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Affron Saffron to Help Improve Mood, Self-Esteem in Adult Women

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Results of a new clinical study indicate that Affron, the natural saffron extract developed by nutraceutical leaders Pharmactive Biotech Products, SLU, demonstrated positive effects on mood, sleep, and self-esteem in menopausal and postmenopausal women. Several previous clinical trials illustrated Affron saffronâ??s positive impact on mood and sleep quality. However, this is the first study to observe a combined positive effect on these often-intertwined burdens that are prevalent in women who are going through or have recently gone through menopause.

Published in the June 2026 issue of Frontiers in Nutrition, this randomised, double-blind, placebo-controlled trial led by Adrian Lopresti, PhD, enrolled 86 women aged 50â??70 years experiencing low mood and poor sleep. Participants were randomly assigned to receive either 28 mg of Affron saffron daily or an identical-looking placebo. They completed a series of validated self-report questionnaires before, during, and after the program to evaluate changes in mood, sleep, self-esteem, and physical appearance.

Following 12 weeks of supplementation, nearly half of the women taking Affron met the study's responder criteria for improvements in scores on the Depression, Anxiety and Stress Scale â?? Depression Subscale (DASS-D). This was almost double the proportion of responders observed in the placebo group (25.6 per cent), with improvements beginning to appear after only four weeks. The Affron group also experienced a 50.7 per cent reduction in low mood scores overall, compared with 31.9 per cent in the placebo group.

Beyond the primary mood outcomes, the study also explored whether Affron supplementation could influence areas closely connected to emotional well-being, including self-esteem, sleep, and perceived appearance. Self-esteem was assessed using the Rosenberg Self-Esteem Scale, with women taking Affron showing a 10 per cent improvement compared with 4.8 per cent in the placebo group. As an exploratory outcome, this finding offers an interesting new perspective on the potential broader

impact of Affron supplementation on how women feel about themselves.

This improvement appeared to be more closely aligned with changes in mood and daily well-being than with changes in physical appearance. Sleep-related outcomes were also assessed using the PROMIS Sleep Disturbance and Sleep-Related Impairment scales.

â??For this study, we focused on menopausal and post-menopausal women, as this is a period associated with increased vulnerability to mood disturbances, impaired sleep, and accelerated facial ageing,â• informs Adal Mena, R&D Scientist and Product Specialist for Affron â??This is the first clinical trial showing that Affron can positively impact three closely connected aspects of well-being: mood, self-esteem, and the daily impact of poor sleep. The findings reinforce the need for holistic approaches to emotional well-being, and in addition position Affron at the intersection of emotional well-being, healthy ageing, and beauty-from-within solutions.â•