



Saffr'Activ[®]

Saffron Extract titrated in safranal

Against light depression and moods

Clinical studies on Saffron extract
Without adverse effects



Traditional uses

Saffr'*Activ*[®] is coming from *Crocus sativus* red stigmas or saffron. Saffron is used as spice since the Antiquity. From traditional medicine different applications are known for saffron: Melancholia and Hysteria, Depression in Persian traditional medicine, Cramps and Menstruation disorders, Stimulant and Aphrodisiac...

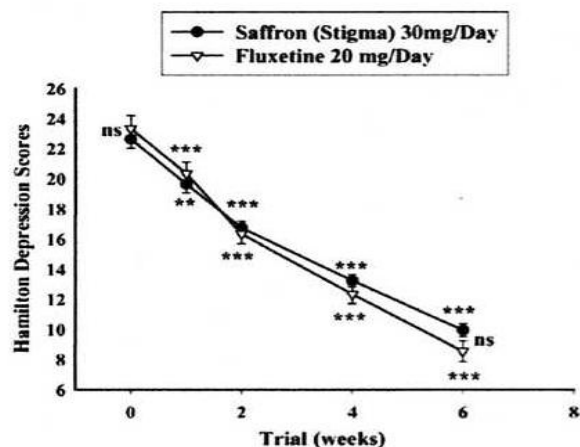
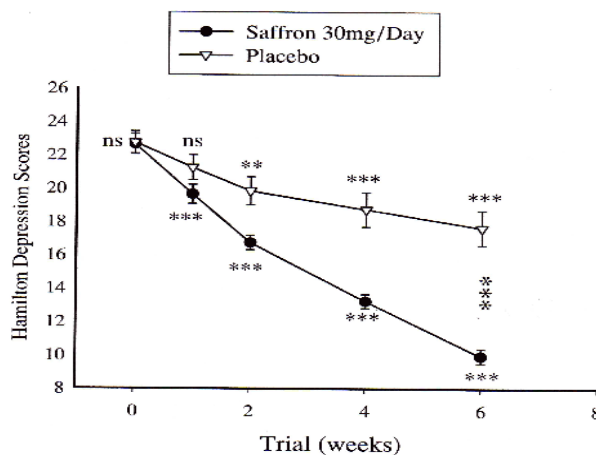


Scientific approach

Several clinical studies demonstrated the efficiency of saffron extract on **mild depressions**:

A study*, a double blind randomized and placebo controlled trial on 40 patients, shows a significant better outcome on the Hamilton depression rating scale than the placebo without adverse effects.

Another study **, a double blind randomized versus fluoxetine controlled trial on 40 patients, shows that saffron extract is found to be effective similar to fluoxetine in the treatment of mild to moderate depression .



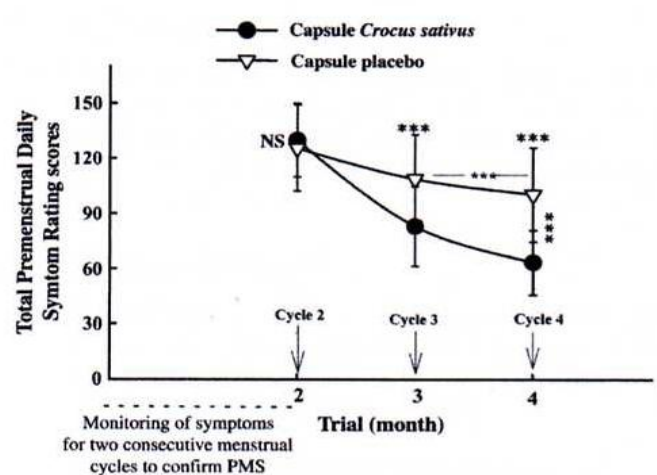
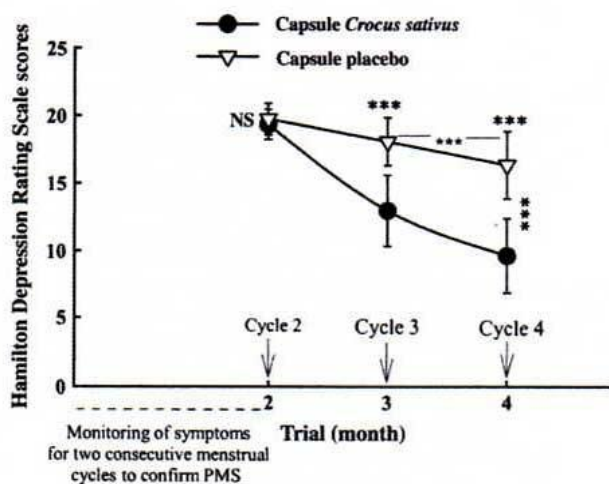
* *Crocus sativus* L. in the treatment of Mild to moderate Depression: A double-blind, Randomized and Placebo-controlled Trial. Shahin Akhondzadehdeh, Najaf Tahmacebi-Pour, Ahamad-Ali Noorbala, Homayoun Amini, Hassan Fallah-Pour, Amir-Hossein Jamshidi and Mousa Khani

** Hydro-alcoholic extract *Crocus sativus* L. versus fluoxetine in the treatment of mild to moderate depression: a double-blind, randomized pilot trial A.A. Noorbala, S; Akhondzadeh, N. Tahmacebi-Pour, A.H. Jamshidi.

And more recently, on PMS (premenstrual syndrome):

In 2008 a study ^{***}, a double-blind randomized and placebo controlled on 47 women, was found to be effective in relieving symptoms of PMS without adverse effects.

In this trial, saffron was found to be effective in relieving symptoms of PMS. A significant difference was observed in efficacy of saffron in cycles 3 and 4 in the total Premenstrual Daily Symptoms and Hamilton Rating scale



^{***} *Crocus sativus* L. In the treatment of premenstrual syndrome : A double-blind, randomised and placebo-controlled trial, M Aghda-Hosseini, L Kashnani, A Aleyaseen, A Ghoreishi, H Rahmanpour, AR Zarrinara, S Akhondzadeh 2008



Saffr'Activ® presentation

1- What is Saffr'Activ®

Is a *Crocus sativus* red stigmas extract
Titrated at 2 % in safranal
Recognised by UE legislation as food ingredient
Guaranty 100 % pure, without adulteration
Made with the best raw material quality

2- Benefits of using Saffr'Activ®

Is a natural ingredient with anti-depressant properties
With an efficiency proved by clinical studies
With no adverse effects

3- Saffr'Activ® : For which application?

To reduce stress
To reduce PMS syndrome
To stimulate cognitive properties
To keep a good mental health

4- In which product use Saffr'Activ®

In food supplement: tablets, capsules, soft gel capsules, sachets, syrups ...
In traditional food: Fruit juices, sweets, chocolates, soups and sauces...

5- Recommended dosage :

30 mg / day (2x15 mg) for a 4 to 6 weeks treatment

6- Saffr'Activ® is available

Under powder and liquid form

GREEN PLANTS EXTRACTS

27 rue Henri Moreau, F-92600 ASNIERES SUR SEINE, France
Ph : +33(0)173 540 218 contact@greenplants.eu www.greenplants.eu