Aceite de oliva:

Agrawal, K., Melliou, E., Li, X., Pedersen, T. L., Wang, S. C., Magiatis, P., ... & Holt, R. R. (2017). Oleocanthal-rich extra virgin olive oil demonstrates acute anti-platelet effects in healthy men in a randomized trial. Journal of functional foods, 36, 84-93.

Batarseh, Y. S., & Kaddoumi, A. (2018). Oleocanthal-rich extra-virgin olive oil enhances donepezil effect by reducing amyloid-β load and related toxicity in a mouse model of Alzheimer’s disease. The Journal of nutritional biochemistry, 55, 113-123.

Beauchamp, G., Keast, R., Morel, D. et al. Ibuprofen-like activity in extra-virgin olive oil. Nature 437, 45–46 (2005). https://doi.org/10.1038/437045a

Bogani, P., Galli, C., Villa, M., & Visioli, F. (2007). Postprandial anti-inflammatory and antioxidant effects of extra virgin olive oil. Atherosclerosis, 190(1), 181-186.

Cicerale, S. R. S. J., Lucas, L. J., & Keast, R. S. J. (2012). Antimicrobial, antioxidant and anti-inflammatory phenolic activities in extra virgin olive oil. Current opinion in biotechnology, 23(2), 129-135.

Cusimano, A., Balasus, D., Azzolina, A., Augello, G., Emma, M. R., Di Sano, C., ... & Cervello, M. (2017). Oleocanthal exerts antitumor effects on human liver and colon cancer cells through ROS generation. International journal of oncology, 51(2), 533-544.

Delgado-Lista, J., Perez-Martinez, P., Garcia-Rios, A., Alcala-Diaz, J. F., Perez-Caballero, A. I., Gomez-Delgado, F., ... & Perez-Jimenez, F. (2016). CORonary Diet Intervention with Olive oil and cardiovascular PREVention study (the CORDIOPREV study): Rationale, methods, and baseline characteristics: A clinical trial comparing the efficacy of a Mediterranean diet rich in olive oil versus a low-fat diet on cardiovascular disease in coronary patients. American heart journal, 177, 42-50.

Fabiani, R. (2016). Anti-cancer properties of olive oil secoiridoid phenols: A systematic review of in vivo studies. Food & function, 7(10), 4145-4159.

García-Gavilán, J. F., Bulló, M., Canudas, S., Martínez-González, M. A., Estruch, R., Giardina, S., ... & Salas-Salvado, J. (2018). Extra virgin olive oil consumption reduces the risk of osteoporotic fractures in the PREDIMED trial. Clinical Nutrition, 37(1), 329-335.

Gu, Y., Wang, J., & Peng, L. (2017). (-)-Oleocanthal exerts anti-melanoma activities and inhibits STAT3 signaling pathway. Oncology reports, 37(1), 483-491.

Lutgarda Bozzetto, Antonio Alderisio, Gennaro Clemente, Marisa Giorgini, Francesca Barone, Ettore Griffo, Giuseppina Costabile, Claudia Vetrani, Paola Cipriano, Angela Giacco, Gabriele Riccardi, Angela Albarosa Rivellese, Giovanni Annuzzi. Gastrointestinal effects of extra-virgin olive oil associated with lower postprandial glycemia in type 1 diabetes. Clinical Nutrition. Volume 38, Issue 6, 2019, Pages 2645-2651, ISSN 0261-5614. https://doi.org/10.1016/j.clnu.2018.11.015.

Serra, G., Deiana, M., Spencer, J. P., & Corona, G. (2017). Olive oil phenolics prevent oxysterol-induced pro-inflammatory cytokine secretion and ROS production in human PBMCs, through modulation of p38 and JNK pathways. Mol. Nutr. Food Res.

Schwingshackl, L., Lampousi, A. M., Portillo, M. P., Romaguera, D., Hoffmann, G., & Boeing, H. (2017). Olive oil in the prevention and management of type 2 diabetes mellitus: a systematic review and meta-analysis of cohort studies and intervention trials. Nutrition & diabetes, 7(4), e262-e262.

Ácido alfa lipoico:

Al-Izzi, M. H. M. H., Mubarak, Z. M., & Jamil, I. J. (2018). Role of Adiponectin Hormone Concentrations and Some Immunological and Biochemical Parameters inAlloxan Induced Diabetic Male Rabbits and Diabetic Treated with Alpha Lipoic Acid and L-Carnitine. Tikrit Journal of Pure Science, 22(6), 46-51.

Cavestro, C., Bedogni, G., Molinari, F., Mandrino, S., Rota, E., & Frigeri, M. C. (2018). Alpha-lipoic acid shows promise to improve migraine in patients with insulin resistance: a 6-month exploratory study. Journal of medicinal food, 21(3), 269-273.

COSTA-NETO, H. U. G. O., BARBOSA, N. G., GONZAGA, A. K. G., LEMOS, T. M. A. M., DE OLIVEIRA, P. T., DA SILVEIRA, É. J. D., & DE MEDEIROS, A. M. C. (2017). LASER THERAPY AND ALPHA LIPOIC ACID IN THE TREATMENT OF ORAL BURNING THROUGH THE ANALYSIS OF TUMOR NECROSIS FACTOR ALPHA. Oral surgery, oral medicine, oral pathology and oral radiology, 124(2), e136-e137.

de Sousa, C. N. S., da Silva Leite, C. M. G., da Silva Medeiros, I., Vasconcelos, L. C., Cabral, L. M., Patrocínio, C. F. V., ... & Vasconcelos, S. M. M. (2019). Alpha-lipoic acid in the treatment of psychiatric and neurological disorders: a systematic review. Metabolic brain disease, 34(1), 39-52.

Dinicola, S., Santiago-Reyes, M., Canipari, R., Cucina, A., Bizzarri, M., & Fuso, A. (2017). Alpha-lipoic acid represses IL-1B and IL-6 through DNA methylation in ovarian cells. PharmaNutrition, 5(3), 77-83.

Erickson, N., Zafron, M., Harding, S. V., Marinangeli, C. P., & Rideout, T. C. (2020). Evaluating the Lipid-Lowering Effects of α-lipoic Acid Supplementation: A Systematic Review. Journal of dietary supplements, 17(6), 753-767.

Huerta-Hernández, A. E. (2017). Effects of oral supplementation with alpha-lipoic acid and eicosapentaenoic acid in overweight/obese healthy women conjonintly with a hypocaloric diet.

Kucukgoncu, S., Zhou, E., Lucas, K. B., & Tek, C. (2017). Alpha‐lipoic acid (ALA) as a supplementation for weight loss: results from a meta‐analysis of randomized controlled trials. Obesity reviews, 18(5), 594-601.

Lu, M., Bai, J., Wei, F., Xu, B., Sun, Q., Li, J., ... & Li, S. (2017). Effects of alpha‐lipoic acid supplementation on growth performance, antioxidant capacity and biochemical parameters for ammonia‐exposed broilers. Animal Science Journal, 88(8), 1220-1225.

Luo, T., Liu, G., Long, M., Yang, J., Song, R., Wang, Y., ... & Liu, Z. (2017). Treatment of cadmium-induced renal oxidative damage in rats by administration of alpha-lipoic acid. Environmental Science and Pollution Research, 24(2), 1832-1844.

Megawati, S., Rahmadi, M., Susilo, I., & Junaidi Khotib, N. I. D. N. (2016). The Potency of Alpha Lipoic Acid as Anti Inflammatory on the Complete Freund's Adjuvant-Induced Rheumatoid Arthritis in RAT Model. Folia Medica Indonesiana, 52(2), 98-103.

Namazi, N., Larijani, B., & Azadbakht, L. (2018). Alpha-lipoic acid supplement in obesity treatment: a systematic review and meta-analysis of clinical trials. Clinical Nutrition, 37(2), 419-428.

Parente, E., Colannino, G., Picconi, O., & Monastra, G. (2017). Safety of oral alpha-lipoic acid treatment in pregnant women: a retrospective observational study. Eur Rev Med Pharmacol Sci, 21(18), 4219-4227.

Phiboonchaiyanan, P. P., & Chanvorachote, P. (2017). Suppression of a cancer stem-like phenotype mediated by alpha-lipoic acid in human lung cancer cells through down-regulation of β-catenin and Oct-4. Cellular Oncology, 40(5), 497-510.

Portari, G. V., Moraes, R. C. M. D., Deminice, R., Orsatti, F. L., & Merino, S. (2017). Effects of the supplementation with alpha-lipoic acid on muscular antioxidant biomarkers of trained mice. MedicalExpress, 4(1).

Sardu, C., Santulli, G., Santamaria, M., Barbieri, M., Sacra, C., Paolisso, P., ... & Rizzo, M. R. (2017). Effects of alpha lipoic acid on multiple cytokines and biomarkers and recurrence of atrial fibrillation within 1 year of catheter ablation. The American journal of cardiology, 119(9), 1382-1386.

Sztanek, F., Seres, I., Lorincz, H., Molnar, A., & Paragh, G. (2017). Effect of alpha-lipoic acid supplementation on oxidative stress markers and antioxidative defense in patients with diabetic neuropathy. Atherosclerosis, 263, e263.

Yoon, J., Lim, J. W., & Kim, H. (2017). Alpha‐Lipoic Acid Inhibits IL‐8 Expression by Reducing Oxidative Stress in Ataxia Telangiectasia Fibroblasts. The FASEB Journal, 31, lb426-lb426.

Zhang, Q., Kong, M., Li, H., Li, J., Zhang, H., & Zhang, S. (2017). Effect of alpha lipoic acid on cognitive function and oxidative stress in STZ diabetic rats.

Ácido ursólico:

Bang, H. S., Seo, D. Y., Chung, Y. M., Oh, K. M., Park, J. J., Arturo, F., ... & Han, J. (2014). Ursolic Acid-induced elevation of serum irisin augments muscle strength during resistance training in men. The Korean journal of physiology & pharmacology: official journal of the Korean Physiological Society and the Korean Society of Pharmacology, 18(5), 441.

Bashir, R. (2019). Ursolic acid and maslinic acid: novel candidates for counteracting muscle loss and improving body composition. In Nutrition and Enhanced Sports Performance (pp. 707-714). Academic Press.

He, B., Zhu, Z., Chen, F., Zhang, R., Chen, W., Zhang, T., ... & Lei, J. (2021). Synthesis and antitumor potential of new arylidene ursolic acid derivatives via caspase‐8 activation. Archiv der Pharmazie, e2000448.

Katashima, C. K., Silva, V. R., Gomes, T. L., Pichard, C., & Pimentel, G. D. (2017). Ursolic acid and mechanisms of actions on adipose and muscle tissue: a systematic review. Obesity reviews, 18(6), 700-711.

Kwon, E. Y., Shin, S. K., & Choi, M. S. (2018). Ursolic acid attenuates hepatic steatosis, fibrosis, and insulin resistance by modulating the circadian rhythm pathway in diet-induced obese mice. Nutrients, 10(11), 1719.

Liu, C. H., Wong, S. H., Tai, C. J., Tai, C. J., Pan, Y. C., Hsu, H. Y., ... & Lin, L. T. (2021). Ursolic Acid and Its Nanoparticles Are Potentiators of Oncolytic Measles Virotherapy against Breast Cancer Cells. Cancers, 13(1), 136.

Mandal, S., Gamit, N., Varier, L., Dharmarajan, A., & Warrier, S. (2021). Inhibition of breast cancer stem-like cells by a triterpenoid, ursolic acid, via activation of Wnt antagonist, sFRP4 and suppression of miRNA-499a-5p. Life Sciences, 265, 118854.

Mirza, F. J., Amber, S., Hassan, D., Ahmed, T., & Zahid, S. (2021). Rosmarinic acid and ursolic acid alleviate deficits in cognition, synaptic regulation and adult hippocampal neurogenesis in an Aβ1-42-induced mouse model of Alzheimer's disease. Phytomedicine, 83, 153490.

Rai, S. N., Zahra, W., Singh, S. S., Birla, H., Keswani, C., Dilnashin, H., ... & Singh, S. P. (2019). Anti-inflammatory activity of ursolic acid in MPTP-induced parkinsonian mouse model. Neurotoxicity research, 36(3), 452-462.

Salau, V. F., Erukainure, O. L., Ayeni, G., Ibeji, C. U., & Islam, M. S. (2021). Modulatory effect of ursolic acid on neurodegenerative activities in oxidative brain injury: An ex vivo study. Journal of Food Biochemistry, 45(2), e13597.

Yin, R., Li, T., Tian, J. X., Xi, P., & Liu, R. H. (2018). Ursolic acid, a potential anticancer compound for breast cancer therapy. Critical reviews in food science and nutrition, 58(4), 568-574.

Agnus Castus:

Ababutain, I. M., & Alghamdi, A. I. (2021). In vitro anticandidal activity and gas chromatography-mass spectrometry (GC-MS) screening of Vitex agnus-castus leaf extracts. PeerJ, 9, e10561.

Cerqueira, R. O., Frey, B. N., Leclerc, E., & Brietzke, E. (2017). Vitex agnus castus for premenstrual syndrome and premenstrual dysphoric disorder: a systematic review. Archives of women's mental health, 20(6), 713-719.

Echalar Barrientos, M. A., Maeda, J. M. K., Chaves, I. E., Tulini, F. L., de Souza, V. B., Thomazini, M., ... & Fávaro‐Trindade, C. S. Production of Vitex (Vitex agnus castus l.) extract in powder form using spray drying: potential for the production of functional foods. Journal of Food Processing and Preservation, e15333.

EL KAMARI, F. A. T. I. M. A., LAAROUSSI, H., OUSAAID, D., EL ATKI, Y. A. S. S. I. N. E., TAROQ, A., AOUAM, I., ... & ABDELLAOUI, A. (2021). Diuretic effect of aqueous extracts of Vitex agnus castus leaves and seeds in Wistar Albinos rats. International Journal of Pharmaceutical Research, 13(1).

Ibrahim, F. M., Ibrahim, A. Y., El-Newary, S. A., Hendawy, S. F., & Mahomoodally, M. F. (2021). Vitex agnus-castus L.(Chasteberry) extracts shows in vitro and in vivo anti-inflammatory and anti-tumor propensities via reduction of cyclooxygenase-2 activity and oxidative stress complications. South African Journal of Botany.

Olaolu, T., Ajibola, D., Rotimi, D., & Akpor, O. (2021). Effect of Co-Administration of Agnus castus Aqueous Leaf Extract and Cadmium Chloride on Testicular Function Indices. Jundishapur Journal of Natural Pharmaceutical Products, 16(1).

Rafieian-Kopaei, M., & Movahedi, M. (2017). Systematic review of premenstrual, postmenstrual and infertility disorders of vitex agnus castus. Electronic physician, 9(1), 3685.

Schulte, P., Verkaik, A., Kamperman, A., & Van Westrhenen, R. (2017). The treatment of premenstrual syndrome with preparations of Vitex Agnus Castus (Chaste-berry): A systematic review and meta-analysis. European Psychiatry, 41(S1), s907-s908.

Shaw, S., Wyatt, K., Campbell, J., Ernst, E., & Thompson‐Coon, J. (2018). Vitex agnus castus for premenstrual syndrome. The Cochrane Database of Systematic Reviews, 2018(3).

Verkaik, S., Kamperman, A. M., van Westrhenen, R., & Schulte, P. F. (2017). The treatment of premenstrual syndrome with preparations of Vitex agnus castus: a systematic review and meta-analysis. American journal of obstetrics and gynecology, 217(2), 150-166.

Ajo:

Askari, M., Mozaffari, H., Darooghegi Mofrad, M., Jafari, A., Surkan, P. J., Amini, M. R., & Azadbakht, L. (2021). Effects of garlic supplementation on oxidative stress and antioxidative capacity biomarkers: A systematic review and meta‐analysis of randomized controlled trials. Phytotherapy Research.

Banigesh, A. I., Hamad, A. R., Dihom, A. A., & El-Mahdi, I. M. (2017). Reduction of Cholesterol and Fasting Blood Sugar Levels by One Month Supplementation of Fresh Garlic in Diabetic Libyan Patients: A Double Blind, Baseline Controlled Study. Libyan International Medical University Journal, 2(1), 47-54.

Bhardwaj, K., Verma, M. K., Verma, N., Bhardwaj, S., & Mishra, S. (2015). Effect of long term supplementation of active garlic allicin in reducing blood pressure in hypertensive subjects. Int. J. Adv. Med, 2, 231-234.

Emami, S., Rouhani, M. H., & Azadbakht, L. (2017). The effect of garlic intake on glycemic control in humans: A systematic review and meta-analysis. Progress in Nutrition, 19, 10-18.

Guercio, V., Turati, F., La Vecchia, C., Galeone, C., & Tavani, A. (2016). Allium vegetables and upper aerodigestive tract cancers: a meta‐analysis of observational studies. Molecular nutrition & food research, 60(1), 212-222.

Jahantigh, A., Delavar, R., & Mogharnasi, M. (2017). The Effect Of Eight Weeks Of Combined Training And Garlic Supplementation On Adiponectin And Lipid Changes Among Inactive Boys. Armaghane danesh, 22(1), 18-31.

Koushki, M., Amiri-Dashatan, N., Pourfarjam, Y., & Doustimotlagh, A. H. (2021). Effect of garlic intake on inflammatory mediators: a systematic review and meta-analysis of randomised controlled trials. Postgraduate medical journal, 97(1145), 156-163.

Q Alali, F., El-Elimat, T., Khalid, L., Hudaib, R., Saleh Al-Shehabi, T., & H Eid, A. (2017). Garlic for cardiovascular disease: prevention or treatment?. Current pharmaceutical design, 23(7), 1028-1041.

Ried, K., Toben, C., & Fakler, P. (2013). Effect of garlic on serum lipids: an updated meta-analysis. Nutrition reviews, 71(5), 282-299.

Rohner, A., Ried, K., Sobenin, I. A., Bucher, H. C., & Nordmann, A. J. (2015). A systematic review and metaanalysis on the effects of garlic preparations on blood pressure in individuals with hypertension. American journal of hypertension, 28(3), 414-423.

Ryu, J. H., & Kang, D. (2017). Physicochemical properties, biological activity, health benefits, and general limitations of aged black garlic: A review. Molecules, 22(6), 919.

Wang, X., Jiao, F., Wang, Q. W., Wang, J., Yang, K., Hu, R. R., ... & Wang, Y. S. (2012). Aged black garlic extract induces inhibition of gastric cancer cell growth in vitro and in vivo. Molecular Medicine Reports, 5(1), 66-72.

Wang, J., Zhang, X., Lan, H., & Wang, W. (2017). Effect of garlic supplement in the management of type 2 diabetes mellitus (T2DM): a meta-analysis of randomized controlled trials. Food & nutrition research, 61(1), 1377571.

Womack, C. J., Lawton, D. J., Redmond, L., Todd, M. K., & Hargens, T. A. (2015). The effects of acute garlic supplementation on the fibrinolytic and vasoreactive response to exercise. Journal of the International Society of Sports Nutrition, 12(1), 1-8.

Aminoácidos esenciales:

Bond, P. (2016). Regulation of mTORC1 by growth factors, energy status, amino acids and mechanical stimuli at a glance. Journal of the International Society of Sports Nutrition, 13(1), 1-11.

Chanson-Rolle, A., Aubin, F., Braesco, V., Hamasaki, T., & Kitakaze, M. (2015). Influence of the lactotripeptides isoleucine–proline–proline and valine–proline–proline on systolic blood pressure in Japanese subjects: a systematic review and meta-analysis of randomized controlled trials. PloS one, 10(11), e0142235.

Cicero, A. F., Aubin, F., Azais-Braesco, V., & Borghi, C. (2013). Do the lactotripeptides isoleucine–proline–proline and valine–proline–proline reduce systolic blood pressure in European subjects? A meta-analysis of randomized controlled trials. American journal of hypertension, 26(3), 442-449.

Colenso-Semple, L. M., Morton, R. W., Fliss, M., Mounir, M., Mladenovic, M., Webb, E., & Phillips, S. M. (2020). Acute And Chronic Effects Of Branched-chain Amino Acid Supplementation: A Systematic Review And Meta-analysis: 1700 Board# 294 May 28 9: 30 AM-11: 00 AM. Medicine & Science in Sports & Exercise, 52(7S), 457.

Cruzat, V. F., Krause, M., & Newsholme, P. (2014). Amino acid supplementation and impact on immune function in the context of exercise. Journal of the international Society of Sports Nutrition, 11(1), 1-13.

Jafari, M. J., Iranpour, S., Gharavandi, S., Tehrani, B. J., Askari, M., Omidi, A., & Nasori, M. (2021). The effects of heat stress exposure on free amino acid concentrations within the plasma and the brain of heat-exposed chicks: A systematic review and meta-analysis. Journal of Thermal Biology, 102872.

Kimura, T., Bier, D. M., & Taylor, C. L. (2012). Summary of workshop discussions on establishing upper limits for amino acids with specific attention to available data for the essential amino acids leuci

Lavet, C., & Ammann, P. (2017). Osteoarthritis like alteration of cartilage and subchondral bone induced by protein malnutrition is treated by nutritional essential amino acids supplements. Osteoarthritis and Cartilage, 25, S293.

Matsuzawa, R., Yamamoto, S., Suzuki, Y., Abe, Y., Harada, M., Shimoda, T., ... & Matsunaga, A. (2020). The effects of amino acid/protein supplementation in hemodialysis patients: study protocol for a systematic review and meta-analysis. Renal Replacement Therapy, 6(1), 1-6.

Park, S., Church, D. D., Azhar, G., Schutzler, S. E., Ferrando, A. A., & Wolfe, R. R. (2020). Anabolic response to essential amino acid plus whey protein composition is greater than whey protein alone in young healthy adults. Journal of the International Society of Sports Nutrition, 17(1), 9.

Rahimlou, M., Ramezani, A., Mahdipour, M., Palimi, E., & Moradipoodeh, B. (2020). Reduction of Muscle Injuries and Improved Post-exercise Recovery by Branched-Chain Amino Acid Supplementation: A Systematic Review and Meta-Analysis. Journal of Nutrition, Fasting and Health, 8(1), 1-16.

Reidy, P. T., & Rasmussen, B. B. (2016). Role of ingested amino acids and protein in the promotion of resistance exercise–induced muscle protein anabolism. The Journal of nutrition, 146(2), 155-183.

Soares, J. D., Howell, S. L., Teixeira, F. J., & Pimentel, G. D. (2020). Dietary amino acids and immunonutrition supplementation in cancer-induced skeletal muscle mass depletion: a mini-review. Current pharmaceutical design, 26(9), 970-978.

Terstappen, F., Tol, A. J., Gremmels, H., Wever, K. E., Paauw, N. D., Joles, J. A., ... & Lely, A. T. (2020). Prenatal Amino Acid Supplementation to Improve Fetal Growth: A Systematic Review and Meta-Analysis. Nutrients, 12(9), 2535.

Tieland, M., Franssen, R., Dullemeijer, C., van Dronkelaar, C., Kim, H. K., Ispoglou, T., ... & de Groot, L. C. (2017). The impact of dietary protein or amino acid supplementation on muscle mass and strength in elderly people: individual participant data and meta-analysis of RCT’s. The journal of nutrition, health & aging, 21(9), 994-1001.

Tipton, K., Wolfe, R. R., Miller, S. L., Chinkes, D. L., & Wolf, S. E. (2003). Efectos Independientes y Combinados de los Aminoácidos y la Glucosa después de los Ejercicios de Fuerza-G-SE. PubliCE.

Tsuda, Y., Murakami, R., Yamaguchi, M., & Seki, T. (2020). Acute supplementation with an amino acid mixture suppressed the exercise-induced cortisol response in recreationally active healthy volunteers: a randomized, double-blinded, placebo-controlled crossover study. Journal of the International Society of Sports Nutrition, 17(1), 1-9.

van den Broek, M., de Heide, L. J., Veeger, N. J., van der Wal–Oost, A. M., & van Beek, A. P. (2016). Influence of dietary protein and its amino acid composition on postoperative outcomes after gastric bypass surgery: a systematic review. Nutrition reviews, 74(12), 749-773.

Vieillevoye, S., Poortmans, J. R., & Carpentier, A. (2020). Effects of essential amino acids supplementation on muscle damage following a heavy-load eccentric training session. Science & Sports, 35(5), e125-e134.

Zubrzycki, I. Z., Ossowski, Z., Przybylski, S., Wiacek, M., Clarke, A., & Trabka, B. (2014). Supplementation with Silk Amino Acids improves physiological parameters defining stamina in elite fin-swimmers. Journal of the International Society of Sports Nutrition, 11(1), 1-5.

Aminoácidos de cadena corta:

AbuMoh’d, M. F., Matalqah, L., & Al-Abdulla, Z. (2020). Effects of Oral Branched‐Chain Amino Acids (BCAAs) Intake on Muscular and Central Fatigue During an Incremental Exercise. Journal of human kinetics, 72(1), 69-78.

Barati-Boldaji, R., Clark, C. C., Babajafari, S., Kazami, A., Esmaeilinezhad, Z., Mazidi, M., ... & Mazloomi, S. M. (2020). Bariatric surgery reduces branched-chain amino acids’ levels: A systematic review and meta-analysis. Nutrition Research.

Caplan, B., Bogner, J., Brenner, L., Malec, J., Sharma, B., Lawrence, D. W., & Hutchison, M. G. (2018). Branched chain amino acids (BCAAs) and traumatic brain injury: a systematic review. Journal of head trauma rehabilitation, 33(1), 33-45.

Chang, C. K., Chang Chien, K. M., Chang, J. H., Huang, M. H., Liang, Y. C., & Liu, T. H. (2015). Branched-chain amino acids and arginine improve performance in two consecutive days of simulated handball games in male and female athletes: a randomized trial. PLoS One, 10(3), e0121866.

Dawson-Hughes, B., Harris, S. S., Rasmussen, H. M., & Dallal, G. E. (2007). Comparative effects of oral aromatic and branched-chain amino acids on urine calcium excretion in humans. Osteoporosis international, 18(7), 955-961.

Dudgeon, W. D., Kelley, E. P., & Scheett, T. P. (2016). In a single-blind, matched group design: branched-chain amino acid supplementation and resistance training maintains lean body mass during a caloric restricted diet. Journal of the International Society of Sports Nutrition, 13(1), 1-10.

Eguchi, A., Iwasa, M., Tamai, Y., Tempaku, M., Takamatsu, S., Miyoshi, E., ... & Takei, Y. (2021). BCAA protect the liver from cirrhotic injury via suppression of LBP-TLR4-STAT3 activation and E. faecalis translocation. Nutrition, 111194.

Eley, B. (2019). Quantitative Analysis of Branched-chain Amino Acids in Five Nutritional Supplements Using a Leucine Dehydrogenase Assay (P23-004-19). Current developments in nutrition, 3(Supplement\_1), nzz043-P23.

Fedewa, M. V., Spencer, S. O., Williams, T. D., Becker, Z. E., & Fuqua, C. A. (2019). Effect of branched-chain amino acid supplementation on muscle soreness following exercise: a meta-analysis. International Journal for Vitamin and Nutrition Research.

Fouré, A., & Bendahan, D. (2017). Is branched-chain amino acids supplementation an efficient nutritional strategy to alleviate skeletal muscle damage? A systematic review. Nutrients, 9(10), 1047.

Gawedzka, A., Grandys, M., Duda, K., Zapart-Bukowska, J., Zoladz, J. A., & Majerczak, J. (2020). Plasma BCAA concentrations during exercise of varied intensities in young healthy men—the impact of endurance training. PeerJ, 8, e10491.

Holeček, M. (2018). Branched-chain amino acids in health and disease: metabolism, alterations in blood plasma, and as supplements. Nutrition & metabolism, 15(1), 1-12.

Holeček, M. (2020). Why Are Branched-Chain Amino Acids Increased in Starvation and Diabetes?. Nutrients, 12(10), 3087.

Hosui, A., Tanimoto, T., Okahara, T., & Hiramatsu, N. (2020, November). EFFECTS OF LONG-TERM ORAL SUPPLEMENTATION WITH HIGH DOSES OF BRANCHED CHAIN AMINO ACIDS (BCAA) ON OVERALL SURVIVAL IN PATIENTS WITH DECOMPENSATED LIVER CIRRHOSIS. In The Liver Meeting Digital Experience™. AASLD.

Hsueh, C. F., Wu, H. J., Tsai, T. S., Wu, C. L., & Chang, C. K. (2018). The effect of branched-chain amino acids, citrulline, and arginine on high-intensity interval performance in young swimmers. Nutrients, 10(12), 1979.

Kephart, W. C., Wachs, T. D., Mac Thompson, R., Mobley, C. B., Fox, C. D., McDonald, J. R., ... & Roberts, M. D. (2016). Ten weeks of branched-chain amino acid supplementation improves select performance and immunological variables in trained cyclists. Amino Acids, 48(3), 779-789.

Li, J. T., Yin, M., Wang, D., Wang, J., Lei, M. Z., Zhang, Y., ... & Lei, Q. Y. (2020). BCAT2-mediated BCAA catabolism is critical for development of pancreatic ductal adenocarcinoma. Nature cell biology, 22(2), 167-174.

Ra, S. G., Miyazaki, T., Ishikura, K., Nagayama, H., Komine, S., Nakata, Y., ... & Ohmori, H. (2013). Combined effect of branched-chain amino acids and taurine supplementation on delayed onset muscle soreness and muscle damage in high-intensity eccentric exercise. Journal of the International Society of Sports Nutrition, 10(1), 1-11.

Rahimlou, M., Ramezani, A., Mahdipour, M., Palimi, E., & Moradipoodeh, B. (2020). Reduction of Muscle Injuries and Improved Post-exercise Recovery by Branched-Chain Amino Acid Supplementation: A Systematic Review and Meta-Analysis. Journal of Nutrition, Fasting and Health, 8(1), 1-16.

Salinas-García, M. E., Martínez-Sanz, J. M., Urdampilleta, A., Mielgo-Ayuso, J., Norte Navarro, A., & Ortiz-Moncada, R. (2015). Efectos de los aminoácidos ramificados en deportes de larga duración: revisión bibliográfica. Nutricion hospitalaria, 31(2), 577-589.

Santos, C. D. S., & Nascimento, F. E. L. (2019). Isolated branched-chain amino acid intake and muscle protein synthesis in humans: a biochemical review. Einstein (Sao Paulo), 17(3).

To, C. Y., Freeman, M., & Van Winkle, L. J. (2020). Consumption of a Branched-Chain Amino Acid (BCAA) during Days 2–10 of Pregnancy Causes Abnormal Fetal and Placental Growth: Implications for BCAA Supplementation in Humans. International journal of environmental research and public health, 17(7), 2445.

Vieira, E. E. S., Pereira, I. C., Braz, A. F., Nascimento-Ferreira, M. V., de Oliveira Torres, L. R., de Freitas Brito, A., ... & Torres-Leal, F. L. (2020). Food consumption of branched chain amino acids and insulin resistance: A systematic review of observational studies in humans. Clinical Nutrition ESPEN.

Waldron, M., Whelan, K., Jeffries, O., Burt, D., Howe, L., & Patterson, S. D. (2017). The effects of acute branched-chain amino acid supplementation on recovery from a single bout of hypertrophy exercise in resistance-trained athletes. Applied Physiology, Nutrition, and Metabolism, 42(6), 630-636.

Watson, P., Shirreffs, S. M., & Maughan, R. J. (2004). The effect of acute branched-chain amino acid supplementation on prolonged exercise capacity in a warm environment. European journal of applied physiology, 93(3), 306-314.

Zazpe, I., & Ruiz-Canela, M. (2020). Effect of branched-chain amino acid supplementation, dietary intake and circulating levels in cardiometabolic diseases: an updated review. Current Opinion in Clinical Nutrition & Metabolic Care, 23(1), 35-50.

Astaxantina:

Brown, D. R., Warner, A. R., Deb, S. K., Gough, L. A., Sparks, S. A., & McNaughton, L. R. (2020). The effect of astaxanthin supplementation on performance and fat oxidation during a 40 km cycling time trial. Journal of Science and Medicine in Sport, 24(1), 92-97.

Brown, D. R., Gough, L. A., Deb, S. K., Sparks, S. A., & McNaughton, L. R. (2018). Astaxanthin in exercise metabolism, performance and recovery: a review. Frontiers in nutrition, 4, 76.

Choudhary, D., Bhattacharyya, S., & Bose, S. (2017). Efficacy and safety of Ashwagandha (Withania somnifera (L.) Dunal) root extract in improving memory and cognitive functions. Journal of dietary supplements, 14(6), 599-612.

Donoso, A., González, J., Muñoz, A. A., González, P. A., & Agurto-Muñoz, C. (2021). Therapeutic uses of natural astaxanthin: An evidence-based review focused on human clinical trials. Pharmacological Research, 105479.

Gómez-Estaca, J., Calvo, M. M., Álvarez-Acero, I., Montero, P., & Gómez-Guillén, M. C. (2017). Characterization and storage stability of astaxanthin esters, fatty acid profile and α-tocopherol of lipid extract from shrimp (L. vannamei) waste with potential applications as food ingredient. Food Chemistry, 216, 37-44.

Grimmig, B., Kim, S. H., Nash, K., Bickford, P. C., & Shytle, R. D. (2017). Neuroprotective mechanisms of astaxanthin: a potential therapeutic role in preserving cognitive function in age and neurodegeneration. Geroscience, 39(1), 19-32.

Hafez, H. A., Kamel, M. A., Osman, M. Y., Osman, H. M., Elblehi, S. S., & Mahmoud, S. A. (2021). Ameliorative effects of astaxanthin on brain tissues of alzheimer’s disease-like model: cross talk between neuronal-specific microRNA-124 and related pathways. Molecular and cellular biochemistry, 1-17.

Kanwugu, O. N., Glukhareva, T. V., Danilova, I. G., & Kovaleva, E. G. (2021). Natural antioxidants in diabetes treatment and management: prospects of astaxanthin. Critical reviews in food science and nutrition, 1-24.

Kawamura, A., Aoi, W., Abe, R., Kobayashi, Y., Kuwahata, M., & Higashi, A. (2021). Astaxanthin-, β-carotene-, and resveratrol-rich foods support resistance training-induced adaptation. Antioxidants, 10(1), 113.

Kobori, M., Takahashi, Y., Sakurai, M., Ni, Y., Chen, G., Nagashimada, M., ... & Ota, T. (2017). Hepatic transcriptome profiles of mice with diet-induced nonalcoholic steatohepatitis treated with astaxanthin and vitamin E. International journal of molecular sciences, 18(3), 593.

Kohandel, Z., Farkhondeh, T., Aschner, M., & Samarghandian, S. (2021). Nrf2 a molecular therapeutic target for Astaxanthin. Biomedicine & Pharmacotherapy, 137, 111374.

Kim, B., Farruggia, C., Ku, C. S., Pham, T. X., Yang, Y., Bae, M., ... & Lee, J. Y. (2017). Astaxanthin inhibits inflammation and fibrosis in the liver and adipose tissue of mouse models of diet-induced obesity and nonalcoholic steatohepatitis. The Journal of nutritional biochemistry, 43, 27-35.

Kitahara, A., Takahashi, K., Morita, N., Murashima, T., Onuma, H., Sumitani, Y., ... & Ishida, H. (2017). The novel mechanisms concerning the inhibitions of palmitate-induced proinflammatory factor releases and endogenous cellular stress with astaxanthin on MIN6 β-cells. Marine drugs, 15(6), 185.

Kurmen, J. E. C., González, G., & Klotz, B. (2013). Producción de Astaxantina en Haematococcus pluvialis bajo diferentes condiciones de estrés. Nova, 11(19), 93-104.

Liu, S. Z., Ali, A., VanDoren, M., Roshanravan, B., Shankland, E., & Conley, K. (2017). Astaxanthin Formulation Induces Muscle Strength and Endurance Increases Beyond High Intensity Training in Elderly Subjects: 3306 Board# 211 June 2 3: 30 PM-5: 00 PM. Medicine & Science in Sports & Exercise, 49(5S), 943.

Magnuson, A. D., Sun, T., Yin, R., Liu, G., Tolba, S., Shinde, S., & Lei, X. G. (2017). Dietary supplementation of microalgal astaxanthin produced dose-dependent enrichments of the phytochemical and elevations of radical absorbance capacity in tissues and eggs of layer hens. Journal of Animal Science, 95, 188.

Mimoun-Benarroch, M., Lallement, J., Rhazi, L., Boroch, C., Hugot, C., Niamba, C. N., ... & Depeint, F. (2018). Free form astaxanthin from yeast Phaffia rhodozyma fermentation reduces plasmatic triglycerides in a pre-obesity diet-induced dyslipidaemia mouse model. Journal of Food Composition and Analysis, 65, 11-15.

Sratongfaeng, C., Suksumek, N., Aksorn, N., Chanvorachote, P., & Meksawan, K. Astaxanthin Supplementation Lowers Dietary Intake in Healthy Subjects. Current Topics in Nutraceutical Research, 19(1).

Sun, L., Miyaji, N., Yang, M., Mills, E. M., Taniyama, S., Uchida, T., ... & Hirasaka, K. (2021). Astaxanthin Prevents Atrophy in Slow Muscle Fibers by Inhibiting Mitochondrial Reactive Oxygen Species via a Mitochondria-Mediated Apoptosis Pathway. Nutrients, 13(2), 379.

Ursoniu, S., Sahebkar, A., Serban, M. C., & Banach, M. (2015). Lipid profile and glucose changes after supplementation with astaxanthin: a systematic review and meta-analysis of randomized controlled trials. Archives of medical science: AMS, 11(2), 253.

Tizkar, B., Soudagar, M., Bahmani, M., Hosseini, S. A., Chamani, M., Seidavi, A., ... & Ponce-Palafox, J. T. (2016). Effects of dietary astaxanthin and β-carotene on gonadosomatic and hepatosomatic indices, gonad and liver composition in goldfish Carassius auratus (Linnaeus, 1758) broodstocks. Latin American Journal of Aquatic Research, 44(2), 363-370.

Xiang, D. C., Jia, B. Y., Fu, X. W., Guo, J. X., Hong, Q. H., Quan, G. B., & Wu, G. Q. (2021). Role of astaxanthin as an efficient antioxidant on the in vitro maturation and vitrification of porcine oocytes. Theriogenology.

Zhao, Y., Wang, H. P., Yu, C., Ding, W., Han, B., Geng, S., ... & Yu, X. (2021). Integration of physiological and metabolomic profiles to elucidate the regulatory mechanisms underlying the stimulatory effect of melatonin on astaxanthin and lipids coproduction in Haematococcus pluvialis under inductive stress conditions. Bioresource Technology, 319, 124150.

Arginina:

Amin, A., Neophytou, C., Thein, S., Martin, N. M., Alamshah, A., Spreckley, E., ... & Murphy, K. G. (2018). L‐Arginine Increases Postprandial Circulating GLP‐1 and PYY Levels in Humans. Obesity, 26(11), 1721-1726.

Bailey, S. J., Winyard, P. G., Vanhatalo, A., Blackwell, J. R., DiMenna, F. J., Wilkerson, D. P., & Jones, A. M. (2010). Acute L-arginine supplementation reduces the O2 cost of moderate-intensity exercise and enhances high-intensity exercise tolerance. Journal of Applied Physiology, 109(5), 1394-1403.

Bath, P. M., Krishnan, K., & Appleton, J. P. (2017). Nitric oxide donors (nitrates), L‐arginine, or nitric oxide synthase inhibitors for acute stroke. Cochrane Database of Systematic Reviews, (4).

Camacho, V. R. (2015). Niveles de citrulina y arginina en el paciente crítico pediátrico (Doctoral dissertation, Universidad de Málaga).

Dong, J. Y., Qin, L. Q., Zhang, Z., Zhao, Y., Wang, J., Arigoni, F., & Zhang, W. (2011). Effect of oral L-arginine supplementation on blood pressure: a meta-analysis of randomized, double-blind, placebo-controlled trials. American heart journal, 162(6), 959-965.

Dorniak-Wall, T., Grivell, R. M., Dekker, G. A., Hague, W., & Dodd, J. M. (2014). The role of L-arginine in the prevention and treatment of pre-eclampsia: a systematic review of randomised trials. Journal of human hypertension, 28(4), 230-235.

Forbes, S. C., Harber, V., & Bell, G. J. (2014). Oral L-arginine before resistance exercise blunts growth hormone in strength trained males. International journal of sport nutrition and exercise metabolism, 24(2), 236-244.

Kang, K., Shu, X. L., Zhong, J. X., Yu, T. T., & Lei, T. (2014). Effect of L-arginine on immune function: a meta-analysis. Asia Pacific journal of clinical nutrition, 23(3), 351-359.

Karimi, E., Hatami, E., Ghavami, A., Hadi, A., Darand, M., & Askari, G. (2021). Effects of L-arginine supplementation on biomarkers of glycemic control: a systematic review and meta‐analysis of randomised clinical trials. Archives of Physiology and Biochemistry, 1-11.

Karlsson, W. K., Sørensen, C. G., & Kruuse, C. (2017). l‐arginine and l‐NMMA for assessing cerebral endothelial dysfunction in ischaemic cerebrovascular disease: A systematic review. Clinical and Experimental Pharmacology and Physiology, 44(1), 13-20.

Li, J., Huang, Z., Mei, L., Li, G., & Li, H. (2015). Anti-caries effect of arginine-containing formulations in vivo: a systematic review and meta-analysis. Caries research, 49(6), 606-617.

Lomonosova, Y. N., Shenkman, B. S., Kalamkarov, G. R., Kostrominova, T. Y., & Nemirovskaya, T. L. (2014). L-arginine supplementation protects exercise performance and structural integrity of muscle fibers after a single bout of eccentric exercise in rats. PloS one, 9(4), e94448.

