

focus

Serodop Spotlight: Early Action in Subclinical Depression for Better Outcomes



Serodop is indicated for the management of subclinical depression and associated sleep disturbances.

Given that subclinical depression is recognized as a significant risk factor for the progression to major depressive disorder, early intervention may help improve patient outcomes and potentially reduce the risk of escalation to more severe depressive states.



- Serotonin availability ↑
- Neuroinflammation ↓
- Evening Melatonin levels ↑



- Dopamine availability ↑
- Cognitive function ↑
- Stress tolerance ↑
- Sleep quality ↑

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Serotonin availability ↑
Neuroinflammation ↓
Evening Melatonin levels ↑

Saffron

- Several constituents of saffron (notably crocin, crocetin, safranal) can **modulate serotonin pathways** — comparable in effect to SSRIs — by enhancing serotonin availability and exerting anti-inflammatory effects that support serotonergic activity.
- Saffron's antioxidants (crocin, crocetin, safranal) **reduce neuroinflammation** by scavenging free radicals and suppressing pro-inflammatory cytokines (e.g. IL-1β, IFN-γ).
- Multiple RCTs demonstrate saffron significantly **decreases PROMIS sleep disturbance scores** and improves measures like the ISQ, Pittsburgh Sleep Diary, and Pittsburgh Sleep Quality Index, often synchronously with mood improvements.

References

Lopresti, Adrian L, and Peter D Drummond. "Saffron (*Crocus sativus*) for depression: a systematic review of clinical studies and examination of underlying antidepressant mechanisms of action." *Human psychopharmacology* vol. 29,6 (2014): 517-27.



Dopamine availability ↑
Cognitive function ↑
Stress tolerance ↑
Sleep quality ↑

Avena Sativa (Oat)

- Avena Sativa inhibits monoamine-oxidase B, preserving **dopamine** and elevates mood via enhanced dopaminergic signaling.
- Avena Sativa extract inhibits **PDE-4**, which modulates stress and mood via cyclic AMP pathways.
- Supplementation with Avena Sativa benefits **cognitive function** and modulates the physiological response to a stressor.
- Avena Sativa **alleviates sleep disturbances**, often via stress/anxiety reduction and improved sleep quality.

References

Moccetti, T., C. Wullschleger, A. Schmidt, C. Aydogan & M.H. Kreuter. "Bioactivity-based development of a wild green oat (*Avena sativa* L.) extract in support of mental health disorders." *Zeitschrift für Phytotherapie*, vol. 27, 2006, p. 24.

Kennedy, David O et al. "Acute and Chronic Effects of Green Oat (*Avena sativa*) Extract on Cognitive Function and Mood during a Laboratory Stressor in Healthy Adults: A Randomised, Double-Blind, Placebo-Controlled Study in Healthy Humans." *Nutrients* vol. 12,6 1598. 29 May. 2020.

Friling, Marina et al. "Dietary supplementation with a wild green oat extract (*Avena sativa* L.) to improve wellness and wellbeing during smoking reduction or cessation: a randomized double-blind controlled study." *Frontiers in nutrition* vol. 11 1405156. 19 Jun. 2024.

If pregnant or on CNS-acting medications, consult a healthcare provider. Serodop is non-GMO and non-irradiated.

Serodop



indication	Reduced dopamine and serotonin, neurosignalisation, lethargy, fatigue, poor concentration	
dosage	Take 1 caps in the morning and 1 caps in the evening with food	
packaging	60 vegecaps per container	
daily dose (based on 2 vegecaps)	Oat (Avena sativa)	900 mg
	Saffron (Crocus sativus)	30 mg