

Refreshing sleeps  
for bright active days

Saffron Extract titrated  
in crocin (HPLC)

## A NEW natural solution for a better sleep

More than 1 out of 4 people in the world experience sleeping disorders. People tend to look for natural solutions to avoid sleeping pills side effects (addiction, drowsiness...)

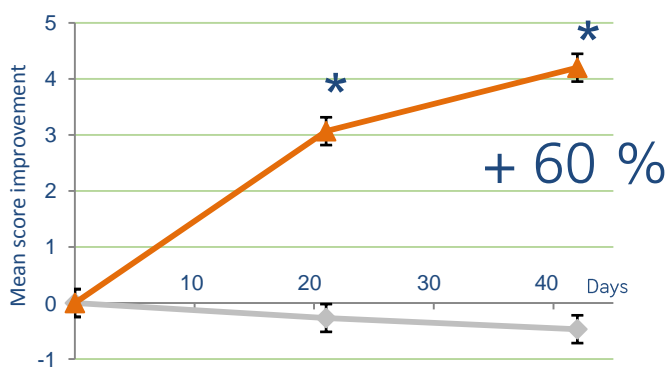
As the expert in mental balance solutions, GPE created Saffr'Activ® to promote naturally and quickly restorative sleep, without adverse effects.

Saffr'Activ® is a saffron extract (*Crocus Sativus* red stigmas) characterized by its unique standardization.

## A clinically proven efficiency

A double-blind randomized and placebo controlled clinical study was conducted in 2014 on 30 subjects. The efficiency was assessed using evaluation questionnaires.

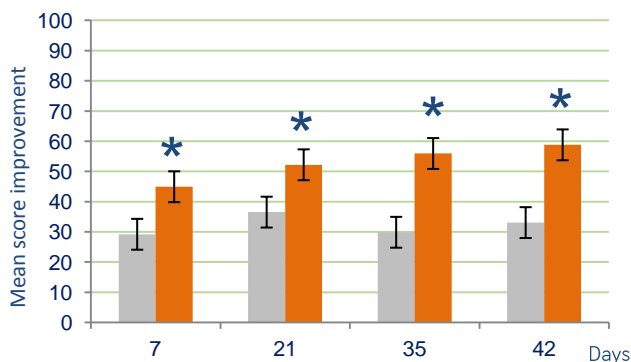
### ► Improvement of global sleep quality



Saffr'Activ® helps falling asleep, improve sleep quality and allows to wake up well rested.

Saffr'Activ® was found to improve significantly the global sleeping quality in 100% of the subjects.

### ► Improvement of fatigue condition



► Improvement of mood

► Improvement of mental acuity

Subjects in Saffr'Activ® group felt significantly less tired than the placebo group, from the first week of treatment.

— Placebo  
— Saffr'Activ® (30 mg/day)  
\* Significant difference p<0.05



No  
adverse  
effect

Quick  
effects



# 5 Good reasons to choose Saffr'Activ®

## Health benefits

Aside **sleeping promotion**, saffron extract was clinically proven to have other mental benefits:

- **Reduction of mild depression** (Akhondzadeh et al. 2005)
- **Decrease of cognitive decline** (Akhondzadeh et al. 2010)
- **Reduction of mental stress symptoms**

The specific role played by crocin in the health promoting activity of saffron has been recently reviewed (Alazivadeh & Hosseinzadeh 2014).

## Mechanism of action

- ➔ Serotonin (Georgiadou et al., 2012)
- ➔ Dopamine (Ettehadhi et al., 2013)
- ➔ Glutamate (Ettehadhi et al., 2013)

## Technical Data

Commercial Name	Saffr'Activ®
Description	<i>Crocus sativus</i> red stigmas extract
Active compounds	Crocin (HPLC) ..... 2% Safranal ..... 2%
Form	Powder or liquid Tasteless and fragrance-free
Recommended Dosage	30 mg / day (1 x 30 mg or 2 x15 mg) for a 4 to 6 weeks treatment
Application	Food supplements: tablets, capsules, softgel capsules, sachets, syrups... Traditional food: Fruit juices, sweets, chocolates, soups and sauces...



### 1 Efficiency

- Clinically proven efficiency on sleep improvement

### 2 Premium quality

- The only saffron extract titrated in crocin
- Guaranty 100% pure, without adulteration
- Best raw material quality

### 3 Safety

- Full control traceability
- No adverse effects
- No addiction

### 4 Easy to formulate

- Low efficiency dose
- 2 galenic forms

### 5 Satisfaction

- During the clinical study:
- 86% subjects were willing to continue Saffr'Activ treatment
  - 86% would advice other to use it



**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](http://www.greenplants.eu)