Lucotti, P., Setola, E., Monti, L. D., Galluccio, E., Costa, S., Sandoli, E. P., ... & Piatti, P. (2006). Beneficial effects of a long-term oral L-arginine treatment added to a hypocaloric diet and exercise training program in obese, insulin-resistant type 2 diabetic patients. American Journal of Physiology-Endocrinology and Metabolism, 291(5), E906-E912.

McConell, G. K., Huynh, N. N., Lee-Young, R. S., Canny, B. J., & Wadley, G. D. (2006). L-Arginine infusion increases glucose clearance during prolonged exercise in humans. American Journal of Physiology-Endocrinology and Metabolism, 290(1), E60-E66.

McRae, M. P. (2016). Therapeutic benefits of l-arginine: an umbrella review of meta-analyses. Journal of chiropractic medicine, 15(3), 184-189.

Neyens, J. C. L., Cereda, E., Meijer, E. P., Lindholm, C., & Schols, J. M. G. A. (2017). Arginine-enriched oral nutritional supplementation in the treatment of pressure ulcers: a literature review. Wound Medicine, 16, 46-51.

Pahlavani, N., Entezari, M. H., Nasiri, M., Miri, A., Rezaie, M., Bagheri-Bidakhavidi, M., & Sadeghi, O. (2017). The effect of l-arginine supplementation on body composition and performance in male athletes: a double-blinded randomized clinical trial. European journal of clinical nutrition, 71(4), 544-548.

Rad, E. Y., Nazarian, B., Saboori, S., Falahi, E., & Hekmatdoost, A. (2020). Effects of L-arginine supplementation on glycemic profile: Evidence from a systematic review and meta-analysis of clinical trials. Journal of integrative medicine.

Rezaei, S., Gholamalizadeh, M., Tabrizi, R., Nowrouzi‐Sohrabi, P., Rastgoo, S., & Doaei, S. (2021). The effect of L‐arginine supplementation on maximal oxygen uptake: A systematic review and meta‐analysis. Physiological reports, 9(3), e14739.

Sandbakk, S. B., Sandbakk, Ø., Peacock, O., James, P., Welde, B., Stokes, K., ... & Tjønna, A. E. (2015). Effects of acute supplementation of L-arginine and nitrate on endurance and sprint performance in elite athletes. Nitric Oxide, 48, 10-15.

Shirali, S., Idani, I., Yadollahpour, A., Hosseini, S. A., & Barari, A. (2016). Investigating the effects of resistance training on the functions of GH/IGF1 axis and L-arginine supplementation. International Journal of Pharmaceutical Research and Allied Sciences, 5(2), 234-41.

Tsuda, Y., Yamaguchi, M., Noma, T., Okaya, E., & Itoh, H. (2019). Combined effect of arginine, valine, and serine on exercise-induced fatigue in healthy volunteers: a randomized, double-blinded, placebo-controlled crossover study. Nutrients, 11(4), 862.

Viribay, A., Burgos, J., Fernández-Landa, J., Seco-Calvo, J., & Mielgo-Ayuso, J. (2020). Effects of Arginine Supplementation on Athletic Performance Based on Energy Metabolism: A Systematic Review and Meta-Analysis. Nutrients, 12(5), 1300.

Willoughby, D. S., Boucher, T., Reid, J., Skelton, G., & Clark, M. (2011). Effects of 7 days of arginine-alpha-ketoglutarate supplementation on blood flow, plasma L-arginine, nitric oxide metabolites, and asymmetric dimethyl arginine after resistance exercise. International journal of sport nutrition and exercise metabolism, 21(4), 291-299.

Wu, G., & Morris Jr, S. M. (1998). Arginine metabolism: nitric oxide and beyond. Biochemical Journal, 336(1), 1-17.

Wu, Z., Satterfield, M. C., Bazer, F. W., & Wu, G. (2012). Regulation of brown adipose tissue development and white fat reduction by L-arginine. Current Opinion in Clinical Nutrition & Metabolic Care, 15(6), 529-538.

Xu, Z., Liu, C., Liu, S., & Zhou, Z. (2021). Comparison of efficacy and safety of daily oral L‐arginine and PDE5Is alone or combination in treating erectile dysfunction: A systematic review and meta‐analysis of randomised controlled trials. Andrologia, e14007.

Yavuz, H. U., Turnagol, H., & Demirel, A. H. (2014). Pre-exercise arginine supplementation increases time to exhaustion in elite male wrestlers. Biology of sport, 31(3), 187.

Ashwagandha:

Ahmad, M. K., Mahdi, A. A., Shukla, K. K., Islam, N., Rajender, S., Madhukar, D., ... & Ahmad, S. (2010). Withania somnifera improves semen quality by regulating reproductive hormone levels and oxidative stress in seminal plasma of infertile males. Fertility and sterility, 94(3), 989-996.

Andallu, B., & Radhika, B. (2000). Hypoglycemic, diuretic and hypocholesterolemic effect of winter cherry (Withania somnifera, Dunal) root.

Bhat, J., Damle, A., Vaishnav, P. P., Albers, R., Joshi, M., & Banerjee, G. (2010). In vivo enhancement of natural killer cell activity through tea fortified with Ayurvedic herbs. Phytotherapy Research: An International Journal Devoted to Pharmacological and Toxicological Evaluation of Natural Product Derivatives, 24(1), 129-135.

Bhattacharya, S. K., Satyan, K. S., & Ghosal, S. (1997). Antioxidant activity of glycowithanolides from Withania somnifera. Indian journal of experimental biology, 35, 236-239.

Bitterman, P., Bahr, J. M., Hanafin, W. P., Sharma, S., Basu, S., & Barua, A. (2017). Abstract NTOC-100: OVARIAN TUMOR-ASSOCIATED GRP78 INDUCES IMMUNOSUPPRESSION AND WITHAFERIN A (ASHWAGANDHA) ENHANCES ANTI-TUMOR IMMUNITY.

Bonilla, D. A., Moreno, Y., Gho, C., Petro, J. L., Odriozola-Martínez, A., & Kreider, R. B. (2021). Effects of Ashwagandha (Withania somnifera) on Physical Performance: Systematic Review and Bayesian Meta-Analysis. Journal of functional morphology and kinesiology, 6(1), 20.

Chengappa, K. R., Gannon, J. M., Acharya, L., & Rai, A. (2017). The Potential Utility of Ashwagandha for Improving Cognitive Dysfunction in Persons with Bipolar or Other Neurocognitive Disorders. Science of Ashwagandha: Preventive and Therapeutic Potentials, 345-371.

Dongre, S., Langade, D., & Bhattacharyya, S. (2015). Efficacy and safety of Ashwagandha (Withania somnifera) root extract in improving sexual function in women: a pilot study. BioMed research international, 2015.

Durg, S., Dhadde, S. B., Vandal, R., Shivakumar, B. S., & Charan, C. S. (2015). W ithania somnifera (A shwagandha) in neurobehavioural disorders induced by brain oxidative stress in rodents: a systematic review and meta‐analysis. Journal of Pharmacy and Pharmacology, 67(7), 879-899.

Hosny, E. N., El-Gizawy, M. M., Sawie, H. G., Abdel-Wahhab, K. G., & Khadrawy, Y. A. (2021). Neuroprotective Effect of Ashwagandha Extract against the Neurochemical Changes Induced in Rat Model of Hypothyroidism. Journal of dietary supplements, 18(1), 72-91.

Kaul, S. C., & Wadhwa, R. (Eds.). (2017). Science of ashwagandha: Preventive and therapeutic potentials. Cham: Springer International Publishing.

Kaul, S. C., Bhargava, P., & Wadhwa, R. (2017). Ashwagandha for Cancer Metastasis: Bioactives and Basics of Their Function. In Science of Ashwagandha: Preventive and Therapeutic Potentials (pp. 243-262). Springer, Cham.

Langade, D., Thakare, V., Kanchi, S., & Kelgane, S. (2021). Clinical evaluation of the pharmacological impact of ashwagandha root extract on sleep in healthy volunteers and insomnia patients: A double-blind, randomized, parallel-group, placebo-controlled study. Journal of Ethnopharmacology, 264, 113276.

Lopresti, A. L., & Smith, S. J. (2021). Ashwagandha (Withania somnifera) for the treatment and enhancement of mental and physical conditions: A systematic review of human trials. Journal of Herbal Medicine, 100434.

Manchanda, S., Mishra, R., Singh, R., Kaur, T., & Kaur, G. (2017). Aqueous leaf extract of Withania somnifera as a potential neuroprotective agent in sleep-deprived rats: a mechanistic study. Molecular neurobiology, 54(4), 3050-3061.

Mandlik, D. S., & Namdeo, A. G. (2021). Pharmacological evaluation of Ashwagandha highlighting its healthcare claims, safety, and toxicity aspects. Journal of dietary supplements, 18(2), 183-226.

Nishikawa, Y., Okuzaki, D., Fukushima, K., Mukai, S., Ohno, S., Ozaki, Y., ... & Nojima, H. (2015). Withaferin A induces cell death selectively in androgen-independent prostate cancer cells but not in normal fibroblast cells. PLoS One, 10(7), e0134137.

Pratte, M. A., Nanavati, K. B., Young, V., & Morley, C. P. (2014). An alternative treatment for anxiety: a systematic review of human trial results reported for the Ayurvedic herb ashwagandha (Withania somnifera). The Journal of Alternative and Complementary Medicine, 20(12), 901-908.

Raut, A. A., Rege, N. N., Tadvi, F. M., Solanki, P. V., Kene, K. R., Shirolkar, S. G., ... & Vaidya, A. B. (2012). Exploratory study to evaluate tolerability, safety, and activity of Ashwagandha (Withania somnifera) in healthy volunteers. Journal of Ayurveda and integrative medicine, 3(3), 111.

Sandhu, J. S., Shah, B., Shenoy, S., Chauhan, S., Lavekar, G. S., & Padhi, M. M. (2010). Effects of Withania somnifera (Ashwagandha) and Terminalia arjuna (Arjuna) on physical performance and cardiorespiratory endurance in healthy young adults. International journal of Ayurveda research, 1(3), 144.

Sharma, A. K., Basu, I., & Singh, S. (2018). Efficacy and safety of ashwagandha root extract in subclinical hypothyroid patients: a double-blind, randomized placebo-controlled trial. The Journal of Alternative and Complementary Medicine, 24(3), 243-248.

Spencer, L., Adams, T. B., Malone, S., Roy, L., & Yost, E. (2006). Applying the transtheoretical model to exercise: a systematic and comprehensive review of the literature. Health promotion practice, 7(4), 428-443.

Tiwari, S., Gupta, S. K., & Pathak, A. K. (2021). A double-blind, randomized, placebo-controlled trial on the effect of Ashwagandha (Withania somnifera Dunal.) root extract in improving cardiorespiratory endurance and recovery in healthy athletic adults. Journal of Ethnopharmacology, 113929.

Turrini, E., Calcabrini, C., Sestili, P., Catanzaro, E., De Gianni, E., Diaz, A. R., ... & Fimognari, C. (2016). Withania somnifera induces cytotoxic and cytostatic effects on human T leukemia cells. Toxins, 8(5), 147.

Verma, N., Gupta, S. K., Tiwari, S., & Mishra, A. K. (2021). Safety of Ashwagandha Root Extract: A Randomized, Placebo-Controlled, study in Healthy Volunteers. Complementary Therapies in Medicine, 57, 102642.

Vyas, A. R., & Singh, S. V. (2014). Molecular targets and mechanisms of cancer prevention and treatment by withaferin a, a naturally occurring steroidal lactone. The AAPS journal, 16(1), 1-10.

Wadhwa, R., Garg, S., Kaul, A., & Kaul, S. C. (2017). Ashwagandha Bioactives for Cancer Treatment: Experimental Evidence and Their Mechanism (s) of Action. In Science of Ashwagandha: Preventive and Therapeutic Potentials (pp. 149-174). Springer, Cham.

Wadhwa, R., Kalra, R. S., Chaudhary, A., & Kaul, S. C. (2017). Ashwagandha for Brain Health: Experimental Evidence for Its Neuroregenerative Activities. In Science of Ashwagandha: Preventive and Therapeutic Potentials (pp. 283-304). Springer, Cham.

Wankhede, S., Langade, D., Joshi, K., Sinha, S. R., & Bhattacharyya, S. (2015). Examining the effect of Withania somnifera supplementation on muscle strength and recovery: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 12(1), 1-11.

Ziegenfuss, T. N., Kedia, A. W., Sandrock, J. E., Raub, B. J., Kerksick, C. M., & Lopez, H. L. (2018). Effects of an aqueous extract of Withania somnifera on strength training adaptations and recovery: The STAR Trial. Nutrients, 10(11), 1807.

Berberina:

Abrams, S. L., Follo, M. Y., Steelman, L. S., Lertpiriyapong, K., Cocco, L., Ratti, S., ... & McCubrey, J. A. (2019). Abilities of berberine and chemically modified berberines to inhibit proliferation of pancreatic cancer cells. Advances in Biological regulation, 71, 172-182.

Amini, M. R., Sheikhhossein, F., Naghshi, S., Djafari, F., Askari, M., Shahinfar, H., ... & Shab-Bidar, S. (2020). Effects of berberine and barberry on anthropometric measures: A systematic review and meta-analysis of randomized controlled trials. Complementary therapies in medicine, 49, 102337.

Asbaghi, O., Ghanbari, N., Reiner, Ž., Amirani, E., Hallajzadeh, J., Mirsafaei, L., & Asemi, Z. (2020). The effect of berberine supplementation on obesity parameters, inflammation and liver function enzymes: A systematic review and meta-analysis of randomized controlled trials. Clinical Nutrition ESPEN, 38, 43-49.

Cao, S., Yu, S., Cheng, L., Yan, J., Zhu, Y., Deng, Y., ... & Kang, N. (2018). 9-O-benzoyl-substituted berberine exerts a triglyceride-lowering effect through AMPK signaling pathway in human hepatoma HepG2 cells. Environmental toxicology and pharmacology, 64, 11-17.

Chen, H., Ji, Y., Yan, X., Su, G., Chen, L., & Xiao, J. (2018). Berberine attenuates apoptosis in rat retinal Müller cells stimulated with high glucose via enhancing autophagy and the AMPK/mTOR signaling. Biomedicine & Pharmacotherapy, 108, 1201-1207.

Cui, H., Cai, Y., Wang, L., Jia, B., Li, J., Zhao, S., ... & Zhuang, P. (2018). Berberine regulates Treg/Th17 balance to treat ulcerative colitis through modulating the gut microbiota in the colon. Frontiers in pharmacology, 9, 571.

Erejuwa, O. O., Sulaiman, S. A., & Wahab, M. S. A. (2014). Modulation of gut microbiota in the management of metabolic disorders: the prospects and challenges. International Journal of Molecular Sciences, 15(3), 4158-4188.

Feng, R., Zhao, Z. X., Ma, S. R., Guo, F., Wang, Y., & Jiang, J. D. (2018). Gut microbiota-regulated pharmacokinetics of berberine and active metabolites in beagle dogs after oral administration. Frontiers in pharmacology, 9, 214.

Feng, R., Shou, J. W., Zhao, Z. X., He, C. Y., Ma, C., Huang, M., ... & Jiang, J. D. (2015). Transforming berberine into its intestine-absorbable form by the gut microbiota. Scientific reports, 5(1), 1-15.

Fisher, L. (2021). Retraction: Berberine alleviates amyloid beta-induced injury in Alzheimer’s disease by miR-107/ZNF217. RSC Advances, 11(9), 5001-5001.

Gu, I., & Zhu, W. Dose-dependent Effect of Berberine on SARS-CoV-2 Spike Protein Induced Inflammatory Host Cell Response.

Hallajzadeh, J., Dana, P. M., Mobini, M., Asemi, Z., Mansournia, M. A., Sharifi, M., & Yousefi, B. (2020). Targeting of oncogenic signaling pathways by berberine for treatment of colorectal cancer. Medical Oncology, 37(6), 1-9.

Hu, Q., Peng, Z., Li, L., Zou, X., Xu, L., Gong, J., & Yi, P. (2020). The efficacy of Berberine-containing quadruple therapy on helicobacter pylori eradication in China: A systematic review and meta-analysis of randomized clinical trials. Frontiers in pharmacology, 10, 1694.

Ilyas, Z., Perna, S., Al-Thawadi, S., Alalwan, T. A., Riva, A., Petrangolini, G., ... & Rondanelli, M. (2020). The effect of Berberine on weight loss in order to prevent obesity: A systematic review. Biomedicine & Pharmacotherapy, 127, 110137.

Jia, X., Jia, L., Mo, L., Yuan, S., Zheng, X., He, J., ... & Zhou, X. (2019). Berberine ameliorates periodontal bone loss by regulating gut microbiota. Journal of dental research, 98(1), 107-116.

Li, X. Y., Zhao, Z. X., Huang, M., Feng, R., He, C. Y., Ma, C., ... & Jiang, J. D. (2015). Effect of Berberine on promoting the excretion of cholesterol in high-fat diet-induced hyperlipidemic hamsters. Journal of Translational Medicine, 13(1), 1-9.

Liu, D., Zhang, Y., Liu, Y., Hou, L., Li, S., Tian, H., & Zhao, T. (2018). Berberine modulates gut microbiota and reduces insulin resistance via the TLR4 signaling pathway. Experimental and Clinical Endocrinology & Diabetes, 126(08), 513-520.

Lu, Z., Lu, F., Wu, L., He, B., Chen, Z., & Yan, M. (2021). Berberine attenuates non-alcoholic steatohepatitis by regulating chemerin/CMKLR1 signalling pathway and Treg/Th17 ratio. Naunyn-Schmiedeberg's Archives of Pharmacology, 394(2), 383-390.

Mirzaee, F., Razmjouei, P., Shahrahmani, H., Vafisani, F., Najaf Najafi, M., & Ghazanfarpour, M. (2020). The effect and safety of Berberine on polycystic ovary syndrome: a systematic review. Journal of Obstetrics and Gynaecology, 1-6.

Qin, C., Zhang, H., Zhao, L., Zeng, M., Huang, W., Fu, G., ... & Yan, H. (2018). Microbiota transplantation reveals beneficial impact of berberine on hepatotoxicity by improving gut homeostasis. Science China Life Sciences, 61(12), 1537-1544.

Qiu, F., Lu, W., Ye, S., Liu, H., Zeng, Q., Huang, H., ... & Dai, Z. (2021). Berberine Promotes Induction of Immunological Tolerance to an Allograft via Downregulating Memory CD8+ T-Cells Through Altering the Gut Microbiota. Frontiers in immunology, 12, 324.

Samad, M. A., Saiman, M. Z., Abdul Majid, N., Karsani, S. A., & Yaacob, J. S. (2021). Berberine Inhibits Telomerase Activity and Induces Cell Cycle Arrest and Telomere Erosion in Colorectal Cancer Cell Line, HCT 116. Molecules, 26(2), 376.

Shinjyo, N., Parkinson, J., Bell, J., Katsuno, T., & Bligh, A. (2020). Berberine for prevention of dementia associated with diabetes and its comorbidities: A systematic review. Journal of integrative medicine, 18(2), 125-151.

Sujitha, S., Dinesh, P., & Rasool, M. (2018). Berberine modulates ASK1 signaling mediated through TLR4/TRAF2 via upregulation of miR-23a. Toxicology and applied pharmacology, 359, 34-46.

Sun, H., Wang, N., Cang, Z., Zhu, C., Zhao, L., Nie, X., ... & Lu, Y. (2016). Modulation of microbiota-gut-brain axis by berberine resulting in improved metabolic status in high-fat diet-fed rats. Obesity facts, 9(6), 365-378.

Sun, R., Yang, N., Kong, B., Cao, B., Feng, D., Yu, X., ... & Wang, G. (2017). Orally administered berberine modulates hepatic lipid metabolism by altering microbial bile acid metabolism and the intestinal FXR signaling pathway. Molecular pharmacology, 91(2), 110-122.

Sun, R., Yang, N., Kong, B., Cao, B., Feng, D., Yu, X., ... & Wang, G. (2017). Orally administered berberine modulates hepatic lipid metabolism by altering microbial bile acid metabolism and the intestinal FXR signaling pathway. Molecular pharmacology, 91(2), 110-122.

Teodoro, J. S., Duarte, F. V., Gomes, A. P., Varela, A. T., Peixoto, F. M., Rolo, A. P., & Palmeira, C. M. (2013). Berberine reverts hepatic mitochondrial dysfunction in high-fat fed rats: a possible role for SirT3 activation. Mitochondrion, 13(6), 637-646.

Wang, Y., Tai, Y. L., Zhao, D., Zhang, Y., Yan, J., Kakiyama, G., ... & Zhou, H. (2021). Berberine Prevents Disease Progression of Nonalcoholic Steatohepatitis through Modulating Multiple Pathways. Cells, 10(2), 210.

Wang, Y., Tong, Q., Ma, S. R., Zhao, Z. X., Pan, L. B., Cong, L., ... & Jiang, J. D. (2021). Oral berberine improves brain dopa/dopamine levels to ameliorate Parkinson’s disease by regulating gut microbiota. Signal transduction and targeted therapy, 6(1), 1-20.

Wang, Y., Shou, J. W., Li, X. Y., Zhao, Z. X., Fu, J., He, C. Y., ... & Jiang, J. D. (2017). Berberine-induced bioactive metabolites of the gut microbiota improve energy metabolism. Metabolism, 70, 72-84.

Wang, Y., Tong, Q., Shou, J. W., Zhao, Z. X., Li, X. Y., Zhang, X. F., ... & Jiang, J. D. (2017). Gut microbiota-mediated personalized treatment of hyperlipidemia using berberine. Theranostics, 7(9), 2443.

Wang, H., Guan, L., Li, J., Lai, M., & Wen, X. (2018). The Effects of berberine on the gut microbiota in Apc min/+ mice fed with a high fat diet. Molecules, 23(9), 2298.

Wang, Y., Tong, Q., Ma, S. R., Zhao, Z. X., Pan, L. B., Cong, L., ... & Jiang, J. D. (2021). Oral berberine improves brain dopa/dopamine levels to ameliorate Parkinson’s disease by regulating gut microbiota. Signal transduction and targeted therapy, 6(1), 1-20.

Xiong, P., Niu, L., Talaei, S., Kord-Varkaneh, H., Clark, C. C., Găman, M. A., ... & Zhang, J. (2020). The effect of berberine supplementation on obesity indices: A dose–response meta-analysis and systematic review of randomized controlled trials. Complementary therapies in clinical practice, 39, 101113.

Xiong, X., Cheng, Z., Wu, F., Hu, M., Liu, Z., Dong, R., & Chen, G. (2021). Berberine in the treatment of ulcerative colitis: A possible pathway through Tuft cells. Biomedicine & Pharmacotherapy, 134, 111129.

Xu, J. H., Liu, X. Z., Pan, W., & Zou, D. J. (2017). Berberine protects against diet-induced obesity through regulating metabolic endotoxemia and gut hormone levels. Molecular medicine reports, 15(5), 2765-2787.

Yan, Y. Q., Fu, Y. J., Wu, S., Qin, H. Q., Zhen, X., Song, B. M., ... & Jiang, Z. Y. (2018). Anti‐influenza activity of berberine improves prognosis by reducing viral replication in mice. Phytotherapy research, 32(12), 2560-2567.

Yao, Z., Wan, Y., Li, B., Zhai, C., Yao, F., Kang, Y., ... & Lin, D. (2018). Berberine induces mitochondrial‑mediated apoptosis and protective autophagy in human malignant pleural mesothelioma NCI‑H2452 cells. Oncology reports, 40(6), 3603-3610.

Yina, J., Xing, H., & Yeb, J. (2008). Efficacy of berberine in patients with type 2 diabetes. Metabolism, 57(5), 712-717.

Yu, Y., Zhang, M., Hu, Y., Zhao, Y., Teng, F., Lv, X., ... & Chen, L. (2018). Increased bioavailable berberine protects against myocardial ischemia reperfusion injury through attenuation of NFκB and JNK signaling pathways. International heart journal, 59(6), 1378-1388.

Yue, M., Xia, Y., Shi, C., Guan, C., Li, Y., Liu, R., ... & Dai, Y. (2017). Berberine ameliorates collagen‐induced arthritis in rats by suppressing Th17 cell responses via inducing cortistatin in the gut. The FEBS journal, 284(17), 2786-2801.

Zhang, X., Zhao, Y., Zhang, M., Pang, X., Xu, J., Kang, C., ... & Zhao, L. (2012). Structural changes of gut microbiota during berberine-mediated prevention of obesity and insulin resistance in high-fat diet-fed rats. PloS one, 7(8), e42529.

Zhang, D., Jiang, L., Wang, M., Jin, M., Zhang, X., Liu, D., ... & Xu, X. (2021). Berberine inhibits intestinal epithelial barrier dysfunction in colon caused by peritoneal dialysis fluid by improving cell migration. Journal of Ethnopharmacology, 264, 113206.

Zhao, Y., Yang, X., Zhao, J., Gao, M., Zhang, M., Shi, T., ... & Chen, L. (2021). Berberine inhibits chemotherapy-exacerbated ovarian cancer stem cell-like characteristics and metastasis through GLI1. European Journal of Pharmacology, 895, 173887.

Zhao, Y., Yang, Y. Y., Yang, H. M., & Wu, S. X. (2020). Systematic review and Meta-analysis on efficacy and safety of berberine for dyslipidemia. Zhongguo Zhong yao za zhi= Zhongguo zhongyao zazhi= China journal of Chinese materia medica, 45(3), 664-673.

Zhu, X., Bian, H., & Gao, X. (2016). The potential mechanisms of berberine in the treatment of nonalcoholic fatty liver disease. Molecules, 21(10), 1336.

Zhu, X., Bian, H., & Gao, X. (2016). The potential mechanisms of berberine in the treatment of nonalcoholic fatty liver disease. Molecules, 21(10), 1336.

Beta-alanina:

Artioli, G. G., Gualano, B., Smith, A., Stout, J., & Lancha Jr, A. H. (2010). Role of beta-alanine supplementation on muscle carnosine and exercise performance. Med Sci Sports Exerc, 42(6), 1162-1173.

Artioli, G. G., Gualano, B., Smith, A., Stout, J., & Lancha Jr, A. H. (2010). Role of beta-alanine supplementation on muscle carnosine and exercise performance. Med Sci Sports Exerc, 42(6), 1162-1173.

Bex, T., Chung, W., Baguet, A., Stegen, S., Stautemas, J., Achten, E., & Derave, W. (2014). Muscle carnosine loading by beta-alanine supplementation is more pronounced in trained vs. untrained muscles. Journal of applied physiology, 116(2), 204-209.

Blancquaert, L., Everaert, I., & Derave, W. (2015). Beta-alanine supplementation, muscle carnosine and exercise performance. Current Opinion in Clinical Nutrition & Metabolic Care, 18(1), 63-70.

Danaher, J., Gerber, T., Wellard, R. M., & Stathis, C. G. (2014). The effect of β-alanine and NaHCO 3 co-ingestion on buffering capacity and exercise performance with high-intensity exercise in healthy males. European journal of applied physiology, 114(8), 1715-1724.

Durkalec-Michalski, K., Kusy, K., Ciekot-Sołtysiak, M., & Zieliński, J. (2019). The Effect of Beta-Alanine versus Alkaline Agent Supplementation Combined with Branched-Chain Amino Acids and Creatine Malate in Highly-Trained Sprinters and Endurance Athletes: A Randomized Double-Blind Crossover Study. Nutrients, 11(9), 1961.

Domínguez, R., Lougedo, J. H., Maté-Muñoz, J. L., & Garnacho-Castaño, M. V. (2015). Efectos de la suplementación con ß-alanina sobre el rendimiento deportivo. Nutrición Hospitalaria, 31(1), 155-169.

Glenn, J. M., Gray, M., Stewart, R., Moyen, N. E., Kavouras, S. A., DiBrezzo, R., ... & Baum, J. (2015). Incremental effects of 28 days of beta-alanine supplementation on high-intensity cycling performance and blood lactate in masters female cyclists. Amino acids, 47(12), 2593-2600.

Hobson, R. M., Saunders, B., Ball, G., Harris, R. C., & Sale, C. (2012). Effects of β-alanine supplementation on exercise performance: a meta-analysis. Amino acids, 43(1), 25-37.

Hoffman, J. R., Gepner, Y., & Cohen, H. (2019). β-Alanine supplementation reduces anxiety and increases neurotrophin expression in both young and older rats. Nutrition Research, 62, 51-63.

Hoffman, J. R., Landau, G., Stout, J. R., Dabora, M., Moran, D. S., Sharvit, N., ... & Ostfeld, I. (2014). β-alanine supplementation improves tactical performance but not cognitive function in combat soldiers. Journal of the International Society of Sports Nutrition, 11(1), 1-8.

Hoffman, J. R., Gepner, Y., Hoffman, M. W., Zelicha, H., Shapira, S., & Ostfeld, I. (2018). Effect of high-dose, short-duration β-alanine supplementation on circulating IL-10 concentrations during intense military training. The Journal of Strength & Conditioning Research, 32(10), 2978-2981.

Hoffman, J. R., Rathmacher, J. A., Robinson, J., Gepner, Y., & Cohen, H. (2019). Effect of β-alanine supplementation on carnosine and histidine content in the hippocampus of 14-month-old rats. Applied Physiology, Nutrition, and Metabolism, 44(10), 1112-1115.

Huerta Ojeda, Á., Tapia Cerda, C., Poblete Salvatierra, M. F., Barahona-Fuentes, G., & Jorquera Aguilera, C. (2020). Effects of beta-alanine supplementation on physical performance in aerobic–anaerobic transition zones: A systematic review and meta-analysis. Nutrients, 12(9), 2490.

Invernizzi, P. L., Limonta, E., Riboli, A., Bosio, A., Scurati, R., & Esposito, F. (2016). Effects of acute carnosine and β-alanine on isometric force and jumping performance. International journal of sports physiology and performance, 11(3), 344-349.

Kresta, J. Y., Oliver, J. M., Jagim, A. R., Fluckey, J., Riechman, S., Kelly, K., ... & Kreider, R. B. (2014). Effects of 28 days of beta-alanine and creatine supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. Journal of the International Society of Sports Nutrition, 11(1), 1-15.

Lopes-Silva, J. P., & Franchini, E. (2020). Effects of Isolated and Combined Ingestion of Sodium Bicarbonate and β-Alanine on Combat Sports Athletes' Performance: A Systematic Review. Strength & Conditioning Journal.

Naderi, A., Hemat Far, A., Willems, M. E., & Sadeghi, M. (2016). Effect of Four Weeks of β-alanine Supplementation on Muscle Carnosine and Blood Serum Lactate during Exercise in Male Rats. Journal of dietary supplements, 13(5), 487-494.

Nealon, R. S., Sukala, W. R., Coutts, R. A., & Zhou, S. (2016). The effect of 28 days of beta-alanine supplementation on exercise capacity and insulin sensitivity in individuals with type 2 diabetes mellitus: a randomised, double-blind and placebo-controlled pilot trial. Sports Nutr Ther, 2, 111.

Norberto, M. S., Barbieri, R. A., Bertucci, D. R., Gobbi, R. B., Campos, E. Z., Zagatto, A. M., ... & Papoti, M. (2020). Beta alanine supplementation effects on metabolic contribution and swimming performance. Journal of the International Society of Sports Nutrition, 17(1), 1-9.

Quesnele, J. J., Laframboise, M. A., Wong, J. J., Kim, P., & Wells, G. D. (2014). The effects of beta-alanine supplementation on performance: a systematic review of the literature. International journal of sport nutrition and exercise metabolism, 24(1), 14-27.

Rezende, N. S., Swinton, P., De Oliveira, L. F., Da Silva, R. P., da Eira Silva, V., Nemezio, K., ... & Dolan, E. (2020). The Muscle Carnosine Response to Beta-Alanine Supplementation: A Systematic Review With Bayesian Individual and Aggregate Data E-Max Model and Meta-Analysis. Frontiers in physiology, 11, 913.

Sale, C., Saunders, B., & Harris, R. C. (2010). Effect of beta-alanine supplementation on muscle carnosine concentrations and exercise performance. Amino acids, 39(2), 321-333.

Saunders, B., Virgile, A., Elliott-Sale, K. J., Artioli, G. G., Swinton, P. A., Dolan, E., ... & Gualano, B. (2020). Infographic. A systematic review and meta-analysis of the effect of β-alanine supplementation on exercise capacity and performance. British journal of sports medicine, 54(15), 925-926.

Saunders, B., Elliott-Sale, K., Artioli, G. G., Swinton, P. A., Dolan, E., Roschel, H., ... & Gualano, B. (2017). β-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. British Journal of Sports Medicine, 51(8), 658-669.

Saunders, B., Franchi, M., de Oliveira, L. F., da Eira Silva, V., da Silva, R. P., de Salles Painelli, V., ... & Gualano, B. (2020). 24-Week β-alanine ingestion does not affect muscle taurine or clinical blood parameters in healthy males. European journal of nutrition, 59(1), 57-65.

Saunders, B., de Salles Painelli, V., De Oliveira, L. F., da Eira Silva, V., Da Silva, R. P., Riani, L., ... & Gualano, B. (2017). Twenty-four weeks of β-alanine supplementation on carnosine content, related genes, and exercise. Medicine & Science in Sports & Exercise, 49(5), 896-906.

Saunders, B., Elliott-Sale, K., Artioli, G. G., Swinton, P. A., Dolan, E., Roschel, H., ... & Gualano, B. (2017). β-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. British Journal of Sports Medicine, 51(8), 658-669.

Saunders, B., Elliott-Sale, K., Artioli, G. G., Swinton, P. A., Dolan, E., Roschel, H., ... & Gualano, B. (2017). β-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. British Journal of Sports Medicine, 51(8), 658-669.

Saunders, B., Sale, C., Harris, R. C., & Sunderland, C. (2014). Effect of sodium bicarbonate and Beta-alanine on repeated sprints during intermittent exercise performed in hypoxia. International journal of sport nutrition and exercise metabolism, 24(2), 196-205.

Saunders, B., Elliott-Sale, K., Artioli, G. G., Swinton, P. A., Dolan, E., Roschel, H., ... & Gualano, B. (2017). β-alanine supplementation to improve exercise capacity and performance: a systematic review and meta-analysis. British Journal of Sports Medicine, 51(8), 658-669.

Trexler, E. T., Smith-Ryan, A. E., Stout, J. R., Hoffman, J. R., Wilborn, C. D., Sale, C., ... & Antonio, J. (2015). International society of sports nutrition position stand: Beta-Alanine. Journal of the International Society of Sports Nutrition, 12(1), 1-14.

Varanoske, A. N., Hoffman, J. R., Church, D. D., Coker, N. A., Baker, K. M., Dodd, S. J., ... & Stout, J. R. (2017). β-Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly but does not change muscle l-histidine content. Nutrition Research, 48, 16-25.

Betaína:

Arumugam, M. K., Paal, M. C., Donohue, T. M., Ganesan, M., Osna, N. A., & Kharbanda, K. K. (2021). Beneficial Effects of Betaine: A Comprehensive Review. Biology, 10(6), 456.

Chen, W., Xu, M., Xu, M., Wang, Y., Zou, Q., Xie, S., & Wang, L. (2021). Effects of betaine on Nonalcoholic liver disease. Nutrition Research Reviews, 1-30.

Cholewa, J. M., Guimaraes-Ferreira, L., & Zanchi, N. E. (2014). Effects of betaine on performance and body composition: a review of recent findings and potential mechanisms. Amino acids, 46(8), 1785-1793.

Gao, X., Zhang, H., Guo, X. F., Li, K., Li, S., & Li, D. (2019). Effect of betaine on reducing body fat—a systematic review and meta-analysis of randomized controlled trials. Nutrients, 11(10), 2480.

Nobari, H., Kargarfard, M., Minasian, V., Cholewa, J. M., & Pérez-Gómez, J. (2021). The effects of 14-week betaine supplementation on endocrine markers, body composition and anthropometrics in professional youth soccer players: a double blind, randomized, placebo-controlled trial. Journal of the International Society of Sports Nutrition, 18(1), 1-10.

Olthof, M. R., & Verhoef, P. (2005). Effects of betaine intake on plasma homocysteine concentrations and consequences for health. Current drug metabolism, 6(1), 15-22.

Ribo, S., Sánchez-Infantes, D., Martinez-Guino, L., García-Mantrana, I., Ramon-Krauel, M., Tondo, M., ... & Lerin, C. (2021). Increasing breast milk betaine modulates Akkermansia abundance in mammalian neonates and improves long-term metabolic health. Science Translational Medicine, 13(587).

Wilcken, D. E., Wilcken, B., Dudman, N. P., & Tyrrell, P. A. (1983). Homocystinuria—the effects of betaine in the treatment of patients not responsive to pyridoxine. New England journal of medicine, 309(8), 448-453.

Bicarbonato sódico:

Atkins, J. L. (1986). Effect of sodium bicarbonate preloading on ischemic renal failure. Nephron, 44(1), 70-74.

Brown, J. R., Pearlman, D. M., Marshall, E. J., Alam, S. S., MacKenzie, T. A., Recio-Mayoral, A., ... & Solomon, R. J. (2016). Meta-analysis of individual patient data of sodium bicarbonate and sodium chloride for all-cause mortality after coronary angiography. The American journal of cardiology, 118(10), 1473-1479.

Buehlmeier, J., Frings-Meuthen, P., Remer, T., Maser-Gluth, C., Stehle, P., Biolo, G., & Heer, M. (2012). Alkaline salts to counteract bone resorption and protein wasting induced by high salt intake: results of a randomized controlled trial. The Journal of Clinical Endocrinology & Metabolism, 97(12), 4789-4797.

Burke, L. M. (2013). Practical considerations for bicarbonate loading and sports performance. Nutritional Coaching Strategy to Modulate Training Efficiency, 75, 15-26.

Callahan, M. J., Parr, E. B., Hawley, J. A., & Burke, L. M. (2017). Single and combined effects of beetroot crystals and sodium bicarbonate on 4-km cycling time trial performance. International journal of sport nutrition and exercise metabolism, 27(3), 271-278.

Calvo, J. L., Xu, H., Mon-López, D., Pareja-Galeano, H., & Jiménez, S. L. (2021). Effect of sodium bicarbonate contribution on energy metabolism during exercise: a systematic review and meta-analysis. Journal of the International Society of Sports Nutrition, 18(1), 1-17.

Cameron, S. L., McLay-Cooke, R. T., Brown, R. C., Gray, A. R., & Fairbairn, K. A. (2010). Increased blood pH but not performance with sodium bicarbonate supplementation in elite rugby union players. International journal of sport nutrition and exercise metabolism, 20(4), 307-321.

Carr, A. J., Slater, G. J., Gore, C. J., Dawson, B., & Burke, L. M. (2011). Effect of sodium bicarbonate on [HCO3−], pH, and gastrointestinal symptoms. International journal of sport nutrition and exercise metabolism, 21(3), 189-194.

Chandel, S., Khan, M. A., Singh, N., Agrawal, A., & Khare, V. (2017). The effect of sodium bicarbonate oral rinse on salivary pH and oral microflora: A prospective cohort study. National journal of maxillofacial surgery, 8(2), 106.

Christensen, P. M., Shirai, Y., Ritz, C., & Nordsborg, N. B. (2017). Caffeine and bicarbonate for speed. A meta-analysis of legal supplements potential for improving intense endurance exercise performance. Frontiers in physiology, 8, 240.

CORRAL, L. G., POST, L. S., & MONTVILLE, T. J. (1988). Antimicrobial activity of sodium bicarbonate: a research note. Journal of food science, 53(3), 981-982.

Douroudos, I. I., Fatouros, I. G., Gourgoulis, V., Jamurtas, A. Z., Tsitsios, T., Hatzinikolaou, A., ... & Taxildaris, K. (2006). Dose-related effects of prolonged NaHCO3 ingestion during high-intensity exercise. Medicine and science in sports and exercise, 38(10), 1746-1753.

Frick, K. K., & Bushinsky, D. A. (2003). Metabolic acidosis stimulates RANKL RNA expression in bone through a cyclo‐oxygenase‐dependent mechanism. Journal of bone and mineral research, 18(7), 1317-1325.

Grgic, J., Rodriguez, R. F., Garofolini, A., Saunders, B., Bishop, D. J., Schoenfeld, B. J., & Pedisic, Z. (2020). Effects of sodium bicarbonate supplementation on muscular strength and endurance: a systematic review and meta-analysis. Sports Medicine, 50(7), 1361-1375.

Grgic, J., Pedisic, Z., Saunders, B., Artioli, G. G., Schoenfeld, B. J., McKenna, M. J., ... & Campbell, B. I. (2021). International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. Journal of the International Society of Sports Nutrition, 18(1), 1-37.

Gutiérrez-Sánchez, P. E., Hernández-León, A., & Villafuerte-Robles, L. (2008). Effect of sodium bicarbonate on the properties of metronidazole floating matrix tablets. Drug development and industrial pharmacy, 34(2), 171-180.

Hadzic, M., Eckstein, M. L., & Schugardt, M. (2019). The impact of sodium bicarbonate on performance in response to exercise duration in athletes: a systematic review. Journal of sports science & medicine, 18(2), 271.

Hoste, E. A., Colpaert, K., Vanholder, R. C., Lameire, N. H., De Waele, J. J., Blot, S. I., & Colardyn, F. A. (2005). Sodium bicarbonate versus THAM in ICU patients with mild metabolic acidosis. Journal of nephrology, 18(3), 303.

Jones, R. L., Stellingwerff, T., Artioli, G. G., Saunders, B., Cooper, S., & Sale, C. (2016). Dose-response of sodium bicarbonate ingestion highlights individuality in time course of blood analyte responses. International journal of sport nutrition and exercise metabolism, 26(5), 445-453.

