



Code: 9292 **NPN:** 80118346
Size: 30 Vegetarian Capsules

Saffron Extract

Helps Support Healthy Mood Balance, Relieve Nervousness, and Improve Restorative Sleep · 28 mg

- Provides 28 mg of standardized saffron extract affron® per capsule
- Affron is clinically validated in multiple trials
- Contains standardized amounts of the bioactive components of saffron, crocin and safranal
- Provides 100% pure *Crocus sativus* L. saffron from Spain
- Helps support mood balance and reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability
- Helps improve restorative sleep and sleep quality in individuals experiencing sleeplessness
- Helps support mood balance in adolescents and youth 12 years and over
- Non-GMO, non-irradiated, and suitable for vegetarians/vegans

PRODUCT SUMMARY

Saffron is a spice derived from the *Crocus sativus* flower. It is rich in bioactive compounds and has been clinically shown to improve symptoms related to stress, anxiety, and low mood, along with enhancing sleep. Saffron’s active constituents include carotenoids, phenols, and flavonoids. Its clinical effects are primarily attributed to crocin and safranal, which are also responsible for its aroma and colour. Multiple controlled trials have shown that saffron improves symptoms related to nervousness, stress, and mood.

Multiple mechanisms of action have been identified for saffron, including antioxidant and anti-inflammatory effects, modulation of the HPA axis, agonism of the GABA_A receptor, and inhibition of the reuptake of several neurotransmitters, including dopamine. Affron, a novel standardized extract of saffron, has been shown to decrease negative mood and symptoms related to stress and anxiety (including perceived stress and nervousness, tension, sadness, and fatigue) in several randomized, controlled trials of adults, with similar benefits in a controlled trial of adolescents aged 12–16. Affron also improved clinician-assessed scores of mood when combined adjunctively with standard therapies. Additionally, affron has been shown to improve the sleep quality of participants with self-reported sleep problems and to increase evening melatonin levels.



SAFFRON EXTRACT

HELPS SUPPORT HEALTHY MOOD BALANCE, RELIEVE NERVOUSNESS, AND IMPROVE RESTORATIVE SLEEP · 28 MG

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 30

Each Vegetarian Capsule Contains:

Saffron extract (affron®) (*Crocus sativus*) (stigma)..... 28 mg
(3.5% Lepticrosalides® containing crocins and safranal)

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), stearic acid, silica.

Recommended Dose: Adults (Mood, Symptoms of Stress, Nervousness, Sleep Quality): 1 capsule per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks. For sleep quality, consult a health care practitioner for use beyond 4 weeks. **Adolescents Over 12 years of Age (Mood):** 1 capsule per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 8 weeks.

Recommended Use: Helps support a healthy mood balance. Helps support mood balance in adolescents and youth 12 years and over. Affron® helps relieve restlessness and/or nervousness (calmative). Supports positive effects on symptoms of perceived stress, such as fatigue, weariness, and irritability. Helps improve restorative sleep and sleep quality in individuals experiencing sleeplessness.

Caution: Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you suffer from any psychological disorder and/or condition, such as frequent anxiety or depression, or if you are taking antidepressants. Do not use if you are taking blood thinners/anticoagulants, have a bleeding disorder, or if you are pregnant or breastfeeding. Keep out of reach of children.

Contraindications: No known contraindications.

Drug Interactions: Saffron may lower blood pressure, but this is observed only at high doses and unlikely at the recommended dose. One case of possible interaction with a direct oral anticoagulant (rivaroxaban) has been reported; caution is advised with anticoagulant medications.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
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