

# Numerous studies on saffron extracts and its constituents

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## ❑ **Against mild depression:**

- Against depression (Hausenblas, 2013), PMS symptoms (Agha-Hosseini et al., 2008)
- Sexual function

## ❑ **Ophthalmology - eye protection**

- Marangoni et al. (2013)

## ❑ **Sleep promotion**

- Masaki et al. (2012)

## ❑ **Lowers withdrawal symptoms**

- Imenshahidi et al. (2011)

## ❑ **Proven safety**

- Modaghegh et al. (2008)

## ❑ ...

**The specific role played by crocins in the health promoting activity of saffron has been recently reviewed : [Alavizadeh & Hosseinzadeh 2014](#)**