Kanbay, M., Covic, A., Coca, S. G., Turgut, F., Akcay, A., & Parikh, C. R. (2009). Sodium bicarbonate for the prevention of contrast-induced nephropathy: a meta-analysis of 17 randomized trials. International urology and nephrology, 41(3), 617-627.

Kleber, C. J., Moore, M. H., & Nelson, B. J. (1998). Laboratory assessment of tooth whitening by sodium bicarbonate dentifrices. The Journal of clinical dentistry, 9(3), 72-75.

Madeswaran, S., & Jayachandran, S. (2018). Sodium bicarbonate: A review and its uses in dentistry. Indian Journal of Dental Research, 29(5), 672.

Marcus, A., Rossi, A., Cornwell, A., Hawkins, S. A., & Khodiguian, N. (2019). The effects of a novel bicarbonate loading protocol on serum bicarbonate concentration: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 16(1), 1-7.

Marriott, M., Krustrup, P., & Mohr, M. (2015). Ergogenic effects of caffeine and sodium bicarbonate supplementation on intermittent exercise performance preceded by intense arm cranking exercise. Journal of the International Society of Sports Nutrition, 12(1), 1-8.

Mueller, S. M., Gehrig, S. M., Frese, S., Wagner, C. A., Boutellier, U., & Toigo, M. (2013). Multiday acute sodium bicarbonate intake improves endurance capacity and reduces acidosis in men. Journal of the International Society of Sports Nutrition, 10(1), 1-9.

Navaneethan, S. D., Singh, S., Appasamy, S., Wing, R. E., & Sehgal, A. R. (2009). Sodium bicarbonate therapy for prevention of contrast-induced nephropathy: a systematic review and meta-analysis. American journal of kidney diseases, 53(4), 617-627.

Nielsen, H. B., Hein, L., Svendsen, L. B., Secher, N. H., & Quistorff, B. (2002). Bicarbonate attenuates intracellular acidosis. Acta anaesthesiologica scandinavica, 46(5), 579-584.

Ostojic, S. M. (2022). Low Tissue Creatine: A Therapeutic Target in Clinical Nutrition. Nutrients, 14(6), 1230.

Peart, D. J., Siegler, J. C., & Vince, R. V. (2012). Practical recommendations for coaches and athletes: a meta-analysis of sodium bicarbonate use for athletic performance. The Journal of Strength & Conditioning Research, 26(7), 1975-1983.

Percival, M. E., Martin, B. J., Gillen, J. B., Skelly, L. E., MacInnis, M. J., Green, A. E., ... & Gibala, M. J. (2015). Sodium bicarbonate ingestion augments the increase in PGC-1α mRNA expression during recovery from intense interval exercise in human skeletal muscle. Journal of Applied Physiology, 119(11), 1303-1312.

Ramos, L., Bettin, A., Plaza, B. M., & Jiménez-Becker, S. (2017). Effect of water bicarbonate concentration, pH and the presence, or not, of a nitrification inhibitor in the nitrification process. Communications in Soil Science and Plant Analysis, 48(19), 2280-2287.

Sharma, V., Shanti Devi, T., Sharma, R., Chhabra, P., Gupta, R., Rana, S. S., & Bhasin, D. K. (2014). Arterial pH, bicarbonate levels and base deficit at presentation as markers of predicting mortality in acute pancreatitis: a single-centre prospective study. Gastroenterology report, 2(3), 226-231.

Siegler, J. C., Marshall, P. W., Bishop, D., Shaw, G., & Green, S. (2016). Mechanistic insights into the efficacy of sodium bicarbonate supplementation to improve athletic performance. Sports medicine-open, 2(1), 1-13.

Siegler, J. C., Midgley, A. W., Polman, R. C., & Lever, R. (2010). Effects of various sodium bicarbonate loading protocols on the time-dependent extracellular buffering profile. The Journal of Strength & Conditioning Research, 24(9), 2551-2557.

Sparks, A., Williams, E., Robinson, A., Miller, P., Bentley, D. J., Bridge, C., & Mc Naughton, L. R. (2017). Sodium bicarbonate ingestion and individual variability in time-to-peak pH. Research in Sports Medicine, 25(1), 58-66.

Stannard, R. L., Stellingwerff, T., Artioli, G. G., Saunders, B., Cooper, S., & Sale, C. Dose-Response of Sodium Bicarbonate Ingestion Highlights Individuality in. International Journal of Sport Nutrition.

Wang, J., Qiu, J., Yi, L., Hou, Z., Benardot, D., & Cao, W. (2019). Effect of sodium bicarbonate ingestion during 6 weeks of HIIT on anaerobic performance of college students. Journal of the International Society of Sports Nutrition, 16(1), 1-10.

Boro:

Bhasker, T. V., Gowda, N. K. S., Mondal, S., Krishnamoorthy, P., Pal, D. T., Mor, A., ... & Pattanaik, A. K. (2016). Boron influences immune and antioxidant responses by modulating hepatic superoxide dismutase activity under calcium deficit abiotic stress in Wistar rats. Journal of Trace Elements in Medicine and Biology, 36, 73-79.

Dessordi, R., & Navarro, M. A. (2017). Boron action in bone health. Rheumatol Orthop Med, 2(1), 1-3.

Dessordi, R., Spirlandeli, A. L., Zamarioli, A., Volpon, J. B., & Navarro, A. M. (2017). Boron supplementation improves bone health of non-obese diabetic mice. Journal of Trace Elements in Medicine and Biology, 39, 169-175.

Jin, E., Gu, Y., Wang, J., Jin, G., & Li, S. (2014). Effect of supplementation of drinking water with different levels of boron on performance and immune organ parameters of broilers. Italian Journal of Animal Science, 13(2), 3152.

Nikkhah, S., Dolatian, M., Naghii, M. R., Zaeri, F., & Taheri, S. M. (2015). Effects of boron supplementation on the severity and duration of pain in primary dysmenorrhea. Complementary therapies in clinical practice, 21(2), 79-83.

Özdemir, G., Inci, H., Söğüt, B., Şengül, T., Yüksel, H., Şimşek, H., & Özdemir, A. (2016). Effects of dietary boron supplementation on performance and some haematological and antioxidant parameters in Japanese quail exposed to high stocking density. Eur Poultry Sci, 80.

Vielma, J. R., Borregales, D. P., Vergara, M. A., Carrero, P. E., & Peña, L. V. G. (2017). El boro, un elemento benéfico que ayuda a prevenir la osteoporosis en el humano: una revisión de literatura. Avances en Biomedicina, 6(3), 216-226.

Boswellia Serrata:

Abdolrasoul, N., & Hojjat, R. B. (2020). Antihiperglucémico, antihiperlipidémico y cicatrización de heridas de Boswellia serrata en ratas diabéticas inducidas experimentalmente. Abanico Veterinario, 10.

Abioye, E. O., Akinpelu, D. A., Aiyegoro, O. A., Adegboye, M. F., Oni, M. O., & Okoh, A. I. (2013). Preliminary phytochemical screening and antibacterial properties of crude stem bark extracts and fractions of Parkia biglobosa (Jacq.). Molecules, 18(7), 8485-8499.

Adake, P., Petimani, M. S., Jayaraj, M., & Rao, S. N. (2015). Preclinical evaluation of Boswellia serrata for anxiolytic activity. Int J Basic Clin Pharmacol, 4(3), 551-555.

Andreani, G., Ferlizza, E., Macrì, E., Beghelli, D., & Isani, G. (2017). Effect of Boswellia serrata supplementation in addition to insulin on glycemic control in a diabetic dog. Slovenian Veterinary Research, 54(4), 173-179.

Beghelli, D., Isani, G., Roncada, P., Andreani, G., Bistoni, O., Bertocchi, M., ... & Alunno, A. (2017). Antioxidant and ex vivo immune system regulatory properties of Boswellia serrata extracts. Oxidative medicine and cellular longevity, 2017.

Chou, Y. C., Suh, J. H., Wang, Y., Pahwa, M., Badmaev, V., Ho, C. T., & Pan, M. H. (2017). Boswellia serrata resin extract alleviates azoxymethane (AOM)/dextran sodium sulfate (DSS)‐induced colon tumorigenesis. Molecular nutrition & food research, 61(9), 1600984.

Divisha, R., Rani, M. U., Reddy, A. G., Srikanth, M. K., & Prakash, M. A. (2017). Effect of Boswellia Serrata on Hepatic Biomarkers and Cytokines in Experimental Rheumatoid Arthritis. Indian Vet. J, 94(09), 38-40.

Ismail, S. M., Rao, S. K. R. S., & Bhaskar, M. (2016). Evaluation of antiinflammatory activity of Boswelliaserrataon carrageenan induced paw edema in albino Wistar rats. Int J Res Med Sci, 4(7), 2980-6.

Mohammadi, A., & ARABSHAHI, D. S. (2017). Evaluation of active components and antioxidant activity of essential oil of Boswellia serrata.

Mohamed, S. H., Attia, A. I., Reda, F. M., Abd El-Hack, M. E., & Ismail, I. E. (2021). Impacts of dietary supplementation of Boswellia serrata on growth, nutrients digestibility, immunity, antioxidant status, carcase traits and caecum microbiota of broilers. Italian Journal of Animal Science, 20(1), 205-214.

Pang, X., Yi, Z., Zhang, X., Sung, B., Qu, W., Lian, X., ... & Liu, M. (2009). Acetyl-11-keto-β-boswellic acid inhibits prostate tumor growth by suppressing vascular endothelial growth factor receptor 2–mediated angiogenesis. Cancer research, 69(14), 5893-5900.

Pillai, P., Pooleri, G. K., & Nair, S. V. (2021). Role of Testosterone Levels on the Combinatorial Effect of Boswellia serrata Extract and Enzalutamide on Androgen Dependent LNCaP Cells and in Patient Derived Cells. Integrative Cancer Therapies, 20, 1534735421996824.

Soni, K. K., Meshram, D., Lawal, T. O., Patel, U., & Mahady, G. B. (2021). Fractions of Boswellia Serrata Suppress LTA4, LTC4, Cyclooxygenase-2 Activities and mRNA in HL-60 Cells and Reduce Lung Inflammation in BALB/c Mice. Current drug discovery technologies, 18(1), 95-104.

Yugandhar, P., Rao, K. M., & Sengupta, K. (2018). A novel herbal composition containing extracts of Boswellia serrata gum resin and Aegle marmelos fruit alleviates symptoms of asthma in a placebo controlled double‐blind clinical study. Phytotherapy Research, 32(1), 140-150.

Bromelaina:

Akhter, J., Quéromès, G., Pillai, K., Kepenekian, V., Badar, S., Mekkawy, A. H., ... & Morris, D. L. (2021). The combination of Bromelain and Acetylcysteine (BromAc) synergistically inactivates SARS-CoV-2. Viruses, 13(3), 425.

Bakare, A. O., & Owoyele, B. V. (2021). Bromelain reduced pro-inflammatory mediators as a common pathway that mediate antinociceptive and anti-anxiety effects in sciatic nerve ligated Wistar rats. Scientific Reports, 11(1), 1-13.

de Lencastre Novaes, L. C., Jozala, A. F., Lopes, A. M., de Carvalho Santos‐Ebinuma, V., Mazzola, P. G., & Pessoa Junior, A. (2016). Stability, purification, and applications of bromelain: A review. Biotechnology progress, 32(1), 5-13.

Ghensi, P., Cucchi, A., Creminelli, L., Tomasi, C., Zavan, B., & Maiorana, C. (2017). Effect of oral administration of bromelain on postoperative discomfort after third molar surgery. Journal of Craniofacial Surgery, 28(2), e191-e197.

Ho, D., Jagdeo, J., & Waldorf, H. A. (2016). Is there a role for arnica and bromelain in prevention of post-procedure ecchymosis or edema? A systematic review of the literature. Dermatologic surgery, 42(4), 445-463.

Murthy, S. S., & Narsaiah, T. B. (2021). Cytotoxic Effect of Bromelain on HepG2 Hepatocellular Carcinoma Cell Line. Applied Biochemistry and Biotechnology, 1-25.

Pekas, E. J., Shin, J., Headid, R. J., Son, W. M., Layec, G., Yadav, S. K., ... & Park, S. Y. (2021). Combined anthocyanins and bromelain supplement improves endothelial function and skeletal muscle oxygenation status in adults: a double-blind placebo-controlled randomised crossover clinical trial. British Journal of Nutrition, 125(2), 161-171.

Oseguera-Toledo, M. E., de Mejia, E. G., & Amaya-Llano, S. L. (2015). Hard-to-cook bean (Phaseolus vulgaris L.) proteins hydrolyzed by alcalase and bromelain produced bioactive peptide fractions that inhibit targets of type-2 diabetes and oxidative stress. Food Research International, 76, 839-851.

Rosenberg, L., Rubin, G., & Asculai, E. (2016). U.S. Patent No. 9,511,126. Washington, DC: U.S. Patent and Trademark Office.

Rubin, G., Rinott, M., Wolovelsky, A., Rosenberg, L., Shoham, Y., & Rozen, N. (2016). A new bromelain-based enzyme for the release of Dupuytren’s contracture: Dupuytren’s enzymatic bromelain-based release. Bone & joint research, 5(5), 175-177.

Sagar, S., Rathinavel, A. K., Lutz, W. E., Struble, L. R., Khurana, S., Schnaubelt, A. T., ... & Radhakrishnan, P. (2021). Bromelain inhibits SARS‐CoV‐2 infection via targeting ACE‐2, TMPRSS2, and spike protein. Clinical and translational medicine, 11(2).

Valle, S. J., Akhter, J., Mekkawy, A. H., Lodh, S., Pillai, K., Badar, S., ... & Morris, D. L. (2021). A novel treatment of bromelain and acetylcysteine (BromAc) in patients with peritoneal mucinous tumours: A phase I first in man study. European Journal of Surgical Oncology, 47(1), 115-122.

Zhou, Z., Wang, L., Feng, P., Yin, L., Wang, C., Zhi, S., ... & Peng, J. (2017). Inhibition of epithelial TNF-α receptors by purified fruit bromelain ameliorates intestinal inflammation and barrier dysfunction in colitis. Frontiers in immunology, 8, 1468.

Cacao:

de Oliveira, V. P. S., Dolinsky, M., Barroso, S. G., Pinto, M. B. S., Uehara, S. K., & de Souza Rocha, G. (2017). Dark polyphenols-rich chocolate and gut microbiota: a literature review. DEMETRA: Alimentação, Nutrição & Saúde, 12(2), 399-409.

Gong, F., Yao, S., Wan, J., & Gan, X. (2017). Chocolate consumption and risk of heart failure: a meta-analysis of prospective studies. Nutrients, 9(4), 402.

Konar, N., Toker, O. S., Oba, S., & Sagdic, O. (2016). Improving functionality of chocolate: A review on probiotic, prebiotic, and/or synbiotic characteristics. Trends in Food Science & Technology, 49, 35-44.

Kord-Varkaneh, H., Ghaedi, E., Nazary-Vanani, A., Mohammadi, H., & Shab-Bidar, S. (2018). Does cocoa/dark chocolate supplementation have favorable effect on body weight, body mass index and waist circumference? A systematic review, meta-analysis and dose-response of randomized clinical trials. Critical reviews in food science and nutrition.

Krittanawong, C., Narasimhan, B., Wang, Z., Hahn, J., Virk, H. U. H., Farrell, A. M., ... & Tang, W. W. (2020). Association between chocolate consumption and risk of coronary artery disease: a systematic review and meta-analysis. European Journal of Preventive Cardiology, 2047487320936787.

Larsson, S. C., Åkesson, A., Gigante, B., & Wolk, A. (2016). Chocolate consumption and risk of myocardial infarction: a prospective study and meta-analysis. Heart, 102(13), 1017-1022.

Larsson, S. C., Drca, N., Jensen-Urstad, M., & Wolk, A. (2018). Chocolate consumption and risk of atrial fibrillation: two cohort studies and a meta-analysis. American heart journal, 195, 86-90.

Morze, J., Schwedhelm, C., Bencic, A., Hoffmann, G., Boeing, H., Przybylowicz, K., & Schwingshackl, L. (2020). Chocolate and risk of chronic disease: a systematic review and dose-response meta-analysis. European journal of nutrition, 59(1), 389-397.

Patel, R. K., Brouner, J., & Spendiff, O. (2015). Dark chocolate supplementation reduces the oxygen cost of moderate intensity cycling. Journal of the International Society of Sports Nutrition, 12(1), 1-8.

Patturaja, K., Gayathri, R., & Vishnupriya, V. (2016). Effect of Dark Chocolate in Regulating Blood Pressure-Systematic Review. Research Journal of Pharmacy and Technology, 9(9), 1505.

Ren, Y., Liu, Y., Sun, X. Z., Wang, B. Y., Zhao, Y., Liu, D. C., ... & Hu, D. S. (2019). Chocolate consumption and risk of cardiovascular diseases: a meta-analysis of prospective studies. Heart, 105(1), 49-55.

Shah, S. R., Alweis, R., Najim, N. I., Dharani, A. M., Jangda, M. A., Shahid, M., ... & Shah, S. A. (2017). Use of dark chocolate for diabetic patients: a review of the literature and current evidence. Journal of community hospital internal medicine perspectives, 7(4), 218-221.

Yuan, S., Li, X., Jin, Y., & Lu, J. (2017). Chocolate consumption and risk of coronary heart disease, stroke, and diabetes: a meta-analysis of prospective studies. Nutrients, 9(7), 688.

Cafeína:

Alfaro, T. M., Monteiro, R. A., Cunha, R. A., & Cordeiro, C. R. (2018). Chronic coffee consumption and respiratory disease: A systematic review. The clinical respiratory journal, 12(3), 1283-1294.

Barrett-Connor, E., Chang, J. C., & Edelstein, S. L. (1994). Coffee-associated osteoporosis offset by daily milk consumption: the Rancho Bernardo Study. Jama, 271(4), 280-283.

Beelen, M., Kranenburg, J. V., Senden, J. M., Kuipers, H., & Loon, L. J. (2012). Impact of caffeine and protein on postexercise muscle glycogen synthesis. Med Sci Sports Exerc, 44(4), 692-700.

Bolka, M., & Emire, S. (2020). Effects of coffee roasting technologies on cup quality and bioactive compounds of specialty coffee beans. Food science & nutrition, 8(11), 6120-6130.

Butt, M. S., & Sultan, M. T. (2011). Coffee and its consumption: benefits and risks. Critical reviews in food science and nutrition, 51(4), 363-373.

Church, D. D., Hoffman, J. R., LaMonica, M. B., Riffe, J. J., Hoffman, M. W., Baker, K. M., ... & Stout, J. R. (2015). The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance. Journal of the International Society of Sports Nutrition, 12(1), 1-11.

Choi, E. J., Kim, K. H., Koh, Y. J., Lee, J. S., Lee, D. R., & Park, S. M. (2014). Coffee consumption and bone mineral density in Korean premenopausal women. Korean journal of family medicine, 35(1), 11.

Clark, I., & Landolt, H. P. (2017). Coffee, caffeine, and sleep: A systematic review of epidemiological studies and randomized controlled trials. Sleep medicine reviews, 31, 70-78.

Collado-Mateo, D., Lavín-Pérez, A. M., Merellano-Navarro, E., & Coso, J. D. (2020). Effect of acute caffeine intake on the fat oxidation rate during exercise: A systematic review and meta-analysis. Nutrients, 12(12), 3603.

dePaula, J., & Farah, A. (2019). Caffeine consumption through coffee: Content in the beverage, metabolism, health benefits and risks. Beverages, 5(2), 37.

Di Maso, M., Boffetta, P., Negri, E., La Vecchia, C., & Bravi, F. (2021). Caffeinated Coffee Consumption and Health Outcomes in the US Population: A Dose–Response Meta-Analysis and Estimation of Disease Cases and Deaths Avoided. Advances in Nutrition, 12(4), 1160-1176.

Glaister, M., Pattison, J. R., Muniz-Pumares, D., Patterson, S. D., & Foley, P. (2015). Effects of dietary nitrate, caffeine, and their combination on 20-km cycling time trial performance. The Journal of Strength & Conditioning Research, 29(1), 165-174.

Gorji, Z., Varkaneh, H. K., Nazary-Vannani, A., Clark, C. C., Fatahi, S., Rahmani, J., ... & Zhang, Y. (2019). The effect of green-coffee extract supplementation on obesity: A systematic review and dose-response meta-analysis of randomized controlled trials. Phytomedicine, 63, 153018.

Grgic, J., & Mikulic, P. (2020). Acute effects of caffeine supplementation on resistance exercise, jumping, and Wingate performance: No influence of habitual caffeine intake. European Journal of Sport Science, 1-11.

Grosso, G., Micek, A., Castellano, S., Pajak, A., & Galvano, F. (2016). Coffee, tea, caffeine and risk of depression: A systematic review and dose–response meta‐analysis of observational studies. Molecular nutrition & food research, 60(1), 223-234.

Guest, N., Corey, P., Vescovi, J., & El-Sohemy, A. (2018). Caffeine, CYP1A2 genotype, and endurance performance in athletes. Medicine & Science in Sports & Exercise, 50(8), 1570-1578.

Han, M. A., & Kim, J. H. (2017). Coffee consumption and the risk of thyroid cancer: a systematic review and meta-analysis. International journal of environmental research and public health, 14(2), 129.

Haskell-Ramsay, C. F., Jackson, P. A., Forster, J. S., Dodd, F. L., Bowerbank, S. L., & Kennedy, D. O. (2018). The acute effects of caffeinated black coffee on cognition and mood in healthy young and older adults. Nutrients, 10(10), 1386.

Hauck, D., & Braun, W. (2018). The Influence of Caffeine on Resistance Exercise Performance and Post-Exercise Glucose Control. In International Journal of Exercise Science: Conference Proceedings (Vol. 9, No. 6, p. 52).

Higdon, J. V., & Frei, B. (2006). Coffee and health: a review of recent human research. Critical reviews in food science and nutrition, 46(2), 101-123.

J. Boekema, M. Samsom, GP van Berge Henegouwen, AJPM Smout, P. (1999). Coffee and gastrointestinal function: facts and fiction: a review. Scandinavian Journal of Gastroenterology, 34(230), 35-39.

Jang, Y. J., Son, H. J., Kim, J. S., Jung, C. H., Ahn, J., Hur, J., & Ha, T. Y. (2018). Coffee consumption promotes skeletal muscle hypertrophy and myoblast differentiation. Food & function, 9(2), 1102-1111.

Jiang, X., Zhang, D., & Jiang, W. (2014). Coffee and caffeine intake and incidence of type 2 diabetes mellitus: a meta-analysis of prospective studies. European journal of nutrition, 53(1), 25-38.

Jiang, W., Wu, Y., & Jiang, X. (2013). Coffee and caffeine intake and breast cancer risk: an updated dose–response meta-analysis of 37 published studies. Gynecologic oncology, 129(3), 620-629.

Kendall, K. L., Moon, J. R., Fairman, C. M., Spradley, B. D., Tai, C. Y., Falcone, P. H., ... & Esposito, E. N. (2014). Ingesting a preworkout supplement containing caffeine, creatine, β-alanine, amino acids, and B vitamins for 28 days is both safe and efficacious in recreationally active men. Nutrition research, 34(5), 442-449.

Kopec, B. J., Dawson, B. T., Buck, C., & Wallman, K. E. (2016). Effects of sodium phosphate and caffeine ingestion on repeated-sprint ability in male athletes. Journal of science and medicine in sport, 19(3), 272-276.

Kouli, G. M., Panagiotakos, D. B., Georgousopoulou, E. N., Mellor, D. D., Chrysohoou, C., Zana, A., ... & Pitsavos, C. (2018). J-shaped relationship between habitual coffee consumption and 10-year (2002–2012) cardiovascular disease incidence: the ATTICA study. European journal of nutrition, 57(4), 1677-1685.

Landolt, H. P., Werth, E., Borbély, A. A., & Dijk, D. J. (1995). Caffeine intake (200 mg) in the morning affects human sleep and EEG power spectra at night. Brain research, 675(1-2), 67-74.

Larsson, S. C., & Orsini, N. (2018). Coffee consumption and risk of dementia and Alzheimer’s disease: A dose-response meta-analysis of prospective studies. Nutrients, 10(10), 1501.

Lee, C. L., Cheng, C. F., Astorino, T. A., Lee, C. J., Huang, H. W., & Chang, W. D. (2014). Effects of carbohydrate combined with caffeine on repeated sprint cycling and agility performance in female athletes. Journal of the International Society of Sports Nutrition, 11(1), 1-12.

Lopes-Silva, J. P., Choo, H. C., Franchini, E., & Abbiss, C. R. (2019). Isolated ingestion of caffeine and sodium bicarbonate on repeated sprint performance: a systematic review and meta-analysis. Journal of science and medicine in sport, 22(8), 962-972.

López-González, L. M., Sánchez-Oliver, A. J., Mata, F., Jodra, P., Antonio, J., & Domínguez, R. (2018). Acute caffeine supplementation in combat sports: a systematic review. Journal of the international society of sports nutrition, 15(1), 1-11.

Loureiro, L. M. R., Reis, C. E. G., & da Costa, T. H. M. (2018). Effects of coffee components on muscle glycogen recovery: a systematic review. International journal of sport nutrition and exercise metabolism, 28(3), 284-293.

Marriott, M., Krustrup, P., & Mohr, M. (2015). Ergogenic effects of caffeine and sodium bicarbonate supplementation on intermittent exercise performance preceded by intense arm cranking exercise. Journal of the International Society of Sports Nutrition, 12(1), 1-8.

Marventano, S., Salomone, F., Godos, J., Pluchinotta, F., Del Rio, D., Mistretta, A., & Grosso, G. (2016). Coffee and tea consumption in relation with non-alcoholic fatty liver and metabolic syndrome: A systematic review and meta-analysis of observational studies. Clinical nutrition, 35(6), 1269-1281.

Nehlig, A. (2016). Effects of coffee/caffeine on brain health and disease: What should I tell my patients?. Practical neurology, 16(2), 89-95.

Nkondjock, A. (2009). Coffee consumption and the risk of cancer: an overview. Cancer letters, 277(2), 121-125.

Park, S. Y., Freedman, N. D., Haiman, C. A., Le Marchand, L., Wilkens, L. R., & Setiawan, V. W. (2017). Association of coffee consumption with total and cause-specific mortality among nonwhite populations. Annals of internal medicine, 167(4), 228-235.

Polito, M. D., Souza, D. B., Casonatto, J., & Farinatti, P. (2016). Acute effect of caffeine consumption on isotonic muscular strength and endurance: a systematic review and meta-analysis. Science & Sports, 31(3), 119-128.

Purdue-Smithe, A. C., Manson, J. E., Hankinson, S. E., & Bertone-Johnson, E. R. (2016). A prospective study of caffeine and coffee intake and premenstrual syndrome. The American journal of clinical nutrition, 104(2), 499-507.

Rao, S. S., Welcher, K., Zimmerman, B., & Stumbo, P. (1998). Is coffee a colonic stimulant?. European journal of gastroenterology & hepatology, 10(2), 113-118.

Ruhl, C. E., & Everhart, J. E. (2005). Coffee and caffeine consumption reduce the risk of elevated serum alanine aminotransferase activity in the United States. Gastroenterology, 128(1), 24-32.

Santos, V. G., Santos, V. R., Felippe, L. J., Almeida Jr, J. W., Bertuzzi, R., Kiss, M. A., & Lima-Silva, A. E. (2014). Caffeine reduces reaction time and improves performance in simulated-contest of taekwondo. Nutrients, 6(2), 637-649.

Schipp, D., Tulinska, J., Sustrova, M., Liskova, A., Spustova, V., Mikusova, M. L., ... & Shaposhnikov, S. (2019). Consumption of a dark roast coffee blend reduces DNA damage in humans: results from a 4-week randomised controlled study. European journal of nutrition, 58(8), 3199-3206.

Sharif, K., Watad, A., Bragazzi, N. L., Adawi, M., Amital, H., & Shoenfeld, Y. (2017). Coffee and autoimmunity: more than a mere hot beverage!. Autoimmunity reviews, 16(7), 712-721.

Shen, H., Rodriguez, A. C., Shiani, A., Lipka, S., Shahzad, G., Kumar, A., & Mustacchia, P. (2016). Association between caffeine consumption and nonalcoholic fatty liver disease: a systemic review and meta-analysis. Therapeutic advances in gastroenterology, 9(1), 113-120.

Shi, X., Xue, W., Liang, S., Zhao, J., & Zhang, X. (2016). Acute caffeine ingestion reduces insulin sensitivity in healthy subjects: a systematic review and meta-analysis. Nutrition journal, 15(1), 1-8.

Simon, D. K., Wu, C., Tilley, B. C., Wills, A. M., Aminoff, M. J., Bainbridge, J., ... & Wong, P. S. (2015). Caffeine and progression of Parkinson’s disease: A deleterious interaction with creatine. Clinical neuropharmacology, 38(5), 163.

Sloots, C. E., Felt-Bersma, R. J., West, R. L., & Kuipers, E. J. (2005). Stimulation of defecation: effects of coffee use and nicotine on rectal tone and visceral sensitivity. Scandinavian journal of gastroenterology, 40(7), 808-813.

Sugiyama, K., Kuriyama, S., Akhter, M., Kakizaki, M., Nakaya, N., Ohmori-Matsuda, K., ... & Tsuji, I. (2010). Coffee consumption and mortality due to all causes, cardiovascular disease, and cancer in Japanese women. The Journal of nutrition, 140(5), 1007-1013.

Trevino, M. A., Coburn, J. W., Brown, L. E., Judelson, D. A., & Malek, M. H. (2015). Acute effects of caffeine on strength and muscle activation of the elbow flexors. The Journal of Strength & Conditioning Research, 29(2), 513-520.

Trexler, E. T., Smith-Ryan, A. E., Roelofs, E. J., Hirsch, K. R., Persky, A. M., & Mock, M. G. (2016). Effects of coffee and caffeine anhydrous intake during creatine loading. Journal of strength and conditioning research/National Strength & Conditioning Association, 30(5), 1438.

Vinson, J. A., Burnham, B. R., & Nagendran, M. V. (2012). Randomized, double-blind, placebo-controlled, linear dose, crossover study to evaluate the efficacy and safety of a green coffee bean extract in overweight subjects. Diabetes, metabolic syndrome and obesity: targets and therapy, 5, 21.

Wijarnpreecha, K., Thongprayoon, C., Thamcharoen, N., Panjawatanan, P., & Cheungpasitporn, W. (2017). Association of coffee consumption and chronic kidney disease: A meta‐analysis. International journal of clinical practice, 71(1), e12919.

Wu, L., Sun, D., & He, Y. (2017). Coffee intake and the incident risk of cognitive disorders: A dose–response meta-analysis of nine prospective cohort studies. Clinical nutrition, 36(3), 730-736.

Yu, X., Bao, Z., Zou, J., & Dong, J. (2011). Coffee consumption and risk of cancers: a meta-analysis of cohort studies. BMC cancer, 11(1), 1-11.

Zhang, Y., Coca, A., Casa, D. J., Antonio, J., Green, J. M., & Bishop, P. A. (2015). Caffeine and diuresis during rest and exercise: A meta-analysis. Journal of science and medicine in sport, 18(5), 569-574.

Calostro:

Antonio, J., Sanders, M. S., & Van Gammeren, D. (2001). The effects of bovine colostrum supplementation on body composition and exercise performance in active men and women. Nutrition, 17(3), 243-247.

Buczinski, S., & Vandeweerd, J. M. (2016). Diagnostic accuracy of refractometry for assessing bovine colostrum quality: A systematic review and meta-analysis. Journal of dairy science, 99(9), 7381-7394.

Chaturvedi, M., & Awasthi, S. (2016). A meta-analysis: Colostrum feeding practices in Uttar Pradesh, India. Indian Journal of Community Health, 28(1), 14-18.

Ismail, R. I., Awad, H. A., Imam, S. S., Gad, G. I., Aboushady, N. M., Abdou, R. M., ... & Barakat, N. M. (2021). Gut priming with bovine colostrum and T regulatory cells in preterm neonates: a randomized controlled trial. Pediatric Research, 1-7.

Ismail, R. I., Awad, H. A., Imam, S. S., Gad, G. I., Aboushady, N. M., Abdou, R. M., ... & Barakat, N. M. (2021). Gut priming with bovine colostrum and T regulatory cells in preterm neonates: a randomized controlled trial. Pediatric Research, 1-7.

Jones, A. W., March, D. S., Curtis, F., & Bridle, C. (2016). Bovine colostrum supplementation and upper respiratory symptoms during exercise training: a systematic review and meta-analysis of randomised controlled trials. BMC Sports Science, Medicine and Rehabilitation, 8(1), 1-10.

Narayanaswamy, V., Pentecost, B., Alfandari, D., Chin, E., Minor, K., Kastrinakis, A., ... & Leftwich, H. (2021). Humoral and cell-mediated response in colostrum after exposure to severe acute respiratory syndrome coronavirus 2. medRxiv.

Skarpańska-Stejnborn, A., Cieślicka, M., Dziewiecka, H., Kujawski, S., Marcinkiewicz, A., Trzeciak, J., ... & Latour, E. (2021). Effects of Long-Term Supplementation of Bovine Colostrum on the Immune System in Young Female Basketball Players. Randomized Trial. Nutrients, 13(1), 118.

Calcio:

Aune, D., Navarro Rosenblatt, D. A., Chan, D. S., Vieira, A. R., Vieira, R., Greenwood, D. C., ... & Norat, T. (2015). Dairy products, calcium, and prostate cancer risk: a systematic review and meta-analysis of cohort studies. The American journal of clinical nutrition, 101(1), 87-117.

Bonovas, S., Fiorino, G., Lytras, T., Malesci, A., & Danese, S. (2016). Calcium supplementation for the prevention of colorectal adenomas: A systematic review and meta-analysis of randomized controlled trials. World journal of gastroenterology, 22(18), 4594.

Calvo-Rodriguez, M., Hou, S. S., Snyder, A. C., Kharitonova, E. K., Russ, A. N., Das, S., ... & Bacskai, B. J. (2020). Increased mitochondrial calcium levels associated with neuronal death in a mouse model of Alzheimer’s disease. Nature communications, 11(1), 1-17.

Cipolletta, E., Filippou, G., Scirè, C. A., Di Matteo, A., Di Battista, J., Salaffi, F., ... & Filippucci, E. (2021). The diagnostic value of conventional radiography and musculoskeletal ultrasonography in calcium pyrophosphate deposition disease: a systematic literature review and meta-analysis. Osteoarthritis and Cartilage.

Cormick, G., Betran, A. P., Romero, I. B., Cormick, M. S., Belizán, J. M., Bardach, A., & Ciapponi, A. (2021). Effect of Calcium Fortified Foods on Health Outcomes: A Systematic Review and Meta-Analysis. Nutrients, 13(2), 316.

Bailey, R. L., Zou, P., Wallace, T. C., McCabe, G. P., Craig, B. A., Jun, S., ... & Weaver, C. M. (2020). Calcium supplement use is associated with less bone mineral density loss, but does not lessen the risk of bone fracture across the menopause transition: data from the study of Women's health across the nation. JBMR plus, 4(1), e10246.

Campillo Córdoba, P. (2016). Suplementación de calcio y vitamina D en la población adulta mayor.

Cipriani, A., Saunders, K., Attenburrow, M. J., Stefaniak, J., Panchal, P., Stockton, S., ... & Harrison, P. J. (2016). A systematic review of calcium channel antagonists in bipolar disorder and some considerations for their future development. Molecular psychiatry, 21(10), 1324-1332.

de Oliveira Freitas, D. M., Martino, H. S. D., Ribeiro, S. M. R., & Alfenas, R. D. C. G. (2012). Calcium ingestion and obesity control. Nutricion hospitalaria, 27(6), 1758-1771.

Harvey, N. C., Biver, E., Kaufman, J. M., Bauer, J., Branco, J., Brandi, M. L., ... & Cooper, C. (2017). The role of calcium supplementation in healthy musculoskeletal ageing. Osteoporosis international, 28(2), 447-462.

Hofmeyr, G. J., Lawrie, T. A., Atallah, A. N., & Torloni, M. R. (2018). Calcium supplementation during pregnancy for preventing hypertensive disorders and related problems. Cochrane database of systematic reviews, (10).

Kopecky, S. L., Bauer, D. C., Gulati, M., Nieves, J. W., Singer, A. J., Toth, P. P., ... & Weaver, C. M. (2016). Lack of evidence linking calcium with or without vitamin D supplementation to cardiovascular disease in generally healthy adults: a clinical guideline from the National Osteoporosis Foundation and the American Society for Preventive Cardiology. Annals of internal medicine, 165(12), 867-868.

Lappe, J., Watson, P., Travers-Gustafson, D., Recker, R., Garland, C., Gorham, E., ... & McDonnell, S. L. (2017). Effect of vitamin D and calcium supplementation on cancer incidence in older women: a randomized clinical trial. Jama, 317(12), 1234-1243.

Quesada-Gómez, J. M., Diaz-Curiel, M., Sosa-Henriquez, M., Malouf-Sierra, J., Nogues-Solan, X., Gomez-Alonso, C., ... & Delgadillo, J. (2013). Low calcium intake and inadequate vitamin D status in postmenopausal osteoporotic women. The Journal of steroid biochemistry and molecular biology, 136, 175-177.

Reid, I. R., Gamble, G. D., & Bolland, M. J. (2016). Circulating calcium concentrations, vascular disease and mortality: a systematic review. Journal of internal medicine, 279(6), 524-540.

Rodriguez, M. (2002). Trastornos del calcio, fósforo y magnesio. Sellares VL, Torres AR, Hernández DM, Ayus JC. Manual de Nefrología. 2a ed. Madrid: Ediciones Harcourt, 275-98.

Rouf, A. S., Grech, A., & Allman-Farinelli, M. (2018). Assessing the efficacy and external validity of interventions promoting calcium or dairy intake in young adults: A systematic review with meta-analysis. Critical reviews in food science and nutrition, 58(15), 2600-2616.

Tai, V., Leung, W., Grey, A., Reid, I. R., & Bolland, M. J. (2015). Calcium intake and bone mineral density: systematic review and meta-analysis. Bmj, 351.

Van Hemelrijck, M., Michaelsson, K., Linseisen, J., & Rohrmann, S. (2013). Calcium intake and serum concentration in relation to risk of cardiovascular death in NHANES III. PLoS One, 8(4), e61037.

Canela:

Alanazi, A. S., & Khan, M. U. (2015). Cinnamon use ın type 2 diabetes: An updated meta-analysıs.

Ben Lagha, A., Azelmat, J., Vaillancourt, K., & Grenier, D. (2021). A polyphenolic cinnamon fraction exhibits anti-inflammatory properties in a monocyte/macrophage model. PloS one, 16(1), e0244805.

Dugoua, J. J., Seely, D., Perri, D., Cooley, K., Forelli, T., Mills, E., & Koren, G. (2007). From type 2 diabetes to antioxidant activity: a systematic review of the safety and efficacy of common and cassia cinnamon bark. Canadian journal of physiology and pharmacology, 85(9), 837-847.

Heshmati, J., Sepidarkish, M., Morvaridzadeh, M., Farsi, F., Tripathi, N., Razavi, M., & Rezaeinejad, M. (2021). The effect of cinnamon supplementation on glycemic control in women with polycystic ovary syndrome: A systematic review and meta‐analysis. Journal of food biochemistry, 45(1), e13543.

Jeong, Y. J., Kim, H. E., Han, S. J., & Choi, J. S. (2021). Antibacterial and antibiofilm activities of cinnamon essential oil nanoemulsion against multi-species oral biofilms. Scientific Reports, 11(1), 1-8.

Kutbi, E. H., Sohouli, M. H., Fatahi, S., Lari, A., Shidfar, F., Aljhdali, M. M., ... & Abu-Zaid, A. (2021). The beneficial effects of cinnamon among patients with metabolic diseases: A systematic review and dose-response meta-analysis of randomized-controlled trials. Critical Reviews in Food Science and Nutrition, 1-19.

Kutbi, E. H., Sohouli, M. H., Fatahi, S., Lari, A., Shidfar, F., Aljhdali, M. M., ... & Abu-Zaid, A. (2021). The beneficial effects of cinnamon among patients with metabolic diseases: A systematic review and dose-response meta-analysis of randomized-controlled trials. Critical Reviews in Food Science and Nutrition, 1-19.

Lucas, K., Fröhlich-Nowoisky, J., Oppitz, N., & Ackermann, M. (2021). Cinnamon and Hop Extracts as Potential Immunomodulators for Severe COVID-19 Cases. Frontiers in Plant Science, 12, 263.

Maierean, S. M., Serban, M. C., Sahebkar, A., Ursoniu, S., Serban, A., Penson, P., ... & Lipid and Blood Pressure Meta-analysis Collaboration. (2017). The effects of cinnamon supplementation on blood lipid concentrations: A systematic review and meta-analysis. Journal of clinical lipidology, 11(6), 1393-1406.

Medagama, A. B. (2015). The glycaemic outcomes of Cinnamon, a review of the experimental evidence and clinical trials. Nutrition journal, 14(1), 1-12.

Ranasinghe, P., Pigera, S., Premakumara, G. S., Galappaththy, P., Constantine, G. R., & Katulanda, P. (2013). Medicinal properties of ‘true’cinnamon (Cinnamomum zeylanicum): a systematic review. BMC complementary and alternative medicine, 13(1), 1-10.

Romeo, G. R., Lee, J., Mulla, C. M., Noh, Y., Holden, C., & Lee, B. C. (2020). Influence of Cinnamon on Glycemic Control in Individuals With Prediabetes: A Randomized Controlled Trial. Journal of the Endocrine Society, 4(11), bvaa094.

