

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	-



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