



# Saffron for Mental Health Conditions

**Summary:** Saffron is an expensive and popular spice used in many types of cuisine such as Middle Eastern cuisine. There is promising data from studies that suggest it might be helpful for brain conditions such as depression and attention deficit hyperactivity disorder (ADHD). Nonetheless, more evidence is required before it can be recommended as an evidence-based treatment.

## What is Saffron?



Here are some saffron brands. We are providing this for informational purposes only. We cannot endorse any of these brands as with supplements, it is difficult to establish their reliability as compared with prescription medications.

<p><a href="http://www.persavita.com">www.persavita.com</a></p>	<p>Saffron 2 (w/w)</p>	<p>Contains 20 mg saffron (stigma from Crocus sativus) \$40 CDN / 30 capsules <a href="https://www.persavita.com/ca/product/saffron-20-macular-degeneration-eye-supplement/">https://www.persavita.com/ca/product/saffron-20-macular-degeneration-eye-supplement/</a> Available from Well.ca, Amazon.ca</p>	
<p>Life Extension Optimized Saffron with Satiereal</p>	<p>\$40 CDN / 60 capsules Available from Amazon.ca</p>		
<p>Saffron Bio Nutrition</p>	<p>50 vegetarian Capsules 88.5 mg saffron extract standardized to 0.3% safranal Available from Amazon.ca</p>		

Saffron by Herbal  
Nutrition

88.5 mg saffron extract  
Available from Amazon.ca



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## About this Document

Written by the eMentalHealth Team and Partners.

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## Disclaimer

Information in this pamphlet is offered 'as is' and is meant only to provide general information that supplements, but does not replace the information from your health provider. Always contact a qualified health professional for further information in your specific situation or circumstance.

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