

The Origin of Saffron

Saffron is obtained from the orange-red stigmas of the crocus sativus L.'s flower. Each flower has three tiny, threadlike stigmas in the center that are carefully removed by hand.

This labor intense crop requires a minimum of 250,000 flowers to obtain ONE KILO of saffron.

The plant originated in the Middle East and was used as a spice to colorfully season the Mediterranean cuisine. Saffron was also used as a medicinal remedy to several ailments.

Continuous research continued showing saffron benefits such as antidepressant, anxiolytic effects, cognitive memory, age macular degeneration, Anti-inflammatory, anticonvulsant, and antihistamine among others.

ZAFFRONEL® is grown and manufactured in Spain using our proprietary method to ensure the highest quality extraction and standardization of the beneficial compounds: safranal, crocin and picrocrocin. Our manufacturer in Spain is cGMP, organic certified, FDA Approved and available for plant audits.

ZAFFRONEL® is Kosher, Non GMO, Vegan, 100% pure saffron stigmas (validated by DNA).

ZAFFRONEL® Saffron extract 2% safranal is manufactured exclusively for Nature4Science, Inc., and inventory is available in California within a short leadtime.

ZAFFRONEL® is available in powder extract form and in 30 mg bulk capsules.



Zaffronel®

**Saffron Extract
(Crocus Sativus L)**

2.0% SAFRANAL,

2.5% CROCIN

3.5% PICROCROCIN

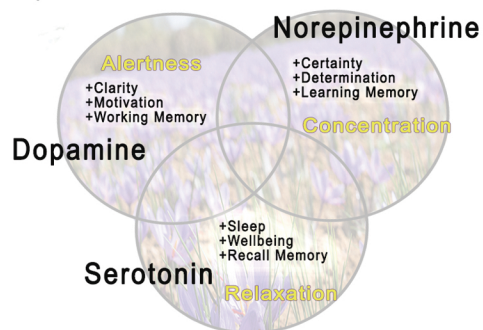


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HOW SAFFRON WORKS

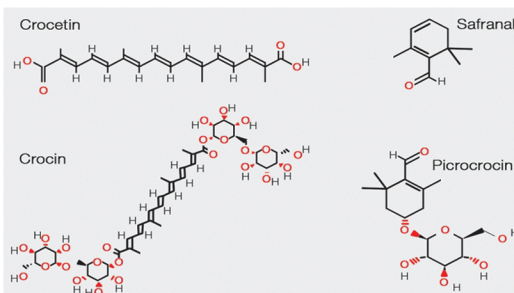
One of the most known applications for saffron extract is to regulate mood and anxiety. The antioxidant properties of saffron together with two of its main compounds crocin and safranal may help inhibit re-uptake of dopamine, norepinephrine and serotonin, the naturally occurring chemicals involved in regulating mood*

Saffron extract is the safer alternative for managing depression. Studies clearly established that saffron is a potent alternative to commonly prescribed anti-depressant medications for treating depression without the adverse side effects. Several clinical studies have shown saffron great potential in the treatment of mild to moderate depression and cognitive memory. According to clinical studies 30 mg a day of saffron extract with a minimum of 2% safranal has shown to be as effective as 20 mg of fluoxetine and 100 mg of imipramine.



*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, mitigate or prevent any disease.

Saffron Bio-Compounds



Safranal: Responsible for the aroma of saffron. Safranal is specially attributed to be an antidepressant* and to have an anticonvulsant effect*.

Safranal combated oxidative stress in neurons, due to its antioxidant action, by eliminating free radicals.

Crocin and crocetin: Natural deep red pigments responsible for the coloring power of saffron. These compounds are powerful antioxidants recommended for cardiovascular and eye health support.

Picrocrocin: Component responsible for the bitter taste of saffron. It has eupeptic and appetizing properties.

CLINICAL EVIDENCE

- In a placebo-controlled trial in 40 patients suffering from depression, saffron (30 mg/day) was found to be significantly superior over placebo.

- In a clinical double blind study, 30 patients with mild to moderate depression were either treated with 30 mg of saffron (stigma's extract) or with 100 mg imipramine for 6 weeks: The effects were found to be equivalent, with a better tolerability of saffron.

- In a six week randomized double blind pilot study, efficacy of saffron extract (30mg/day) was compared with that of fluoxetine (Prozac) in 40 patients with mild to moderate depression: Saffron at the above dose was found to be as effective as fluoxetine.

- A total of 50 older out-patients with MDD (mean age~65 years; 70% males) were randomly assigned either to the saffron condition (60 mg/d) or to the sertraline condition (100 mg/day) for six consecutive weeks. The pattern of results suggests that both saffron and sertraline have the potential to significantly decrease symptoms of depression.

- In 2013, a high-level group from USA confirmed the results of published trials of saffron in MDD to meta-analysis. Based on the authors specified selection criteria, 5 randomised, controlled trials (2 placebo-controlled trials and 3 antidepressant-controlled trials) were included in their review. A large effect size was found for saffron supplementation versus placebo in treating depressive symptoms ($p < 0.001$), revealing that saffron supplementation significantly reduced depression symptoms, and improved mood compared to the placebo control.

For more information on above studies, visit the Zaffronel(R) page on our website

<http://www.nature4science.com/zaffronel>