Sakhankort, C. (2017). A Meta-analysis of the Efficacy of Cinnamon on blood glucose, lipid profile and anthropometric parameters: An updated literature review. Isan Journal of Pharmaceutical Sciences, 13(1), 241-257.

Shekarchizadeh-Esfahani, P., Heydarpour, F., Izadi, F., & Jalili, C. (2021). The effect of cinnamon supplementation on liver enzymes in adults: A systematic review and meta-analysis of randomized controlled trials. Complementary Therapies in Medicine, 102699.

Singletary, K. (2008). Cinnamon: overview of health benefits. Nutrition Today, 43(6), 263-266.

Cardo Mariano:

Abenavoli, L., Capasso, R., Milic, N., & Capasso, F. (2010). Milk thistle in liver diseases: past, present, future. Phytotherapy Research, 24(10), 1423-1432.

Chen, Y., Chen, L., & Yang, T. (2021). Silymarin nanoliposomes attenuate renal injury on diabetic nephropathy rats via co-suppressing TGF-β/Smad and JAK2/STAT3/SOCS1 pathway. Life Sciences, 271, 119197.

Davis-Searles, P. R., Nakanishi, Y., Kim, N. C., Graf, T. N., Oberlies, N. H., Wani, M. C., ... & Kroll, D. J. (2005). Milk thistle and prostate cancer: differential effects of pure flavonolignans from Silybum marianum on antiproliferative end points in human prostate carcinoma cells. Cancer research, 65(10), 4448-4457.

Gargari, B. P., Mobasseri, M., Valizadeh, H., & Asghari-Jafarabadi, M. (2015). Effects of Silybum marianum (L.) Gaertn.(silymarin) extract supplementation on antioxidant status and hs-CRP in patients with type 2 diabetes mellitus: a randomized, triple-blind, placebo-controlled clinical trial. Phytomedicine, 22(2), 290-296.

Golestaneh, E., Aslani, A., Aghaei, M., Hashemnia, M., & Aarabi, M. H. (2021). Preparation and characterisation of a new form of silymarin as a potential antidiabetic agent in the adult male rat. Archives of Physiology and Biochemistry, 1-11.

Jacobs, B. P., Dennehy, C., Ramirez, G., Sapp, J., & Lawrence, V. A. (2002). Milk thistle for the treatment of liver disease: a systematic review and meta-analysis. The American journal of medicine, 113(6), 506-515.

Kidd, P., & Head, K. (2005). A review of the bioavailability and clinical efficacy of milk thistle phytosome: a silybin-phosphatidylcholine complex (Siliphos). Alternative Medicine Review, 10(3).

Marková, I., Malínská, H., Hüttl, M., Miklánková, D., Oliyarnyk, O., Poruba, M., ... & Večeřa, R. (2021). The combination of atorvastatin with silymarin enhances hypolipidemic, antioxidant and anti-inflammatory effects in a rat model of metabolic syndrome. Physiol. res.

Post-White, J., Ladas, E. J., & Kelly, K. M. (2007). Advances in the use of milk thistle (Silybum marianum). Integrative cancer therapies, 6(2), 104-109.

Staroverov, S., Kozlov, S., Fomin, A., Gabalov, K., Volkov, A., Domnitsky, I., ... & Guliy, O. (2021). Synthesis of Silymarin− Gold Nanoparticle Conjugate and Analysis of its Liver-Protecting Activity. Current Pharmaceutical Biotechnology.

Vangaveti, S., Das, P., & Kumar, V. L. (2021). Metformin and silymarin afford protection in cyclosporine A induced hepatorenal toxicity in rat by modulating redox status and inflammation. Journal of Biochemical and Molecular Toxicology, 35(1), e22614.

Wu, W. T., Chen, Y. R., Lu, D. H., Senatov, F. S., Yang, K. C., & Wang, C. C. (2021). Silymarin modulates catabolic cytokine expression through Sirt1 and SOX9 in human articular chondrocytes. Journal of Orthopaedic Surgery and Research, 16(1), 1-9.

Yardım, A., Kucukler, S., Özdemir, S., Çomaklı, S., Caglayan, C., Kandemir, F. M., & Çelik, H. (2021). Silymarin alleviates docetaxel-induced central and peripheral neurotoxicity by reducing oxidative stress, inflammation and apoptosis in rats. Gene, 769, 145239.

Yang, Z., Zhuang, L., Lu, Y., Xu, Q., & Chen, X. (2014). Effects and tolerance of silymarin (milk thistle) in chronic hepatitis C virus infection patients: a meta-analysis of randomized controlled trials. BioMed research international, 2014.

Yi, D., Gu, L., Ding, B., Li, M., Hou, Y., Wang, L., & Gong, J. (2012). Effects of dietary silymarin supplementation on growth performance and oxidative status in Carassius auratus gibelio. Journal of Animal and Veterinary Advances, 11(18), 3399-3404.

Zalat, Z. A., Kohaf, N., Alm El-Din, M. A., Elewa, H. A., & Abdel-Latif, M. M. M. (2021). Silymarin: A promising cardioprotective agent. Azhar International Journal of Pharmaceutical and Medical Sciences, 1(1), 15-23.

Carnitina:

Abbasnezhad, A., Hasanavand, A., Falahi, E., Kashkooli, S., Asbaghi, O., & Choghakhori, R. (2020). Effect of L-Carnitine Supplementation on Lipid Profiles of Patients with Liver Disease: A Systematic Review and Meta-Analysis. Preventive Nutrition and Food Science, 25(2), 124.

Abolfathi, M., Mohd-Yusof, B. N., Hanipah, Z. N., Redzwan, S. M., Yusof, L. M., & Khosroshahi, M. Z. (2020). The effects of carnitine supplementation on clinical characteristics of patients with non-alcoholic fatty liver disease: A systematic review and meta-analysis of randomized controlled trials. Complementary therapies in medicine, 48, 102273.

Asadi, M., Rahimlou, M., Shishehbor, F., & Mansoori, A. (2020). The effect of l-carnitine supplementation on lipid profile and glycaemic control in adults with cardiovascular risk factors: A systematic review and meta-analysis of randomized controlled clinical trials. Clinical nutrition, 39(1), 110-122.

Asbaghi, O., Kashkooli, S., Amini, M. R., Shahinfar, H., Djafarian, K., Clark, C. C., & Shab-Bidar, S. (2020). The effects of L-carnitine supplementation on lipid concentrations inpatients with type 2 diabetes: A systematic review and meta-analysis of randomized clinical trials. Journal of cardiovascular and thoracic research, 12(4), 246.

Askarpour, M., Hadi, A., Symonds, M. E., Miraghajani, M., Sadeghi, O., Sheikhi, A., & Ghaedi, E. (2020). Erratum to" Efficacy of L-Carnitine Supplementation for Management of Blood Lipids: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials"[Nutr Metabol Cardiovasc Dis 29 (11)(2019) 1151-1167]. Nutrition, metabolism, and cardiovascular diseases: NMCD, 30(3), 545.

Askarpour, M., Djafarian, K., Ghaedi, E., Sadeghi, O., Sheikhi, A., & Shab-Bidar, S. (2020). Effect of l-carnitine Supplementation on Liver Enzymes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Archives of medical research, 51(1), 82-94.

Askarpour, M., Hadi, A., Miraghajani, M., Symonds, M. E., Sheikhi, A., & Ghaedi, E. (2020). Beneficial effects of l-carnitine supplementation for weight management in overweight and obese adults: An updated systematic review and dose-response meta-analysis of randomized controlled trials. Pharmacological research, 151, 104554.

DiNicolantonio, J. J., Lavie, C. J., Fares, H., Menezes, A. R., & O'Keefe, J. H. (2013, June). L-carnitine in the secondary prevention of cardiovascular disease: systematic review and meta-analysis. In Mayo Clinic Proceedings (Vol. 88, No. 6, pp. 544-551). Elsevier.

Fathizadeh, H., Milajerdi, A., Reiner, Ž., Amirani, E., Asemi, Z., Mansournia, M. A., & Hallajzadeh, J. (2020). The effects of L-carnitine supplementation on indicators of inflammation and oxidative stress: a systematic review and meta-analysis of randomized controlled trials. Journal of Diabetes & Metabolic Disorders, 1-16.

Koeth, R. A., Wang, Z., Levison, B. S., Buffa, J. A., Org, E., Sheehy, B. T., ... & Hazen, S. L. (2013). Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis. Nature medicine, 19(5), 576-585.

Pooyandjoo, M., Nouhi, M., Shab‐Bidar, S., Djafarian, K., & Olyaeemanesh, A. (2016). The effect of (L‐) carnitine on weight loss in adults: a systematic review and meta‐analysis of randomized controlled trials. Obesity reviews, 17(10), 970-976.

Raeisi-Dehkordi, H., & Muka, T. (2020). Meta-analysis of l-carnitine supplementation on lipid profile and glycemic control: Inadequate search strategy and other methodological issues. Clinical nutrition (Edinburgh, Scotland), 39(6), 1975-1976.

Sawicka, A. K., Renzi, G., & Olek, R. A. (2020). The bright and the dark sides of L-carnitine supplementation: a systematic review. Journal of the International Society of Sports Nutrition, 17(1), 1-10.

Talenezhad, N., Mohammadi, M., Ramezani-Jolfaie, N., Mozaffari-Khosravi, H., & Salehi-Abargouei, A. (2020). Effects of l-carnitine supplementation on weight loss and body composition: A systematic review and meta-analysis of 37 randomized controlled clinical trials with dose-response analysis. Clinical nutrition ESPEN.

Thiagarajan, P., Chalmers, J., Ban, L., Grindlay, D., & Aithal, G. P. (2020). L-carnitine supplementation in non-alcoholic fatty liver disease: A systematic review and meta-analysis. World Journal of Meta-Analysis, 8(1).

Yarizadh, H., Shab-Bidar, S., Zamani, B., Vanani, A. N., Baharlooi, H., & Djafarian, K. (2020). The effect of l-carnitine supplementation on exercise-induced muscle damage: a systematic review and meta-analysis of randomized clinical trials. Journal of the American College of Nutrition, 39(5), 457-468.

Zhu, Y., Xue, C., Ou, J., Xie, Z., & Deng, J. (2021). Effect of l-carnitine supplementation on renal anemia in patients on hemodialysis: a meta-analysis. International Urology and Nephrology, 1-10.

CLA:

Chen, S. C., Lin, Y. H., Huang, H. P., Hsu, W. L., Houng, J. Y., & Huang, C. K. (2012). Effect of conjugated linoleic acid supplementation on weight loss and body fat composition in a Chinese population. Nutrition, 28(5), 559-565.

den Hartigh, L. J. (2019). Conjugated linoleic acid effects on cancer, obesity, and atherosclerosis: A review of pre-clinical and human trials with current perspectives. Nutrients, 11(2), 370.

Fu, C. Y., Zhang, Y., Wang, W. B., Wei, X. F., Yan, P. P., Shi, T. H., & Liu, X. L. (2021). Supplementing conjugated linoleic acid (CLA) in breeder hens diet increased CLA incorporation in liver and alters hepatic lipid metabolism in chick offspring. British Journal of Nutrition, 1-41.

Giovanna, T., Gina, C., Fabiano, C., Angela, C., Carta, G., Claudio, P., ... & Mollica, M. P. (2020). Decreased Metabolic Flexibility in Skeletal Muscle of Rat Fed with a High-Fat Diet Is Recovered by Individual CLA Isomer Supplementation via Converging Protective Mechanisms.

Kim, B., Lim, H. R., Lee, H., Lee, H., Kang, W., & Kim, E. (2016). The effects of conjugated linoleic acid (CLA) on metabolic syndrome patients: A systematic review and meta-analysis. Journal of Functional Foods, 25, 588-598.

Kwon, D., Kim, J., Cho, K., & Song, Y. (2017). Antioxidative effect of CLA diet and endurance training in liver and skeletal muscles of rat. Biotechnology and Bioprocess Engineering, 22(5), 647-652.

Lehnen, T. E., da Silva, M. R., Camacho, A., Marcadenti, A., & Lehnen, A. M. (2015). A review on effects of conjugated linoleic fatty acid (CLA) upon body composition and energetic metabolism. Journal of the International Society of Sports Nutrition, 12(1), 1-11.

Mądry, E., Malesza, I. J., Subramaniapillai, M., Czochralska-Duszyńska, A., Walkowiak, M., Miśkiewicz-Chotnicka, A., ... & Lisowska, A. (2020). Body Fat Changes and Liver Safety in Obese and Overweight Women Supplemented with Conjugated Linoleic Acid: A 12-Week Randomised, Double-Blind, Placebo-Controlled Trial. Nutrients, 12(6), 1811.

Mądry, E., Chudzicka-Strugała, I., Grabańska-Martyńska, K., Malikowska, K., Grebowiec, P., Lisowska, A., ... & Walkowiak, J. (2016). Twelve weeks CLA supplementation decreases the hip circumference in overweight and obese women. A double-blind, randomized, placebo-controlled trial. Acta Scientiarum Polonorum Technologia Alimentaria, 15(1), 107-113.

Martínez-Aispuro, M., Figueroa-Velasco, J. L., Zamora-Zamora, V., Cordero-Mora, J. L., Narciso-Gaytán, C., Sánchez-Torres, M. T., ... & Castillo-Domínguez, R. M. (2014). Effect of CLA supplementation to low-protein diets on the growth performance, carcass characteristics, plasma urea nitrogen concentration, and fatty acid profile in the meat of pigs. Brazilian Archives of Biology and Technology, 57(5), 742-754.

Mazidi, M., Karimi, E., Rezaie, P., & Ferns, G. A. (2017). Effects of conjugated linoleic acid supplementation on serum C‐reactive protein: A systematic review and meta‐analysis of randomized controlled trials. Cardiovascular therapeutics, 35(6), e12275.

Mohammadi, I., Mahdavi, A. H., Rabiee, F., Esfahani, M. H. N., & Ghaedi, K. (2020). Positive effects of conjugated linoleic acid (CLA) on the PGC1-α expression under the inflammatory conditions induced by TNF-α in the C2C12 cell line. Gene, 735, 144394.

Park, N. Y., Shin, H., & Lim, Y. (2014). Effect of dietary CLA supplementation on renal inflammation in diabetic mice. Food Science and Biotechnology, 23(5), 1623-1628.

Reza Rahbar, A., Ostovar, A., Derakhshandeh-Rishehri, S. M., Janani, L., & Rahbar, A. (2017). Effect of Conjugated Linoleic Acid as a Supplement or Enrichment in Foods on Blood Glucose and Waist Circumference in Humans: A Metaanalysis. Endocrine, Metabolic & Immune Disorders-Drug Targets (Formerly Current Drug Targets-Immune, Endocrine & Metabolic Disorders), 17(1), 5-18.

Shokryazdan, P., Rajion, M. A., Meng, G. Y., Boo, L. J., Ebrahimi, M., Royan, M., ... & Jahromi, M. F. (2017). Conjugated linoleic acid: a potent fatty acid linked to animal and human health. Critical reviews in food science and nutrition, 57(13), 2737-2748.

TAJMANESH, M., ARIAIIAN, N., HOSSEINI, M., MAZAHERI, R., & KORDI, R. (2014). DETERMINATION EFFECT OF 2 MONTH CLA SUPPLEMENTATION IN NON TRAINED HEALTHY YOUNG MALE STUDENTS ON BLOOD PRESSURE AND BODY COMPOSITION: A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED CLINICAL TRIAL.

Trinchese, G., Cavaliere, G., Cimmino, F., Catapano, A., Carta, G., Pirozzi, C., ... & Mollica, M. P. (2020). Decreased Metabolic Flexibility in Skeletal Muscle of Rat Fed with a High-Fat Diet Is Recovered by Individual CLA Isomer Supplementation via Converging Protective Mechanisms. Cells, 9(4), 823.

Coenzima Q10:

Fan, L., Feng, Y., Chen, G. C., Qin, L. Q., Fu, C. L., & Chen, L. H. (2017). Effects of coenzyme Q10 supplementation on inflammatory markers: a systematic review and meta-analysis of randomized controlled trials. Pharmacological research, 119, 128-136.

García Verazaluce, J. J., Vargas Corzo, M. D. C., Aguilar Cordero, M. J., Ocaña Peinado, F., Sarmiento Ramírez, Á., & Guisado Barrilao, R. (2015). Efecto del Phlebodium decumanum y de la coenzima Q10 sobre el rendimiento deportivo en jugadores profesionales de voleibol. Nutrición Hospitalaria, 31(1), 401-414.

Gvozdjákova, A., Takahashi, T., Singh, R. B., De Meester, F., Wilson, D. W., & Crane, F. L. (2013). New roles of coenzyme Q10 in cardiovascular diseases, discovered by a single group. World Heart Journal, 5(3), 159.

Hershey, A. D., Powers, S. W., Vockell, A. L. B., LeCates, S. L., Ellinor, P. L., Segers, A., ... & Kabbouche, M. A. (2007). Coenzyme Q10 deficiency and response to supplementation in pediatric and adolescent migraine. Headache: the journal of head and face pain, 47(1), 73-80.

Holmberg, M. J., Andersen, L. W., Moskowitz, A., Berg, K. M., Cocchi, M. N., Chase, M., ... & Donnino, M. W. (2021). Ubiquinol (reduced coenzyme Q10) as a metabolic resuscitator in post-cardiac arrest: A randomized, double-blind, placebo-controlled trial. Resuscitation.

Kitamura, H., Kimura, S., Shimamoto, Y., Okabe, J., Ito, M., Miyamoto, T., ... & Miyoshi, I. (2013). Ubiquitin‐specific protease 2‐69 in macrophages potentially modulates metainflammation. The FASEB Journal, 27(12), 4940-4953.

Kuhlman, A. B., Morville, T., Dohlmann, T. L., Hansen, M., Kelly, B., Helge, J. W., & Dela, F. (2019). Coenzyme Q10 does not improve peripheral insulin sensitivity in statin-treated men and women: the LIFESTAT study. Applied Physiology, Nutrition, and Metabolism, 44(5), 485-492.

Liu, H. T., Huang, Y. C., Cheng, S. B., Huang, Y. T., & Lin, P. T. (2015). Effects of coenzyme Q10 supplementation on antioxidant capacity and inflammation in hepatocellular carcinoma patients after surgery: a randomized, placebo-controlled trial. Nutrition journal, 15(1), 1-9.

Mazidi, M., Kengne, A. P., Banach, M., & Lipid and Blood Pressure Meta-analysis Collaboration Group. (2018). Effects of coenzyme Q10 supplementation on plasma C-reactive protein concentrations: A systematic review and meta-analysis of randomized controlled trials. Pharmacological research, 128, 130-136.

Moradi, M., Haghighatdoost, F., Feizi, A., & Azadbakht, L. (2016). EFFECT OF CO-Q10 SUPPLEMENTATION ON FASTING BLOOD GLUCOSE, FASTING INSULIN AND HBA1C; A SYSTEMATIC REVIEW AND META-ANALYSIS STUDY. Iranian Journal of Diabetes and Metabolism, 15(3), 158-171.

Parohan, M., Sarraf, P., Javanbakht, M. H., Ranji-Burachaloo, S., & Djalali, M. (2020). Effect of coenzyme Q10 supplementation on clinical features of migraine: a systematic review and dose–response meta-analysis of randomized controlled trials. Nutritional neuroscience, 23(11), 868-875.

Saboori, S., Rad, E. Y., Mardani, M., Khosroshahi, M. Z., Nouri, Y., & Falahi, E. (2019). Effect of Q10 supplementation on body weight and body mass index: A systematic review and meta-analysis of randomized controlled clinical trials. Diabetes & Metabolic Syndrome: Clinical Research & Reviews, 13(2), 1179-1185.

Sândor, P. S., Di Clemente, L., Coppola, G., Saenger, U., Fumal, A., Magis, D., ... & Schoenen, J. (2005). Efficacy of coenzyme Q10 in migraine prophylaxis: a randomized controlled trial. Neurology, 64(4), 713-715.

Sazali, S., Badrin, S., Norhayati, M. N., & Idris, N. S. (2021). Coenzyme Q10 supplementation for prophylaxis in adult patients with migraine—a meta-analysis. BMJ open, 11(1), e039358.

Sharifi, M. H., Eftekhari, M. H., Ostovan, M. A., & Rezaianazadeh, A. (2017). Effects of a therapeutic lifestyle change diet and supplementation with Q10 plus L-carnitine on quality of life in patients with myocardial infarction: a randomized clinical trial. Journal of cardiovascular and thoracic research, 9(1), 21.

Zhai, J., Bo, Y., Lu, Y., Liu, C., & Zhang, L. (2017). Effects of coenzyme Q10 on markers of inflammation: a systematic review and meta-analysis. PloS one, 12(1), e0170172.

Zhu, Z. G., Sun, M. X., Zhang, W. L., Wang, W. W., Jin, Y. M., & Xie, C. L. (2017). The efficacy and safety of coenzyme Q10 in Parkinson’s disease: a meta-analysis of randomized controlled trials. Neurological Sciences, 38(2), 215-224.

Coco:

COPARE PANIAGUA, M. R. (2021). EFECTIVIDAD DEL ACEITE DE COCO EN LA ENFERMEDAD DE ALZHEIMER.

De la Rubia Ortí, J. E., Sánchez Álvarez, C., Selvi Sabater, P., Bueno Cayo, A. M., Sancho Castillo, S., Rochina, M. J., & Hu Yang, I. (2017). Influencia del aceite de coco en enfermos de alzhéimer a nivel cognitivo. Nutrición Hospitalaria, 34(2), 352-356.

Deen, A., Visvanathan, R., Wickramarachchi, D., Marikkar, N., Nammi, S., Jayawardana, B. C., & Liyanage, R. (2020). Chemical composition and health benefits of coconut oil: an overview. Journal of the Science of Food and Agriculture.

Eyres, L., Eyres, M. F., Chisholm, A., & Brown, R. C. (2016). Coconut oil consumption and cardiovascular risk factors in humans. Nutrition reviews, 74(4), 267-280.

Famurewa, A. C., Ekeleme-Egedigwe, C. A., Nwali, S. C., Agbo, N. N., Obi, J. N., & Ezechukwu, G. C. (2018). Dietary supplementation with virgin coconut oil improves lipid profile and hepatic antioxidant status and has potential benefits on cardiovascular risk indices in normal rats. Journal of dietary supplements, 15(3), 330-342.

Fernández Rodrigo, E. M., & Jiménez Ramos, C. F. (2021). Efecto Antimicrobiano del Extracto Acuoso de Cocos Nucifera (Coco) Sobre Staphylococcus Aureus y Escherichia Coli.

Kalman, D. S., Feldman, S., Krieger, D. R., & Bloomer, R. J. (2012). Comparison of coconut water and a carbohydrate-electrolyte sport drink on measures of hydration and physical performance in exercise-trained men. Journal of the International Society of Sports Nutrition, 9(1), 1-10.

Lima, R. D. S., & Block, J. M. (2019). Coconut oil: what do we really know about it so far?. Food Quality and Safety, 3(2), 61-72.

Navarro, P., Tapia, M., Pérez, E., Fernández, J., & Welti-Chanes, J. (2007). Leche de coco: Composición, tecnología y funcionalidad. Nuevas oportunidades para su conservación y uso. Revista Agrollania de Ciencia y Tecnología, 4, 37-52.

Neelakantan, N., Seah, J. Y. H., & van Dam, R. M. (2020). The effect of coconut oil consumption on cardiovascular risk factors: A systematic review and meta-analysis of clinical trials. Circulation, 141(10), 803-814.

Perry, J. (2016). Effect of Diet High in Coconut Oil on Cardiovascular Disease Risk in ApoE Knockout and Wild Type Mice (Mus musculus). 60 MDG CIF Travis AFB United States.

Santos, H. O., Howell, S., Earnest, C. P., & Teixeira, F. J. (2019). Coconut oil intake and its effects on the cardiometabolic profile–A structured literature review. Progress in cardiovascular diseases, 62(5), 436-443.

Teng, M., Zhao, Y. J., Khoo, A. L., Yeo, T. C., Yong, Q. W., & Lim, B. P. (2020). Impact of coconut oil consumption on cardiovascular health: a systematic review and meta-analysis. Nutrition reviews, 78(3), 249-259.

Valente, F. X., Cândido, F. G., Lopes, L. L., Dias, D. M., Carvalho, S. D. L., Pereira, P. F., & Bressan, J. (2018). Effects of coconut oil consumption on energy metabolism, cardiometabolic risk markers, and appetitive responses in women with excess body fat. European journal of nutrition, 57(4), 1627-1637.

Colágeno:

de Paz Lugo, P. (2006). Estimulación de la síntesis de colágeno en cultivos celulares. Posible tratamiento de enfermedades degenerativas mediante la dieta (Doctoral dissertation, Universidad de Granada).

de Miranda, R. B., Weimer, P., & Rossi, R. C. (2021). Effects of hydrolyzed collagen supplementation on skin aging: a systematic review and meta‐analysis. International Journal of Dermatology.

Izu, Y., Adams, S. M., Connizzo, B. K., Beason, D. P., Soslowsky, L. J., Koch, M., & Birk, D. E. (2021). Collagen XII mediated cellular and extracellular mechanisms regulate establishment of tendon structure and function. Matrix Biology, 95, 52-67.

Kirmse, M., Oertzen-Hagemann, V., de Marées, M., Bloch, W., & Platen, P. (2019). Prolonged collagen peptide supplementation and resistance exercise training affects body composition in recreationally active men. Nutrients, 11(5), 1154.

Lee, J. M., Suen, S. K. Q., Ng, W. L., Ma, W. C., & Yeong, W. Y. (2021). Bioprinting of Collagen: Considerations, Potentials, and Applications. Macromolecular Bioscience, 21(1), 2000280.

Lugo, J. P. (2019). Letter to the editor UC-II® Undenatured type II collagen: update to analytical methods. Journal of the International Society of Sports Nutrition, 16(1), 1-2.

Miyanaga, M., Uchiyama, T., Motoyama, A., Ochiai, N., Ueda, O., & Ogo, M. Oral Supplementation of Collagen Peptides Improves Skin Hydration by Increasing the Natural Moisturizing Factor Content in the Stratum Corneum: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Skin Pharmacology and Physiology, 34(2), 1-13.

Moskowitz, R. W. (2000, October). Role of collagen hydrolysate in bone and joint disease. In Seminars in arthritis and rheumatism (Vol. 30, No. 2, pp. 87-99). WB Saunders.

Praet, S. F., Purdam, C. R., Welvaert, M., Vlahovich, N., Lovell, G., Burke, L. M., ... & Waddington, G. (2019). Oral supplementation of specific collagen peptides combined with calf-strengthening exercises enhances function and reduces pain in achilles tendinopathy patients. Nutrients, 11(1), 76.

Proksch, E., Schunck, M., Zague, V., Segger, D., Degwert, J., & Oesser, S. (2014). Oral intake of specific bioactive collagen peptides reduces skin wrinkles and increases dermal matrix synthesis. Skin pharmacology and physiology, 27(3), 113-119.

Prowting, J. L., Bemben, D., Black, C. D., Day, E. A., & Campbell, J. A. (2020). Effects of Collagen Peptides on Recovery Following Eccentric Exercise in Resistance-Trained Males—A Pilot Study. International Journal of Sport Nutrition and Exercise Metabolism, 31(1), 32-39.

Puetzer, J. L., Ma, T., Sallent, I., Gelmi, A., & Stevens, M. M. (2021). Driving hierarchical collagen fiber formation for functional tendon, ligament, and meniscus replacement. Biomaterials, 269, 120527.

Zdzieblik, D., Oesser, S., Baumstark, M. W., Gollhofer, A., & König, D. (2015). Collagen peptide supplementation in combination with resistance training improves body composition and increases muscle strength in elderly sarcopenic men: a randomised controlled trial. British Journal of Nutrition, 114(8), 1237-1245.

Coleus Forskohlii:

Abd-Allah, H., AbdAlhady, M. M., Abdelall, M. N., Mohamedy, S. N., Alharbi, W. D., & Bahathiq, A. O. (2017). Hormonal and Immunological responses to Coleus forskohlii treatment in Female Rats with Experimentally Polycystic Ovaries Syndrome. Zagazig Veterinary Journal, 45(1), 74-81.

Al-Ghamdi, A. Y., Fadlelmula, A. A., Abdalla, M. O., & Zabin, S. A. (2021). Phytochemical Screening, Chemical Composition, Antimicrobial Activity and in Silico Investigation of the Essential Oil of Coleus forskohlii L. Collected from the Southwestern Region of Saudi Arabia. Journal of Essential Oil Bearing Plants, 24(1), 120-133.

Feng, S., Wang, L., Voravuthikunchai, S. P., Liang, Z., Liu, A., & Bao, F. (2016). Isoforskolin from native plant Coleus forskohlii of Yunnan, China plays multiple biological roles. Open Journal of Immunology, 6(02), 63.

Pateraki, I., Andersen-Ranberg, J., Jensen, N. B., Wubshet, S. G., Heskes, A. M., Forman, V., ... & Hamberger, B. (2017). Total biosynthesis of the cyclic AMP booster forskolin from Coleus forskohlii. Elife, 6, e23001.

Saklani, S., Gahlot, M., Kumar, A., Singh, R., Patial, R., & Kashyap, P. (2011). Antimicrobial activity of extracts of the medicinal plant Coleus forskohlii. Int J Drug Res Tech, 1(1), 52-59.

Sivakumar, P., Bavithra, V. S., Ashokkumar, K., Deepadharsini, R., & Vijai, K. S. (2021). Comprehensive review on phytochemistry and in vitro biotechnology of Coleus forskohlii. Journal of Pharmacognosy and Phytochemistry, 10(1), 448-453.

Colina:

Beyer, K., Lie, S. A., Bjørndal, B., Berge, R. K., Svardal, A., Brun, J. G., & Bolstad, A. I. (2021). Lipid, fatty acid, carnitine-and choline derivative profiles in rheumatoid arthritis outpatients with different degrees of periodontal inflammation. Scientific reports, 11(1), 1-14.

Papandreou, C., Bulló, M., Hernández-Alonso, P., Ruiz-Canela, M., Li, J., Guasch-Ferré, M., ... & Salas-Salvadó, J. (2021). Choline Metabolism and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Study. Clinical Chemistry, 67(1), 288-297.

Zhong, C., Lu, Z., Che, B., Qian, S., Zheng, X., Wang, A., ... & Zhang, Y. (2021). Choline Pathway Nutrients and Metabolites and Cognitive Impairment After Acute Ischemic Stroke. Stroke, 52(3), 887-895.

Condroitina:

Ahmed, M. C., & Huard, B. (2021). Inhibition of Chondroitin Sulfate Proteoglycans by APRIL. In The TNF Superfamily (pp. 43-61). Humana, New York, NY.

Amhare, A. F., Lei, J., Deng, H., Lv, Y., Han, J., & Zhang, L. (2021). Biomedical application of chondroitin sulfate with nanoparticles in drug delivery systems: systematic review. Journal of Drug Targeting, 29(3), 259-268.

Kantor, E. D., O'Connell, K., Du, M., Cao, C., Zhang, X., Lee, D. H., ... & Giovannucci, E. L. (2021). Glucosamine and Chondroitin Use in Relation to C-Reactive Protein Concentration: Results by Supplement Form, Formulation, and Dose. The Journal of Alternative and Complementary Medicine, 27(2), 150-159.

Kitazawa, K., Nadanaka, S., Kadomatsu, K., & Kitagawa, H. (2021). Chondroitin 6-sulfate represses keratinocyte proliferation in mouse skin, which is associated with psoriasis. Communications biology, 4(1), 1-15.

Knapik, J. J., Pope, R., Hoedebecke, S. S., Schram, B., & Orr, R. (2019). Effects of Oral Chondroitin Sulfate on Osteoarthritis-Related Pain and Joint Structural Changes: Systematic Review and Meta-Analysis. Journal of special operations medicine: a peer reviewed journal for SOF medical professionals, 19(1), 113-124.

Menon, B. V., Hashim, R., Zainal, Z. A., Kalusalingam, A., Khan, A., & Siang, T. C. (2021). The Effect of Glucosamine with or Without Chondroitin Sulphate on Glucose Monitoring Parameters in Humans: A Systematic Review. Journal of Young Pharmacists, 13(1), xx.

Menon, B. V., Hashim, R., Zainal, Z. A., Kalusalingam, A., Khan, A., & Siang, T. C. (2021). The Effect of Glucosamine with or Without Chondroitin Sulphate on Glucose Monitoring Parameters in Humans: A Systematic Review. Journal of Young Pharmacists, 13(1), xx.

Mishra, S., Reshma G, B., Pal, S., Bano, S., Gupta, A., Kumari, A., & Ganguli, M. (2021). Topical Application of Peptide–Chondroitin Sulfate Nanoparticles Allows Efficient Photoprotection in Skin. ACS Applied Materials & Interfaces, 13(2), 2382-2398.

Nosivets, D., Montell, E., & Opryshko, V. (2021). Histological changes following the administration of two different chondroitin sulfate products in experimental osteoarthritis models in rats.

Peng, C., Wang, Q., Jiao, R., Xu, Y., Han, N., Wang, W., ... & Li, F. (2021). A Novel Chondroitin Sulfate E from Dosidicus gigas Cartilage and Its Antitumor Metastatic Activity. Carbohydrate Polymers, 117971.

Shmagel, A., Demmer, R., Knights, D., Butler, M., Langsetmo, L., Lane, N. E., & Ensrud, K. (2019). The effects of glucosamine and chondroitin sulfate on gut microbial composition: a systematic review of evidence from animal and human studies. Nutrients, 11(2), 294.

Shmagel, A., Demmer, R., Knights, D., Butler, M., Langsetmo, L., Lane, N. E., & Ensrud, K. (2019). The effects of glucosamine and chondroitin sulfate on gut microbial composition: a systematic review of evidence from animal and human studies. Nutrients, 11(2), 294.

Shi, X., Yang, X., Liu, M., Wang, R., Qiu, N., Liu, Y., ... & Zhai, G. (2021). Chondroitin sulfate-based nanoparticles for enhanced chemo-photodynamic therapy overcoming multidrug resistance and lung metastasis of breast cancer. Carbohydrate Polymers, 254, 117459.

Simental-Mendia, M., Sanchez-Garcia, A., Vilchez-Cavazos, F., Acosta-Olivo, C. A., Pena-Martinez, V. M., & Simental-Mendia, L. E. (2018). Effect of glucosamine and chondroitin sulfate in symptomatic knee osteoarthritis: a systematic review and meta-analysis of randomized placebo-controlled trials. Rheumatology international, 38(8), 1413-1428.

Torshin, I. Y., Gromova, O. A., Nechaeva, G. I., Reier, I. A., & Zagorodniy, N. V. (2021). Systematic analysis of molecular biological mechanisms for supporting connective tissue metabolism with chondroitin sulfate. Neurology, Neuropsychiatry, Psychosomatics, 13(1), 154-162.

Tóth, G., Pál, D., Vékey, K., Drahos, L., & Turiák, L. (2021). Stability and recovery issues concerning chondroitin sulfate disaccharide analysis. Analytical and bioanalytical chemistry, 1-7.

Train, A., Moe, S., & Allan, G. M. (2021). Are glucosamine and chondroitin natural remedies for osteoarthritis?. Canadian Family Physician, 67(2), 111-111.

Yan, L., Zhu, M., Wang, D., Tao, W., Liu, D., Zhang, F., ... & Chen, S. (2021). Oral Administration of Fucosylated Chondroitin Sulfate Oligomers in Gastro-Resistant Microcapsules Exhibits a Safe Antithrombotic Activity. Thrombosis and Haemostasis, 121(1), 15-26.

Zhang, B., Wang, X., Wang, D., Guo, M., Ren, C., Han, W., ... & Li, Q. (2021). Improved Antithrombogenicity of a Poly (lactic acid) Surface Grafted with Chondroitin Sulfate. ACS Applied Bio Materials.

Cordyceps Sinensis:

Huang, D., Meran, S., Nie, S. P., Midgley, A., Wang, J., Cui, S. W., ... & Phillips, A. O. (2018). Cordyceps sinensis: anti-fibrotic and inflammatory effects of a cultured polysaccharide extract. Bioactive carbohydrates and dietary fibre, 14, 2-8.

Huo, X., Liu, C., Bai, X., Li, W., Li, J., Hu, X., & Cao, L. (2017). Aqueous extract of Cordyceps sinensis potentiates the antitumor effect of DDP and attenuates therapy-associated toxicity in non-small cell lung cancer via IκBα/NFκB and AKT/MMP2/MMP9 pathways. Rsc Advances, 7(60), 37743-37754.

Kumar, R., Negi, P. S., Singh, B., Ilavazhagan, G., Bhargava, K., & Sethy, N. K. (2011). Cordyceps sinensis promotes exercise endurance capacity of rats by activating skeletal muscle metabolic regulators. Journal of ethnopharmacology, 136(1), 260-266.

Li, Y., Wang, L., Xu, B., Zhao, L., Li, L., Xu, K., ... & Zhan, H. (2021). Based on Network Pharmacology Tools to Investigate the Molecular Mechanism of Cordyceps sinensis on the Treatment of Diabetic Nephropathy. Journal of Diabetes Research, 2021.

Li, D. G., & Ren, Z. X. (2017). Cordyceps sinensis promotes immune regulation and enhances bacteriostatic activity of PA-824 via IL-10 in Mycobacterium tuberculosis disease. Brazilian Journal of Medical and Biological Research, 50(9).

Ong, B. Y., & Aziz, Z. (2017). Efficacy of Cordyceps sinensis as an adjunctive treatment in kidney transplant patients: A systematic-review and meta-analysis. Complementary therapies in medicine, 30, 84-92.

Özenver, N., Boulos, J. C., & Efferth, T. (2021). Activity of Cordycepin From Cordyceps sinensis Against Drug-Resistant Tumor Cells as Determined by Gene Expression and Drug Sensitivity Profiling. Natural Product Communications, 16(2), 1934578X21993350.

Wang, J., Nie, S., Kan, L., Chen, H., Cui, S. W., Phillips, A. O., ... & Xie, M. (2017). Comparison of structural features and antioxidant activity of polysaccharides from natural and cultured Cordyceps sinensis. Food science and biotechnology, 26(1), 55-62.

Yuan, Q., Zhao, L., Cha, Q., Sun, Y., Ye, H., & Zeng, X. (2015). Structural characterization and immunostimulatory activity of a homogeneous polysaccharide from Sinonovacula constricta. Journal of agricultural and food chemistry, 63(36), 7986-7994.

Yue, G. G. L., Bik-San Lau, C., Fung, K. P., Leung, P. C., & Ko, W. H. (2008). Effects of Cordyceps sinensis, Cordyceps militaris and their isolated compounds on ion transport in Calu-3 human airway epithelial cells. Journal of ethnopharmacology, 117(1), 92-101.

Zhong, L., Zhao, L., Yang, F., Yang, W., Sun, Y., & Hu, Q. (2017). Evaluation of anti-fatigue property of the extruded product of cereal grains mixed with Cordyceps militaris on mice. Journal of the International Society of Sports Nutrition, 14(1), 1-10.

Zhu, Z. Y., Chen, J., Si, C. L., Liu, N., Lian, H. Y., Ding, L. N., ... & Zhang, Y. M. (2012). Immunomodulatory effect of polysaccharides from submerged cultured Cordyceps gunnii. Pharmaceutical Biology, 50(9), 1103-1110.

Cúrcuma:

Abdollahi, E., Momtazi, A. A., Johnston, T. P., & Sahebkar, A. (2018). Therapeutic effects of curcumin in inflammatory and immune‐mediated diseases: A nature‐made jack‐of‐all‐trades?. Journal of cellular physiology, 233(2), 830-848.

Al‐Karawi, D., Al Mamoori, D. A., & Tayyar, Y. (2016). The role of curcumin administration in patients with major depressive disorder: mini meta‐analysis of clinical trials. Phytotherapy Research, 30(2), 175-183.

Al-Suhaimi, E. A., Al-Riziza, N. A., & Al-Essa, R. A. (2011). Physiological and therapeutical roles of ginger and turmeric on endocrine functions. The American journal of Chinese medicine, 39(02), 215-231.

Aggarwal, B. B., & Harikumar, K. B. (2009). Potential therapeutic effects of curcumin, the anti-inflammatory agent, against neurodegenerative, cardiovascular, pulmonary, metabolic, autoimmune and neoplastic diseases. The international journal of biochemistry & cell biology, 41(1), 40-59.

Aggarwal, B. B. (2010). Targeting inflammation-induced obesity and metabolic diseases by curcumin and other nutraceuticals. Annual review of nutrition, 30, 173-199.

Aggarwal, B. B., Kumar, A., Aggarwal, M. S., & Shishodia, S. (2005). Curcumin derived from turmeric (Curcuma longa): a spice for all seasons. Phytopharmaceuticals in cancer chemoprevention, 23, 351-387.

Allegri, P., Mastromarino, A., & Neri, P. (2010). Management of chronic anterior uveitis relapses: efficacy of oral phospholipidic curcumin treatment. Long-term follow-up. Clinical Ophthalmology (Auckland, NZ), 4, 1201.

Anand, P., Sundaram, C., Jhurani, S., Kunnumakkara, A. B., & Aggarwal, B. B. (2008). Curcumin and cancer: an “old-age” disease with an “age-old” solution. Cancer letters, 267(1), 133-164.

Arciero, P. J., Miller, V. J., & Ward, E. (2015). Performance enhancing diets and the PRISE protocol to optimize athletic performance. Journal of nutrition and metabolism, 2015.

