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Saffron Extract – Helps Support Healthy Mood Balance and Promote a Restful Sleep*

About Saffron Extract

- Saffron is a spice derived from the stigmas of the *Crocus sativus* flower, also known as saffron crocus. It has a long history of use as a culinary spice and for health promotion.* It has recently been recognized to help maintain emotional well-being and a healthy mood balance, support a restful night's sleep, and promote positive effects on occasional stress.*[1]
- Saffron contains many beneficial compounds. These include supportive antioxidants such as carotenoids and other compounds that give saffron its color and taste as well as provide physiological support.*[1–3]
- Saffron is thought to support several pathways related to a healthy mood, helping maintain cortisol and various neurotransmitters already within the normal range.*[3–5]
- In clinical trials, saffron has been shown to support healthy stress management along with supporting emotional well-being and maintaining a healthy mood balance.*[6,7]
- Affron® is a specific and well-studied extract of saffron with standardized amounts of the beneficial components of saffron (crocin and safranal).
- In a randomized clinical trial in adults, Affron supplementation was shown to support a healthy mood balance and facilitate emotional well-being in just four weeks, including having positive effects on occasional stress, promoting healthy stress management,and promoting a restful night's sleep to support healthy energy levels.*[8]
- Affron has also been shown to support emotional well-being and promote a balanced mood when combined with a wellness program.*[9]
- In a clinical trial with perimenopausal women, Affron supplementation was shown to support positive effects in occasional stress and emotional well-being compared to a placebo.*[10]
- Affron supplementation was also shown to help support emotional well-being in an eight-week trial in adolescents (ages 12–16), with beneficial support for healthy stress management in occasional stress, emotional well-being, social comfort, and a healthy mood balance.*[11]
- Clinical trials have found that supplementation with Affron helped maintain melatonin levels already within the normal range and support a restful night's sleep.*[12,13]

How to Use Saffron Extract

- **Suggested Usage: Adults and adolescents over 12 years of age:** 1 capsule per day or as directed by a health care professional.

Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Quick Tips for Optimal Health

- ☐ Observational studies have shown that the Mediterranean diet may support a healthy mood, among other health benefits.*[14]
- ☐ Exercise has also been shown to support a healthy mood and help manage mild, occasional stress in both younger and older populations.* Resistance exercise performed three to four times per week for 30–60 minutes may be most effective in younger populations.*[15]
- ☐ A review of 41 randomized controlled trials found that exercise may help support a healthy mood in adults, and there may be benefits to supervised exercise and group exercise in older adults.*[16]
- ☐ 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.*[17]
- ☐ Intake of B vitamins, such as folic acid and vitamin B12, along with vitamin D, was found to significantly support a healthy mood in a systematic review of 20 randomized clinical trials.*[18]
- ☐ Cognitive behavioral therapy is among the most well-researched interventions to help support emotional well-being and assist with healthy stress management in times of mild, occasional stress.* It may also help support a restful night's sleep.*[19]
- ☐ Mindfulness-based stress reduction has been shown to be a useful technique to assist with mild, occasional stress and may also support restful sleep.*[20]
- ☐ While not clearly shown to be effective, consider community-based approaches for reducing occasional stress and supporting mood in younger people, including community gardens, music events, and exercise opportunities.*[21]

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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