



affron[®] 

The word "affron" is written in a purple, cursive-style font. To its right is a logo symbol consisting of a green triangle with a white outline and a registered trademark symbol (®) above it.



Crocus sativus L.

- **Saffron** is the name of the stigmata from the flower *Crocus sativus L.*
- The flowers are harvested by hand, and then the stylus and stigmata are removed.
- **Affron®** is a saffron extract standardised to 3.5% Lepticrosalides and has shown positive mood effects in adults and teenagers.

Scientific Evidence

An Australian double-blind, placebo-controlled clinical trial, published in the *Journal of Affective Disorders* led by psychologists Peter Drummond and Adrian Lopresti of Murdoch University in Perth, Western Australia, found **Affron®** was particularly effective in improving anxiety and depressive symptoms in youth with mild-to-moderate symptoms. The study involved 68 young people aged between 12-16 years who had been diagnosed with mild to moderate anxiety, taking 14mg twice daily of standardised **Affron®** over 8 weeks. The results showed that **Affron®** was particularly effective in reducing symptoms associated with separation anxiety, depression and social phobia. The total scores of internalising symptoms decreased by an average of 33% in the **Affron®** group as opposed to 17% in the placebo group.

Indications, Claims and Dose

Recommended clinical dose: 28mg extract daily (14g twice per day).

- Support healthy emotional and **mood balance**.
- Decrease/reduce/relieve symptoms of **mild anxiety**.
- Helps reduce cortisol concentrations for improved **sleep quality**
- Assists with **mind relaxation**.
- Helps enhance and promote **general health** and **wellbeing**.



For use in tablets, powders, two-piece hard capsules and soft-gel capsules.



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