Atkin, S. L., Katsiki, N., Derosa, G., Maffioli, P., & Sahebkar, A. (2017). Curcuminoids lower plasma leptin concentrations: a meta‐analysis. Phytotherapy Research, 31(12), 1836-1841.

Avan, A., Shahidsales, S., Bahmani, Z., Ghasemi, F., Hassanian, S. M., & Sahebkar, A. (2016, December). Curcumin oleoresin inhibits cell growth and migratory properties of breast cancer cells through inhibition of NF-kB pathway. In ANNALS OF ONCOLOGY (Vol. 27). GREAT CLARENDON ST, OXFORD OX2 6DP, ENGLAND: OXFORD UNIV PRESS.

Azhdari, M., Karandish, M., & Mansoori, A. (2019). Metabolic benefits of curcumin supplementation in patients with metabolic syndrome: A systematic review and meta‐analysis of randomized controlled trials. Phytotherapy research, 33(5), 1289-1301.

Basnet, P., & Skalko-Basnet, N. (2011). Curcumin: an anti-inflammatory molecule from a curry spice on the path to cancer treatment. Molecules, 16(6), 4567-4598.

Chen, W. (2020). Effects of Different Doses of Curcumin Supplementation on Myocardium and Exercise Time of Exercise Rats. ARCHIVOS LATINOAMERICANOS DE NUTRICION, 70(2), 346-353.

Cook, M. D., Myers, S. D., Blacker, S. D., & Willems, M. E. T. (2015). New Zealand blackcurrant extract improves cycling performance and fat oxidation in cyclists. European journal of applied physiology, 115(11), 2357-2365.

Daily, J. W., Yang, M., & Park, S. (2016). Efficacy of turmeric extracts and curcumin for alleviating the symptoms of joint arthritis: a systematic review and meta-analysis of randomized clinical trials. Journal of medicinal food, 19(8), 717-729.

De, R., Kundu, P., Swarnakar, S., Ramamurthy, T., Chowdhury, A., Nair, G. B., & Mukhopadhyay, A. K. (2009). Antimicrobial activity of curcumin against Helicobacter pylori isolates from India and during infections in mice. Antimicrobial agents and chemotherapy, 53(4), 1592-1597.

Dhillon, N., Aggarwal, B. B., Newman, R. A., Wolff, R. A., Kunnumakkara, A. B., Abbruzzese, J. L., ... & Kurzrock, R. (2008). Phase II trial of curcumin in patients with advanced pancreatic cancer. Clinical cancer research, 14(14), 4491-4499.

Di Meo, F., Margarucci, S., Galderisi, U., Crispi, S., & Peluso, G. (2019). Curcumin, gut microbiota, and neuroprotection. Nutrients, 11(10), 2426.

Dohare, P., Varma, S., & Ray, M. (2008). Curcuma oil modulates the nitric oxide system response to cerebral ischemia/reperfusion injury. Nitric Oxide, 19(1), 1-11.

Dolati, S., Namiranian, K., Amerian, R., Mansouri, S., Arshadi, S., & Azarbayjani, M. A. (2020). The Effect of Curcumin Supplementation and Aerobic Training on Anthropometric Indices, Serum Lipid Profiles, C-Reactive Protein and Insulin Resistance in Overweight Women: A Randomized, Double-Blind, Placebo-Controlled Trial. Journal of obesity & metabolic syndrome, 29(1), 47.

Drobnic, F., Riera, J., Appendino, G., Togni, S., Franceschi, F., Valle, X., ... & Tur, J. (2014). Reduction of delayed onset muscle soreness by a novel curcumin delivery system (Meriva®): a randomised, placebo-controlled trial. Journal of the International Society of Sports Nutrition, 11(1), 1-10.

Fallahi, F., Borran, S., Ashrafizadeh, M., Zarrabi, A., Pourhanifeh, M. H., Mahabady, M. K., ... & Mirzaei, H. (2021). Curcumin and inflammatory bowel diseases: From in vitro studies to clinical trials. Molecular Immunology, 130, 20-30.

Faria, F. R., Gomes, A. C., Antunes, A., Rezende, K. R., Pimentel, G. D., Oliveira, C. L. P., ... & Mota, J. F. (2020). Effects of turmeric extract supplementation on inflammation and muscle damage after a half-marathon race: a randomized, double-blind, placebo-controlled trial. European journal of applied physiology, 120(7), 1531-1540.

Fernández-Lázaro, D., Mielgo-Ayuso, J., Seco Calvo, J., Córdova Martínez, A., Caballero García, A., & Fernandez-Lazaro, C. I. (2020). Modulation of exercise-induced muscle damage, inflammation, and oxidative markers by curcumin supplementation in a physically active population: a systematic review. Nutrients, 12(2), 501.

Fu, S., Augustin, M. A., Shen, Z., Ng, K., Sanguansri, L., & Ajlouni, S. (2015). Bioaccessibility of curcuminoids in buttermilk in simulated gastrointestinal digestion models. Food chemistry, 179, 52-59.

Fusar-Poli, L., Vozza, L., Gabbiadini, A., Vanella, A., Concas, I., Tinacci, S., ... & Aguglia, E. (2020). Curcumin for depression: a meta-analysis. Critical reviews in food science and nutrition, 60(15), 2643-2653.

Gaby, A. R. (2006). Curcumin for inflammatory bowel disease. Townsend Letter: The Examiner of Alternative Medicine, (271-272), 30-31.

Ganta, S., Devalapally, H., & Amiji, M. (2010). Curcumin enhances oral bioavailability and anti-tumor therapeutic efficacy of paclitaxel upon administration in nanoemulsion formulation. Journal of pharmaceutical sciences, 99(11), 4630-4641.

Gao, L., Shao, T., Zheng, W., & Ding, J. (2021). Curcumin suppresses tumor growth of gemcitabine-resistant non-small cell lung cancer by regulating lncRNA-MEG3 and PTEN signaling. Clinical and Translational Oncology, 1-8.

Garcea, G., Berry, D. P., Jones, D. J., Singh, R., Dennison, A. R., Farmer, P. B., ... & Gescher, A. J. (2005). Consumption of the putative chemopreventive agent curcumin by cancer patients: assessment of curcumin levels in the colorectum and their pharmacodynamic consequences. Cancer Epidemiology and Prevention Biomarkers, 14(1), 120-125.

Gardener, S. L., Rainey-Smith, S. R., & Martins, R. N. (2016). Diet and inflammation in Alzheimer’s disease and related chronic diseases: a review. Journal of Alzheimer's Disease, 50(2), 301-334.

Ghosh, S., Banerjee, S., & Sil, P. C. (2015). The beneficial role of curcumin on inflammation, diabetes and neurodegenerative disease: A recent update. Food and Chemical Toxicology, 83, 111-124.

Ghosh, S., Dutta, S., Sarkar, A., Kundu, M., & Sil, P. C. (2021). Targeted delivery of curcumin in breast cancer cells via hyaluronic acid modified mesoporous silica nanoparticle to enhance anticancer efficiency. Colloids and Surfaces B: Biointerfaces, 197, 111404.

Gunnam, A., & Nangia, A. (2021). Solubility improvement of curcumin with amino acids. CrystEngComm.

Guo, C., Ma, J., Zhong, Q., Zhao, M., Hu, T., Chen, T., ... & Wen, L. (2017). Curcumin improves alcoholic fatty liver by inhibiting fatty acid biosynthesis. Toxicology and applied pharmacology, 328, 1-9.

Gupta, S. C., Patchva, S., Koh, W., & Aggarwal, B. B. (2012). Discovery of curcumin, a component of golden spice, and its miraculous biological activities. Clinical and experimental pharmacology and physiology, 39(3), 283-299.

Gupta, S. C., Patchva, S., & Aggarwal, B. B. (2013). Therapeutic roles of curcumin: lessons learned from clinical trials. The AAPS journal, 15(1), 195-218.

He, Y., Yue, Y., Zheng, X., Zhang, K., Chen, S., & Du, Z. (2015). Curcumin, inflammation, and chronic diseases: how are they linked?. Molecules, 20(5), 9183-9213.

Henrotin, Y., Gharbi, M., Dierckxsens, Y., Priem, F., Marty, M., Seidel, L., ... & Castermans, C. (2014). Decrease of a specific biomarker of collagen degradation in osteoarthritis, Coll2-1, by treatment with highly bioavailable curcumin during an exploratory clinical trial. BMC complementary and alternative medicine, 14(1), 1-7.

Hesari, A., Ghasemi, F., Salarinia, R., Biglari, H., Tabar Molla Hassan, A., Abdoli, V., & Mirzaei, H. (2018). Effects of curcumin on NF‐κB, AP‐1, and Wnt/β‐catenin signaling pathway in hepatitis B virus infection. Journal of cellular biochemistry, 119(10), 7898-7904.

Heshmati, J., Moini, A., Sepidarkish, M., Morvaridzadeh, M., Salehi, M., Palmowski, A., ... & Shidfar, F. (2021). Effects of curcumin supplementation on blood glucose, insulin resistance and androgens in patients with polycystic ovary syndrome: A randomized double-blind placebo-controlled clinical trial. Phytomedicine, 80, 153395.

Hussein, S. A., Karousa, M. M., Amin, A., & Awadalla, M. A. (2016). Curcumin ameliorates ethanol induced gastric mucosal erosion in rats via alleviation of oxidative stress and regulation of pro-inflammatory cytokines and NF-kappa B activation. Natural Science, 4(4), 466-476.

Hussein, Y., Loutfy, S. A., Kamoun, E. A., El-Moslamy, S. H., Radwan, E. M., & Elbehairi, S. E. I. (2021). Enhanced anti-cancer activity by localized delivery of curcumin form PVA/CNCs hydrogel membranes: Preparation and in vitro bioevaluation. International Journal of Biological Macromolecules, 170, 107-122.

Inzaugarat, M. E., De Matteo, E., Baz, P., Lucero, D., García, C. C., Gonzalez Ballerga, E., ... & Cherñavsky, A. C. (2017). New evidence for the therapeutic potential of curcumin to treat nonalcoholic fatty liver disease in humans. PLoS One, 12(3), e0172900.

Jäger, R., Purpura, M., & Kerksick, C. M. (2019). Eight weeks of a high dose of curcumin supplementation may attenuate performance decrements following muscle-damaging exercise. Nutrients, 11(7), 1692.

Jahanbakhshi, F., Dana, P. M., Badehnoosh, B., Yousefi, B., Mansournia, M. A., Jahanshahi, M., ... & Halajzadeh, J. (2021). Curcumin anti‐tumor effects on endometrial cancer with focus on its molecular targets. Cancer Cell International, 21(1), 1-7.

Jamwal, R. (2018). Bioavailable curcumin formulations: A review of pharmacokinetic studies in healthy volunteers. Journal of integrative medicine, 16(6), 367-374.

Judaki, A., Rahmani, A., Feizi, J., Asadollahi, K., & HAFEZI AHMADI, M. R. (2017). Curcumin in combination with triple therapy regimes ameliorates oxidative stress and histopathologic changes in chronic gastritis-associated Helicobacter pylori infection. Arquivos de gastroenterologia, 54(3), 177-182.

Kawamori, T., Lubet, R., Steele, V. E., Kelloff, G. J., Kaskey, R. B., Rao, C. V., & Reddy, B. S. (1999). Chemopreventive effect of curcumin, a naturally occurring anti-inflammatory agent, during the promotion/progression stages of colon cancer. Cancer research, 59(3), 597-601.

Khayat, S., Fanaei, H., Kheirkhah, M., Moghadam, Z. B., Kasaeian, A., & Javadimehr, M. (2015). Curcumin attenuates severity of premenstrual syndrome symptoms: A randomized, double-blind, placebo-controlled trial. Complementary therapies in medicine, 23(3), 318-324.

Killian, P. H., Kronski, E., Michalik, K. M., Barbieri, O., Astigiano, S., Sommerhoff, C. P., ... & Bachmeier, B. E. (2012). Curcumin inhibits prostate cancer metastasis in vivo by targeting the inflammatory cytokines CXCL1 and-2. Carcinogenesis, 33(12), 2507-2519.

Kim, T., Davis, J., Zhang, A. J., He, X., & Mathews, S. T. (2009). Curcumin activates AMPK and suppresses gluconeogenic gene expression in hepatoma cells. Biochemical and biophysical research communications, 388(2), 377-382.

Kumari, M., Sharma, N., Manchanda, R., Gupta, N., Syed, A., Bahkali, A. H., & Nimesh, S. (2021). PGMD/curcumin nanoparticles for the treatment of breast cancer. Scientific reports, 11(1), 1-17.

Kuptniratsaikul, V., Dajpratham, P., Taechaarpornkul, W., Buntragulpoontawee, M., Lukkanapichonchut, P., Chootip, C., ... & Laongpech, S. (2014). Efficacy and safety of Curcuma domestica extracts compared with ibuprofen in patients with knee osteoarthritis: a multicenter study. Clinical Interventions in Aging, 9, 451.

Kunnumakkara, A. B., Bordoloi, D., Padmavathi, G., Monisha, J., Roy, N. K., Prasad, S., & Aggarwal, B. B. (2017). Curcumin, the golden nutraceutical: multitargeting for multiple chronic diseases. British journal of pharmacology, 174(11), 1325-1348.

Laev, S. S., & Salakhutdinov, N. F. (2015). Anti-arthritic agents: progress and potential. Bioorganic & medicinal chemistry, 23(13), 3059-3080.

Lawler, J. M., Garcia-Villatoro, E. L., Guzzoni, V., Hord, J. M., Botchlett, R., Holly, D., ... & Talcott, S. (2019). Effect of combined fish oil & Curcumin on murine skeletal muscle morphology and stress response proteins during mechanical unloading. Nutrition Research, 65, 17-28.

Li, J., Liao, C. R., Wei, J. Q., Chen, L. X., Zhao, F., & Qiu, F. (2011). Diarylheptanoids from Curcuma kwangsiensis and their inhibitory activity on nitric oxide production in lipopolysaccharide-activated macrophages. Bioorganic & medicinal chemistry letters, 21(18), 5363-5369.

Lim, H. W., Lim, H. Y., & Wong, K. P. (2009). Uncoupling of oxidative phosphorylation by curcumin: implication of its cellular mechanism of action. Biochemical and biophysical research communications, 389(1), 187-192.

Liu, X., Machado, G. C., Eyles, J. P., Ravi, V., & Hunter, D. J. (2018). Dietary supplements for treating osteoarthritis: a systematic review and meta-analysis. British journal of sports medicine, 52(3), 167-175.

Ma, J. H., Zhao, F., Wang, Y., Liu, Y., Gao, S. Y., Ding, L. Q., ... & Qiu, F. (2015). Natural nitric oxide (NO) inhibitors from the rhizomes of Curcuma phaeocaulis. Organic & biomolecular chemistry, 13(30), 8349-8358.

Mahmoudi, R., Hassandokht, F., Ardakani, M. T., Karimi, B., Roustazadeh, A., Tarvirdipour, S., ... & Bardania, H. (2021). Intercalation of curcumin into liposomal chemotherapeutic agent augments apoptosis in breast cancer cells. Journal of Biomaterials Applications, 35(8), 1005-1018.

Mallard, A. R., Briskey, D., Richards, BExSSc, A., & Rao, A. (2020). Curcumin improves delayed onset muscle soreness and postexercise lactate accumulation. Journal of Dietary Supplements, 1-12.

Manosa, M., Calafat, M., de Francisco, R., García, C., Casanova, M. J., Huelín, P., ... & Zapata, E. (2018). Phenotype and natural history of elderly onset inflammatory bowel disease: a multicentre, case‐control study. Alimentary pharmacology & therapeutics, 47(5), 605-614.

Mishra, A., Kumar, R., Tyagi, A., Kohaar, I., Hedau, S., Bharti, A. C., ... & Das, B. (2015). Curcumin modulates cellular AP-1, NF-kB, and HPV16 E6 proteins in oral cancer. Ecancermedicalscience, 9.

Mirza, K. A., Luo, M., Pereira, S., Voss, A., Das, T., & Tisdale, M. J. (2016). In vitro assessment of the combined effect of eicosapentaenoic acid, green tea extract and curcumin C3 on protein loss in C 2 C 12 myotubes. In Vitro Cellular & Developmental Biology-Animal, 52(8), 838-845.

Mohammadi, A., Sadeghnia, H. R., Saberi‐Karimian, M., Safarian, H., Ferns, G. A., Ghayour‐Mobarhan, M., & Sahebkar, A. (2017). Effects of curcumin on serum vitamin E concentrations in individuals with metabolic syndrome. Phytotherapy research, 31(4), 657-662.

Ms, S. A. B., Waldman, PhD, H. S., Krings, PhD, B. M., Lamberth, PhD, J., Smith, PhD, J. W., & McAllister, PhD, M. J. (2020). Effect of curcumin supplementation on exercise-induced oxidative stress, inflammation, muscle damage, and muscle soreness. Journal of dietary supplements, 17(4), 401-414.

Murad, H. A. S., Suliaman, M. I., Abdallah, H., & Abdulsattar, M. (2014). Does curcumin or pindolol potentiate fluoxetine's antidepressant effect by a pharmacokinetic or pharmacodynamic interaction?. Indian journal of pharmaceutical sciences, 76(3), 203.

Myburgh, K. H., Kruger, M. J., & Smith, C. (2012). Accelerated skeletal muscle recovery after in vivo polyphenol administration. The Journal of nutritional biochemistry, 23(9), 1072-1079.

Nabavi, S. F., Daglia, M., Moghaddam, A. H., Habtemariam, S., & Nabavi, S. M. (2014). Curcumin and liver disease: from chemistry to medicine. Comprehensive Reviews in Food Science and Food Safety, 13(1), 62-77.

Noorafshan, A., Karimi, F., Kamali, A. M., Karbalay-Doust, S., & Nami, M. (2017). Restorative effects of curcumin on sleep-deprivation induced memory impairments and structural changes of the hippocampus in a rat model. Life sciences, 189, 63-70.

Onakpoya, I. J., Spencer, E. A., Perera, R., & Heneghan, C. J. (2017). Effectiveness of curcuminoids in the treatment of knee osteoarthritis: a systematic review and meta‐analysis of randomized clinical trials. International journal of rheumatic diseases, 20(4), 420-433.

Osali, A. (2020). Aerobic exercise and nano-curcumin supplementation improve inflammation in elderly females with metabolic syndrome. Diabetology & metabolic syndrome, 12, 1-7.

Panahi, Y., Kianpour, P., Mohtashami, R., Jafari, R., Simental-Mendía, L. E., & Sahebkar, A. (2017). Efficacy and safety of phytosomal curcumin in non-alcoholic fatty liver disease: a randomized controlled trial. Drug research, 67(04), 244-251.

Panahi, Y., Khalili, N., Sahebi, E., Namazi, S., Karimian, M. S., Majeed, M., & Sahebkar, A. (2017). Antioxidant effects of curcuminoids in patients with type 2 diabetes mellitus: a randomized controlled trial. Inflammopharmacology, 25(1), 25-31.

Panahi, Y., Khalili, N., Sahebi, E., Namazi, S., Simental-Mendía, L. E., Majeed, M., & Sahebkar, A. (2018). Effects of curcuminoids plus piperine on glycemic, hepatic and inflammatory biomarkers in patients with type 2 diabetes mellitus: a randomized double-blind placebo-controlled trial. Drug research, 68(07), 403-409.

Parsaeyan, N. (2015). Effect of curcumin supplementation on fructosamine level, blood lipids, Lipid peroxidation and hepatic enzymes in type 2 diabetics. Iranian Journal of Diabetes and Obesity, 7(2), 55-61.

Peterson, C. T., Vaughn, A. R., Sharma, V., Chopra, D., Mills, P. J., Peterson, S. N., & Sivamani, R. K. (2018). Effects of turmeric and curcumin dietary supplementation on human gut microbiota: A double-blind, randomized, placebo-controlled pilot study.

Pham, P., Wang, E., Hielscher, A., & Komiskey, H. (2015). Stress, inflammation, cancer, and dementia: curcumin and CDDO as therapeutic agents.

Phipps, K. R., Quesnot, N., Privat, K., Baldwin, N. J., Ahlborn, E., & Fança‐Berthon, P. (2020). Toxicological safety evaluation of a novel highly bioavailable turmeric extract formulation. Journal of Applied Toxicology, 40(2), 285-299.

Pinilla-Peñalver, E., Soriano, M. L., Durán, G. M., Llorent-Martínez, E. J., Contento, A. M., & Ríos, Á. (2020). Discrimination between nanocurcumin and free curcumin using graphene quantum dots as a selective fluorescence probe. Microchimica Acta, 187(8), 1-11.

Pontes-Quero, G. M., Benito-Garzón, L., Cano, J. P., Aguilar, M. R., & Vázquez-Lasa, B. (2021). Amphiphilic polymeric nanoparticles encapsulating curcumin: Antioxidant, anti-inflammatory and biocompatibility studies. Materials Science and Engineering: C, 121, 111793.

Priyadarsini, K. I. (2014). The chemistry of curcumin: from extraction to therapeutic agent. Molecules, 19(12), 20091-20112.

Qin, S., Huang, L., Gong, J., Shen, S., Huang, J., Ren, H., & Hu, H. (2017). Efficacy and safety of turmeric and curcumin in lowering blood lipid levels in patients with cardiovascular risk factors: a meta-analysis of randomized controlled trials. Nutrition journal, 16(1), 1-10.

Rajitha, B., Nagaraju, G. P., Shaib, W. L., Alese, O. B., Snyder, J. P., Shoji, M., ... & El‐Rayes, B. F. (2017). Novel synthetic curcumin analogs as potent antiangiogenic agents in colorectal cancer. Molecular carcinogenesis, 56(1), 288-299.

Ramadan, G., Al-Kahtani, M. A., & El-Sayed, W. M. (2011). Anti-inflammatory and anti-oxidant properties of Curcuma longa (turmeric) versus Zingiber officinale (ginger) rhizomes in rat adjuvant-induced arthritis. Inflammation, 34(4), 291-301.

Reuter, S., Gupta, S. C., Park, B., Goel, A., & Aggarwal, B. B. (2011). Epigenetic changes induced by curcumin and other natural compounds. Genes & nutrition, 6(2), 93-108.

Rezzani, R., Franco, C., & Rodella, L. F. (2019). Curcumin as a therapeutic strategy in liver diseases.

S Darvesh, A., B Aggarwal, B., & Bishayee, A. (2012). Curcumin and liver cancer: a review. Current pharmaceutical biotechnology, 13(1), 218-228.Xia, X., Cheng, G., Pan, Y., Xia, Z. H., & Kong, L. D. (2007). Behavioral, neurochemical and neuroendocrine effects of the ethanolic extract from Curcuma longa L. in the mouse forced swimming test. Journal of ethnopharmacology, 110(2), 356-363.

Sahebkar, A., & Henrotin, Y. (2016). Analgesic efficacy and safety of curcuminoids in clinical practice: a systematic review and meta-analysis of randomized controlled trials. Pain medicine, 17(6), 1192-1202.

Sahu, B. P., Hazarika, H., Bharadwaj, R., Loying, P., Baishya, R., Dash, S., & Das, M. K. (2016). Curcumin-docetaxel co-loaded nanosuspension for enhanced anti-breast cancer activity. Expert opinion on drug delivery, 13(8), 1065-1074.

Salehi, B., Rodrigues, C. F., Peron, G., Dall'Acqua, S., Sharifi‐Rad, J., Azmi, L., ... & Cruz‐Martins, N. (2021). Curcumin nanoformulations for antimicrobial and wound healing purposes. Phytotherapy Research.

Sanmukhani, J., Satodia, V., Trivedi, J., Patel, T., Tiwari, D., Panchal, B., ... & Tripathi, C. B. (2014). Efficacy and safety of curcumin in major depressive disorder: a randomized controlled trial. Phytotherapy research, 28(4), 579-585.

Sciberras, J. N., Galloway, S. D., Fenech, A., Grech, G., Farrugia, C., Duca, D., & Mifsud, J. (2015). The effect of turmeric (Curcumin) supplementation on cytokine and inflammatory marker responses following 2 hours of endurance cycling. Journal of the International Society of Sports Nutrition, 12(1), 1-10.

Seiwert, N., Fahrer, J., Nagel, G., Frank, J., Behnam, D., & Kaina, B. (2020). Curcumin Administered as Micellar Solution Suppresses Intestinal Inflammation and Colorectal Carcinogenesis. Nutrition and Cancer, 1-8.

Seo, J. A., Kim, B., Dhanasekaran, D. N., Tsang, B. K., & Song, Y. S. (2016). Curcumin induces apoptosis by inhibiting sarco/endoplasmic reticulum Ca2+ ATPase activity in ovarian cancer cells. Cancer letters, 371(1), 30-37.

Sharifi, S., Fathi, N., Memar, M. Y., Hosseiniyan Khatibi, S. M., Khalilov, R., Negahdari, R., ... & Maleki Dizaj, S. (2020). Anti‐microbial activity of curcumin nanoformulations: New trends and future perspectives. Phytotherapy Research, 34(8), 1926-1946.

Shabbir, U., Rubab, M., Tyagi, A., & Oh, D. H. (2021). Curcumin and Its Derivatives as Theranostic Agents in Alzheimer’s Disease: The Implication of Nanotechnology. International Journal of Molecular Sciences, 22(1), 196.

Suhett, L. G., de Miranda Monteiro Santos, R., Silveira, B. K. S., Leal, A. C. G., de Brito, A. D. M., de Novaes, J. F., & Lucia, C. M. D. (2020). Effects of curcumin supplementation on sport and physical exercise: a systematic review. Critical reviews in food science and nutrition, 1-13.

Sunagawa, Y., Miyazaki, Y., Funamoto, M., Shimizu, K., Shimizu, S., Nurmila, S., ... & Morimoto, T. (2020). A Novel Amorphous Curcumin Preparation Improved Oral Absorption Efficiency in Healthy Volunteers: A Single-Dose, Double-Blind, Two-Way Crossover Study.

Tanabe, Y., Chino, K., Ohnishi, T., Ozawa, H., Sagayama, H., Maeda, S., & Takahashi, H. (2019). Effects of oral curcumin ingested before or after eccentric exercise on markers of muscle damage and inflammation. Scandinavian journal of medicine & science in sports, 29(4), 524-534.

Tossetta, G., Fantone, S., Giannubilo, S. R., & Marzioni, D. (2021). The Multifaced Actions of Curcumin in Pregnancy Outcome. Antioxidants, 10(1), 126.

Varì, R., Scazzocchio, B., Silenzi, A., Giovannini, C., & Masella, R. (2021). Obesity-Associated Inflammation: Does Curcumin Exert a Beneficial Role?. Nutrients, 13(3), 1021.

Wang, M. Y. (2012). Spice up your lipids: the effects of curcumin on lipids in humans. Nutrition Bytes, 16(1).

Wilken, R., Veena, M. S., Wang, M. B., & Srivatsan, E. S. (2011). Curcumin: A review of anti-cancer properties and therapeutic activity in head and neck squamous cell carcinoma. Molecular cancer, 10(1), 1-19.

Yang, Q. Q., Farha, A. K., Kim, G., Gul, K., Gan, R. Y., & Corke, H. (2020). Antimicrobial and anticancer applications and related mechanisms of curcumin-mediated photodynamic treatments. Trends in Food Science & Technology, 97, 341-354.

Yao, M., Yang, L., Wang, J., Sun, Y. L., Dun, R. L., Wang, Y. J., & Cui, X. J. (2015). Neurological recovery and antioxidant effects of curcumin for spinal cord injury in the rat: a network meta-analysis and systematic review. Journal of Neurotrauma, 32(6), 381-391.

Yao, Y., Luo, R., Xiong, S., Zhang, C., & Zhang, Y. (2021). Protective effects of curcumin against rat intestinal inflammation‑related motility disorders. Molecular Medicine Reports, 23(5), 1-9.

Zhang, T., Chen, Y., Ge, Y., Hu, Y., Li, M., & Jin, Y. (2018). Inhalation treatment of primary lung cancer using liposomal curcumin dry powder inhalers. Acta Pharmaceutica Sinica B, 8(3), 440-448.

Zorofchian Moghadamtousi, S., Abdul Kadir, H., Hassandarvish, P., Tajik, H., Abubakar, S., & Zandi, K. (2014). A review on antibacterial, antiviral, and antifungal activity of curcumin. BioMed research international, 2014.

Creatina:

Andre, T. L., Gann, J. J., McKinley-Barnard, S. K., & Willoughby, D. S. (2016). Effects of Five Weeks of Resistance Training and Relatively-Dosed Creatine Monohydrate Supplementation on Body Composition and Muscle Strength, and Whole-Body Creatine Metabolism in Resistance-Trained Males. International Journal of Kinesiology and Sports Science, 4(2), 27-35.

Antonio, J., & Ciccone, V. (2013). The effects of pre versus post workout supplementation of creatine monohydrate on body composition and strength. Journal of the International Society of Sports Nutrition, 10(1), 1-8.

Araújo, M. B., Moura, L. P., Junior, R. C. V., Junior, M. C., Dalia, R. A., Sponton, A. C., ... & Mello, M. A. R. (2013). Creatine supplementation and oxidative stress in rat liver. Journal of the International Society of Sports Nutrition, 10(1), 1-8.

Baker, T. P., Candow, D. G., & Farthing, J. P. (2016). Effect of preexercise creatine ingestion on muscle performance in healthy aging males. The Journal of Strength & Conditioning Research, 30(6), 1763-1766.

Bakian, A. V., Huber, R. S., Scholl, L., Renshaw, P. F., & Kondo, D. (2020). Dietary creatine intake and depression risk among US adults. Translational psychiatry, 10(1), 1-11.

Balestrino, M., & Adriano, E. (2019). Beyond sports: Efficacy and safety of creatine supplementation in pathological or paraphysiological conditions of brain and muscle. Medicinal research reviews, 39(6), 2427-2459.

Barzanjeh, S. P., & Dabidi Roshan, V. (2016). Effects of active recoveries with and without creatine on inflammatory markers and physical performance in young women after bouts of maximum swimming. Scientific Journal of Kurdistan University of Medical Sciences, 21(3), 100-112.

Bemben, M. G., Bemben, D. A., Loftiss, D. D., & Knehans, A. W. (2001). Creatine supplementation during resistance training in college football athletes. Medicine and science in sports and exercise, 33(10), 1667-1673.

Birch, R., Noble, D., & Greenhaff, P. L. (1994). The influence of dietary creatine supplementation on performance during repeated bouts of maximal isokinetic cycling in man. European journal of applied physiology and occupational physiology, 69(3), 268-270.

Bone, J. L., Ross, M. L., Tomcik, K. A., Jeacocke, N. A., Hopkins, W. G., & Burke, L. M. (2017). Manipulation of muscle creatine and glycogen changes DXA estimates of body composition. Medicine and science in sports and exercise, 1029-1035.

Burjanadze, G., Dachanidze, N., Kuchukashvili, Z., Chachua, M., Menabde, K., & Koshoridze, N. (2016). Investigation of Brain Creatine Levels Under the Mental Stress Conditions. Journal of Stress Physiology & Biochemistry, 12(4).

Candow, D. G., Forbes, S. C., Chilibeck, P. D., Cornish, S. M., Antonio, J., & Kreider, R. B. (2019). Effectiveness of creatine supplementation on aging muscle and bone: focus on falls prevention and inflammation. Journal of clinical medicine, 8(4), 488.

Candow, D. G., Chilibeck, P. D., & Forbes, S. C. (2014). Creatine supplementation and aging musculoskeletal health. Endocrine, 45(3), 354-361.

Candow, D. G., Forbes, S. C., & Vogt, E. (2019). Effect of pre-exercise and post-exercise creatine supplementation on bone mineral content and density in healthy aging adults. Experimental gerontology, 119, 89-92.

Candow, D. G., Zello, G. A., Ling, B., Farthing, J. P., Chilibeck, P. D., McLeod, K., ... & Johnson, S. (2014). Comparison of creatine supplementation before versus after supervised resistance training in healthy older adults. Research in Sports Medicine, 22(1), 61-74.

Candow, D. G., Chilibeck, P. D., Gordon, J., Vogt, E., Landeryou, T., Kaviani, M., & Paus-Jensen, L. (2020). Effect of 12 months of creatine supplementation and whole-body resistance training on measures of bone, muscle and strength in older males. Nutrition and Health, 0260106020975247.

Carmo, K. E. O., Pérez, D. I. V., Valido, C. N., Dos Santos, J. L., Miarka, B., Mendes-Netto, R. S., ... & Brito, C. J. (2021). Caffeine improves biochemical and specific performance after judo training: a double-blind crossover study in a real judo training situation. Nutrition & Metabolism, 18(1), 1-11.

Chwalbiñska-Moneta, J. (2003). Effect of creatine supplementation on aerobic performance and anaerobic capacity in elite rowers in the course of endurance training. International journal of sport nutrition and exercise metabolism, 13(2), 173-183.

Clarke, H., Kim, D. H., Meza, C. A., Ormsbee, M. J., & Hickner, R. C. (2020). The Evolving Applications of Creatine Supplementation: Could Creatine Improve Vascular Health?. Nutrients, 12(9), 2834.

Cooper, R., Naclerio, F., Allgrove, J., & Jimenez, A. (2012). Creatine supplementation with specific view to exercise/sports performance: an update. Journal of the International Society of Sports Nutrition, 9(1), 1-11.

Cooke, M. B., Rybalka, E., Stathis, C. G., & Hayes, A. (2018). Myoprotective potential of creatine is greater than whey protein after chemically-induced damage in rat skeletal muscle. Nutrients, 10(5), 553.

Coqueiro, A. Y., da Mata Godois, A., Raizel, R., & Tirapegui, J. (2017). Creatina como antioxidante em estados metabólicos envolvendo estresse oxidativo. Revista Brasileira de Prescrição e Fisiologia do Exercício (RBPFEX), 11(64), 128-137.

Cribb, P. J., & Hayes, A. (2006). Effects of supplement-timing and resistance exercise on skeletal muscle hypertrophy. Medicine & Science in Sports & Exercise, 38(11), 1918-1925.

de Oca, R. M. M., Farfán-González, F., Camarillo-Romero, S., Tlatempa-Sotelo, P., Francisco-Argüelles, C., Kormanowski, A., ... & Alvear-Ordenes, I. (2013). Effects of creatine supplementation in taekwondo practitioners. Nutricion hospitalaria, 28(2), 391-399.

Del Castillo, V. (2000). Monohidrato de Creatina¿ Un suplemento para todos. Revista Lecturas: Educación Física y Deportes, 5(18).

Deminice, R., Portari, G. V., Vannucchi, H., & Jordao, A. A. (2008). Effects of creatine supplementation on homocysteine levels and lipid peroxidation in rats. British journal of nutrition, 102(1), 110-116.

Dempsey, R. L., Mazzone, M. F., & Meurer, L. N. (2002). Does oral creatine supplementation improve strength? A meta-analysis. Journal of Family Practice, 51(11), 945-951.

Devries, M. C., & Phillips, S. M. (2014). Creatine supplementation during resistance training in older adults—a meta-analysis. Medicine & Science in Sports & Exercise, 46(6), 1194-1203.

Doma, K., Ramachandran, A. K., Boullosa, D., & Connor, J. (2022). The Paradoxical Effect of Creatine Monohydrate on Muscle Damage Markers: A Systematic Review and Meta-Analysis. Sports Medicine, 1-23.

Dworak, M., Kim, T., Mccarley, R. W., & Basheer, R. (2017). Creatine supplementation reduces sleep need and homeostatic sleep pressure in rats. Journal of sleep research, 26(3), 377-385.

Farshidfar, F., A Pinder, M., & B Myrie, S. (2017). Creatine supplementation and skeletal muscle metabolism for building muscle mass-review of the potential mechanisms of action. Current Protein and Peptide Science, 18(12), 1273-1287.

Forbes, S. C., Cordingley, D. M., Cornish, S. M., Gualano, B., Roschel, H., Ostojic, S. M., ... & Candow, D. G. (2022). Effects of creatine supplementation on brain function and health. Nutrients, 14(5), 921.

Forbes, S. C., Candow, D. G., Ferreira, L. H., & Souza-Junior, T. P. (2022). Effects of creatine supplementation on properties of muscle, bone, and brain function in older adults: A narrative review. Journal of Dietary Supplements, 19(3), 318-335.

Gras, D., Lanhers, C., Bagheri, R., Ugbolue, U. C., Coudeyre, E., Pereira, B., ... & Dutheil, F. (2021). Creatine supplementation and VO2max: a systematic review and meta-analysis. Critical Reviews in Food Science and Nutrition, 1-12.

Gonçalves, M. G., Medeiros, M. A., de Lemos, L. I. C., de Fátima Campos Pedrosa, L., de Andrade Santos, P. P., Abreu, B. J., & Lima, J. P. M. S. (2022). Effects of Creatine Supplementation on Histopathological and Biochemical Parameters in the Kidney and Pancreas of Streptozotocin-Induced Diabetic Rats. Nutrients, 14(3), 431.

Gotshalk, L. A., Volek, J. S., Staron, R. S., Denegar, C. R., Hagerman, F. C., & Kraemer, W. J. (2002). Creatine supplementation improves muscular performance in older men. Medicine and science in sports and exercise, 34(3), 537-543.

Gualano, B., Rawson, E. S., Candow, D. G., & Chilibeck, P. D. (2016). Creatine supplementation in the aging population: effects on skeletal muscle, bone and brain. Amino acids, 48(8), 1793-1805.

Hespel, P., Op't Eijnde, B., Leemputte, M. V., Ursø, B., Greenhaff, P. L., Labarque, V., ... & Richter, E. A. (2001). Oral creatine supplementation facilitates the rehabilitation of disuse atrophy and alters the expression of muscle myogenic factors in humans. The Journal of physiology, 536(2), 625-633.

Jäger, R., Purpura, M., Shao, A., Inoue, T., & Kreider, R. B. (2011). Analysis of the efficacy, safety, and regulatory status of novel forms of creatine. Amino acids, 40(5), 1369-1383.

Joy, J. M., Lowery, R. P., Falcone, P. H., Mosman, M. M., Vogel, R. M., Carson, L. R., ... & Moon, J. R. (2014). 28 days of creatine nitrate supplementation is apparently safe in healthy individuals. Journal of the International Society of Sports Nutrition, 11(1), 1-6.

Kaviani, M., Shaw, K., & Chilibeck, P. D. (2020). Benefits of Creatine Supplementation for Vegetarians Compared to Omnivorous Athletes: A Systematic Review. International journal of environmental research and public health, 17(9), 3041.

Kreider, R. B., Wilborn, C. D., Taylor, L., Campbell, B., Almada, A. L., Collins, R., ... & Antonio, J. (2010). ISSN exercise & sport nutrition review: research & recommendations. Journal of the international society of sports nutrition, 7(1), 1-43.

Kreider, R. B. (2003). Effects of creatine supplementation on performance and training adaptations. Molecular and cellular biochemistry, 244(1), 89-94.

Kreider, R. B., Almada, A. L., Antonio, J., Broeder, C., Earnest, C., Greenwood, M., ... & Ziegenfuss, T. N. (2004). ISSN exercise & sport nutrition review: research & recommendations. Journal of the international Society of Sports Nutrition, 1(1), 1-44.

Kreider, R. B., & Stout, J. R. (2021). Creatine in health and disease. Nutrients, 13(2), 447.

Lanhers, C., Pereira, B., Naughton, G., Trousselard, M., Lesage, F. X., & Dutheil, F. (2015). Creatine supplementation and lower limb strength performance: a systematic review and meta-analyses. Sports Medicine, 45(9), 1285-1294.

Lanhers, C., Pereira, B., Naughton, G., Trousselard, M., Lesage, F. X., & Dutheil, F. (2017). Creatine supplementation and upper limb strength performance: A systematic review and meta-analysis. Sports Medicine, 47(1), 163-173.

Lawler, J. M., Barnes, W. S., Wu, G., Song, W., & Demaree, S. (2002). Direct antioxidant properties of creatine. Biochemical and biophysical research communications, 290(1), 47-52.

Lobo, D. M., Tritto, A. C., da Silva, L. R., de Oliveira, P. B., Benatti, F. B., Roschel, H., ... & Pereira, R. M. R. (2015). Effects of long-term low-dose dietary creatine supplementation in older women. Experimental gerontology, 70, 97-104.

Lugaresi, R., Leme, M., de Salles Painelli, V., Murai, I. H., Roschel, H., Sapienza, M. T., ... & Gualano, B. (2013). Does long-term creatine supplementation impair kidney function in resistance-trained individuals consuming a high-protein diet?. Journal of the International Society of Sports Nutrition, 10(1), 1-6.

McMorris, T., Mielcarz, G., Harris, R. C., Swain, J. P., & Howard, A. (2007). Creatine supplementation and cognitive performance in elderly individuals. Aging, Neuropsychology, and Cognition, 14(5), 517-528.

Moon, A., Heywood, L., Rutherford, S. M., & Cobbold, C. (2015). Creatine supplementation in the elderly: is resistance training really needed?. Journal of Nutrition and Health Sciences, 2(2), 1-9.

Naclerio, F. (2006). Utilización del Monohidrato de Creatina como Suplemento Dietético. PubliCE Standard.

Ostojic, S. M., Stea, T. H., & Engeset, D. (2022). Creatine as a Promising Component of Paternal Preconception Diet. Nutrients, 14(3), 586.

Pazini, F. L., Cunha, M. P., & Rodrigues, A. L. S. (2019). The possible beneficial effects of creatine for the management of depression. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 89, 193-206.

Pinto, C. L., Botelho, P. B., Pimentel, G. D., Campos-Ferraz, P. L., & Mota, J. F. (2016). Creatine supplementation and glycemic control: a systematic review. Amino acids, 48(9), 2103-2129.

