



Saffron Nerve Capsules

Nutritional supplement
with saffron extract, B-vitamins and magnesium

Useful information:

Saffron is one of the world's most precious spices. Just a few strands are enough to flavour food. More recently, scientific reports and studies have been published that reveal a balancing effect on nerves, feelings and mood. Vitamins B6 and B12 as well as magnesium contribute to the normal functioning of the nervous system and to the reduction of tiredness and fatigue. Pantothenic acid, also called vitamin B5, supports mental performance and contributes to the normal formation of neurotransmitters. With 1-2 saffron-nerve-capsules daily, you can support your mental performance and well-being as well as your resilience in work and everyday life.

Ingredients: Trimagnesium Citrate, Gelatin, Saffron Extract (6%), Maltodextrin (bulking agent), Calcium D-Pantothenate, Magnesium Stearate (separating agent); Vitamin B6 Hydrochloride, Vitamin B12.

	per capsule (=daily dose)	per daily dose (=2 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Saffron extract	30 mg	60 mg	**	6 g
of which crocin	0.9 mg	1,8 mg	**	0,2 g
Magnesium	65 mg	130 mg	35	12 g
Pantothenic acid	6 mg	12 mg	200	1 g
Vitamin B6	1.4 mg	2,8 mg	200	0,3 g
Vitamin B12	3 µg	6 µg	240	0.6 mg

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

**no reference value has yet been established

Recommended use:

Swallow 1-2 capsules whole daily with sufficient liquid during a meal.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

When taking synthetic antidepressants (psychotropic drugs), we recommend consulting the therapist.

Made in Germany

Contents 60 capsules = 30 g

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