

Details information, Uses, Dosing, Molecular structure of Zaffronel®

Description of Zaffronel:

Zaffronel®, Saffron Extract 2% Safranal, is a natural extract derived from the red stigmas of Saffron (*Crocus sativus*, L) flowers. Saffron contains a variety of naturally occurring active plant constituents, including safranal, picrocrocin and crocin. Saffron has a long history as a traditional medicine. Research on Saffron Extract is focused on the plant's active constituents and potential health benefits. Saffron is the world's most expensive spice. Native to southwest Asia, it was first cultivated in Greece and is currently grown in many countries worldwide. Each Saffron flower contains three vivid crimson stigmas. When harvested and dried, the stigmas are used as a seasoning and coloring agent.

Saffron contains more than 150 volatile and aroma-yielding compounds, along with many nonvolatile active components. The bitter glucoside picrocrocin is responsible for saffron's flavor. Safranal, a volatile oil, gives saffron much of its distinctive aroma.

Scientific Name(s):

Crocus sativus L. Family: Iridaceae

Common Name(s):

Saffron, Za'faran, Azafran crocus

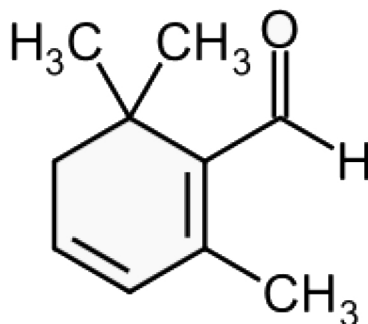
Uses :

Saffron has widespread traditional uses. Studies have demonstrated efficacy in mild to moderate depression, as well as cognitive properties to provide an overall positive state of mental health.

Dosing:

A dosage of 30 mg daily in 2 divided doses has been investigated for the treatment of mild to moderate depression and 20 mg daily suggested for premenstrual syndrome. Doses of up to 5g/day of saffron are thought to be safe.

Safranal



IUPAC name

2,6,6-trimethyl-1,3-cyclohexadiene-1-carboxaldehyde

Identifiers

CAS number	116-26-7
PubChem	61041
ChemSpider	55000
UNII	4393FR07EA
ChEBI	CHEBI:53169
Jmol -3D images	Image 1

SMILES

O=C\C1=C(\C=C/CC1(C)C)C

InChI

InChI=1S/C10H14O/c1-8-5-4-6-10(2,3)9(8)7-11/h4-5,7H,6H2,1-3H3

Key: SGAWOGXMMPSZPB-UHFFFAOYSA-N

InChI=1/C10H14O/c1-8-5-4-6-10(2,3)9(8)7-11/h4-5,7H,6H2,1-3H3

Key: SGAWOGXMMPSZPB-UHFFFAOYAY

Properties

Molecular formula	C ₁₀ H ₁₄ O
Molar mass	150.21 g/mol
Density	0.9734 g/cm ³
Boiling point	70 °C at 1 mmHg

Except where noted otherwise, data are given for materials in their standard state(at 25 °C (77 °F), 100kPa)

References:

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