

Saffron

Saffron supplementation as a treatment for improving sleep quality have promising clinical application as its great improvement on all efficacy outcomes and no serious adverse events occurred as the dose was increased. The dose of 100 mg saffron supplementation per day was proved to achieve excellent and more stable curative effect on improving sleep quality in a subgroup analysis. However, further investigation is necessary to confirm the efficacy and long-term safety of different doses of saffron for insomnia.¹⁾

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3: Zhang P, Cui J, Mansooridara S, Kalantari AS, Zangeneh A, Zangeneh MM, Sadeghian N, Taslimi P, Bayat R, Şen F. Suppressor capacity of copper nanoparticles biosynthesized using *Crocus sativus* L. leaf aqueous extract on methadone-induced cell death in adrenal pheochromocytoma (PC12) cell line. *Sci Rep.* 2020 Jul 15;10(1):11631. doi: 10.1038/s41598-020-68142-8. Retraction in: *Sci Rep.* 2020 Nov 30;10(1):21236. PMID: 32669563; PMCID: PMC7363853.

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