Poortmans, J. R., Auquier, H., Renaut, V., Durussel, A., Saugy, M., & Brisson, G. R. (1997). Effect of short-term creatine supplementation on renal responses in men. European journal of applied physiology and occupational physiology, 76(6), 566-567.

Putman, C. T., Gallo, M., Martins, K. J., MacLean, I. M., Jendral, M. J., Gordon, T., ... & Dixon, W. T. (2015). Creatine loading elevates the intracellular phosphorylation potential and alters adaptive responses of rat fast-twitch muscle to chronic low-frequency stimulation. Applied Physiology, Nutrition, and Metabolism, 40(7), 671-682.

Rawson, E. S., & Volek, J. S. (2003). Effects of creatine supplementation and resistance training on muscle strength and weightlifting performance. The Journal of Strength & Conditioning Research, 17(4), 822-831.

Rawson, E. S., Persky, A. M., Price, T. B., & Clarkson, P. M. (2004). Effects of repeated creatine supplementation on muscle, plasma, and urine creatine levels. Journal of Strength and Conditioning Research, 18(1), 162-167.

Roberts, P. A., Fox, J., Peirce, N., Jones, S. W., Casey, A., & Greenhaff, P. L. (2016). Creatine ingestion augments dietary carbohydrate mediated muscle glycogen supercompensation during the initial 24 h of recovery following prolonged exhaustive exercise in humans. Amino acids, 48(8), 1831-1842.

Roelands, B., Pluym, B., Tassignon, B., Verschueren, J. O., & Meeusen, R. (2020). Can creatine combat the mental fatigue-associated decrease in visuomotor skills?. Medicine and science in sports and exercise, 52(1), 120-130.

Roschel, H., Gualano, B., M Ostojic, S., & S Rawson, E. (2021). Creatine Supplementation and Brain Health. Nutrients, 13(2), 586.

Shao, A., & Hathcock, J. N. (2006). Risk assessment for creatine monohydrate. Regulatory Toxicology and Pharmacology, 45(3), 242-251.

Smith, R. N., Agharkar, A. S., & Gonzales, E. B. (2014). A review of creatine supplementation in age-related diseases: more than a supplement for athletes. F1000Research, 3.

Stefani, G. P., Nunes, R. B., & Rhoden, C. R. (2014). Creatine supplementation: a novel role in antioxidant system in exercise and in chronic diseases. Revista Contexto & Saúde, 14(27), 32-43.

Stefani, G. P., Nunes, R. B., Dornelles, A. Z., Alves, J. P., Piva, M. O., Di Domenico, M., ... & Dal Lago, P. (2014). Effects of creatine supplementation associated with resistance training on oxidative stress in different tissues of rats. Journal of the International Society of Sports Nutrition, 11(1), 1-9.

Tabrizi, S. J., Blamire, A. M., Manners, D. N., Rajagopalan, B., Styles, P., Schapira, A. H. V., & Warner, T. T. (2003). Creatine therapy for Huntington’s disease: clinical and MRS findings in a 1-year pilot study. Neurology, 61(1), 141-142.

Tarnopolsky, M. A. (2010). Caffeine and creatine use in sport. Annals of Nutrition and Metabolism, 57(Suppl. 2), 1-8.

Terjung, R. L., Clarkson, P., Eichner, E. R., Greenhaff, P. L., Hespel, P. J., Israel, R. G., ... & Williams, M. H. (2000). American College of Sports Medicine roundtable. The physiological and health effects of oral creatine supplementation. Medicine and science in sports and exercise, 32(3), 706-717.

Tomcik, K. A., Camera, D. M., Bone, J. L., Ross, M. L., Jeacocke, N. A., Tachtsis, B., ... & Burke, L. M. (2018). Effects of Creatine and Carbohydrate Loading on Cycling Time Trial Performance. Medicine and science in sports and exercise, 50(1), 141-150.

Turner, C. E., Byblow, W. D., & Gant, N. (2015). Creatine supplementation enhances corticomotor excitability and cognitive performance during oxygen deprivation. Journal of Neuroscience, 35(4), 1773-1780.

Watanabe, A., Kato, N., & Kato, T. (2002). Effects of creatine on mental fatigue and cerebral hemoglobin oxygenation. Neuroscience research, 42(4), 279-285.

Williams, M. H., & Branch, J. D. (1998). Creatine supplementation and exercise performance: an update. Journal of the American College of Nutrition, 17(3), 216-234.

Yáñez-Silva, A., Buzzachera, C. F., Piçarro, I. D. C., Januario, R. S., Ferreira, L. H., McAnulty, S. R., ... & Souza-Junior, T. P. (2017). Effect of low dose, short-term creatine supplementation on muscle power output in elite youth soccer players. Journal of the International Society of Sports Nutrition, 14(1), 1-8.

Cromo:

Ainscough EW, Brodie AM, Plowman JE, Bloor SJ, Sanders Loehr J, Loehr TM (1980) Studies on human lactoferrin by electron paramagnetic resonance, fluorescence, and resonance Raman spectroscopy. Biochemistry 19:4072–4079

Ainscough EW, Brodie AM, Plowman JE (1979) The chromium, manganese, cobalt, and copper complexes of human lactoferrin. Inorg Chim Acta 33:149–153

Aisen P, Aasa R, Redfield AG (1969) The chromium, manganese, and cobalt complexes of transferrin. J Biol Chem 244:4628–4633

Ani M, Moshtaghie AA (1992) The effect of chromium on parameters related to iron metabolism. Biol Trace Elem Res 32:57–64

Brownley, K. A., Von Holle, A., Hamer, R. M., La Via, M., & Bulik, C. M. (2013). A double-blind, randomized pilot trial of chromium picolinate for binge eating disorder: results of the Binge Eating and Chromium (BEACh) study. Journal of psychosomatic research, 75(1), 36-42.

Colomer J, Means AR (2007) Physiological roles of Ca2+/CaM-dependent protein kinase cascade in health and disease. Subcell Biochem 45:169–214

EFSA Panel on Dietetic Products, Nutrition, and Allergies (2014) Scientific opinion on dietary reference values for chromium. EFSA J 12:3845

Genchi, G., Lauria, G., Catalano, A., Carocci, A., & Sinicropi, M. S. (2021). The Double Face of Metals: The Intriguing Case of Chromium. Applied Sciences, 11(2), 638.

Harris DC (1977) Different metal-binding properties of the two sites of human transferrin. Biochemistry 16:560–564

Kitchalong, L., Fernandez, J. M., Bunting, L. D., Southern, L. L., & Bidner, T. D. (1995). Influence of chromium tripicolinate on glucose metabolism and nutrient partitioning in growing lambs. Journal of Animal Science, 73(9), 2694-2705.

Lau, F. C., Bagchi, M., Sen, C. K., & Bagchi, D. (2008). Nutrigenomic basis of beneficial effects of chromium (III) on obesity and diabetes. Molecular and cellular biochemistry, 317(1), 1-10.

Marmett, B., & Nunes, R. B. (2016). Effects of chromium picolinate supplementation on control of metabolic variables: A systematic review. J Food Nutr Res, 4(10), 633-9.

Moshtaghie AA, Ani M, Bazrafshan MR (1992) Comparative binding study of aluminum and chromium to human transferrin: effect of iron. Biol Trace Elem Res 32:39–46

Tang, X. L., Sun, Z., & Gong, L. (2018). Chromium supplementation in women with polycystic ovary syndrome: Systematic review and meta‐analysis. Journal of Obstetrics and Gynaecology Research, 44(1), 134-143.

Vincent JB (2014) Is chromium pharmacologically relevant? J Trace Elem Med Biol 28:397–405

Vincent JB (2013) The bioinorganic chemistry of chromium. Wiley, Chichester

Zhao, F., Pan, D., Wang, N., Xia, H., Zhang, H., Wang, S., & Sun, G. (2021). Effect of Chromium Supplementation on Blood Glucose and Lipid Levels in Patients with Type 2 Diabetes Mellitus: a Systematic Review and Meta-analysis. Biological Trace Element Research, 1-10.

Ecdisterona:

Caiping, Y., Lu, C., Changgong, D., Qian, C., Ke, J., Yuanyuan, Y., & Yuling, L. (2020). Beta-ecdysterone promotes in vitro proliferation and osteogenic differentiation of MC3T3-E1 cells. Chinese Journal of Tissue Engineering Research, 24(29), 4605.

Isenmann, E., Ambrosio, G., Joseph, J. F., Mazzarino, M., de la Torre, X., Zimmer, P., ... & Parr, M. K. (2019). Ecdysteroids as non-conventional anabolic agent: performance enhancement by ecdysterone supplementation in humans. Archives of toxicology, 93(7), 1807-1816.

Omanakuttan, A., Bose, C., Pandurangan, N., Kumar, G. B., Banerji, A., & Nair, B. G. (2016). Nitric Oxide and ERK mediates regulation of cellular processes by Ecdysterone. Experimental cell research, 346(2), 167-175.

Parr, M. K., Botrè, F., Naß, A., Hengevoss, J., Diel, P., & Wolber, G. (2015). Ecdysteroids: A novel class of anabolic agents?. Biology of sport, 32(2), 169.

Parr, M. K., Ambrosio, G., Wuest, B., Mazzarino, M., de la Torre, X., Sibilia, F., ... & Botrè, F. (2020). Targeting the administration of ecdysterone in doping control samples. Forensic Toxicology, 38(1), 172-184.

Parr, M. K., Zhao, P., Haupt, O., Ngueu, S. T., Hengevoss, J., Fritzemeier, K. H., ... & Diel, P. (2014). Estrogen receptor beta is involved in skeletal muscle hypertrophy induced by the phytoecdysteroid ecdysterone. Molecular nutrition & food research, 58(9), 1861-1872.

Roisy, M. A. U. I. (2018). PENGARUH PEMBERIAN EKSTRAK TANAMAN KROKOT (Portulaca oleracea) TERHADAP FREKUENSI MOLTING DAN PERTUMBUHAN UDANG GALAH (Macrobrachium rosenbergii) STADIA JUVENIL (Doctoral dissertation, University of Muhammadiyah Malang).

Rubanyi, G. M. (1994). Endothelins: molecular biology, biochemistry, pharmacology, physiology, and pathophysiology. Pharmacol rev, 46, 325-415.

Shihao, G., Zhengheng, T., Tunan, C., Fei, L., You'an, S., & Hua, F. (2012). Ecdysterone protects brain injury against free radical in rats. Journal of Third Military Medical University, 2012, 23.

Shuvalov, O., Fedorova, O., Tananykina, E., Gnennaya, Y., Daks, A., Petukhov, A., & Barlev, N. A. (2020). An Arthropod Hormone, Ecdysterone, Inhibits the Growth of Breast Cancer Cells via Different Mechanisms. Frontiers in Pharmacology, 11.

Shuvalov, O., Fedorova, O., Tananykina, E., Gnennaya, Y., Daks, A., Petukhov, A., & Barlev, N. A. (2020). An Arthropod Hormone, Ecdysterone, Inhibits the Growth of Breast Cancer Cells via Different Mechanisms. Frontiers in Pharmacology, 11.

Tang, Y., Mo, Y., Xin, D., Zeng, L., Yue, Z., & Xu, C. (2020). β-ecdysterone alleviates osteoarthritis by activating autophagy in chondrocytes through regulating PI3K/AKT/mTOR signal pathway. American Journal of Translational Research, 12(11), 7174.

Wang, W., Wang, T., Feng, W. Y., Wang, Z. Y., Cheng, M. S., & Wang, Y. J. (2014). Ecdysterone protects gerbil brain from temporal global cerebral ischemia/reperfusion injury via preventing neuron apoptosis and deactivating astrocytes and microglia cells. Neuroscience research, 81, 21-29.

Wu, J., Gao, L., Shang, L., Wang, G., Wei, N., Chu, T., ... & Lin, R. (2017). Ecdysterones from Rhaponticum carthamoides (Willd.) Iljin reduce hippocampal excitotoxic cell loss and upregulate mTOR signaling in rats. Fitoterapia, 119, 158-167.

Yang, S. G., Zhang, X., Sun, X. S., Ling, T. J., Feng, Y., Du, X. Y., ... & Liu, R. T. (2010). Diverse ecdysterones show different effects on amyloid-β 42 aggregation but all uniformly inhibit amyloid-β 42-induced cytotoxicity. Journal of Alzheimer's Disease, 22(1), 107-117.

Zhang, X., Xu, X., Xu, T., & Qin, S. (2014). β‐Ecdysterone Suppresses Interleukin‐1β‐Induced Apoptosis and Inflammation in Rat Chondrocytes via Inhibition of NF‐κB Signaling Pathway. Drug Development Research, 75(3), 195-201.

Zou, Y., Wang, R., Guo, H., & Dong, M. (2015). Phytoestrogen β-ecdysterone protects PC12 cells against MPP+-induced neurotoxicity in vitro: involvement of PI3K-Nrf2-regulated pathway. Toxicological Sciences, 147(1), 28-38.

ZOU, D. P., XU, Z. Z., CAO, L., & CHEN, Q. (2012). Effects of ecdysterone on oxidative stress on the renal tissues in rats with type 2 diabetes [J]. Shandong Medical Journal, 17.

Equinácea:

Bharadwaj, S., El-Kafraway, S. A., Alandijany, T. A., Bajrai, L. H., Shah, A. A., Dubey, A., ... & Dwivedi, V. D. (2021). Structure-Based Identification of Natural Products as SARS-CoV-2 Mpro Antagonist from Echinacea angustifolia Using Computational Approaches. Viruses, 13(2), 305.

Meeran, M. N., Javed, H., Sharma, C., Goyal, S. N., Kumar, S., Jha, N. K., & Ojha, S. (2021). Can Echinacea be a potential candidate to target immunity, inflammation, and infection-The trinity of coronavirus disease 2019. Heliyon, 7(2), e05990.

Sharif, K. O. M., Tufekci, E. F., Ustaoglu, B., Altunoglu, Y. C., Zengin, G., Llorent-Martínez, E. J., ... & Baloglu, M. C. (2021). Anticancer and biological properties of leaf and flower extracts of Echinacea purpurea (L.) Moench. Food Bioscience, 101005.

Zorig, A., Toko, R., Sukhbold, E., Takasugi, M., & Arai, H. (2021). Echinacea purpurea water extracts suppress the release of chemical mediators from mast cells. Bioscience, Biotechnology, and Biochemistry.

Fenogreco:

Chiou, S. Y., Sung, J. M., Huang, P. W., & Lin, S. D. (2017). Antioxidant, antidiabetic, and antihypertensive properties of Echinacea purpurea flower extract and caffeic acid derivatives using in vitro models. Journal of medicinal food, 20(2), 171-179.

Jahanian, E., Jahanian, R., Rahmani, H. R., & Alikhani, M. (2017). Dietary supplementation of Echinacea purpurea powder improved performance, serum lipid profile, and yolk oxidative stability in laying hens. Journal of Applied Animal Research, 45(1), 45-51.

Martin, T. D., Green, M. S., Whitehead, M. T., Scheett, T. P., Webster, M. J., & Hudson, G. M. (2019). Six weeks of oral Echinacea purpurea supplementation does not enhance the production of serum erythropoietin or erythropoietic status in recreationally active males with above-average aerobic fitness. Applied Physiology, Nutrition, and Metabolism, 44(7), 791-795.

Oláh, A., Szabó-Papp, J., Soeberdt, M., Knie, U., Dähnhardt-Pfeiffer, S., Abels, C., & Bíró, T. (2017). Echinacea purpurea-derived alkylamides exhibit potent anti-inflammatory effects and alleviate clinical symptoms of atopic eczema. Journal of dermatological science, 88(1), 67-77.

Schapowal, A., Klein, P., & Johnston, S. L. (2015). Echinacea reduces the risk of recurrent respiratory tract infections and complications: a meta-analysis of randomized controlled trials. Advances in therapy, 32(3), 187-200.

Tharun, G., Ramana, G., Sandhya, R., & Shravani, M. (2017). Phytochemical and pharmacological review on Echinacea. Journal of Pharmacy Research, 11(3), 249-256.

Vimalanathan, S., Schoop, R., & Suter, A. (2017). Echinacea purpurea extract can reverse respiratory virus induced secondary bacterial infection. Planta Medica International Open, 4(S 01), Tu-PO.

Gaba:

Brondino, N., Fusar-Poli, L., Panisi, C., Damiani, S., Barale, F., & Politi, P. (2016). Pharmacological modulation of GABA function in autism spectrum disorders: A systematic review of human studies. Journal of autism and developmental disorders, 46(3), 825-839.

Egerton, A., Modinos, G., Ferrera, D., & McGuire, P. (2017). Neuroimaging studies of GABA in schizophrenia: a systematic review with meta-analysis. Translational psychiatry, 7(6), e1147-e1147.

Powers, M. (2012). GABA supplementation and growth hormone response. Acute Topics in Sport Nutrition, 59, 36-46.

Powers, M. E., Yarrow, J. F., Mccoy, S. C., & Borst, S. E. (2008). Growth hormone isoform responses to GABA ingestion at rest and after exercise. Medicine and science in sports and exercise, 40(1), 104.

Savage, K., Firth, J., Stough, C., & Sarris, J. (2018). GABA‐modulating phytomedicines for anxiety: A systematic review of preclinical and clinical evidence. Phytotherapy Research, 32(1), 3-18.

Schür, R. R., Draisma, L. W., Wijnen, J. P., Boks, M. P., Koevoets, M. G., Joëls, M., ... & Vinkers, C. H. (2016). Brain GABA levels across psychiatric disorders: A systematic literature review and meta‐analysis of 1H‐MRS studies. Human brain mapping, 37(9), 3337-3352.

Yamatsu, A. (2020). Intake of 200 mg/day of γ—Aminobutyric Acid (GABA) Improves a Wide Range of Cognitive Functions―A Randomized, Double—blind, Placebo—controlled Parallel—group Clinical Trial―. 薬理と治療, 48(3), 461-474.

Zhao, Y., Wang, J., Wang, H., Huang, Y., Qi, M., Liao, S., ... & Yin, Y. (2020). Effects of GABA Supplementation on Intestinal SIgA Secretion and Gut Microbiota in the Healthy and ETEC-Infected Weanling Piglets. Mediators of inflammation, 2020.

Garcinia Camboya:

Al-Kuraishy, H. M., & Al-Gareeb, A. I. (2016). Effect of orlistat alone or in combination with Garcinia cambogia on visceral adiposity index in obese patients. Journal of intercultural ethnopharmacology, 5(4), 408.

Andueza, N., Giner, R. M., & Portillo, M. P. (2021). Risks Associated with the Use of Garcinia as a Nutritional Complement to Lose Weight. Nutrients, 13(2), 450.

Asghar, M., Monjok, E., Kouamou, G., Ohia, S. E., Bagchi, D., & Lokhandwala, M. F. (2007). Super CitriMax (HCA-SX) attenuates increases in oxidative stress, inflammation, insulin resistance, and body weight in developing obese Zucker rats. Molecular and cellular biochemistry, 304(1), 93-99.

Cheng, I. S., Huang, S. W., Lu, H. C., Wu, C. L., Chu, Y. C., Lee, S. D., ... & Kuo, C. H. (2012). Oral hydroxycitrate supplementation enhances glycogen synthesis in exercised human skeletal muscle. British Journal of Nutrition, 107(7), 1048-1055.

Cotovio, G., & Oliveira-Maia, A. J. (2017). Hypomania induced by a Garcinia cambogia supplement. Australian & New Zealand Journal of Psychiatry, 51(6), 641-642.

Crescioli, G., Lombardi, N., Bettiol, A., Marconi, E., Risaliti, F., Bertoni, M., ... & Vannacci, A. (2018). Acute liver injury following Garcinia cambogia weight-loss supplementation: case series and literature review. Internal and emergency medicine, 13(6), 857-872.

Cruz, A. C., Pinto, A. H., Costa, C. D., Oliveira, L. P., Oliveira-Neto, J. R., & Cunha, L. C. (2021). Food-Effect on (−)–Hydroxycitric Acid Absorption After Oral Administration of Garcinia cambogia Extract Formulation: a Phase I, Randomized, Cross-Over Study. Journal of Pharmaceutical Sciences, 110(2), 693-697.

dos Reis, S. B., de Oliveira, C. C., Acedo, S. C., da Conceição Miranda, D. D., Ribeiro, M. L., Pedrazzoli Jr, J., & Gambero, A. (2009). Attenuation of colitis injury in rats using Garcinia cambogia extract. Phytotherapy Research: An International Journal Devoted to Pharmacological and Toxicological Evaluation of Natural Product Derivatives, 23(3), 324-329.

Goudarzvand, M., Afraei, S., Yaslianifard, S., Ghiasy, S., Sadri, G., Kalvandi, M., ... & Azizi, G. (2016). Hydroxycitric acid ameliorates inflammation and oxidative stress in mouse models of multiple sclerosis. Neural regeneration research, 11(10), 1610.

Gürsel, F. E., Ateş, A., Bilal, T., & Altiner, A. (2012). Effect of dietary Garcinia cambogia extract on serum essential minerals (calcium, phosphorus, magnesium) and trace elements (iron, copper, zinc) in rats fed with high-lipid diet. Biological trace element research, 148(3), 378-382.

Hatzivassiliou, G., Zhao, F., Bauer, D. E., Andreadis, C., Shaw, A. N., Dhanak, D., ... & Thompson, C. B. (2005). ATP citrate lyase inhibition can suppress tumor cell growth. Cancer cell, 8(4), 311-321.

Hayamizu, K., Hirakawa, H., Oikawa, D., Nakanishi, T., Takagi, T., Tachibana, T., & Furuse, M. (2003). Effect of Garcinia cambogia extract on serum leptin and insulin in mice. Fitoterapia, 74(3), 267-273.

Hu, J., Komakula, A., & Fraser, M. E. (2017). Binding of hydroxycitrate to human ATP-citrate lyase. Acta Crystallographica Section D: Structural Biology, 73(8), 660-671.

Hyvernat, H., Vandenbos, F., Anty, R., Barel, R., Demarquay, J. F., Saint-Paul, M. C., & Bernardin, G. (2004). Hépatite fulminante après une dose thérapeutique de paracétamol chez un alcoolique chronique. La Revue de médecine interne, 3(25), 252-253.

Iinuma, M., Ito, T., Miyake, R., Tosa, H., Tanaka, T., & Chelladurai, V. (1998). A xanthone from Garcinia cambogia. Phytochemistry, 47(6), 1169-1170.

Kan, W. L. T., Yin, C., Xu, H. X., Xu, G., To, K. K. W., Cho, C. H., ... & Lin, G. (2013). Antitumor effects of novel compound, guttiferone K, on colon cancer by p21Waf1/Cip1‐mediated G0/G1 cell cycle arrest and apoptosis. International journal of cancer, 132(3), 707-716.

Konziase, B. (2015). Protective activity of biflavanones from Garcinia kola against Plasmodium infection. Journal of ethnopharmacology, 172, 214-218.

Koshy, A. S., & Vijayalakshmi, N. R. (2001). Impact of certain flavonoids on lipid profiles—potential action of Garcinia cambogia flavonoids. Phytotherapy Research, 15(5), 395-400.

Lewis, Y. S., & Neelakantan, S. (1965). (−)-Hydroxycitric acid—the principal acid in the fruits of Garcinia cambogia desr. Phytochemistry, 4(4), 619-625.

Lim, K., Ryu, S., Nho, H. S., Choi, S. K., KWOW, T., Suh, H., ... & Shigematsu, N. (2003). (-)-Hydroxycitric acid ingestion increases fat utilization during exercise in untrained women. Journal of nutritional science and vitaminology, 49(3), 163-167.

Lim, K., Ryu, S., Ohishi, Y., Watanabe, I., Tomi, H., Suh, H., ... & Kwon, T. (2002). Short-term (-)-hydroxycitrate ingestion increases fat oxidation during exercise in athletes. Journal of nutritional science and vitaminology, 48(2), 128-133.

Lim, H., Kwon, D. E., Park, P. J., Bin, B. H., Kim, S. B., Park, S. Y., ... & Kim, S. T. (2021). Topical Delivery of Nanosized Hydroxycitric Acid Enriched Extract-Loaded Ethosomes for Suppression of Lipid Droplet Deposition. Journal of Nanoscience and Nanotechnology, 21(7), 4089-4092.

Liu, C., Ho, P. C. L., Wong, F. C., Sethi, G., Wang, L. Z., & Goh, B. C. (2015). Garcinol: Current status of its anti-oxidative, anti-inflammatory and anti-cancer effects. Cancer letters, 362(1), 8-14.

Lunsford, K. E., Bodzin, A. S., Reino, D. C., Wang, H. L., & Busuttil, R. W. (2016). Dangerous dietary supplements: Garcinia cambogia-associated hepatic failure requiring transplantation. World journal of gastroenterology, 22(45), 10071.

Mahendran, P., Vanisree, A. J., & Shyamala Devi, C. S. (2002). The antiulcer activity of Garcinia cambogia extract against indomethacin‐induced gastric ulcer in rats. Phytotherapy research, 16(1), 80-83.

Mas Ordeig, A., & Bordón García, N. (2020). Hepatotoxicidad por Garcinia cambogia. Gastroenterol. hepatol.(Ed. impr.), 134-135.

Mathew, G. E., Mathew, B., Shaneeb, M. M., & Nyanthara, B. (2011). Diuretic activity of leaves of Garcinia cambogia in rats. Indian journal of pharmaceutical sciences, 73(2), 228.

Melendez-Rosado, J., Snipelisky, D., Matcha, G., & Stancampiano, F. (2015). Acute hepatitis induced by pure Garcinia cambogia. Journal of Clinical Gastroenterology, 49(5), 449-450.

Preuss, H. G., Bagchi, D., Bagchi, M., Rao, C. S., Dey, D. K., & Satyanarayana, S. (2004). Effects of a natural extract of (–)‐hydroxycitric acid (HCA‐SX) and a combination of HCA‐SX plus niacin‐bound chromium and Gymnema sylvestre extract on weight loss. Diabetes, Obesity and Metabolism, 6(3), 171-180.

Ohia, S. E., Awe, S. O., LeDay, A. M., Opere, C. A., & Bagchi, D. (2001). Effect of hydroxycitric acid on serotonin release from isolated rat brain cortex. Research Communications in Molecular Pathology and Pharmacology, 109(3-4), 210-216.

Preuss, H. G., Garis, R. I., Bramble, J. D., Bagchi, D., Bagchi, M., Rao, C. V., & Satyanarayana, S. (2005). Efficacy of a novel calcium/potassium salt of (-)-hydroxycitric acid in weight control. International Journal of Clinical Pharmacology Research, 25(3), 133-144.

Ramos, R. R., Saenz, J. F., & Aguilar, M. C. (1996). Control of obesity with Garcinia cambogia extract. Investigacion Medica Internacional, 22(3), 97-100.

Sharma, K., Kang, S., Gong, D., Oh, S. H., Park, E. Y., Oak, M. H., & Yi, E. (2018). Combination of Garcinia cambogia extract and pear pomace extract additively suppresses adipogenesis and enhances lipolysis in 3T3-L1 cells. Pharmacognosy magazine, 14(54), 220.

Shivakumar, S., Sandhiya, S., Subhasree, N., Agrawal, A., & Dubey, G. P. (2013). In vitro assessment of antibacterial and antioxidant activities of fruit rind extracts of Garcinia cambogia. L. Int J Pharm Pharm Sci, 5(2), 254-257.

Sullivan, A. C., Triscari, J., Hamilton, J. G., & Ontko, J. A. (1977). Hypolipidemic activity of (−)-hydroxycitrate. Lipids, 12(1), 1-9.

Thazhath, S. S., Wu, T., Bound, M. J., Checklin, H. L., Standfield, S., Jones, K. L., ... & Rayner, C. K. (2016). Effects of intraduodenal hydroxycitrate on glucose absorption, incretin release, and glycemia in response to intraduodenal glucose infusion in health and type 2 diabetes: a randomised controlled trial. Nutrition, 32(5), 553-559.

Vasques, C. A., Schneider, R., Klein‐Júnior, L. C., Falavigna, A., Piazza, I., & Rossetto, S. (2014). Hypolipemic effect of Garcinia cambogia in obese women. Phytotherapy Research, 28(6), 887-891.

Wielinga, P. Y., Wachters-Hagedoorn, R. E., Bouter, B., van Dijk, T. H., Stellaard, F., Nieuwenhuizen, A. G., ... & Scheurink, A. J. (2005). Hydroxycitric acid delays intestinal glucose absorption in rats. American Journal of Physiology-Gastrointestinal and Liver Physiology, 288(6), G1144-G1149.

Ginkgo Biloba:

Banin, R. M., Machado, M. M. F., de Andrade, I. S., Carvalho, L. O. T., Hirata, B. K. S., de Andrade, H. M., ... & Telles, M. M. (2021). Ginkgo biloba extract (GbE) attenuates obesity and anxious/depressive-like behaviours induced by ovariectomy. Scientific Reports, 11(1), 1-14.

Chang, T. T., Chen, Y. A., Li, S. Y., & Chen, J. W. (2021). Nrf-2 mediated heme oxygenase-1 activation contributes to the anti-inflammatory and renal protective effects of Ginkgo biloba extract in diabetic nephropathy. Journal of Ethnopharmacology, 266, 113474.

Dziwenka, M., & Coppock, R. W. (2021). Ginkgo biloba. In Nutraceuticals (pp. 835-852). Academic Press.

Kandiah, N., Chan, Y. F., Chen, C., Dasig, D., Dominguez, J., Han, S. H., ... & Ihl, R. (2021). Strategies for the use of Ginkgo biloba extract, EGb 761®, in the treatment and management of mild cognitive impairment in Asia: Expert consensus. CNS neuroscience & therapeutics, 27(2), 149-162.

Li, Y., Xu, C., Wang, H., Liu, X., Jiang, L., Liang, S., ... & Wang, Y. (2021). Systems pharmacology reveals the multi-level synergetic mechanism of action of Ginkgo biloba L. leaves for cardiomyopathy treatment. Journal of Ethnopharmacology, 264, 113279.

Savaskan, E., Mueller, H., Hoerr, R., von Gunten, A., & Gauthier, S. (2018). Treatment effects of Ginkgo biloba extract EGb 761® on the spectrum of behavioral and psychological symptoms of dementia: meta-analysis of randomized controlled trials. International psychogeriatrics, 30(3), 285-293.

Tomino, C., Ilari, S., Solfrizzi, V., Malafoglia, V., Zilio, G., Russo, P., ... & Rossini, P. M. (2021). Mild Cognitive Impairment and Mild Dementia: The Role of Ginkgo biloba (EGb 761®). Pharmaceuticals, 14(4), 305.

Yang, Y., Li, Y., Wang, J., Sun, K., Tao, W., Wang, Z., ... & Wang, Y. (2017). Systematic investigation of Ginkgo biloba leaves for treating cardio-cerebrovascular diseases in an animal model. ACS Chemical Biology, 12(5), 1363-1372.

Ginseng:

Caldwell, L. K., DuPont, W. H., Beeler, M. K., Post, E. M., Barnhart, E. C., Hardesty, V. H., ... & Kraemer, W. J. (2018). The effects of a Korean ginseng, GINST15, on perceptual effort, psychomotor performance, and physical performance in men and women. Journal of sports science & medicine, 17(1), 92.

Cho, J. H., Kim, K. W., Park, H. S., Yoon, Y. J., & Song, M. Y. (2017). Anti-obesity effect of Panax Ginseng in animal models: study protocol for a systematic review and meta-analysis. Journal of Korean Medicine for Obesity Research, 17(1), 37-45.

Estaki, M., & Noble, E. G. (2015). North American ginseng protects against muscle damage and reduces neutrophil infiltration after an acute bout of downhill running in rats. Applied Physiology, Nutrition, and Metabolism, 40(2), 116-121.

Gui, Q. F., Xu, Z. R., Xu, K. Y., & Yang, Y. M. (2016). The efficacy of ginseng-related therapies in type 2 diabetes mellitus: an updated systematic review and meta-analysis. Medicine, 95(6).

Komishon, A. M., Shishtar, E., Ha, V., Sievenpiper, J. L., de Souza, R. J., Jovanovski, E., ... & Vuksan, V. (2016). The effect of ginseng (genus Panax) on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials. Journal of human hypertension, 30(10), 619-626.

Lee, H. W., Lim, H. J., Jun, J. H., Choi, J., & Lee, M. S. (2017). Ginseng for treating hypertension: a systematic review and meta-analysis of double blind, randomized, placebo-controlled trials. Current vascular pharmacology, 15(6), 549-556.

Lee, J. S., Lee, Y. N., Lee, Y. T., Hwang, H. S., Kim, K. H., Ko, E. J., ... & Kang, S. M. (2015). Ginseng protects against respiratory syncytial virus by modulating multiple immune cells and inhibiting viral replication. Nutrients, 7(2), 1021-1036.

Lee, H., Lee, S., Jeong, D., & Kim, S. J. (2018). Ginsenoside Rh2 epigenetically regulates cell-mediated immune pathway to inhibit proliferation of MCF-7 breast cancer cells. Journal of ginseng research, 42(4), 455-462.

Liu, W., Leng, J., Hou, J. G., Jiang, S., Wang, Z., Liu, Z., ... & Li, W. (2021). Saponins derived from the stems and leaves of Panax ginseng attenuate scrotal heat‐induced spermatogenic damage via inhibiting the MAPK mediated oxidative stress and apoptosis in mice. Phytotherapy Research, 35(1), 311-323.

McElhaney, J. E., Goel, V., Toane, B., Hooten, J., & Shan, J. J. (2006). Efficacy of COLD-fX in the prevention of respiratory symptoms in community-dwelling adults: a randomized, double-blinded, placebo controlled trial. Journal of Alternative & Complementary Medicine, 12(2), 153-157.

Ossoukhova, A., Owen, L., Savage, K., Meyer, M., Ibarra, A., Roller, M., ... & Scholey, A. (2015). Improved working memory performance following administration of a single dose of American ginseng (Panax quinquefolius L.) to healthy middle‐age adults. Human Psychopharmacology: Clinical and Experimental, 30(2), 108-122.

Predy, G. N., Goel, V., Lovlin, R., Donner, A., Stitt, L., & Basu, T. K. (2005). Efficacy of an extract of North American ginseng containing poly-furanosyl-pyranosyl-saccharides for preventing upper respiratory tract infections: a randomized controlled trial. Cmaj, 173(9), 1043-1048.

Senchina, D. S. (2017). Beyond Ginseng And Echinacea: A Meta-analysis Of Herbal Supplement Use By Athletes: 3262 Board# 167 June 2 2: 00 PM-3: 30 PM. Medicine & Science in Sports & Exercise, 49(5S), 929.

Wang, C. Z., & Yuan, C. S. (2008). Potential role of ginseng in the treatment of colorectal cancer. The American journal of Chinese medicine, 36(06), 1019-1028.

Wang, Y., Yang, G., Gong, J., Lu, F., Diao, Q., Sun, J., ... & Liu, J. (2016). Ginseng for Alzheimer's disease: a systematic review and meta-analysis of randomized controlled trials. Current topics in medicinal chemistry, 16(5), 529-536.

Zhang, Q., Yang, C., Zhang, M., Lu, X., Cao, W., Xie, C., ... & Geng, S. (2021). Protective effects of ginseng stem-leaf saponins on D-galactose-induced reproductive injury in male mice. Aging, 13.

Glicina:

Buchman, A. L., O'Brien, W., Ou, C. N., Rognerud, C., Alvarez, M., Dennis, K., & Ahn, C. (1999). The effect of arginine or glycine supplementation on gastrointestinal function, muscle injury, serum amino acid concentrations and performance during a marathon run. International journal of sports medicine, 20(05), 315-321.

Geeraerts, S. L., Heylen, E., De Keersmaecker, K., & Kampen, K. R. (2021). The ins and outs of serine and glycine metabolism in cancer. Nature Metabolism, 1-11.

Mostyn, S. N., Carland, J. E., Shimmon, S., Ryan, R. M., Rawling, T., & Vandenberg, R. J. (2017). Synthesis and characterization of novel acyl-glycine inhibitors of GlyT2. ACS chemical neuroscience, 8(9), 1949-1959.

Nigdelioglu, R., Hamanaka, R. B., Meliton, A. Y., O'Leary, E., Witt, L. J., Sun, K., ... & Mutlu, G. M. (2017). De Novo Serine/Glycine Synthesis Is Required For TGF-β-Induced Collagen Production In Human Lung Fibroblasts. In C107. MITOCHONDRIA AND METABOLIC ALTERATIONS IN LUNG DISEASE (pp. A6927-A6927). American Thoracic Society.

Rasmussen, B. F., Ennis, M. A., Dyer, R. A., Lim, K., & Elango, R. (2021). Glycine, a dispensable amino acid, is conditionally indispensable in late stages of human pregnancy. The Journal of Nutrition, 151(2), 361-369.

Tajan, M., Hennequart, M., Cheung, E. C., Zani, F., Hock, A. K., Legrave, N., ... & Vousden, K. H. (2021). Serine synthesis pathway inhibition cooperates with dietary serine and glycine limitation for cancer therapy. Nature communications, 12(1), 1-16.

van Bergenhenegouwen, J., Braber, S., Loonstra, R., Buurman, N., Rutten, L., Knipping, K., ... & Hartog, A. (2018). Oral exposure to the free amino acid glycine inhibits the acute allergic response in a model of cow's milk allergy in mice. Nutrition Research, 58, 95-105.

Vargas, M. H., Del-Razo-Rodríguez, R., López-García, A., Lezana-Fernández, J. L., Chávez, J., Furuya, M. E., & Marín-Santana, J. C. (2017). Effect of oral glycine on the clinical, spirometric and inflammatory status in subjects with cystic fibrosis: a pilot randomized trial. BMC pulmonary medicine, 17(1), 1-12.

Wang, W., Dai, Z., Wu, Z., Lin, G., Jia, S., Hu, S., ... & Wu, G. (2014). Glycine is a nutritionally essential amino acid for maximal growth of milk-fed young pigs. Amino acids, 46(8), 2037-2045.

Wang, W., Wu, Z., Dai, Z., Yang, Y., Wang, J., & Wu, G. (2013). Glycine metabolism in animals and humans: implications for nutrition and health. Amino acids, 45(3), 463-477.

Glucosamina:

Angelides, S., & Manolios, N. (2021). Correspondence on ‘Glucosamine and O-GlcNAcylation: a novel immunometabolic therapeutic target for OA and chronic, low-grade systemic inflammation?’. Annals of the Rheumatic Diseases.

Biggee, B. A., Blinn, C. M., McAlindon, T. E., Nuite, M., & Silbert, J. E. (2006). Low levels of human serum glucosamine after ingestion of glucosamine sulphate relative to capability for peripheral effectiveness. Annals of the rheumatic diseases, 65(2), 222-226.

Black, C., Clar, C., Henderson, R., MacEachern, C., McNamee, P., Quayyum, Z., ... & Thomas, S. (2009). The clinical effectiveness of glucosamine and chondroitin supplements in slowing or arresting progression of osteoarthritis of the knee: a systematic review and economic evaluation. NIHR Health Technology Assessment programme: Executive Summaries.

Calamia, V., Mateos, J., Fernández-Puente, P., Lourido, L., Montell, E., Vergés, J., ... & Blanco, F. J. (2012). Synergistic chondroprotective effect of chondrotin sulfate and glucosamine: a pharmacoproteomic study. Osteoarthritis and Cartilage, 20, S35-S36.

Cohen, M., Wolfe, R., Mai, T., & Lewis, D. (2003). A randomized, double blind, placebo controlled trial of a topical cream containing glucosamine sulfate, chondroitin sulfate, and camphor for osteoarthritis of the knee. The Journal of Rheumatology, 30(3), 523-528.

Dostrovsky, N. R., Towheed, T. E., Hudson, R. W., & Anastassiades, T. P. (2011). The effect of glucosamine on glucose metabolism in humans: a systematic review of the literature. Osteoarthritis and Cartilage, 19(4), 375-380.

Hoffer, L. J., Kaplan, L. N., Hamadeh, M. J., Grigoriu, A. C., & Baron, M. (2001). Sulfate could mediate the therapeutic effect of glucosamine sulfate. Metabolism-Clinical and Experimental, 50(7), 767-770.

Kanzaki, N., Ono, Y., Shibata, H., & Moritani, T. (2015). Glucosamine-containing supplement improves locomotor functions in subjects with knee pain: a randomized, double-blind, placebo-controlled study. Clinical interventions in aging, 10, 1743.

Kongtharvonskul, J., Anothaisintawee, T., McEvoy, M., Attia, J., Woratanarat, P., & Thakkinstian, A. (2015). Efficacy and safety of glucosamine, diacerein, and NSAIDs in osteoarthritis knee: a systematic review and network meta-analysis. European journal of medical research, 20(1), 1-11.

Philippi, A. F., Leffler, C. T., Leffler, S. G., Mosure, J. C., & Kim, P. D. (1999). Glucosamine, chondroitin, and manganese ascorbate for degenerative joint disease of the knee or low back: a randomized, double-blind, placebo-controlled pilot study. Military medicine, 164(2), 85-91.

Poolsup, N., Suthisisang, C., Channark, P., & Kittikulsuth, W. (2005). Glucosamine long-term treatment and the progression of knee osteoarthritis: systematic review of randomized controlled trials. Annals of Pharmacotherapy, 39(6), 1080-1087.

Ogata, T., Ideno, Y., Akai, M., Seichi, A., Hagino, H., Iwaya, T., ... & Hayashi, K. (2018). Effects of glucosamine in patients with osteoarthritis of the knee: a syst

Rancourt, A., Dufresne, S. S., St‐Pierre, G., Lévesque, J. C., Nakamura, H., Kikuchi, Y., ... & Sato, S. (2018). Galectin‐3 and N‐acetylglucosamine promote myogenesis and improve skeletal muscle function in the mdx model of Duchenne muscular dystrophy. The FASEB Journal, 32(12), 6445-6455.

