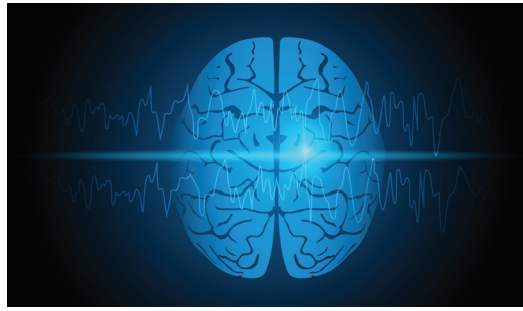


**NEW**



# RestoraCalm® Night



**L-theanine calms the mind & Saffron enhances deep sleep**

## Features



AlphaWave® L-theanine, 200 mg per daily dose



Affron® saffron extract at the studied dose of 28 mg per day\*



Lutein from standardised marigold extract, 20 mg per daily dose



## Benefits

Calms the mind and supports relaxing alpha brain waves

Supports refreshing sleep to prepare for the day ahead

Aids the body to cope with environmental stress including blue light from screens

Affron® is a registered trademark of Pharmactive Biotech Products, S.L.U. \*28 mg daily dose contains active and inactive components

## Triple-Action to Restore Your Sleep



**Affron® saffron**  
Promotes deep sleep



**AlphaWave® L-theanine**  
Calms the mind and supports relaxing brain waves



**Lutein**  
Aids the body to cope with environmental stress

## Prescribing Insights

RestoraCalm® Night is an advanced sleep formula for adults who want to:

- Calm their racing mind and relieve symptoms of stress
- Support deep sleep to prepare for the day ahead
- Encourage relaxing alpha brain waves and support healthy sleeping patterns
- Enhance sleep quality without the use of valerian
- Support their body to cope with digital screen use while they sleep

## RestoraCalm® Night

### ACTIVE INGREDIENTS

#### Each tablet contains:

<i>Crocus sativus</i> (saffron) (Affron®) extract dry conc. equiv. dry stigma 42 mg	12.6 mg
Theanine (L-theanine) (AlphaWave®)	100 mg
<i>Tagetes erecta</i> (marigold) extract dry conc. equiv. dry flowers 2 g, std. to contain 10 mg lutein and 2 mg zeaxanthin	100 mg



VEGAN FRIENDLY



VEGETARIAN FRIENDLY

#### SIZE:

60 film coated tablets

#### DOSE:

**Adults:** Take 2 tablets once a day, approximately one hour before bedtime. Take with or without food.

#### WARNINGS:

- Do not use in pregnancy or breastfeeding

**ALPHA WAVE®**  
THE CALMING WAVE

**Affron®**

Affron® is a registered trademark of Pharmactive Biotech Products, S.L.U.

## EDUCATION



**Sleep issues and stress** are two of the **top three health concerns in Australia**<sup>1</sup>



**59%** of Australians reported **at least one sleep-related symptom** three or more times a week<sup>2</sup>

### Saffron for deep sleep

The flower stigmas of saffron are rich in bioactive phytochemical compounds, with the most studied being crocin and crocetin (carotenoids), safranal (terpene) and picrocrocin (glycoside).<sup>4</sup> These active constituents have been shown to support healthy mood balance and support deep and refreshing sleep<sup>5,6</sup> via the following mechanisms:

- enhances the activity of inhibitory neurotransmitter gamma-aminobutyric acid (GABA)<sup>7</sup>
- regulates sleep-wake cycle by stimulating endogenous melatonin production<sup>8</sup>
- modulates hypothalamic-pituitary-adrenal (HPA) axis activity by decreasing cortisol.<sup>9,10</sup>

### Proprietary Affron® saffron

Affron® is a standardised proprietary extract of saffron that utilises a specialised extraction technology (Aff®ON Cool-Tech™) to uniquely concentrate and stabilise the bioactive compounds known as Lepticrosalides®. This natural extraction method improves the absorption and bioavailability of the bioactives in comparison to unformulated saffron.<sup>11,12</sup>

