

Details of Clinical Trial Completed

(as of September 2023)

Study Title	Sample Size	Year	Time to recruit	Journal	Impact Factor	Publication Link
Stress, Mental Wellbeing and Cognition						
1. Exploring the efficacy and safety of a novel standardized ashwagandha (<i>Withania somnifera</i>) root extract (Witholytin®) in adults experiencing high stress and fatigue in a randomized, double-blind, placebo-controlled trial	120	2023	5 months	Journal of Psychopharmacology	4.56	Link to publication
2. Effects of a polyphenol-rich grape and blueberry extract (Memophenol™) on cognitive function in older adults with mild cognitive impairment: A randomized, double-blind, placebo-controlled study	143	2023	6 months	Frontiers in Psychology	4.23	Link to publication
3. A randomized, double-blind, placebo-controlled trial investigating the effects of an <i>Ocimum tenuiflorum</i> (Holy Basil) extract (Holixer™) on stress, mood, and sleep in adults experiencing stress	100	2022	3 months	Frontiers in Nutrition	6.59	Link to publication
4. An examination into the mental and physical effects of a saffron extract (affron®) in recreationally-active adults: A randomized, double-blind, placebo-controlled study	62	2022	2 months	Journal of the International Society of Sports Nutrition	5.15	Link to publication
5. The Effects of Lutein and Zeaxanthin Supplementation on Cognitive Function in Adults With Self-Reported Mild Cognitive Complaints: A Randomized, Double-Blind, Placebo-Controlled Study	90	2022	2 months	Frontiers in Nutrition	6.59	Link to publication
6. The Effects of a Saffron Extract (affron®) on Menopausal Symptoms in Women during Perimenopause: A Randomised, Double-Blind, Placebo-Controlled Study	86	2021	3 months	Journal of Menopausal Medicine	1.60	Link to publication
7. An investigation into the anxiety-relieving and mood-enhancing effects of <i>Echinacea angustifolia</i> (EP107™): A randomised, double-blind, placebo-controlled study	108	2021	3 months	Journal of Affective Disorders	6.53	Link to publication
8. Effects of an <i>Oroxylum indicum</i> Extract (Sabroxy®) on Cognitive Function in Adults With Self-reported Mild Cognitive Impairment: A Randomized, Double-Blind, Placebo-Controlled Study	82	2021	2 months	Frontiers in Aging Neuroscience	4.80	Link to publication
9. The Feasibility and Efficacy of a Brief Integrative Treatment for Adults With Depression and/or Anxiety: A Randomized Controlled Trial	48	2020	2 months	Journal of Evidence-Based Integrative Medicine	0.45	Link to publication
10. Efficacy of a standardised saffron extract (affron®) as an add-on to antidepressant medication for the treatment of persistent depressive symptoms in adults: A randomised, double-blind, placebo-controlled study	160	2019	3 months	Journal of Psychopharmacology	4.56	Link to publication
11. A Randomized, Double-Blind, Placebo-Controlled, Crossover Study Examining the Hormonal and Vitality Effects of Ashwagandha (<i>Withania somnifera</i>) in Aging, Overweight Males	57	2019	2 months	American Journal of Men's Health	2.30	Link to publication
12. affron®, a standardised extract from saffron (<i>Crocus sativus</i> L.) for the treatment of youth anxiety and depressive symptoms: A randomised, double-blind, placebo-controlled study	80	2018	2 months	Journal of Affective Disorders	6.53	Link to publication
13. Efficacy of curcumin, and a saffron/curcumin combination for the treatment of major depression: A randomised, double-blind, placebo-controlled study	123	2017	3 months	Journal of Affective Disorders	6.53	Link to publication

