

# Saffron Matrix

A blend of KSM-66® Ashwagandha, saffron and zinc bisglycinate to encourage endogenous testosterone production and healthy mood.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Helps to support healthy mood balance and testosterone production in males
- KSM-66® ashwagandha is a proprietary full-spectrum extract of withania root, made without alcohol or chemical solvents, and is indicated for reducing stress and cortisol levels, supporting memory and cognition, improving testosterone levels and improving sexual function in both males and females
- Saffron has been demonstrated to improve mood, cognition, erectile function and libido in males
- Zinc is indicated for boosting immunity, balancing mood, and balancing hormone levels, and is provided in its bisglycinate chelate form for optimal absorption and tolerability

As we age, there is a natural decrease in the production of sex hormones such as estrogen, progesterone and testosterone. Unfortunately, these hormonal changes can come with a number of unpleasant symptoms. For example, low testosterone production, also known as andropause, often presents with symptoms of low

muscle mass, reduced strength, decreased libido, mood fluctuation, impaired cognition and an overall reduced quality of life. This is where Saffron Matrix comes into play. Saffron Matrix has been specifically formulated to support healthy testosterone levels and its associated symptoms, including an imbalanced and mood fluctuation.

Saffron Matrix includes KSM-66® Ashwagandha, a proprietary full-spectrum extract of withania root with extensive clinical research to support its use for stress-related health concerns. Through a patented alcohol-free, solvent-free extraction process that took over a decade to perfect, KSM-66® is able to retain high concentrations of both hydrophilic and lipophilic components of the raw root. KSM-66® is unique from other ashwagandha root extracts as it has specifically been studied and shown to improve sperm parameters, muscle strength, testosterone levels in males, as well as sexual function in females. KSM-66® also has over 20 human clinical trials to support its efficacy in areas of memory and cognition, stress reduction, improved thyroid function and weight management.

Crocus sativus, more commonly known as saffron, is a traditional spice that is now known to have multiple health applications. Its ability to block


NMDA receptors and protect the nervous system likely explains why saffron has multiple human clinical trials to demonstrate its effectiveness for promoting healthy mood, even when compared to traditional selective-serotonin uptake inhibitor (SSRI) therapy, and also for supporting cognitive function. In addition, saffron has traditionally been used as an aphrodisiac. Modern research has confirmed that it can effectively improve symptoms of erectile dysfunction and overall sexual function, while also improving sperm parameters. Collectively, these actions strongly support saffron's use for the male population and those suffering from andropause.


Zinc's reputation as an immune-boosting mineral is well-deserved, however, it is very much indicated for healthy mood balance and hormonal support. In particular, a zinc deficiency in males can negatively affect sperm parameters and it is one of the few nutrients that has been shown to contribute to low testosterone levels. Moreover, zinc supplementation has been demonstrated to increase brain-derived neurotrophic factor and block NMDA receptors in the brain, augment SSRI therapy and, ultimately, improve subjective markers of mood.

All in all, Saffron Matrix was formulated to provide evidence-based dosages of KSM-66® Ashwagandha, saffron and zinc to optimally support healthy testosterone levels and mood in males. Each bottle contains 60 vegetarian capsules.

### Each capsule contains

KSM-66®	300mg
(root, ashwagandha extract, Withania somnifera) 12:1, 5% withanolides	
Safr'Inside™ saffron extract	15mg
(stigma, Crocus sativus) 5:1, DHE 75mg***	
Zinc	12.5mg
(Albion™ zinc bisglycinate chelate)	

 \*KSM-66 is a registered trademark of Ixoreal Biomed Inc.

 \*\*Albion™ is a trademark of Albion Laboratories, Inc. U.S. Patent 7,838,042.

 \*\*\*Safr'Inside™ is a trademark of ACTIV'INSIDE.

### Non-Medicinal Ingredients

Vegetable-grade magnesium stearate, maltodextrin, microcrystalline cellulose, brown rice flour. Capsule: hypromellose.

### Recommended Use Claim

Helps increase resistance to stress and anxiety in individuals with a history of chronic stress, thereby improving their overall quality of life. Traditionally used in Ayurvedic Medicine for memory enhancement, to relieve general debility, as a nervine and as a rejuvenative tonic. Helps promote healthy testosterone production in males and provide athletic support.

### Directions of Use

Adults - Take 2 capsules, once per day with food or as directed by a healthcare professional. Take a few hours before or after other medications or natural health products.

### Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are taking any blood pressure medication. Consult a healthcare professional if you suffer from any psychological disorder and/or condition such as frequent anxiety or depression, if you have benign prostate hypertrophy and/or prostate cancer or if you have been diagnosed with hypoactive sexual disorder, sexual dysfunction or erectile dysfunction. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended.

### Known Adverse Reactions

Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.