Reginster, J. Y., Deroisy, R., Rovati, L. C., Lee, R. L., Lejeune, E., Bruyere, O., ... & Gossett, C. (2001). Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomised, placebo-controlled clinical trial. The Lancet, 357(9252), 251-256.

Runhaar, J., Rozendaal, R. M., van Middelkoop, M., Bijlsma, H. J., Doherty, M., Dziedzic, K. S., ... & Zeinstra, S. B. (2017). Subgroup analyses of the effectiveness of oral glucosamine for knee and hip osteoarthritis: a systematic review and individual patient data meta-analysis from the OA trial bank. Annals of the rheumatic diseases, 76(11), 1862-1869.

Scholtissen, S., Bruyère, O., Neuprez, A., Severens, J. L., Herrero‐Beaumont, G., Rovati, L., ... & Reginster, J. Y. (2010). Glucosamine sulphate in the treatment of knee osteoarthritis: cost‐effectiveness comparison with paracetamol. International journal of clinical practice, 64(6), 756-762.

Shmagel, A., Demmer, R., Knights, D., Butler, M., Langsetmo, L., Lane, N. E., & Ensrud, K. (2019). The effects of glucosamine and chondroitin sulfate on gut microbial composition: a systematic review of evidence from animal and human studies. Nutrients, 11(2), 294.

Tant, L., Gillard, B., & Appelboom, T. (2005). Open-label, randomized, controlled pilot study of the effects of a glucosamine complex on low back pain. Current therapeutic research, 66(6), 511-521.

Train, A., Moe, S., & Allan, G. M. (2021). Are glucosamine and chondroitin natural remedies for osteoarthritis?. Canadian Family Physician, 67(2), 111-111.

Glutamina:

Aghakhani, L., & Massoumi, S. J. (2019). Effects of Glutamine, Growth Hormone and Modified Diet in Short Bowel Syndrome: A Systematic Review. International Journal of Nutrition Sciences, 4(1), 2-8.

Ahmadi, A. R., Rayyani, E., Bahreini, M., & Mansoori, A. (2019). The effect of glutamine supplementation on athletic performance, body composition, and immune function: A systematic review and a meta-analysis of clinical trials. Clinical Nutrition, 38(3), 1076-1091.

Akobeng, A. K., Elawad, M., & Gordon, M. (2016). Glutamine for induction of remission in Crohn's disease. Cochrane Database of Systematic Reviews, (2).

Altman, B. J., Stine, Z. E., Hsieh, A. L., Deberardinis, R. J., & Dang, C. V. (2015). Mammalian glutamine metabolism controls circadian rhythm through regulation of reactive oxygen species.

Bollhalder, L., Pfeil, A. M., Tomonaga, Y., & Schwenkglenks, M. (2013). A systematic literature review and meta-analysis of randomized clinical trials of parenteral glutamine supplementation. Clinical nutrition, 32(2), 213-223.

Bharadwaj, S., Singh, M., Kirtipal, N., & Kang, S. G. (2021). SARS-CoV-2 and glutamine: SARS-CoV-2 triggered pathogenesis via metabolic reprograming of glutamine in host cells. Frontiers in Molecular Biosciences, 7, 462.

Camilleri, Á., Madsen, K., Spiller, R., Van Meerveld, B. G., & Verne, G. N. (2012). Intestinal barrier function in health and gastrointestinal disease. Neurogastroenterology & Motility, 24(6), 503-512.

Cruzat, V. F., Bittencourt, A., Scomazzon, S. P., Leite, J. S. M., de Bittencourt Jr, P. I. H., & Tirapegui, J. (2014). Oral free and dipeptide forms of glutamine supplementation attenuate oxidative stress and inflammation induced by endotoxemia. Nutrition, 30(5), 602-611.

Cruzat, V., Macedo Rogero, M., Noel Keane, K., Curi, R., & Newsholme, P. (2018). Glutamine: metabolism and immune function, supplementation and clinical translation. Nutrients, 10(11), 1564.

Cunha, A. Maximizing Excess Post-Exercise Oxygen Consumption aka EPOC| Run, Don't Cycle, Split Your Training Session in Two Intervals Instead of Doing One Long Session a Day!.

de Lemos, H. P., Lemos, A. L. A., Atallah, Á. N., & Soares, B. (2004). Glutamine supplementation in enteral or parenteral nutrition for the incidence of mucositis in colorectal cancer. Cochrane Database of Systematic Reviews, (1).

de Souza, A. Z. Z., Zambom, A. Z., Abboud, K. Y., Reis, S. K., Tannihão, F., Guadagnini, D., ... & Prada, P. O. (2015). Oral supplementation with L-glutamine alters gut microbiota of obese and overweight adults: A pilot study. Nutrition, 31(6), 884-889.

Du, Y. T., Piscitelli, D., Ahmad, S., Trahair, L. G., Greenfield, J. R., Samocha-Bonet, D., ... & Jones, K. L. (2018). Effects of Glutamine on Gastric Emptying of Low-and High-Nutrient Drinks in Healthy Young Subjects—Impact on Glycaemia. Nutrients, 10(6), 739.

Hakimi, M., Mohamadi, M. A., & Ghaderi, Z. (2012). The effects of glutamine supplementation on performance and hormonal responses in non-athlete male students during eight week resistance training.

Kaldirimci, M., Sajedi, H., Sam, C. T., Mizrak, O., & Kavurmaci, H. (2015). Glutamine Supplementation and Basketball Players Power Performance Changes. Journal of Sports Science, 3, 298-304.

Kang, K., Shu, X. L., Zhang, Y. S., Liu, X. L., & Zhao, J. (2015). Effect of glutamine enriched nutrition support on surgical patients with gastrointestinal tumor: A meta-analysis of randomized controlled trials. Chinese medical journal, 128(2), 245.

Khorshidi-Hosseini, M., & Nakhostin-Roohi, B. (2013). Effect of glutamine and maltodextrin acute supplementation on anaerobic power. Asian journal of sports medicine, 4(2), 131.

Kim, H. (2011). Glutamine as an immunonutrient. Yonsei medical journal, 52(6), 892.

Legault, Z., Bagnall, N., & Kimmerly, D. S. (2015). The influence of oral L-glutamine supplementation on muscle strength recovery and soreness following unilateral knee extension eccentric exercise. International journal of sport nutrition and exercise metabolism, 25(5), 417-426.

Liang, S. B., Liang, C. H., Yang, S. H., Li, Y. Q., Tian, Z. Y., Robinson, N., & Liu, J. P. (2019). Clinical effects and safety of Compound Glutamine Entersoluble Capsules for diarrhea-predominant irritable bowel syndrome: A systematic review and meta-analysis. European Journal of Integrative Medicine, 32, 101005.

Lin, J. J., Chung, X. J., Yang, C. Y., & Lau, H. L. (2013). A meta-analysis of trials using the intention to treat principle for glutamine supplementation in critically ill patients with burn. Burns, 39(4), 565-570.

Neu, J., Roig, J. C., Meetze, W. H., Veerman, M., Carter, C., Millsaps, M., ... & Center, C. R. (1997). Enteral glutamine supplementation for very low birth weight infants decreases morbidity. The Journal of pediatrics, 131(5), 691-699.

Pimentel, R. F. W., & Fernandes, S. L. (2020). Effects of parenteral glutamine in critically ill surgical patients: a systematic review and meta-analysis. Nutricion hospitalaria, 34(3), 616-621.

Paixão, V., Almeida, E. B., Amaral, J. B., Roseira, T., Monteiro, F. R., Foster, R., ... & Bachi, A. L. (2021). Elderly Subjects Supplemented with L-Glutamine Shows an Improvement of Mucosal Immunity in the Upper Airways in Response to Influenza Virus Vaccination. Vaccines, 9(2), 107.

Piattoly, T. J. (2005). L-glutamine supplementation: Effects on recovery from exercise.

Pruna, G. J., Hoffman, J. R., McCormack, W. P., Jajtner, A. R., Townsend, J. R., Bohner, J. D., ... & Fukuda, D. H. (2016). Effect of acute L-Alanyl-L-Glutamine and electrolyte ingestion on cognitive function and reaction time following endurance exercise. European journal of sport science, 16(1), 72-79.

Pugh, J. N., Sage, S., Hutson, M., Doran, D. A., Fleming, S. C., Highton, J., ... & Close, G. L. (2017). Glutamine supplementation reduces markers of intestinal permeability during running in the heat in a dose-dependent manner. European journal of applied physiology, 117(12), 2569-2577.

Quisirumbay-Gaibor, J. (2020). Meta-analysis of the effect of glutamine dietary inclusion on productive performance in piglets. LA GRANJA. Revista de Ciencias de la Vida, 31(1), 86-97.

Rao, R., & Samak, G. (2012). Role of glutamine in protection of intestinal epithelial tight junctions. Journal of epithelial biology & pharmacology, 5(Suppl 1-M7), 47.

Rhoads, J. M., & Wu, G. (2009). Glutamine, arginine, and leucine signaling in the intestine. Amino acids, 37(1), 111-122.

Sayles, C., Hickerson, S. C., Bhat, R. R., Hall, J., Garey, K. W., & Trivedi, M. V. (2016). Oral glutamine in preventing treatment‐related mucositis in adult patients with cancer: a systematic review. Nutrition in Clinical Practice, 31(2), 171-179.

Schanuel, C. M., Dias, E. N., & Ferreira, A. P. (2019). Glutamine as A Therapeutic Strategy in Inflammatory Bowel Diseases: A Systematic Review. Gastroint Hepatol Dig Dis, 2(2), 1-6.

Shu, X. L., Yu, T. T., Kang, K., & Zhao, J. (2016). Effects of glutamine on markers of intestinal inflammatory response and mucosal permeability in abdominal surgery patients: A meta-analysis. Experimental and therapeutic medicine, 12(6), 3499-3506.

Sun, Y., Zhu, S., Li, S., & Liu, H. (2020). Glutamine on critical-ill patients: a systematic review and meta-analysis. Annals of Palliative Medicine.

Suzuki, T. (2013). Regulation of intestinal epithelial permeability by tight junctions. Cellular and molecular life sciences, 70(4), 631-659.

Stadtman, E. R., Ginsburg, A., Ciardi, J. E., Yeh, J., Hennig, S. B., & Shapiro, B. M. (1970). Multiple molecular forms of glutamine synthetase produced by enzyme catalyzed adenylylation and deadenylylation reactions. Advances in enzyme regulation, 8, 99-118.

Strigun, A., Reszka, R., Schiewe, H. J., Laine, J. P., & Rennefahrt, U. (2015). Dissecting by 13C tracers the utilization of glucose and glutamine for the synthesis of fatty acids in triple negative breast cancer cells.

Tajari, S. N., Rezaee, M., & Gheidi, N. (2010). Assessment of the effect of L-glutamine supplementation on DOMS. British Journal of Sports Medicine, 44(Suppl 1), i43-i43.

Wang, B., Wu, G., Zhou, Z., Dai, Z., Sun, Y., Ji, Y., ... & Wu, Z. (2015). Glutamine and intestinal barrier function. Amino acids, 47(10), 2143-2154.

Wang, W., Choi, R. H., Solares, G. J., Tseng, H. M., Ding, Z., Kim, K., & Ivy, J. L. (2015). L-Alanylglutamine inhibits signaling proteins that activate protein degradation, but does not affect proteins that activate protein synthesis after an acute resistance exercise. Amino acids, 47(7), 1389-1398.

Wilkinson, S. B., Kim, P. L., Armstrong, D., & Phillips, S. M. (2006). Addition of glutamine to essential amino acids and carbohydrate does not enhance anabolism in young human males following exercise. Applied physiology, nutrition, and metabolism, 31(5), 518-529.

Glutatión:

Aoi, W., Ogaya, Y., Takami, M., Konishi, T., Sauchi, Y., Park, E. Y., ... & Higashi, A. (2015). Glutathione supplementation suppresses muscle fatigue induced by prolonged exercise via improved aerobic metabolism. Journal of the International Society of Sports Nutrition, 12(1), 1-8.

Basri, N. R. H., Mohktar, M. S., Zaman, W. S. W. K., & Yusof, H. I. M. (2017, December). The Effects of Oral Glutathione Supplementation on Human Volunteers: An Observation on Metabolic Syndrome Status. In International Conference for Innovation in Biomedical Engineering and Life Sciences (pp. 219-224). Springer, Singapore.

Campolo, J., Bernardi, S., Cozzi, L., Rocchiccioli, S., Dellanoce, C., Cecchettini, A., ... & Parodi, O. (2017). Medium-term effect of sublingual l-glutathione supplementation on flow-mediated dilation in subjects with cardiovascular risk factors. Nutrition, 38, 41-47.

Dolbashid, A. S., Mohktar, M. S., Zaman, W. S. W. K., Basri, N. R. H., Azmi, M. F., Sawai, S., & Ilyasa, M. Y. H. (2017, December). Effects of Oral Glutathione Precursors’ Supplementation on Human Glutathione Level. In International Conference for Innovation in Biomedical Engineering and Life Sciences (pp. 147-151). Springer, Singapore.

Richie, J. P., Nichenametla, S., Neidig, W., Calcagnotto, A., Haley, J. S., Schell, T. D., & Muscat, J. E. (2015). Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. European journal of nutrition, 54(2), 251-263.

Shamiah, S. M., Abd El-Karim, R. E., Fouda, S. F., Eshera, A. A., & El-Ratel, I. T. (2017). Effect of glutathione supplementation to semen extender on cockerel sperm characteristics in semen stored at 5 C for different periods. Egyptian J. Anim. Prod, 54(1), 41-46.

Sinha, R., Sinha, I., Calcagnotto, A., Trushin, N., Haley, J. S., Schell, T. D., & Richie, J. P. (2018). Oral supplementation with liposomal glutathione elevates body stores of glutathione and markers of immune function. European journal of clinical nutrition, 72(1), 105-111.

Søndergård, S. D., Cintin, I., Kuhlman, A. B., Morville, T., Bergmann, M. L., Kjær, L. K., ... & Larsen, S. (2021). The effects of 3 weeks of oral glutathione supplementation on whole body insulin sensitivity in obese males with and without type 2 diabetes: A randomized trial. Applied Physiology, Nutrition, and Metabolism, (ja).

Wang, X., Xu, W., Zhou, H., Zhang, Y., Gao, W., Zhang, W., & Mai, K. (2018). Reduced glutathione supplementation in practical diet improves the growth, anti-oxidative capacity, disease resistance and gut morphology of shrimp Litopenaeus vannamei. Fish & shellfish immunology, 73, 152-157.

Søndergård, S. D., Cintin, I., Kuhlman, A. B., Morville, T., Bergmann, M. L., Kjær, L. K., ... & Larsen, S. (2021). The effects of 3 weeks of oral glutathione supplementation on whole body insulin sensitivity in obese males with and without type 2 diabetes: A randomized trial. Applied Physiology, Nutrition, and Metabolism, (ja).

Yoneda, J., Nishikawa, S., & Kurihara, S. (2021). Oral Administration of Cystine and Theanine Attenuates 5-Fluorouracil-Induced Intestinal Mucositis and Diarrhea by Suppressing Both Glutathione Level Decrease and ROS Production in the Small Intestine of Mucositis Mouse Model.

Zhandi, M., Seifi-Ghajalo, E., Shakeri, M., Yousefi, A. R., Sharafi, M., & Seifi-Jamadi, A. (2020). Effect of glutathione supplementation to semen extender on post-thawed rooster sperm quality indices frozen after different equilibration times. CryoLetters, 41(2), 92-99.

Glicerol:

Adamkov, J., Poczos, P., Kanta, M., Habalova, J., Bartos, M., Travnicek, P., ... & Cesak, T. (2021). The effect of free glycerol intake on cerebral glycerol concentration. Bratislavske Lekarske Listy, 122(1), 24-27.

Goulet, E. D., Aubertin-Leheudre, M., Plante, G. E., & Dionne, I. J. (2007). A meta-analysis of the effects of glycerol-induced hyperhydration on fluid retention and endurance performance. International journal of sport nutrition and exercise metabolism, 17(4), 391-410.

Jiang, D., Wang, S., Li, H., Xu, L., Hu, X., Barati, B., & Zheng, A. (2021). Insight into the Mechanism of Glycerol Dehydration and Subsequent Pyridine Synthesis. ACS Sustainable Chemistry & Engineering, 9(8), 3095-3103.

Righetti, E., Celani, M. G., Cantisani, T. A., Sterzi, R., Boysen, G., & Ricci, S. (2004). Glycerol for acute stroke. Cochrane Database of Systematic Reviews, (2).

Guaraná:

Boozer, C. N., Nasser, J. A., Heymsfield, S. B., Wang, V., Chen, G., & Solomon, J. L. (2001). An herbal supplement containing Ma Huang-Guarana for weight loss: a randomized, double-blind trial. International Journal of Obesity, 25(3), 316-324.

Cadoná, F. C., Rosa, J. L., Schneider, T., Cubillos-Rojas, M., Sánchez-Tena, S., Azzolin, V. F., ... & da Cruz, I. B. M. (2017). Guaraná, a highly caffeinated food, presents in vitro antitumor activity in colorectal and breast cancer cell lines by inhibiting AKT/mTOR/S6K and MAPKs pathways. Nutrition and cancer, 69(5), 800-810.

Cláudio, A. F. M., Ferreira, A. M., Freire, M. G., & Coutinho, J. A. (2013). Enhanced extraction of caffeine from guarana seeds using aqueous solutions of ionic liquids. Green Chemistry, 15(7), 2002-2010.

Dalonso, N., & de Oliveira Petkowicz, C. L. (2012). Guarana powder polysaccharides: Characterisation and evaluation of the antioxidant activity of a pectic fraction. Food Chemistry, 134(4), 1804-1812.

de Lima Portella, R., Barcelos, R. P., da Rosa, E. J. F., Ribeiro, E. E., da Cruz, I. B. M., Suleiman, L., & Soares, F. A. A. (2013). Guaraná (Paullinia cupana Kunth) effects on LDL oxidation in elderly people: an in vitro and in vivo study. Lipids in health and disease, 12(1), 1-9.

de Oliveira Campos, M. P., Riechelmann, R., Martins, L. C., Hassan, B. J., Casa, F. B. A., & Giglio, A. D. (2011). Guarana (Paullinia cupana) improves fatigue in breast cancer patients undergoing systemic chemotherapy. The Journal of Alternative and Complementary Medicine, 17(6), 505-512.

Hoste, E. A., De Waele, J. J., Gevaert, S. A., Uchino, S., & Kellum, J. A. (2010). Sodium bicarbonate for prevention of contrast-induced acute kidney injury: a systematic review and meta-analysis. Nephrology Dialysis Transplantation, 25(3), 747-758.

Kennedy, D. O., Haskell, C. F., Robertson, B., Reay, J., Brewster-Maund, C., Luedemann, J., ... & Scholey, A. B. (2008). Improved cognitive performance and mental fatigue following a multi-vitamin and mineral supplement with added guarana (Paullinia cupana). Appetite, 50(2-3), 506-513.

Kober, H., Tatsch, E., Torbitz, V. D., Cargnin, L. P., Sangoi, M. B., Bochi, G. V., ... & Moresco, R. N. (2016). Genoprotective and hepatoprotective effects of Guarana (Paullinia cupana Mart. var. sorbilis) on CCl4-induced liver damage in rats. Drug and chemical toxicology, 39(1), 48-52.

Kuskoski, E. M., Fett, R., García Asuero, A., & Troncoso González, A. M. (2005). Propiedades químicas y farmacológicas del fruto guaraná (Paulllinia cupana). Vitae, 12 (2), 45-52.

Liu, Y., Shen, X., Gao, L., Qiu, Z., Wang, Y., Liu, Y., ... & Wu, J. (2021, March). The mechanism of guarana regulating central nervous system based on network pharmacology and molecular docking. In IOP Conference Series: Earth and Environmental Science (Vol. 705, No. 1, p. 012019). IOP Publishing.

Majhenič, L., Škerget, M., & Knez, Ž. (2007). Antioxidant and antimicrobial activity of guarana seed extracts. Food chemistry, 104(3), 1258-1268.

Palma, C. G. L., Lera, A. T., Lerner, T., De Oliveira, M. M., De Borta, T. M., Barbosa, R. P., ... & del Giglio, A. (2016). Guarana (Paullinia cupana) improves anorexia in patients with advanced cancer. Journal of dietary supplements, 13(2), 221-231.

Pomportes, L., Brisswalter, J., Casini, L., Hays, A., & Davranche, K. (2017). Cognitive performance enhancement induced by caffeine, carbohydrate and guarana mouth rinsing during submaximal exercise. Nutrients, 9(6), 589.

Schimpl, F. C., da Silva, J. F., de Carvalho Gonçalves, J. F., & Mazzafera, P. (2013). Guarana: revisiting a highly caffeinated plant from the Amazon. Journal of ethnopharmacology, 150(1), 14-31.

Teixeira, C. F., da Cruz, I. B., Ribeiro, E. E., Pillar, D. M., Turra, B. O., Praia, R. S., ... & Azzolin, V. F. (2021). Safety indicators of a novel multi supplement based on guarana, selenium, and L-carnitine: Evidence from human and red earthworm immune cells. Food and Chemical Toxicology, 150, 112066.

Hierro:

Alaunyte, I., Stojceska, V., & Plunkett, A. (2015). Iron and the female athlete: a review of dietary treatment methods for improving iron status and exercise performance. Journal of the international society of sports nutrition, 12(1), 1-7.

Córdova, A., Mielgo-Ayuso, J., Fernandez-Lazaro, C. I., Caballero-García, A., Roche, E., & Fernández-Lázaro, D. (2019). Effect of iron supplementation on the modulation of iron metabolism, muscle damage biomarkers and cortisol in professional cyclists. Nutrients, 11(3), 500.

Fernández-Lázaro, D., Mielgo-Ayuso, J., Córdova Martínez, A., & Seco-Calvo, J. (2020). Iron and physical activity: bioavailability enhancers, properties of black pepper (bioperine®) and potential applications. Nutrients, 12(6), 1886.

Finkelstein, J. L., Herman, H. S., Guetterman, H. M., Peña‐Rosas, J. P., & Mehta, S. (2018). Daily iron supplementation for prevention or treatment of iron deficiency anaemia in infants, children, and adolescents. The Cochrane Database of Systematic Reviews, 2018(12).

Fukao, W., Hasuike, Y., Yamakawa, T., Toyoda, K., Aichi, M., Masachika, S., ... & Nakanishi, T. (2018). Oral Versus Intravenous Iron Supplementation for the Treatment of Iron Deficiency Anemia in Patients on Maintenance Hemodialysis—Effect on Fibroblast Growth Factor-23 Metabolism. Journal of Renal Nutrition, 28(4), 270-277.

Jankowska, E. A., Tkaczyszyn, M., Suchocki, T., Drozd, M., von Haehling, S., Doehner, W., ... & Ponikowski, P. (2016). Effects of intravenous iron therapy in iron‐deficient patients with systolic heart failure: a meta‐analysis of randomized controlled trials. European Journal of Heart Failure, 18(7), 786-795.

Johnson, D. W., Herzig, K. A., Gissane, R., Campbell, S. B., Hawley, C. M., & Isbel, N. M. (2001). Oral versus intravenous iron supplementation in peritoneal dialysis patients. Peritoneal dialysis international, 21(3\_suppl), 231-235.

Le, H. T., Brouwer, I. D., Burema, J., Nguyen, K. C., & Kok, F. J. (2006). Efficacy of iron fortification compared to iron supplementation among Vietnamese schoolchildren. Nutrition journal, 5(1), 1-8.

Mielgo-Ayuso, J., Zourdos, M. C., Calleja-González, J., Urdampilleta, A., & Ostojic, S. (2015). Iron supplementation prevents a decline in iron stores and enhances strength performance in elite female volleyball players during the competitive season. Applied Physiology, Nutrition, and Metabolism, 40(6), 615-622.

Nairz, M., Theurl, I., Wolf, D., & Weiss, G. (2016). Iron deficiency or anemia of inflammation?. Wiener Medizinische Wochenschrift, 166(13), 411-423.

Pasricha, S. R., Low, M., Thompson, J., Farrell, A., & De-Regil, L. M. (2014). Iron supplementation benefits physical performance in women of reproductive age: a systematic review and meta-analysis. The Journal of nutrition, 144(6), 906-914.

Pedlar, C. R., Brugnara, C., Bruinvels, G., & Burden, R. (2018). Iron balance and iron supplementation for the female athlete: a practical approach. European journal of sport science, 18(2), 295-305.

Otegui, A. U., Sanz, J. M. M., & Minuesa, P. G. (2010). Intervención dietético-nutricional en la prevención de la deficiencia de hierro. Nutrición clínica y dietética hospitalaria, 30(3), 27-41.

Rubeor, A., Goojha, C., Manning, J., & White, J. (2018). Does iron supplementation improve performance in iron-deficient nonanemic athletes?. Sports Health, 10(5), 400-405.

Sim, M., Garvican-Lewis, L. A., Cox, G. R., Govus, A., McKay, A. K., Stellingwerff, T., & Peeling, P. (2019). Iron considerations for the athlete: a narrative review. European Journal of Applied Physiology, 119(7), 1463-1478.

Shepshelovich, D., Rozen-Zvi, B., Avni, T., Gafter, U., & Gafter-Gvili, A. (2016). Intravenous versus oral iron supplementation for the treatment of anemia in CKD: an updated systematic review and meta-analysis. American Journal of Kidney Diseases, 68(5), 677-690.

Skarpańska-Stejnborn, A., Basta, P., Sadowska, J., & Pilaczyńska-Szczeńniak, Ł. (2014). Effect of supplementation with chokeberry juice on the inflammatory status and markers of iron metabolism in rowers. Journal of the International Society of Sports Nutrition, 11(1), 1-10.

Thompson, J., Biggs, B. A., & Pasricha, S. R. (2013). Effects of daily iron supplementation in 2-to 5-year-old children: systematic review and meta-analysis. Pediatrics, 131(4), 739-753.

Toxqui, L., Piero, A. D., Courtois, V., Bastida, S., Sánchez-Muniz, F. J., & Vaquero, M. (2010). Deficiencia y sobrecarga de hierro: implicaciones en el estado oxidativo y la salud cardiovascular. Nutrición Hospitalaria, 25(3), 350-365.

Urdampilleta, A., Martínez-Sanz, J. M., & Gonzalez-Muniesa, P. (2010). Intervención dietético-nutricional en la prevención de la deficiencia de hierro.

Wang, Y., Huang, L., Zhang, L., Qu, Y., & Mu, D. (2017). Iron status in attention-deficit/hyperactivity disorder: A systematic review and meta-analysis. PLoS One, 12(1), e0169145.

Hidratos de carbono:

Akilen, R., Deljoomanesh, N., Hunschede, S., Smith, C. E., Arshad, M. U., Kubant, R., & Anderson, G. H. (2016). The effects of potatoes and other carbohydrate side dishes consumed with meat on food intake, glycemia and satiety response in children. Nutrition & diabetes, 6(2), e195-e195.

Clarke, N. D., Kornilios, E., & Richardson, D. L. (2015). Carbohydrate and caffeine mouth rinses do not affect maximum strength and muscular endurance performance. The Journal of Strength & Conditioning Research, 29(10), 2926-2931.

Dixit, S. P., Rajan, L., Palaniswamy, D., & Mohankumar, S. K. (2021). Importance of Iron Absorption in Human Health: An Overview. Current Nutrition & Food Science, 17(3), 293-301.

Haff, G. G. Hidratos de carbono, ¿ antes o durante el entrenamiento?(Gonzalo Arias).

HAO, L. M., ZHANG, J. C., LU, J. K., ZHANG, Y. S., & WU, T. Y. (2013). Characterization of a new high‐molecular‐weight polysaccharide for application in high‐energy solid beverages. Journal of Food Processing and Preservation, 37(5), 644-650.

Hawley, J. A., & Leckey, J. J. (2015). Carbohydrate dependence during prolonged, intense endurance exercise. Sports Medicine, 45(1), 5-12.

Hetrick, M. M., Naquin, M. R., Gillan, W. W., Williams, B. M., & Kraemer, R. R. (2018). A Hydrothermally Processed Maize Starch and Its Effects on Blood Glucose Levels During High-Intensity Interval Exercise. The Journal of Strength & Conditioning Research, 32(1), 3-12.

Jensen, L., Gejl, K. D., Ørtenblad, N., Nielsen, J. L., Bech, R. D., Nygaard, T., ... & Frandsen, U. (2015). Carbohydrate restricted recovery from long term endurance exercise does not affect gene responses involved in mitochondrial biogenesis in highly trained athletes. Physiological reports, 3(2), e12184.

Kulaksız, T. N., Koşar, Ş. N., Bulut, S., Güzel, Y., Willems, M. E. T., Hazir, T., & Turnagöl, H. H. (2016). Mouth rinsing with maltodextrin solutions fails to improve time trial endurance cycling performance in recreational athletes. Nutrients, 8(5), 269.

La Bounty, P., Cooke, M., Campbell, B., Vanta, J., Mistry, H., Greenwood, M., ... & Willoughby, D. (2009). The effects of a starch based carbohydrate alone or in combination with whey protein on a subsequent bout of exercise performance–preliminary findings. Journal of the International Society of Sports Nutrition, 6(1), 1-2.

Laudisi, F., Di Fusco, D., Dinallo, V., Stolfi, C., Di Grazia, A., Marafini, I., ... & Monteleone, G. (2019). The food additive maltodextrin promotes endoplasmic reticulum stress–driven mucus depletion and exacerbates intestinal inflammation. Cellular and molecular gastroenterology and hepatology, 7(2), 457-473.

Nickerson, K. P., Chanin, R., & McDonald, C. (2015). Deregulation of intestinal anti-microbial defense by the dietary additive, maltodextrin. Gut microbes, 6(1), 78-83.

Ocaña, A. Hidratos de carbono de transporte múltiple y sus beneficios.

Ohta, K., Saka, N., & Nishio, M. (2021). Human Parainfluenza Virus Type 2 V Protein Modulates Iron Homeostasis. Journal of Virology, 95(6).

Quinones, M. D., & Lemon, P. W. (2019). Hydrothermally Modified Corn Starch Ingestion Attenuates Soccer Skill Performance Decrements in the Second Half of a Simulated Soccer Match. International journal of sport nutrition and exercise metabolism, 29(5), 498-504.

Parks, R. B., Angus, H. F., King, D. S., & Sharp, R. L. (2018). Effect of preexercise ingestion of modified amylomaize starch on glycemic response while cycling. International journal of sport nutrition and exercise metabolism, 28(1), 82-89.

Prisk, V. R. LA CARGA DE CARBOHIDRATOS AL PRACTICAR EL FÍSICOCULTURISMO.

Reynolds, A., Mann, J., Cummings, J., Winter, N., Mete, E., & Te Morenga, L. (2019). Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. The Lancet, 393(10170), 434-445.

Stevenson, E. J., Watson, A., Theis, S., Holz, A., Harper, L. D., & Russell, M. (2017). A comparison of isomaltulose versus maltodextrin ingestion during soccer-specific exercise. European journal of applied physiology, 117(11), 2321-2333.

Too, B. W., Cicai, S., Hockett, K. R., Applegate, E., Davis, B. A., & Casazza, G. A. (2012). Natural versus commercial carbohydrate supplementation and endurance running performance. Journal of the International Society of Sports Nutrition, 9(1), 1-9.

Visscher, E. P. W. (2017). Structural and functional characteristics of the multi-branched starches, Cluster Dextrin™ and highly branched starch (Doctoral dissertation, Faculty of Science and Engineering).

Wilburn, D. T., Machek, S. B., Cardaci, T. D., Hwang, P. S., & Willoughby, D. S. (2020). Acute Maltodextrin Supplementation During Resistance Exercise. Journal of sports science & medicine, 19(2), 282.

Huevos:

Alexander, D. D., Miller, P. E., Vargas, A. J., Weed, D. L., & Cohen, S. S. (2016). Meta-analysis of egg consumption and risk of coronary heart disease and stroke. Journal of the American College of Nutrition, 35(8), 704-716.

DiMarco, D. M., Norris, G. H., Millar, C. L., Blesso, C. N., & Fernandez, M. L. (2017). Intake of up to 3 eggs per day is associated with changes in HDL function and increased plasma antioxidants in healthy, young adults. The Journal of nutrition, 147(3), 323-329.

Djoussé, L., Khawaja, O. A., & Gaziano, J. M. (2016). Egg consumption and risk of type 2 diabetes: a meta-analysis of prospective studies. The American journal of clinical nutrition, 103(2), 474-480.

Godos, J., Micek, A., Brzostek, T., Toledo, E., Iacoviello, L., Astrup, A., ... & Grosso, G. (2020). Egg consumption and cardiovascular risk: a dose–response meta-analysis of prospective cohort studies. European Journal of Nutrition, 1-30.

Goss, A. M., Gower, B. A., Soleymani, T., Stewart, M., & Fontaine, K. (2017). Effects of an Egg‐based, Carbohydrate‐restricted Diet on Body Composition, Fat Distribution, and Metabolic Health in Older Adults with Obesity: Preliminary results from a randomized controlled trial. The FASEB Journal, 31, lb320-lb320.

Iannotti, L. L., Lutter, C. K., Stewart, C. P., Riofrío, C. A. G., Malo, C., Reinhart, G., ... & Waters, W. F. (2017). Eggs in early complementary feeding and child growth: a randomized controlled trial. Pediatrics, 140(1).

Krittanawong, C., Narasimhan, B., Wang, Z., Virk, H. U. H., Farrell, A. M., Zhang, H., & Tang, W. W. (2020). Association Between Egg Consumption and Risk of Cardiovascular Outcomes: A Systematic Review and Meta-Analysis. The American Journal of Medicine.

Legros, J., Jan, S., Bonnassie, S., Gautier, M., Croguennec, T., Pezennec, S., ... & Baron, F. (2021). The Role of Ovotransferrin in Egg-White Antimicrobial Activity: A Review. Foods, 10(4), 823.

Li, M. Y., Chen, J. H., Chen, C., & Kang, Y. N. (2020). Association between egg consumption and cholesterol concentration: A systematic review and meta-analysis of randomized controlled trials. Nutrients, 12(7), 1995.

Lucey, A. J., Heneghan, C., Manning, E., Kroon, P. A., & Kiely, M. E. (2019). Effect of an egg ovalbumin-derived protein hydrolysate on blood pressure and cardiovascular risk in adults with a mildly elevated blood pressure: a randomized placebo-controlled crossover trial. European journal of nutrition, 58(7), 2823-2833.

Milajerdi, A., Tehrani, H., Haghighatdoost, F., Larijani, B., Surkan, P. J., & Azadbakht, L. (2019). Associations between higher egg consumption during pregnancy with lowered risks of high blood pressure and gestational diabetes mellitus. International Journal for Vitamin and Nutrition Research.

Missimer, A., DiMarco, D. M., Andersen, C. J., Murillo, A. G., Vergara-Jimenez, M., & Fernandez, M. L. (2017). Consuming two eggs per day, as compared to an oatmeal breakfast, decreases plasma ghrelin while maintaining the LDL/HDL ratio. Nutrients, 9(2), 89.

Mott, M. M., McCrory, M. A., Bandini, L. G., Cabral, H. J., Daniels, S. R., Singer, M. R., & Moore, L. L. (2019). Egg intake has no adverse association with blood lipids or glucose in adolescent girls. Journal of the American College of Nutrition, 38(2), 119-124.

Plat, J., Severins, N., & Mensink, R. P. (2019). Improvement of pulse wave velocity and metabolic cardiovascular risk parameters through egg protein hydrolysate intake: A randomized trial in overweight or obese subjects with impaired glucose tolerance or type 2 diabetes. Journal of Functional Foods, 52, 418-423.

Pourafshar, S., Akhavan, N. S., George, K. S., Foley, E. M., Johnson, S. A., Keshavarz, B., ... & Arjmandi, B. H. (2018). Egg consumption may improve factors associated with glycemic control and insulin sensitivity in adults with pre-and type II diabetes. Food & function, 9(8), 4469-4479.

Richard, C., Cristall, L., Fleming, E., Lewis, E. D., Ricupero, M., Jacobs, R. L., & Field, C. J. (2017). Impact of egg consumption on cardiovascular risk factors in individuals with type 2 diabetes and at risk for developing diabetes: a systematic review of randomized nutritional intervention studies. Canadian journal of diabetes, 41(4), 453-463.

Wallin, A., Forouhi, N. G., Wolk, A., & Larsson, S. C. (2016). Egg consumption and risk of type 2 diabetes: a prospective study and dose–response meta-analysis. *Diabetologia*, *59*(6), 1204-1213.

Xu, L., Lam, T. H., Jiang, C. Q., Zhang, W. S., Zhu, F., Jin, Y. L., ... & Thomas, G. N. (2019). Egg consumption and the risk of cardiovascular disease and all-cause mortality: Guangzhou Biobank Cohort Study and meta-analyses. European journal of nutrition, 58(2), 785-796.

Zhuang, P., Jiao, J., Wu, F., Mao, L., & Zhang, Y. (2020). Egg and egg-sourced cholesterol consumption in relation to mortality: Findings from population-based nationwide cohort. Clinical Nutrition, 39(11), 3520-3527.

Zhuang, P., Wu, F., Mao, L., Zhu, F., Zhang, Y., Chen, X., ... & Zhang, Y. (2021). Egg and cholesterol consumption and mortality from cardiovascular and different causes in the United States: A population-based cohort study. PLoS medicine, 18(2), e1003508.

Inositol:

Benjamin, J., Agam, G., Levine, J., Bersudsky, Y., Kofman, O., & Belmaker, R. H. (1995). Inositol treatment in psychiatry. Psychopharmacology bulletin.

Chengappa, K. R., Levine, J., Gershon, S., Mallinger, A. G., Hardan, A., Vagnucci, A., ... & Kupfer, D. J. (2000). Inositol as an add‐on treatment for bipolar depression. Bipolar disorders, 2(1), 47-55.

Chu, A. H., Tint, M. T., Chang, H. F., Wong, G., Yuan, W. L., Tull, D., ... & Chan, S. Y. (2021). High placental inositol content associated with suppressed pro-adipogenic effects of maternal glycaemia in offspring: the GUSTO cohort. International Journal of Obesity, 45(1), 247-257.

Das, T. K., Dey, A., Sabesan, P., Javadzadeh, A., Théberge, J., Radua, J., & Palaniyappan, L. (2018). Putative Astroglial Dysfunction in Schizophrenia: A Meta-Analysis of 1H-MRS Studies of Medial Prefrontal Myo-Inositol. Frontiers in psychiatry, 9, 438.

Galazis, N., Galazi, M., & Atiomo, W. (2011). D-Chiro-inositol and its significance in polycystic ovary syndrome: a systematic review. Gynecological Endocrinology, 27(4), 256-262.

Gambioli, R., Forte, G., Aragona, C., Bevilacqua, A., Bizzarri, M., & Unfer, V. (2021). The use of D-chiro-Inositol in clinical practice. European Review for Medical and Pharmacological Sciences, 25(1), 438-446.

Larner, J. (2002). D-chiro-inositol–its functional role in insulin action and its deficit in insulin resistance. International journal of experimental diabetes research, 3(1), 47-60.

Levine, J., Barak, Y., Gonzalves, M., Szor, H., Elizur, A., Kofman, O., & Belmaker, R. H. (1995). Double-blind, controlled trial of inositol treatment of depression. American Journal of Psychiatry, 152(5), 792-793.

Miñambres, I., Cuixart, G., Gonçalves, A., & Corcoy, R. (2019). Effects of inositol on glucose homeostasis: Systematic review and meta-analysis of randomized controlled trials. Clinical Nutrition, 38(3), 1146-1152.

Mukai, T., Kishi, T., Matsuda, Y., & Iwata, N. (2014). A meta‐analysis of inositol for depression and anxiety disorders. Human Psychopharmacology: Clinical and Experimental, 29(1), 55-63.

Özturan, A., Arslan, S., Kocaadam, B., Elibol, E., İmamoğlu, İ., & Karadağ, M. G. (2019). Effect of inositol and its derivatives on diabetes: a systematic review. Critical reviews in food science and nutrition, 59(7), 1124-1136.

Palatnik, A., Frolov, K., Fux, M., & Benjamin, J. (2001). Double-blind, cont

Scioscia, M., Noventa, M., Cavallin, F., Straface, G., Pontrelli, G., Fattizzi, N., ... & Robillard, P. Y. (2019). Exploring strengths and limits of urinary D-chiro inositol phosphoglycans (IPG-P) as a screening test for preeclampsia: A systematic review and meta-analysis. Journal of reproductive immunology, 134, 21-27.

Tabrizi, R., Ostadmohammadi, V., Lankarani, K. B., Peymani, P., Akbari, M., Kolahdooz, F., & Asemi, Z. (2018). The effects of inositol supplementation on lipid profiles among patients with metabolic diseases: a systematic review and meta-analysis of randomized controlled trials. Lipids in health and disease, 17(1), 1-11.

Vitagliano, A., Saccone, G., Cosmi, E., Visentin, S., Dessole, F., Ambrosini, G., & Berghella, V. (2019). Inositol for the prevention of gestational diabetes: a systematic review and meta-analysis of randomized controlled trials. Archives of gynecology and obstetrics, 299(1), 55-68.

Whiteside, S. P., Port, J. D., & Abramowitz, J. S. (2004). A meta–analysis of functional neuroimaging in obsessive–compulsive disorder. Psychiatry Research: Neuroimaging, 132(1), 69-79.

