

ADD-ON TO ANTIDEPRESSANTS AND IMPROVES MOOD AND REDUCE STRESS & ANXIETY IN HEALTHY ADULTS

affron®

Claims

- **AFFRON®** (Saffron extract) helps to maintain a state of relaxation and mental and physical well-being. Helps to maintain a good mood.
- B12 contributes to normal psychological function, contributes to normal functioning of the nervous system reduces tiredness and fatigue.
- Zinc helps maintain cognitive functions and contributes to the protection of cells from oxidative stress

References

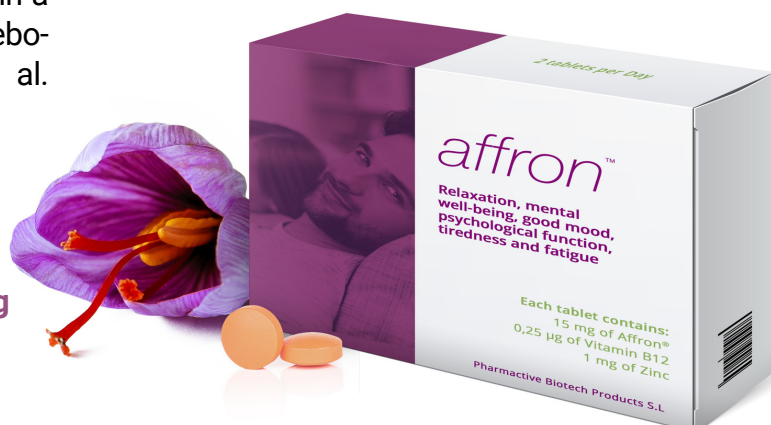
- Efficacy of a standardised saffron extract AFFRON® as an add-on to antidepressant medication for the treatment of persistent depressive symptoms in adults: a randomized, double-blind, placebo-controlled study. Lopresti A., et al. Journal of Psychopharmacology 2019 :
- Efficacy of Curcumin, and a saffron/curcumin combination for the treatment of major depression: a randomized, double-blind, placebo-controlled study. Lopresti A., et al. Journal of Affective Disorders 2017
- Affron® a novel saffron extract (*Crocus sativus* L.) improves mood in healthy adults over 4 weeks in a double-blind, parallel, randomized, placebo-controlled clinical trial. Kell G., et al. Complementary Therapies in Medicine

Posology

2 tablets per day: 1 in the morning, 1 in the evening

Formula

Ingredient	Dose / tablet	Dose / 2 tablets	RDD
AFFRON®	15 mg	30 mg	-
VITAMIN B12	0,25 µg	0,5 µg	20%
ZINC	1 mg	2 mg	20%



These information are intended only for health professionals and operators of the food supplement sector.

IMPROVE MOOD IN TEENAGERS

Claims

- **AFFRON®** (Saffron extract) helps to maintain a state of relaxation and mental and physical well-being. Helps to maintain a good mood.
- Vitamin B3 and vitamin C contribute to normal psychological function, to normal functioning of the nervous system, and to the reduction of tiredness and fatigue.

References

- Affron®, a standardised extract from saffron (*Crocus sativus* L.) for the treatment of youth anxiety and depressive symptoms: a randomized, double-blind, placebo-controlled study. Lopresti A., et al. Journal of Affective Disorders 2018.



Posology

- 1 gummy for kids from 6 to 12 years old
- 2 gummies for kids > 12 years

Formula

Ingredient	Dose / 1 gummy	Dose / 2 gummies	RDD
AFFRON®	15 mg	30mg	-
VITAMIN B3	2,4 mg	4,8 mg	15% - 30%
VITAMIN C	12 mg	24 mg	15% - 30%



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SLEEP

Claims

- **AFFRON®** (Saffron extract) helps to maintain a state of relaxation and mental and physical well-being. Helps to maintain a good mood.
- Melatonin contributes to the reduction of time taken to fall asleep and to the alleviation of subjective feelings of jet lag.
- Valerian helps sleep onset, helps normalise/promote sleep (onset). Valerian helps to maintain a natural sleep.

References

- Effects of saffron on sleep quality in healthy adults with self-reported poor sleep: Lopresti A., et al. Journal of Psychopharmacology 2019 : a randomized, double-blind, placebo-controlled trial. Lopresti A., et al. Journal of Clinical Sleep Medicine 2020
- Sleep enhancement by saffron extract Affron® in randomized control trial. Nishide A, et al. Jpn Pharmacol Ther 2018.

Posology

1 capsule /day in the evening, 1 hour before sleep

Formula

Ingredient	Dose	
AFFRON®	30mg	-
MELATONINE	1 mg	20%
VALERIAN EXTRACT >0,3% Valerenic Acid	120 mg	-



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MENOPAUSAL WOMEN

Claims

- **AFFRON®** (Saffron extract) helps to maintain a state of relaxation and mental and physical well-being. Helps to maintain a good mood. Contributes to relieve the menopause symptoms.
- B5 contributes to normal mental performance, contributes to the reduction of tiredness and fatigue, and contributes to normal synthesis and metabolism of steroid hormones, vitamin D, and some neurotransmitters.
- Black cohosh helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness, and irritability

References

- The effects of a saffron extract (affron®) on menopausal symptoms in women during perimenopause: a randomised, double-blind, placebo-controlled study. Lopresti A. et al. Pending publication – May 2021.

Posology

2 tablets per day: 1 in the morning, 1 in the evening

Formula

Ingredient	Dose / tablet	Dose / 2 tablets	RDD
AFFRON®	15 mg	30 mg	-
VITAMIN B5	0,25 µg	0,5 µg	20%
BLACK COHOSH (<i>Cimicifuga racemosa</i>)	20 mg	40 mg	-



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