

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%



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