



Approved for Adolescents

Stress- and anxiety-related mood disorders for adolescents (12–16) are more common than ever, and it seems to be further fueled by peer-group acceptance and social-media pressure. Research with saffron extract on a group of 68 adolescents over an 8-week period showed improvement in stress levels and low-mood symptoms.

Regardless of age, we can all experience stress, anxiety, and low mood. **Saffron Zen**, featuring clinically proven **affron®**, can fortunately help adults and teens alike navigate modern living.

Saffron Zen



DISCOVER THE POWER OF THE FLOWER

- BALANCES MOOD
- REDUCES STRESS AND WEARINESS
- RELIEVES RESTLESSNESS AND IRRITABILITY
- DECREASES FATIGUE

Make Life Better · newrootsherbal.com

Each vegetable capsule contains:

Saffron (*Crocus sativus*) stigma extract (**affron®**), standardized to 3.5% Lepticrosalides®, providing crocins and safranal. . . . 14 mg

Other ingredients:

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

V0695-R1 · NPN 80097012

#3387 (60 capsules)

Directions of use:

Adults and adolescents 12 years and over: Take 1 capsule twice daily or as directed by your health-care practitioner.

Duration of use:

Consult a health-care practitioner for use beyond 12 weeks.

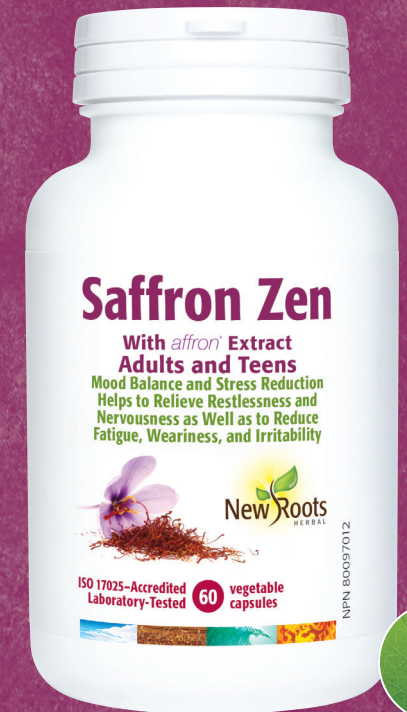
Manufactured under strict GMP (Good Manufacturing Practices).

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A New Zensation

MOOD SUPPORT
FOR ADULTS AND TEENS



All New Roots Herbal Products Are Tested
in Our ISO 17025-Accredited Laboratory



Saffron Zen



Saffron and Science

Saffron has been revered for millennia as a sought-after and precious spice, with the threadlike stigma and sweet and savoury savour profile. The additional calming effects of saffron have further spawned scientific research into its biological properties.

Research has led to the discovery and isolation of two biologically active compounds, crocins and safranal. This tandem of compounds has been formulated into a proprietary nutraceutical called **affron**[®]. Its zen-like benefits for mood and other benefits are supported by nine clinical studies.

The trend towards research and development of naturally sourced nutraceuticals is welcome within the mental-health domain.



Elevate Your Mood

Many natural health products may be beneficial but lack supporting clinical trials to prove their health claims. Enter **affron**[®], an innovative saffron extract featuring a 3.5% crocin and safranal potency. In a 4-week, double blind, randomized, placebo-controlled clinical trial (DBRCT), it demonstrated an improvement in mood in healthy adults. Further analysis illustrated a significant decrease in negative mood and stress symptoms. **Saffron Zen** features the same recommended dosage of 28 mg of **affron**[®] employed in this clinical trial.

Support for Slumber

The use of saffron extract has also been clinically proven to support those suffering with occasional sleeplessness. In addition to helping with negative mood and stress, 14 mg of **affron**[®] taken approximately an hour before bedtime has been shown to influence sleep-inducing hormones such as melatonin. A 28-day DBRCT also showed a 25% reduction of the Sleeplessness Severity Index Score as well as a 20% improvement in feeling energized and alert upon awakening.



Menopause Management

There are no shortage of strategies to cope with the many symptoms of menopause. Since no two women share the same experience, trial and error is often the default coping mechanism. Fortunately, there is some promising research for some of psychological symptoms of menopause.

A 12-week DBRCT featuring 128 menopausal women demonstrated a 33% reduction in symptoms, as well as a 32% lower incidence in low mood and negative thoughts. Dosage was 28 mg per day of **affron**[®].