

*affron*<sup>®</sup> 

*Crocus sativus L.*

- **Saffron** is the name of the stigmata from the flower *Crocus sativus L.*
- The flowers are harvested by hand, then the stylus and stigmata are removed.
- **Affron<sup>®</sup>** 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<sup>®</sup>** 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<sup>®</sup>** over 8 weeks.
- The study reported **Affron<sup>®</sup>** 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<sup>®</sup>** 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 occurrence of symptoms of mild anxiety.
- Assists with mind relaxation.
- Helps enhance and promote general health and wellbeing.
- Maintain and support general health and wellbeing.
- For use in tablets, powders, two-piece hard capsules and soft-gel capsules.



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