

ABOUT

» Globally, more than **264 million** people suffer from depression*.
» According to WHO, depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease, with female/male risk ratios roughly 2:1*.

WHY

» **Unique HPLC profile:** Saffserene® is a saffron extract from stigmas containing 2% safranal, crocin, and picrocrocin and <20% carotenoids.
» **PMS & Mild depression:** Saffserene® benzodiazepine-like molecular mechanism of action reduces 50% severity of symptoms and a 25% decrease in Hamilton scale.
» **Approved claim:** Saffserene® is the first stand-alone Saffron ingredient standardized in safranal approved in Canada for a claim**.

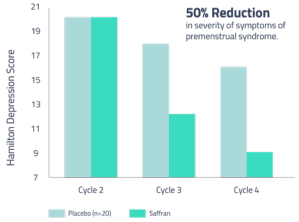
POSOLOGY **15g** twice daily.

* World Health Organization. 2018. Depression: Key Facts URL: https://www.who.int/news-room/fact-sheets/detail/depression [accessed 2021-06-20] ** HEALTH Canada claim approved. Saffserene® is the IRIDAFRAN® trademark in USA. IRIDAFRAN® combined with Vitamin C 'Contributes to Normal Psychological Function' **Gamma-amino butyric acid (GABA). **1.** S. Akhondzadeh et al. Journal of Ethnopharmacology 97 (2005) 281–284. **2.** M. Agha-Hosseini et al.. BJOG 2008;115:515–519. **3.** J.A.Marañon et al. International Society of Nutraceutical and Functional Food Conference. (2012). **4.** S. Akhondzadeh et al. Phytother. Res. 19, 148–51 (2005). **5.** Miller GE, Freedland KE, Carney RM, Stetler CA, Banks WA. Pathways linking depression, adiposity, and inflammatory markers in healthy young adults. Brain Behav Immun. 2003; 17:276– 85

CLINICAL STUDIES

"Clinically tested in premenstrual syndrome and mild to moderate depression[1,2,4]".

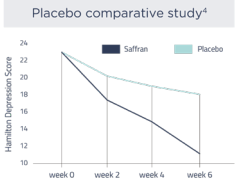
Premenstrual Syndrome[2].



Pilot study, double-blind, 4 months during 2 menstrual cycles (Cycles 3 and 4)- n=50 woman with regular menstrual cycles. Age: 20-45 years.
Group A: 15mg/twice a day Crocus sativus extract (stigma).
Group B: Placebo.

Mild Depression[1,4].

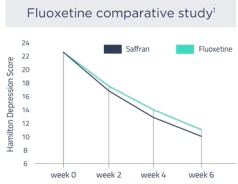
Placebo comparative study[4]



Index depression remission: 4,8 points.

Pilot study, double-blinded, 8 weeks.
n=40 patients, >18 - ≤25 points in Hamilton Rating scale for Depression.
Age: 18-55 years.
Group A: 30mg/day Crocus sativus extract (stigma).
Group B: Placebo.

Fluoxetine comparative study[1]



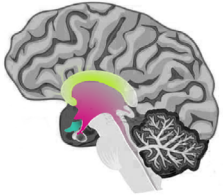
Index depression remission: 25%.

Pilot study, double-blinded, 8 weeks.
n=40 patients, >18 - ≤25 points in Hamilton Rating scale for Depression.
Age: 18-55 years.
Group A: 2 capsules/day 15 mg/day Crocus sativus extract (stigma).
Group B: Fluoxetine, twice/day.

MECHANISM OF ACTION

Safranal controls cortisol secretion and positively affecting the affinity of GABA[3].

Crocins could increase serotonin level.



Carotenoids modulate redox balance and activation of transcription NF-kB which have been shown to be associated with psychosocial stress and depression[5].

Saffserene® is Sargol quality saffron stigmas.

Sargol quality refers to the reddest part of saffron stigmas providing the richest concentration in saffron active metabolites, especially in crocins.