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14. Curcumin for the treatment of major depression: a randomised, double-blind, placebo-controlled study	56	2014	2 months	Journal of Affective Disorders	6.53	Link to publication
15. An examination into the effects of a <i>nutraceutical supplement</i> on cognition, stress, and eye and skin health in adults with self-reported cognitive complaints: a randomised, double-blind, placebo-controlled trial #	100	2023	4 months	NA	NA	NA
16. Effect of a probiotic formulation on mental health and mood biomarkers in adults with depressive symptoms: A pilot randomized placebo-controlled trial #	60	2023	2 months	NA	NA	NA
17. The effects of <i>herbal extract</i> on memory and cognition in adults with mild cognitive impairment: a randomised, double-blind, placebo-controlled study #	80	2023	6 months	NA	NA	NA
18. Effects of a <i>herbal extract</i> on adults experiencing mild-to-moderate stress and burnout: a randomised, double-blind, placebo-controlled study #	80	2022	3 months	NA	NA	NA
19. An examination of the short-term anxiolytic effects of a <i>herbal extract</i> in adults experiencing increased anxiety: A randomised, double-blind, placebo-controlled trial #	82	2022	3 months	NA	NA	NA
20. An examination into the effects of a <i>herbal extract</i> on energy, mood, and cognitive performance in adults experiencing stress and exhaustion: a randomised, double-blind, placebo-controlled trial #	81	2022	4 months	NA	NA	NA
21. Effects of a <i>herbal extract</i> on memory, attention, energy, and sleep in children: a randomised, double-blind, placebo-controlled, multi-national study #	40	2022	6 weeks	NA	NA	NA
22. Effects of a <i>herbal extract</i> on cognition, energy, and mood in adults with self-reported, cognitive and energy problems: a randomised, double-blind, placebo-controlled study #	41	2022	3 months	NA	NA	NA
23. Effects of a <i>herbal extract</i> on cognition, energy, and mood in adults with self-reported, cognitive and energy problems: a randomised, double-blind, placebo-controlled multi-national study #	40	2022	3 months	NA	NA	NA
24. An examination into the effects of a <i>Herbal extract</i> on cognition and stress in healthy adults with subjective memory complaints: a randomised, double-blind, placebo-controlled trial #	100	2022	Ongoing	NA	NA	NA
Sleep						
25. 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	120	2021	2 months	Sleep Medicine	4.80	Link to publication
26. Effects of saffron on sleep quality in healthy adults with self-reported poor sleep: a randomized, double-blind, placebo-controlled trial	63	2020	1 month	Journal of Clinical Sleep Medicine	5.30	Link to publication
Pain						
27. An Investigation into the Effects of a Curcumin Extract (Curcugen®) on Osteoarthritis Pain of the Knee: A Randomised, Double-Blind, Placebo-Controlled Study	101	2021	2 months	Nutrients	5.72	Link to publication

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Digestive health						
28. Efficacy of a curcumin extract (Curcugen™) on gastrointestinal symptoms and intestinal microbiota in adults with self-reported digestive complaints: a randomised, double-blind, placebo-controlled study	79	2021	3 months	BMC Complementary Medicine and Therapies	4.13	Link to publication
29. A poly-herbal blend (Herbagut®) on adults presenting with gastrointestinal complaints: a randomised, double-blind, placebo-controlled study	50	2018	2 months	BMC Complementary Medicine and Therapies	4.13	Link to publication
Vision						
30. Effects of <i>nutritional ingredients</i> on eye health, eye strain, sleep quality, and attention in high electronic screen users: a randomised, double-blind, placebo-controlled study #	70	2023	4 months	NA	NA	NA
Sports Performance						
31. An Assessment of the Safety and Efficacy a <i>Herbal Extract</i> on General Fatigue and Cognitive Performance in Recreationally Active Adults: A Prospective, Interventional, Double-Blind, Placebo-Controlled Parallel Arm Clinical Study #	120	2023	7 months	NA	NA	NA

Recruitment is completed, manuscript is under review or paper is submitted for publication. As publication is still pending, details about the specific ingredient/ extract have been removed.