



➤ Product Review ➤

March 2025 #392

SLEEP SELECT® HERBAL – A NEW PRODUCT FROM MOSS NUTRITION

INTRODUCTION

As most of you know, we have been supplying our sleep support product, **Sleep Select®**, to you for years, with generally good feedback.

However, as many of you also know, for several years now there have been concerns relating to both efficacy and side effects of the principal active ingredient in **Sleep Select®**, melatonin. For a long time, anecdotal reports have suggested that, in terms of sleep, melatonin administration before bedtime has yielded uneven outcomes. Potentially even more concerning, though, is the frequently reported side effect of grogginess upon waking after taking melatonin or melatonin containing products such as **Sleep Select®** the night before.

With all of this in mind, we decided it was time to produce a melatonin-free sleep product which we have named **Sleep Select® Herbal**. Please note, though that **Sleep Select® Herbal** is more than just the identical formula as **Sleep Select®** minus the melatonin. In fact, **Sleep Select® Herbal** has many constituents not found in **Sleep Select®**. For, as pointed out by chief medical officer and master herbalist, Nikolas Hedberg, DC, research on herbals in relation to sleep induction and maintenance has advanced significantly since the days several years ago when **Sleep Select®** was introduced to our product line. Therefore, Dr. Hedberg wanted to do more than just create a melatonin-free sleep product. In fact, he wanted to create a product that not only reflects the latest research on the

use of herbal constituents for sleep optimization but reflects the latest research on the use of herbal constituents for promoting relaxation and a calm outlook that is not only useful for sleep optimization but overall mood enhancement. Hence, **Sleep Select® Herbal** is much more than just a product to assist in sleep induction and maintenance.

To learn more about the product and its constituents, please see the technical bulletin on the product that can be found on our website, mossnutrition.com.

For the rest of this product newsletter, I would like to discuss one of the most interesting and important constituents in **Sleep Select® Herbal**, saffron, which is provided in the form of the proprietary saffron stigma extract, **Affron®**. This discussion will be based on my review of the paper “Saffron and sleep quality: A systematic review of randomized controlled trials” by Rafiei et al (Rafiei S et al. *Nutrition and Metabolic Insights*, Vol. 16, pp. 1-7, 2023)

SAFFRON AND SLEEP: A REVIEW

The first quote I would like to feature from the Rafiei et al paper provides some general information about saffron:

“Saffron (Crocus sativus L.) (the costliest traditional seasoning around the world), is derived from the flower of Crocus sativus. It belongs to the Iridaceae family and is generally found in Iran which annually produces most of the world’s saffron. Also, it can be found in other countries such as Morocco, Spain, and Greece. The most commonly consumed part of the saffron is

the dried stigma. Chemical analysis of C sativus stigmas indicates that 3 original active components are: a. Crocin, b. Picrocrocin, and c. Safranal.”

Saffron also contains several nutrients:

“Saffron also contains small amounts of thiamine, riboflavin, and significant amounts of carotenoids and flavonoids.”

Concerning crocin, the authors point out:

“The properties from saffron mainly get it from crocin and many studies showed that the most effective extract in pharmacological application are alcoholic extracts...”

Furthermore, concerning crocin:

“Crocin is not absorbed from the oral cavity. This substance is hydrolyzed to crocetin before or during jejunal absorption, and the absorbed crocetin is partly metabolized to mono and diglucuronide conjugates. Crocin and another carotenoid pigment, crocetin, are the major components responsible for the various pharmacological activities of saffron.”

As was noted above, the Rafiei et al paper is a meta-analysis of previous studies on saffron and sleep. What did the authors report concerning sleep efficacy based on their review of several studies?

“In this systematic review, we investigated 6 randomized clinical trials about the influence of saffron on the quality of sleep. The results in these articles mainly showed that saffron improves sleep quality and quantity.”

Furthermore, one study demonstrated the following:

“...a significant reduction in anxiety, depression + anxiety, and sleep disorders were observed.”

Still another study showed:

“The analysis demonstrated that at a 28 mg/day dose, stress and anxiety-related symptoms and negative mood are remarkably reduced.”

Each capsule of Sleep Select® Herbal contains 7 mg of saffron.

One of the more interesting quotes from the Rafiei et al paper points out the impact that saffron has on endogenous melatonin and cortisol metabolism plus other neuroendocrine pathways:

“Melatonin and cortisol are one of the reasons that saffron improves sleep quality. Many articles talked about the anti-inflammatory effects of saffron but some studies showed that the anti-inflammatory effects of saffron can elevate the concentration of melatonin. Saffron affected the serotonergic, glutaminergic, and gamma-aminobutyric acid (GABA)-ergic systems that are implicated in sleep and insomnia so the effect of using saffron in a patient with insomnia is more than in ordinary people.”

Next, Rafiei et al provide some additional information on the mechanism behind the effects of saffron on sleep:

“The mechanism of the saffron effect on sleep quality is not well known but some studies showed the saffron-mediated analgesic effects on sleep quality because insomnia and poor sleep quality are among the factors that are closely related to pain. By investigating the effect of saffron on sleep quality, we found a powerful connection between the use of saffron, sleep quality, and decreased anxiety.”

With all of the above in mind, Rafiei et al conclude:

“In summary, saffron can improve nervous functions such as sleep quality and anxiety as confirmed in all the included studies in this systematic review.”

With the Rafiei et al study in mind, I hope you can see why Dr. Hedberg strongly felt that, while Sleep Select® Herbal is useful for sleep, it has many more valuable applications that many of your patients will find useful.

Sleep Select® Herbal – 60 VC