A daily dose of 28 mg of Affron® standardised to 3.5% Lepticrosalides® has been shown to

increase sleep quality,<sup>5,6</sup> with crocetin detectable in plasma one hour after administration.<sup>13</sup>

### L-theanine for a relaxed mind

L-theanine is structurally similar to glutamate, which means it can compete for these excitatory receptor sites.<sup>15</sup> Overall, 200-400 mg of L-theanine daily induces relaxation and relieves nervous tension via the following mechanisms:

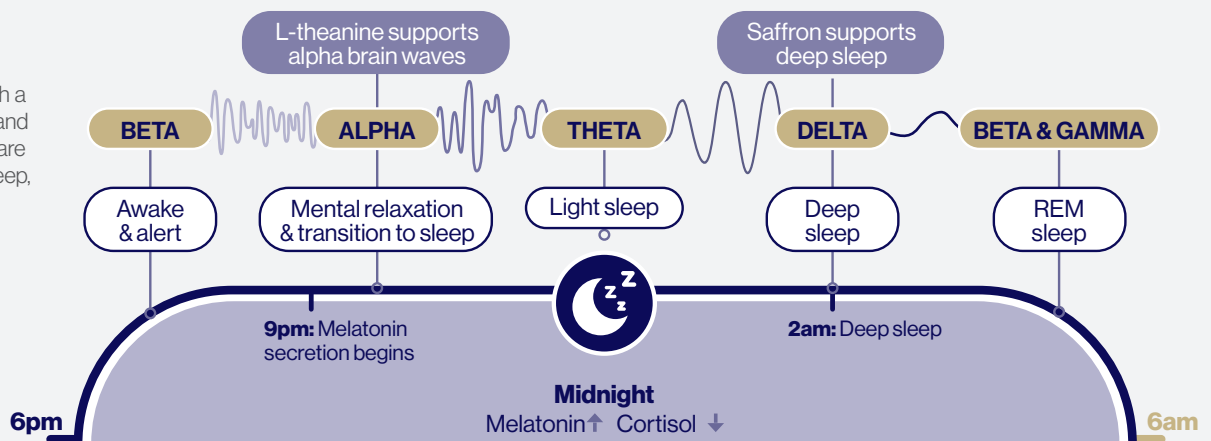
- reduces glutamate production and uptake<sup>16</sup>
- increases the release of GABA<sup>16</sup>
- inhibits the excitatory effects of caffeine<sup>15</sup>
- increases dopamine and serotonin secretion<sup>15</sup>
- increases glycine release<sup>17</sup>
- promotes alpha brain waves.<sup>18</sup> See Figure 1.

### Lutein for antioxidant support

Lutein is a naturally occurring yellow carotenoid found in flowers, egg yolks, coloured fruits and green vegetables. Lutein accumulates in the retina of the eye, where it acts as an antioxidant to protect against oxidative damage caused by short-wavelength visible light (blue light) from the environment.<sup>20</sup> Blue light from electronic screens can also decrease melatonin secretion which disrupts circadian rhythm.<sup>3</sup>

**Figure 1.**

Alpha brain waves are associated with a mental relaxation and delta brain waves are associated with deep, restorative sleep.<sup>18</sup>



