a review of 20 randomized clinical trials.²⁰

PRACTITIONER CONTACT INFORMATION:

- Cognitive behavioural therapy is among the most well-researched interventions to help support mood and limit anxiety. It may also help improve sleep quality.²¹
- Mindfulness-based stress reduction has been shown to be a useful technique for reducing feelings of both stress and anxiety, and may also support healthier sleep.²²
- While not clearly shown to be effective, consider community-based approaches for reducing anxiety and supporting mood in younger people, including community gardens, music events, and exercise opportunities.²³

References

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