

# BENEFITS OF SAFFRON ON MENTAL/EMOTIONAL BALANCE FOR TEENS AND ADULTS



## The Clinically Studied Ingredient of Saffron

Saffron is recognized for its unique golden coloring and has been used as part of ancient health and nutrition practices for over 3,000 years. The scientifically studied saffron is packed full of biologically active compounds promoting various health benefits. These compounds contain antioxidant properties which:



Protect cells from oxidative stress



Help support healthy cognitive function and memory



Help maintain normal memory



support a healthy immune system response and combat free radicals



May support a healthy emotional disposition

## Saffron supplementation has been shown to support:

- healthy production and release of neurotransmitters (dopamine, the pleasure neurotransmitter, and glutamate, the neurotransmitter associated with memory)
- emotional health and energy



## Saffron Studies

Both short- and long-term clinical studies completed on the supplementation of saffron, among adults and teens, depict its ability to support calmness and help support feelings of assurance.



**Study 1:** One study conducted on teens, who supplemented with saffron, had congruent findings that saffron may help maintain healthy emotional wellness in stressful situations and support a feeling of ease.



**Study 2:** In females, changes in serotonin levels impact the natural balance of hormones. Studies show that 30 mg of saffron, in conjunction with its active compounds, may support healthy serotonin levels and help maintain a sense of balance.

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