#### References

- World Health Organisation. ICD-11, International Classification of Diseases 11th Revision. Viewed 20 November 2024, <https://icd.who.int/en>
- Reynolds AC, Appleton SL, Gill TK, et al. Chronic insomnia disorder in Australia 2019. Viewed 20 November 2024, <https://www.sleephealthfoundation.org.au/special-sleep-reports/chronic-insomnia-disorder-in-australia>
- Silvani MI, Werder R, Perret C. The influence of blue light on sleep, performance and wellbeing in young adults: A systematic review. *Front Physiol.* 2022;13:943108.
- Anaigoudari F, Anaigoudari A, Kheirkhah-Vaklabad A. A review of therapeutic impacts of saffron (*Crocus sativus* L.) and its constituents. *Physiol Rep.* 2023;11(15):e15785.
- Lopresti AL, Smith SJ, Drummond PD. An investigation into an evening intake of a saffron extract (Affron®) on sleep quality, cortisol, and melatonin concentrations in adults with poor sleep: a randomised, double-blind, placebo-controlled, multi-dose study. *Sleep Med.* 2021;86:7-18.
- Lopresti AL, Smith SJ, Metzke AP, Drummond PD. Effects of saffron on sleep quality in healthy adults with self-reported poor sleep: a randomized, double-blind, placebo-controlled trial. *J Clin Sleep Med.* 2020;16(6):937-47.
- Matraszek-Gawron R, Chwil M, Terlecki K, Skoczylas MM. Current knowledge of the antidepressant activity of chemical compounds from *Crocus sativus* L. *Pharmaceuticals (Basel).* 2022;16(1):58.
- De la Fuente Muñoz M, Román-Carmena M, Amor S, et al. Effects of supplementation with the standardized extract of saffron (Affron®) on the kynurenine pathway and melatonin synthesis in rats. *Antioxidants (Basel).* 2023;12(8):1619.
- Kim CY, Ko K, Choi SH, et al. Effects of saffron extract (Affron®) with 100 mg/kg and 200 mg/kg on hypothalamic-pituitary-adrenal axis and stress resilience in chronic mild stress-induced depression in wistar rats. *Nutrients.* 2023;15(23):4855.
- El Midaoui A, Ghzaoui I, Vervandier-Fasseur D, Ksila M, Zarrouk A, Nury T, et al. Saffron (*Crocus sativus* L.): a source of nutrients for health and for the treatment of neuropsychiatric and age-related diseases. *Nutrients.* 2022;14(3):597.
- Puglia C, Santonocito D, Musumeci T, et al. Nanotechnological approach to increase the antioxidant and cytotoxic efficacy of crocin and crocetin. *Planta Med.* 2019;85(3):258-65.
- Pharm Activ Biotech Products. Affron®. Viewed 5 October 2024, [https://pharmactive.eu/ingredient/affron\\_r-improves-your-mood/](https://pharmactive.eu/ingredient/affron_r-improves-your-mood/)
- Almodóvar P, Briskey D, Rao A, et al. Bioaccessibility and pharmacokinetics of a commercial saffron (*Crocus sativus* L.) extract. *Evid Based Complement Alternat Med.* 2020;2020:1575730.
- Williams JL, Everett JM, DCunha NM, et al. The effects of green tea amino acid L-theanine consumption on the ability to manage stress and anxiety levels: a systematic review. *Plant Foods Hum Nutr.* 2020;75(1):12-23.
- Wang L, Brennan M, Li S, Zhao H, Lange KW, Brennan C. How does the tea L-theanine buffer stress and anxiety. *Food Science and Human Wellness.* 2022;11(3):467-75.
- Sarris J, Byrne GJ, Cribb L, et al. L-theanine in the adjunctive treatment of generalized anxiety disorder: A double-blind, randomised, placebo-controlled trial. *J Psychiatr Res.* 2019;110:31-7.
- Yamaura S, Sadamori K, Konishi R, et al. Pharmacokinetics of L-theanine and the effect on amino acid composition in mice administered with L-theanine. *Amino Acids.* 2024;56(1):29.
- Srimaharaj W, Chaisrichaen R, Chaising S, et al. Classification of human brain attention focused on meditation, effected by L-theanine acid in Oolong tea. In: 2018 International Conference on Digital Arts, Media and Technology (ICDAMT). 2018, p. 262-6. Viewed 20 November 2024. <https://ieeexplore.ieee.org/document/8376536>
- Fuad N, Sekar M, Gan S, et al. Lutein: a comprehensive review on its chemical, biological activities and therapeutic potentials. *Pharmacognosy Journal.* 2020;12(6S):1769-78.

## Prescribing information

For comprehensive prescribing information and drug-nutrient interactions involving ingredients contained within this product, please see the BioCeuticals website: [www.bioceticals.com.au](http://www.bioceticals.com.au)

## BioCeuticals™

ACN 062 851 683

Product support 1300 361 832

[www.bioceticals.com.au](http://www.bioceticals.com.au)

AU Free 1300 650 455

Phone (+61) 2 9080 0900

[info@bioceticals.com.au](mailto:info@bioceticals.com.au)