Zheng, X., Liu, Z., Zhang, Y., Lin, Y., Song, J., Zheng, L., & Lin, S. (2015). Relationship between myo-inositol supplementary and gestational diabetes mellitus: a meta-analysis. Medicine, 94(42).

Jengibre:

Altman, R. D., & Marcussen, K. C. (2001). Effects of a ginger extract on knee pain in patients with osteoarthritis. Arthritis & Rheumatism, 44(11), 2531-2538.

Bartels, E. M., Folmer, V. N., Bliddal, H., Altman, R. D., Juhl, C., Tarp, S., ... & Christensen, R. (2015). Efficacy and safety of ginger in osteoarthritis patients: a meta-analysis of randomized placebo-controlled trials. Osteoarthritis and cartilage, 23(1), 13-21.

Chen, C. X., Barrett, B., & Kwekkeboom, K. L. (2016). Efficacy of oral ginger (Zingiber officinale) for dysmenorrhea: a systematic review and meta-analysis. Evidence-Based Complementary and Alternative Medicine, 2016.

Daily, J. W., Yang, M., Kim, D. S., & Park, S. (2015). Efficacy of ginger for treating Type 2 diabetes: A systematic review and meta-analysis of randomized clinical trials. Journal of Ethnic Foods, 2(1), 36-43.

Hamza, A. A., Heeba, G. H., Hamza, S., Abdalla, A., & Amin, A. (2021). Standardized extract of ginger ameliorates liver cancer by reducing proliferation and inducing apoptosis through inhibition oxidative stress/inflammation pathway. Biomedicine & Pharmacotherapy, 134, 111102.

Jafarnejad, S., Keshavarz, S. A., Mahbubi, S., Saremi, S., Arab, A., Abbasi, S., & Djafarian, K. (2017). Effect of ginger (Zingiber officinale) on blood glucose and lipid concentrations in diabetic and hyperlipidemic subjects: A meta-analysis of randomized controlled trials. Journal of Functional Foods, 29, 127-134.

Khayat, S., Kheirkhah, M., Behboodi Moghadam, Z., Fanaei, H., Kasaeian, A., & Javadimehr, M. (2014). Effect of treatment with ginger on the severity of premenstrual syndrome symptoms. International Scholarly Research Notices, 2014.

Maharlouei, N., Tabrizi, R., Lankarani, K. B., Rezaianzadeh, A., Akbari, M., Kolahdooz, F., ... & Asemi, Z. (2019). The effects of ginger intake on weight loss and metabolic profiles among overweight and obese subjects: A systematic review and meta-analysis of randomized controlled trials. Critical reviews in food science and nutrition, 59(11), 1753-1766.

Mazidi, M., Gao, H. K., Rezaie, P., & Ferns, G. A. (2016). The effect of ginger supplementation on serum C-reactive protein, lipid profile and glycaemia: a systematic review and meta-analysis. Food & nutrition research, 60(1), 32613.

Morakinyo, A. O., Achema, P. U., & Adegoke, O. A. (2010). Effect of Zingiber officinale (Ginger) on sodium arsenite-induced reproductive toxicity in male rats. African Journal of Biomedical Research, 13(1), 39-45.

Palatty, P. L., Haniadka, R., Valder, B., Arora, R., & Baliga, M. S. (2013). Ginger in the prevention of nausea and vomiting: a review. Critical reviews in food science and nutrition, 53(7), 659-669.

Paramdeep, G. I. L. L. (2013). Efficacy and tolerability of ginger (Zingiber officinale) in patients of osteoarthritis of knee. Indian J Physiol Pharmacol, 57(2), 177-183.

Pourmasoumi, M., Hadi, A., Rafie, N., Najafgholizadeh, A., Mohammadi, H., & Rouhani, M. H. (2018). The effect of ginger supplementation on lipid profile: A systematic review and meta-analysis of clinical trials. Phytomedicine, 43, 28-36.

Teng, Y., Ren, Y., Sayed, M., Hu, X., Lei, C., Kumar, A., ... & Zhang, H. G. (2018). Plant-derived exosomal microRNAs shape the gut microbiota. Cell host & microbe, 24(5), 637-652.

Viljoen, E., Visser, J., Koen, N., & Musekiwa, A. (2014). A systematic review and meta-analysis of the effect and safety of ginger in the treatment of pregnancy-associated nausea and vomiting. Nutrition journal, 13(1), 1-14.

Wilson, P. B. (2015). Ginger (Zingiber officinale) as an analgesic and ergogenic aid in sport: a systemic review. The Journal of Strength & Conditioning Research, 29(10), 2980-2995.

Zhang, M., Zhao, R., Wang, D., Wang, L., Zhang, Q., Wei, S., ... & Wu, C. (2021). Ginger (Zingiber officinale Rosc.) and its bioactive components are potential resources for health beneficial agents. Phytotherapy Research, 35(2), 711-742.

Leucina:

Church, D. D., Schwarz, N. A., Spillane, M. B., McKinley-Barnard, S. K., Andre, T. L., Ramirez, A. J., & Willoughby, D. S. (2016). l-Leucine increases skeletal muscle IGF-1 but does not differentially increase Akt/mTORC1 signaling and serum IGF-1 compared to ursolic acid in response to resistance exercise in resistance-trained men. Journal of the American College of Nutrition, 35(7), 627-638.

Churchward-Venne, T. A., Breen, L., Di Donato, D. M., Hector, A. J., Mitchell, C. J., Moore, D. R., ... & Phillips, S. M. (2014). Leucine supplementation of a low-protein mixed macronutrient beverage enhances myofibrillar protein synthesis in young men: a double-blind, randomized trial. The American journal of clinical nutrition, 99(2), 276-286.

Dickinson, J. M., Gundermann, D. M., Walker, D. K., Reidy, P. T., Borack, M. S., Drummond, M. J., ... & Rasmussen, B. B. (2014). Leucine-enriched amino acid ingestion after resistance exercise prolongs myofibrillar protein synthesis and amino acid transporter expression in older men. The Journal of nutrition, 144(11), 1694-1702.

Edwards, S. J., Smeuninx, B., Mckendry, J., Nishimura, Y., Luo, D., Marshall, R. N., ... & Breen, L. (2020). High-dose leucine supplementation does not prevent muscle atrophy or strength loss over 7 days of immobilization in healthy young males. The American Journal of Clinical Nutrition, 112(5), 1368-1381.

Holwerda, A. M., Paulussen, K. J., Overkamp, M., Goessens, J. P., Kramer, I. F., Wodzig, W. K., ... & Van Loon, L. J. (2019). Leucine coingestion augments the muscle protein synthetic response to the ingestion of 15 g of protein following resistance exercise in older men. American Journal of Physiology-Endocrinology and Metabolism, 317(3), E473-E482.

Ispoglou, T., King, R. F., Polman, R. C., & Zanker, C. (2011). Daily L-leucine supplementation in novice trainees during a 12-week weight training program. International journal of sports physiology and performance, 6(1), 38-50.

Komar, B., Schwingshackl, L., & Hoffmann, G. (2015). Effects of leucine-rich protein supplements on anthropometric parameter and muscle strength in the elderly: a systematic review and meta-analysis. The journal of nutrition, health & aging, 19(4), 437-446.

Luiking, Y. C., Deutz, N. E., Memelink, R. G., Verlaan, S., & Wolfe, R. R. (2014). Postprandial muscle protein synthesis is higher after a high whey protein, leucine-enriched supplement than after a dairy-like product in healthy older people: a randomized controlled trial. Nutrition journal, 13(1), 1-14.

Pedroso, J. A. B., Nishimura, L. S., de Matos‐Neto, E. M., Donato Jr, J., & Tirapegui, J. (2014). Leucine improves protein nutritional status and regulates hepatic lipid metabolism in calorie‐restricted rats. Cell biochemistry and function, 32(4), 326-332.

Perry Jr, R. A., Brown, L. A., Lee, D. E., Brown, J. L., Baum, J. I., Greene, N. P., & Washington, T. A. (2016). Differential effects of leucine supplementation in young and aged mice at the onset of skeletal muscle regeneration. Mechanisms of ageing and development, 157, 7-16.

Plotkin, D. L., Delcastillo, K., Van Every, D. W., Tipton, K. D., Aragon, A. A., & Schoenfeld, B. J. (2021). Isolated Leucine and Branched-Chain Amino Acid Supplementation for Enhancing Muscular Strength and Hypertrophy: A Narrative Review. International Journal of Sport Nutrition and Exercise Metabolism, 31(3), 292-301.

Szwiega, S., Pencharz, P. B., Rafii, M., Lebarron, M., Chang, J., Ball, R. O., ... & Courtney-Martin, G. (2021). Dietary leucine requirement of older men and women is higher than current recommendations. The American Journal of Clinical Nutrition, 113(2), 410-419.

Licopeno:

Chen, J., Song, Y., & Zhang, L. (2013). Lycopene/tomato consumption and the risk of prostate cancer: a systematic review and meta-analysis of prospective studies. Journal of nutritional science and vitaminology, 59(3), 213-223.

Cheng, H. M., Koutsidis, G., Lodge, J. K., Ashor, A. W., Siervo, M., & Lara, J. (2019). Lycopene and tomato and risk of cardiovascular diseases: A systematic review and meta-analysis of epidemiological evidence. Critical reviews in food science and nutrition, 59(1), 141-158.

Cruz Bojórquez, R. M., González Gallego, J., & Sánchez Collado, P. (2013). Propiedades funcionales y beneficios para la salud del licopeno. Nutrición Hospitalaria, 28(1), 6-15.

Etminan, M., Takkouche, B., & Caamaño-Isorna, F. (2004). The role of tomato products and lycopene in the prevention of prostate cancer: a meta-analysis of observational studies. Cancer Epidemiology and Prevention Biomarkers, 13(3), 340-345.

Kim, J. Y., Paik, J. K., Kim, O. Y., Park, H. W., Lee, J. H., Jang, Y., & Lee, J. H. (2011). Effects of lycopene supplementation on oxidative stress and markers of endothelial function in healthy men. Atherosclerosis, 215(1), 189-195.

Liu, S., Yang, D., Yu, L., Aluo, Z., Zhang, Z., Qi, Y., ... & Zhou, L. (2021). Effects of lycopene on skeletal muscle-fiber type and high-fat diet-induced oxidative stress. The Journal of Nutritional Biochemistry, 87, 108523.

Liu, F., Cao, X., Wang, H., & Liao, X. (2010). Changes of tomato powder qualities during storage. Powder Technology, 204(1), 159-166.

Pelletier, K. R. (2000). The best alternative medicine: What works? What does not?. Simon and Schuster.

Ried, K., & Fakler, P. (2011). Protective effect of lycopene on serum cholesterol and blood pressure: Meta-analyses of intervention trials. Maturitas, 68(4), 299-310.

Simpson, S. H., Eurich, D. T., Majumdar, S. R., Padwal, R. S., Tsuyuki, R. T., Varney, J., & Johnson, J. A. (2006). A meta-analysis of the association between adherence to drug therapy and mortality. Bmj, 333(7557), 15.

Song, X., Luo, Y., Ma, L., Hu, X., Simal-Gandara, J., Wang, L. S., ... & Chen, F. (2021, March). Recent trends and advances in the epidemiology, synergism, and delivery system of lycopene as an anti-cancer agent. In Seminars in Cancer Biology. Academic Press

Valero, M. A., Vidal, A., Burgos, R., Calvo, F. L., Martínez, C., Luengo, L. M., & Cuerda, C. (2011). Meta-analysis on the role of lycopene in type 2 diabetes mellitus. Nutricion hospitalaria, 26(6), 1236-1241.

Lisina:

Bazylianska, V., Kalpage, H. A., Wan, J., Vaishnav, A., Mahapatra, G., Turner, A. A., ... & Hüttemann, M. (2021). Lysine 53 Acetylation of Cytochrome c in Prostate Cancer: Warburg Metabolism and Evasion of Apoptosis. Cells, 10(4), 802.

Hayamizu, K., Oshima, I., Fukuda, Z., Kuramochi, Y., Nagai, Y., Izumo, N., & Nakano, M. (2019). Safety assessment of L-lysine oral intake: a systematic review. Amino acids, 51(4), 647-659.

Montroy, J., Fergusson, N. A., Hutton, B., Lavallée, L. T., Morash, C., Cagiannos, I., ... & Breau, R. H. (2017). The safety and efficacy of lysine analogues in cancer patients: a systematic review and meta-analysis. Transfusion medicine reviews, 31(3), 141-148.

Shen, Z., Zhang, G., Yang, Y., Li, M., Yang, S., & Peng, G. (2021). Lysine 164 is critical for SARS-CoV-2 Nsp1 inhibition of host gene expression. Journal of General Virology, 102(1), 001513.

Maca:

Avelar, A., Orihuela, A., Vázquez, R., & Palma-Irizarry, M. (2016). Maca (Lepidium meyenii) supplementation increases the sexual capacity of low but not high sexual performance rams (Ovis aries). Boletín Latinoamericano y del Caribe de Plantas Medicinales y Aromáticas, 15(3), 144-150.

Choi, E. H., Kang, J. I., Cho, J. Y., Lee, S. H., Kim, T. S., Yeo, I. H., & Chun, H. S. (2012). Supplementation of standardized lipid-soluble extract from maca (Lepidium meyenii) increases swimming endurance capacity in rats. Journal of Functional Foods, 4(2), 568-573.

Clément, C., Kneubühler, J., Urwyler, A., Witschi, U., & Kreuzer, M. (2010). Effect of maca supplementation on bovine sperm quantity and quality followed over two spermatogenic cycles. Theriogenology, 74(2), 173-183.

Cicero, A. F., Bandieri, E., & Arletti, R. (2001). Lepidium meyenii Walp. improves sexual behaviour in male rats independently from its action on spontaneous locomotor activity. Journal of ethnopharmacology, 75(2-3), 225-229.

Colareda, G. A., Matera, S. I., Bayley, M., Ragone, M. I., Flores, M. L., Córdoba, O. L., & Consolini, A. E. (2021). Lepidium meyenii (maca) and soy isoflavones reduce cardiac stunning of ischemia-reperfusion in rats by mitochondrial mechanisms. Journal of Traditional and Complementary Medicine.

Dording, C. M., Fisher, L., Papakostas, G., Farabaugh, A., Sonawalla, S., Fava, M., & Mischoulon, D. (2008). A double‐blind, randomized, pilot dose‐finding study of maca root (L. meyenii) for the management of SSRI‐induced sexual dysfunction. CNS neuroscience & therapeutics, 14(3), 182-191.

Gasco Tantachuco, M. E. (2014). Efecto diferencial de Lepidium meyenii (maca roja) y finasteride sobre los procesos inflamatorios en la hiperplasia prostática benigna inducida con enantato de testosterona en ratas de la cepa holtzman.

Gonzales-Arimborgo, C., Yupanqui, I., Montero, E., Alarcón-Yaquetto, D. E., Zevallos-Concha, A., Caballero, L., ... & Gonzales, G. F. (2016). Acceptability, safety, and efficacy of oral administration of extracts of black or red maca (Lepidium meyenii) in adult human subjects: A randomized, double-blind, placebo-controlled study. Pharmaceuticals, 9(3), 49.

Gonzales, G. F., Villaorduña, L., Gasco, M., Rubio, J., & Gonzales, C. (2014). Maca (Lepidium meyenii Walp), una revisión sobre sus propiedades biológicas. Revista peruana de medicina experimental y salud pública, 31(1), 100-110.

Gonzales, G. F., Córdova, A., Vega, K., Chung, A., Villena, A., Góñez, C., & Castillo, S. (2002). Effect of Lepidium meyenii (MACA) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men. andrologia, 34(6), 367-372.

He, J. C., Li, R. W., & Zhu, H. Y. (2017). The effects of polysaccharides from Maca (Lepidium meyenii Walp.) on exhaustive exercise-induced oxidative damage in rats.

Korkmaz, S., Eseceli, H., Omurtag Korkmaz, I., & Bilal, T. (2016). Effect of Maca (Lepidium meyenii) powder dietary supplementation on performance, egg quality, yolk cholesterol, serum parameters and antioxidant status of laying hens in the post-peak period. European Poultry Science, 80, 1-9.

Lee, M. S., Lee, H. W., You, S., & Ha, K. T. (2016). The use of maca (Lepidium meyenii) to improve semen quality: A systematic review. Maturitas, 92, 64-69.

Lee, M. S., Shin, B. C., Yang, E. J., Lim, H. J., & Ernst, E. (2011). Maca (Lepidium meyenii) for treatment of menopausal symptoms: a systematic review. Maturitas, 70(3), 227-233.

Md-Mgs¹, A. O. O. C., Md, A. X. O. C., Md, P. O. O. C., & Md⁴, M. E. S. L. (2016). Systematic Review On The Use Of Maca (Lepidium Meyenii) In Sexual Dysfunction.

Meissner, H. O., Reich-Bilinska, H., Mscisz, A., & Kedzia, B. (2006). Therapeutic Effects of Pre-Gelatinized Maca (Lepidium peruvianum Chacon) used as a non-hormonal alternative to HRT in perimenopausal women-Clinical Pilot Study. International journal of biomedical science: IJBS, 2(2), 143.

Peres, N. D. S. L., Bortoluzzi, L. C. P., Marques, L. L. M., Formigoni, M., Fuchs, R. H. B., Droval, A. A., & Cardoso, F. A. R. (2020). Medicinal effects of Peruvian maca (Lepidium meyenii): a review. Food & function, 11(1), 83-92.

Sánchez, J. M. L., Serrano, Z. A., Durán, J. A., Morales, H. S. G., & Álvarez, P. B. M. (2017). Peruvian maca and possible impact on fertility. J. Nutr. Health Food Eng, 6(5), 00217.

Shin, B. C., Lee, M. S., Yang, E. J., Lim, H. S., & Ernst, E. (2010). Maca (L. meyenii) for improving sexual function: a systematic review. BMC complementary and alternative medicine, 10(1), 1-6.

Stone, M., Ibarra, A., Roller, M., Zangara, A., & Stevenson, E. (2009). A pilot investigation into the effect of maca supplementation on physical activity and sexual desire in sportsmen. Journal of ethnopharmacology, 126(3), 574-576.

Valdivia Cuya, M., Yarasca De La Vega, K., Levano Sanchez, G., Vasquez Cavero, J., Temoche Garcia, H., Torres Torres, L., & Cruz Ornetta, V. (2016). Effect of Lepidium meyenii (maca) on testicular function of mice with chemically and physically induced subfertility. Andrologia, 48(8), 927-934.

Zenico, T., Cicero, A. F. G., Valmorri, L., Mercuriali, M., & Bercovich, E. (2009). Subjective effects of Lepidium meyenii (Maca) extract on well‐being and sexual performances in patients with mild erectile dysfunction: a randomised, double‐blind clinical trial. Andrologia, 41(2), 95-99.

Zevallos-Concha, A., Nuñez, D., Gasco, M., Vasquez, C., Quispe, M., & Gonzales, G. F. (2016). Effect of gamma irradiation on phenol content, antioxidant activity and biological activity of black maca and red maca extracts (Lepidium meyenii walp). Toxicology mechanisms and methods, 26(1), 67-73.

Zhu, H., Xu, W., Wang, N., Jiang, W., Cheng, Y., Guo, Y., ... & Qian, H. (2021). Anti-fatigue effect of Lepidium meyenii Walp.(Maca) on preventing mitochondria-mediated muscle damage and oxidative stress in vivo and vitro. Food & Function.

Zhu, H., Xu, W., Wang, N., Jiang, W., Cheng, Y., Guo, Y., ... & Qian, H. (2021). Anti-fatigue effect of Lepidium meyenii Walp.(Maca) on preventing mitochondria-mediated muscle damage and oxidative stress in vivo and vitro. Food & Function.

Magnesio:

Aydın, H., Deyneli, O., Yavuz, D., Gözü, H., Mutlu, N., Kaygusuz, I., & Akalın, S. (2010). Short-term oral magnesium supplementation suppresses bone turnover in postmenopausal osteoporotic women. Biological trace element research, 133(2), 136-143.

Chiu, H. Y., Yeh, T. H., Huang, Y. C., & Chen, P. Y. (2016). Effects of intravenous and oral magnesium on reducing migraine: a meta-analysis of randomized controlled trials. Pain physician, 19(1), E97-E112.

Córdova, A., Mielgo-Ayuso, J., Roche, E., Caballero-García, A., & Fernandez-Lázaro, D. (2019). Impact of magnesium supplementation in muscle damage of professional cyclists competing in a stage race. Nutrients, 11(8), 1927.

Del Gobbo, L. C., Imamura, F., Wu, J. H., de Oliveira Otto, M. C., Chiuve, S. E., & Mozaffarian, D. (2013). Circulating and dietary magnesium and risk of cardiovascular disease: a systematic review and meta-analysis of prospective studies. The American journal of clinical nutrition, 98(1), 160-173.

Dentali, F., Gianni, M., Squizzato, A., Ageno, W., Castiglioni, L., Maroni, L., ... & Guasti, L. (2011). Use of statins and recurrence of atrial fibrillation after catheter ablation or electrical cardioversion. Thrombosis and haemostasis, 106(08), 363-370.

Dominguez, L., Veronese, N., & Barbagallo, M. (2021). Magnesium and Hypertension in Old Age. Nutrients, 13(1), 139.

Eby, G. A., & Eby, K. L. (2006). Rapid recovery from major depression using magnesium treatment. Medical hypotheses, 67(2), 362-370.

Facchinetti, F., Sances, G., Borella, P., Genazzani, A. R., & Nappi, G. (1991). Magnesium prophylaxis of menstrual migraine: effects on intracellular magnesium. Headache: The Journal of Head and Face Pain, 31(5), 298-301.

Fathizadeh, N., Ebrahimi, E., Valiani, M., Tavakoli, N., & Yar, M. H. (2010). Evaluating the effect of magnesium and magnesium plus vitamin B6 supplement on the severity of premenstrual syndrome. Iranian journal of nursing and midwifery research, 15(Suppl1), 401.

Huang, Y. H., Zeng, B. Y., Li, D. J., Cheng, Y. S., Chen, T. Y., Liang, H. Y., ... & Lin, C. H. (2019). Significantly lower serum and hair magnesium levels in children with attention deficit hyperactivity disorder than controls: A systematic review and meta-analysis. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 90, 134-141.

Jiang, P., Liu, F., Fan, Z., Jiang, W., & Liu, X. (2016). Performance of water-soluble composite sulfate sand core for magnesium alloy castings. Archives of Civil and Mechanical Engineering, 16, 494-502.

Kass, L., Weekes, J., & Carpenter, L. (2012). Effect of magnesium supplementation on blood pressure: a meta-analysis. European journal of clinical nutrition, 66(4), 411-418.

Kass, L. S., & Poeira, F. (2015). The effect of acute vs chronic magnesium supplementation on exercise and recovery on resistance exercise, blood pressure and total peripheral resistance on normotensive adults. Journal of the International Society of Sports Nutrition, 12(1), 1-8.

Mathew, J. L., & Walia, M. (2017). Systematic review on efficacy of magnesium (intravenous or nebulized) for acute asthma episodes in children. Indian pediatrics, 54(2), 133-137.

Mazidi, M., Rezaie, P., & Banach, M. (2018). Effect of magnesium supplements on serum C-reactive protein: a systematic review and meta-analysis. Archives of medical science: AMS, 14(4), 707.

McGovern, L., Johnson, J. N., Paulo, R., Hettinger, A., Singhal, V., Kamath, C., ... & Montori, V. M. (2008). Treatment of pediatric obesity: a systematic review and meta-analysis of randomized trials. The Journal of Clinical Endocrinology & Metabolism, 93(12), 4600-4605.

Mofrad, M. D., Djafarian, K., Mozaffari, H., & Shab-Bidar, S. (2018). Effect of magnesium supplementation on endothelial function: A systematic review and meta-analysis of randomized controlled trials. Atherosclerosis, 273, 98-105.

Norouzi, E., Daneshyar, M., & Farhoomand, P. (2013). Dietary supplementation effects of zinc acetate and magnesium sulfate on performance and antioxidant status of broilers under continuous heat stress. Spanish journal of agricultural research, (1), 127-131.

Piuri, G., Zocchi, M., Della Porta, M., Ficara, V., Manoni, M., Zuccotti, G. V., ... & Cazzola, R. (2021). Magnesium in Obesity, Metabolic Syndrome, and Type 2 Diabetes. Nutrients, 13(2), 320.

Ribeiro, C. C., Barrias, C. C., & Barbosa, M. A. (2006). Preparation and characterisation of calcium-phosphate porous microspheres with a uniform size for biomedical applications. Journal of Materials Science: Materials in Medicine, 17(5), 455-463.

Simental-Mendia, L. E., Sahebkar, A., Rodriguez-Moran, M., Zambrano-Galvan, G., & Guerrero-Romero, F. (2017). Effect of magnesium supplementation on plasma C-reactive protein concentrations: a systematic review and meta-analysis of randomized controlled trials. Current pharmaceutical design, 23(31), 4678-4686.

Širvinskas, E., & Laurinaitis, R. (2002). Use of magnesium sulfate in anesthesiology. Medicina (Kaunas), 38(7), 695-698.

Steward, C. J., Zhou, Y., Keane, G., Cook, M. D., Liu, Y., & Cullen, T. (2019). One week of magnesium supplementation lowers IL-6, muscle soreness and increases post-exercise blood glucose in response to downhill running. European journal of applied physiology, 119(11), 2617-2627.

Verma, H., & Garg, R. (2017). Effect of magnesium supplementation on type 2 diabetes associated cardiovascular risk factors: a systematic review and meta‐analysis. Journal of human nutrition and dietetics, 30(5), 621-633.

Veronese, N., Watutantrige-Fernando, S., Luchini, C., Solmi, M., Sartore, G., Sergi, G., ... & Stubbs, B. (2016). Effect of magnesium supplementation on glucose metabolism in people with or at risk of diabetes: a systematic review and meta-analysis of double-blind randomized controlled trials. European journal of clinical nutrition, 70(12), 1354-1359.

You, H. J., Cho, S. E., Kang, S. G., Cho, S. J., & Na, K. S. (2018). Decreased serum magnesium levels in depression: a systematic review and meta-analysis. Nordic journal of psychiatry, 72(7), 534-541.

Zhang, X., Del Gobbo, L. C., Zhang, W., & Song, Y. (2016). Effects of Oral Magnesium Supplementation on Blood Pressure Among Healthy or Hypertensive Adults: A Meta-analysis of Randomized Double-blinded Placebo-controlled Trials. Circulation, 133(suppl\_1), A49-A49.

MCT:

Ashton, J. S., Roberts, J. W., Wakefield, C. J., Page, R. M., MacLaren, D. P., Marwood, S., & Malone, J. J. (2021). The effects of medium chain triglyceride (MCT) supplementation using a C8: C10 ratio of 30: 70 on cognitive performance in healthy young adults. Physiology & Behavior, 229, 113252.

Clegg, M. E., Golsorkhi, M., & Henry, C. J. (2013). Combined medium-chain triglyceride and chilli feeding increases diet-induced thermogenesis in normal-weight humans. European journal of nutrition, 52(6), 1579-1585.

Coleman, H., Quinn, P., & Clegg, M. E. (2016). Medium-chain triglycerides and conjugated linoleic acids in beverage form increase satiety and reduce food intake in humans. Nutrition Research, 36(6), 526-533.

Costa, A. R., Rosado, E. L., & Soares-Mota, M. (2012). Influence of the dietary intake of medium chain triglycerides on body composition, energy expenditure and satiety; a systematic review. Nutricion hospitalaria, 27(1), 103-108.

Eichner, C., & Berna, F. (2016). Acceptance and efficacy of metacognitive training (MCT) on positive symptoms and delusions in patients with schizophrenia: a meta-analysis taking into account important moderators. Schizophrenia bulletin, 42(4), 952-962.

Hargreaves, M., Angus, D. J., Dancey, J., & Febbraio, M. A. (2000). Efectos de la Ingesta de Carbohidratos o Carbohidratos más Triacilglicéridos de Cadena Media sobre el Rendimiento en una Prueba de Ciclismo-G-SE/Editorial Board/Dpto. Contenido. PubliCE.

Lee, J. E., Titcomb, T. J., Bisht, B., Rubenstein, L. M., Louison, R., & Wahls, T. L. (2021). A modified MCT-based ketogenic diet increases plasma β-hydroxybutyrate but has less effect on fatigue and quality of life in people with multiple sclerosis compared to a modified paleolithic diet: a waitlist-controlled, randomized pilot study. Journal of the American College of Nutrition, 40(1), 13-25.

Nosaka, N., Suzuki, Y., Nagatoishi, A., Kasai, M., Wu, J., & Taguchi, M. (2009). Effect of ingestion of medium-chain triacylglycerols on moderate-and high-intensity exercise in recreational athletes. Journal of nutritional science and vitaminology, 55(2), 120-125.

Pomeranz, Y. (2012). Functional properties of food components. Academic Press.

Rial, S. A., Karelis, A. D., Bergeron, K. F., & Mounier, C. (2016). Gut microbiota and metabolic health: the potential beneficial effects of a medium chain triglyceride diet in obese individuals. Nutrients, 8(5), 281.

Toyosaki, T., Sakane, Y., & Kasai, M. (2013). Effects of medium-chain triacylglycerols (MCT) on the Maillard reaction. Journal of Food Processing and Technology, 4(4).

Wilson, P. B. (2015). Multiple transportable carbohydrates during exercise: Current limitations and directions for future research. The Journal of Strength & Conditioning Research, 29(7), 2056-2070.

Wu, G. H., Zaniolo, O., Schuster, H., Schlotzer, E., & Pradelli, L. (2017). Structured triglycerides versus physical mixtures of medium-and long-chain triglycerides for parenteral nutrition in surgical or critically ill adult patients: Systematic review and meta-analysis. Clinical Nutrition, 36(1), 150-161.

Melatonina:

Akbari, M., Ostadmohammadi, V., Mirhosseini, N., Lankarani, K. B., Tabrizi, R., Keshtkaran, Z., ... & Asemi, Z. (2019). The effects of melatonin supplementation on blood pressure in patients with metabolic disorders: a systematic review and meta-analysis of randomized controlled trials. Journal of human hypertension, 33(3), 202-209.

Akbari, M., Ostadmohammadi, V., Tabrizi, R., Lankarani, K. B., Heydari, S. T., Amirani, E., ... & Asemi, Z. (2018). The effects of melatonin supplementation on inflammatory markers among patients with metabolic syndrome or related disorders: a systematic review and meta-analysis of randomized controlled trials. Inflammopharmacology, 26(4), 899-907.

Anton-Tay, F. D. J. L., Diaz, J. L., & Fernandez-Guardiola, A. (1971). On the effect of melatonin upon human brain. Its possible therapeutic implications. Life Sciences, 10(15), 841-850.

Baekelandt, S., Cornet, V., Mandiki, S. N., Jérôme, L., Mickaël, D., & Kestemont, P. (2021). Ex vivo approach supports both direct and indirect actions of melatonin on immunity in pike-perch Sander lucioperca. Fish & Shellfish Immunology.

Barlow, K. M., Esser, M. J., Veidt, M., & Boyd, R. (2019). Melatonin as a treatment after traumatic brain injury: a systematic review and meta-analysis of the pre-clinical and clinical literature. Journal of neurotrauma, 36(4), 523-537.

Bi, J., Shen, J., Chen, C., Li, Z., Tan, H., Sun, P., & Lin, Y. (2021). Role of melatonin in the dynamics of acute spinal cord injury in rats. Journal of Cellular and Molecular Medicine, 25(6), 2909-2917.

Carrillo-Vico, A., Lardone, P. J., Álvarez-Sánchez, N., Rodríguez-Rodríguez, A., & Guerrero, J. M. (2013). Melatonin: buffering the immune system. International journal of molecular sciences, 14(4), 8638-8683.

Chen, S., Shi, L., Liang, F., Xu, L., Desislava, D., Wu, Q., & Zhang, J. (2016). Exogenous melatonin for delirium prevention: a meta-analysis of randomized controlled trials. Molecular neurobiology, 53(6), 4046-4053.

Cipolla-Neto, J., Amaral, F. G., Soares-Jr, J. M., Gallo, C. C., Furtado, A., Cavaco, J. E., ... & Quintela, T. (2021). The crosstalk between melatonin and sex steroid hormones. Neuroendocrinology.

Doosti-Irani, A., Ostadmohammadi, V., Mirhosseini, N., Mansournia, M. A., Reiter, R. J., Kashanian, M., ... & Asemi, Z. (2018). The effects of melatonin supplementation on glycemic control: a systematic review and meta-analysis of randomized controlled trials. Hormone and Metabolic Research, 50(11), 783-790.

Esalatmanesh, K., Loghman, A., Esalatmanesh, R., Soleimani, Z., Khabbazi, A., Mahdavi, A. M., & Mousavi, S. G. A. (2021). Effects of melatonin supplementation on disease activity, oxidative stress, inflammatory, and metabolic parameters in patients with rheumatoid arthritis: a randomized double-blind placebo-controlled trial. Clinical Rheumatology, 1-7.

Ferracioli-Oda, E., Qawasmi, A., & Bloch, M. H. (2013). Meta-analysis: melatonin for the treatment of primary sleep disorders. PloS one, 8(5), e63773.

Glickman, G., Levin, R., & Brainard, G. C. (2002). Ocular input for human melatonin regulation: relevance to breast cancer. Neuroendocrinology Letters, 23, 17-22.

Hill, J. A., Keane, K. M., Quinlan, R., & Howatson, G. (2021). Tart cherry supplementation and recovery from strenuous exercise: a systematic review and meta-analysis. International Journal of Sport Nutrition and Exercise Metabolism, 31(2), 154-167.

Igwe, S. C., & Brigo, F. (2018). Does melatonin and melatonin agonists improve the metabolic side effects of atypical antipsychotics?: a systematic review and meta-analysis of randomized controlled trials. Clinical Psychopharmacology and Neuroscience, 16(3), 235.

Leonardo-Mendonça, R. C., Ocaña-Wilhelmi, J., de Haro, T., de Teresa-Galván, C., Guerra-Hernández, E., Rusanova, I., ... & Acuña-Castroviejo, D. (2017). The benefit of a supplement with the antioxidant melatonin on redox status and muscle damage in resistance-trained athletes. Applied Physiology, Nutrition, and Metabolism, 42(7), 700-707.

Li, C., & Zhou, X. (2015). Melatonin and male reproduction. Clinica Chimica Acta, 446, 175-180.

Li, S. S., Xie, L. L., Li, Z. Z., Fan, Y. J., Qi, M. M., & Xi, Y. G. (2021). Androgen is responsible for enhanced susceptibility of melatonin against traumatic brain injury in females. Neuroscience Letters, 135842.

Liu, W. C., Wang, X., Zhang, X., Chen, X., & Jin, X. (2017). Melatonin supplementation, a strategy to prevent neurological diseases through maintaining integrity of blood brain barrier in old people. Frontiers in aging neuroscience, 9, 165.

Mayo, J. C., Sainz, R. M., Tan, D. X., Antolín, I., Rodríguez, C., & Reiter, R. J. (2005). Melatonin and Parkinson’s disease. Endocrine, 27(2), 169-178.

Mantle, D., & Smits, M. G. (2021). Melatonin for the treatment of gastrointestinal disorders: an overview. Gastrointestinal Nursing, 19(3), 18-22.

Mohammadi-Sartang, M., Ghorbani, M., & Mazloom, Z. (2018). Effects of melatonin supplementation on blood lipid concentrations: a systematic review and meta-analysis of randomized controlled trials. Clinical nutrition, 37(6), 1943-1954.

Morales, M. C. G. (2007). Efectos de la la melatonina, coenzima Q10 y phlebodium decumanum sobre el estrés oxidativo en el ejercicio físico intenso. Editorial de la Universidad de Granada.

Moroni, I., Garcia-Bennett, A., Chapman, J., Grunstein, R. R., Gordon, C. J., & Comas, M. (2021). Pharmacokinetics of exogenous melatonin in relation to formulation, and effects on sleep: a systematic review. Sleep Medicine Reviews, 101431.

Naskar, A., Manivasagam, T., Chakraborty, J., Singh, R., Thomas, B., Dhanasekaran, M., & Mohanakumar, K. P. (2013). Melatonin synergizes with low doses of L‐DOPA to improve dendritic spine density in the mouse striatum in experimental Parkinsonism. Journal of pineal research, 55(3), 304-312.

Ordóñez, F. M., Oliver, A. J. S., Bastos, P. C., Guillén, L. S., & Domínguez, R. (2017). Mejora del sueño en deportistas: uso de suplementos nutricionales. Arch Med Deporte, 93-99.

Pourhanifeh, M. H., Mehrzadi, S., & Hosseinzadeh, A. (2021). Melatonin and regulation of miRNAs: novel targeted therapy for cancerous and noncancerous disease. Epigenomics, 13(1), 65-81.

Rondanelli, M., Faliva, M. A., Perna, S., & Antoniello, N. (2013). Update on the role of melatonin in the prevention of cancer tumorigenesis and in the management of cancer correlates, such as sleep-wake and mood disturbances: review and remarks. Aging clinical and experimental research, 25(5), 499-510.

Suh, H. S., Lee, Y. J., & Je, N. (2015). The Efficacy of Melatonin for primary insomnia: a systematic Review and meta-analysis. Value in Health, 18(3), A279.

Wang, Y., Wang, P., Zheng, X., & Du, X. (2018). Therapeutic strategies of melatonin in cancer patients: a systematic review and meta-analysis. OncoTargets and therapy, 11, 7895.

Wang, Y. Y., Zheng, W., Ng, C. H., Ungvari, G. S., Wei, W., & Xiang, Y. T. (2017). Meta‐analysis of randomized, double‐blind, placebo‐controlled trials of melatonin in Alzheimer's disease. International journal of geriatric psychiatry, 32(1), 50-57.

Wright, A., Diebold, J., Otal, J., Stoneman, C., Wong, J., Wallace, C., & Duffett, M. (2015). The effect of melatonin on benzodiazepine discontinuation and sleep quality in adults attempting to discontinue benzodiazepines: a systematic review and meta-analysis. Drugs & aging, 32(12), 1009-1018.

Zhang, L., Guo, H. L., Zhang, H. Q., Xu, T. Q., He, B., Wang, Z. H., ... & Liu, F. E. (2017). Melatonin prevents sleep deprivation-associated anxiety-like behavior in rats: role of oxidative stress and balance between GABAergic and glutamatergic transmission. American journal of translational research, 9(5), 2231.

Zhang, W., Chen, X. Y., Su, S. W., Jia, Q. Z., Ding, T., Zhu, Z. N., & Zhang, T. (2016). Exogenous melatonin for sleep disorders in neurodegenerative diseases: a meta-analysis of randomized clinical trials. Neurological Sciences, 37(1), 57-65.

Zhu, C., Xu, Y., Duan, Y., Li, W., Zhang, L., Huang, Y., ... & Yin, W. (2017). Exogenous melatonin in the treatment of pain: a systematic review and meta-analysis. Oncotarget, 8(59), 100582.

MSM:

Amirshahrokhi, K., & Khalili, A. R. (2017). Methylsulfonylmethane is effective against gastric mucosal injury. European journal of pharmacology, 811, 240-248.

Brien, S., Prescott, P., Bashir, N., Lewith, H., & Lewith, G. (2008). Systematic review of the nutritional supplements dimethyl sulfoxide (DMSO) and methylsulfonylmethane (MSM) in the treatment of osteoarthritis. Osteoarthritis and Cartilage, 16(11), 1277-1288.

Karolina, K., Habrowska-Górczyńska, D. E., Dominika, K., Kamila, D., Urbanek, K. A., & Wanda, P. C. A. (2021). Methylsulfonylmethane sensitizes endometrial cancer cells to doxorubicin. Cell Biology and Toxicology, 37(2), 261-275.

Kowalska, K., Habrowska-Górczyńska, D. E., Kurczewska, D., Domińska, K., Urbanek, K. A., & Piastowska-Ciesielska, A. W. (2021). Methylsulfonylmethane sensitizes endometrial cancer cells to doxorubicin. Cell Biology and Toxicology, 37(2), 261-275.

Kowalska, K., Habrowska-Górczyńska, D. E., Kurczewska, D., Domińska, K., Urbanek, K. A., & Piastowska-Ciesielska, A. W. (2021). Methylsulfonylmethane sensitizes endometrial cancer cells to doxorubicin. Cell Biology and Toxicology, 37(2), 261-275.

Sarkhani, E., Najafzadeh, N., Tata, N., Dastan, M., Mazani, M., & Arzanlou, M. (2017). Molecular mechanisms of methylsulfonylmethane and allicin in the inhibition of CD44±breast cancer cells growth. Journal of functional foods, 39, 50-57.

Withee, E. D., Tippens, K. M., Dehen, R., Tibbitts, D., Hanes, D., & Zwickey, H. (2017). Effects of Methylsulfonylmethane (MSM) on exercise-induced oxidative stress, muscle damage, and pain following a half-marathon: a double-blind, randomized, placebo-controlled trial. Journal of the international society of sports nutrition, 14(1), 1-11.

NAC:

Boşgelmez, İ. İ. (2021). An overview on the potential mechanisms of action of N-acetyl-l-cysteine in hexavalent chromium-induced toxicity. Toxicology, 397-408.

Hildebrandt, W., Sauer, R., Bonaterra, G., Dugi, K. A., Edler, L., & Kinscherf, R. (2015). Oral N-acetylcysteine reduces plasma homocysteine concentrations regardless of lipid or smoking status. The American journal of clinical nutrition, 102(5), 1014-1024.

Kuyumcu, A., Akyol, A., Buyuktuncer, Z., Ozmen, M. M., & Besler, H. T. (2015). Improved oxidative status in major abdominal surgery patients after N-acetyl cystein supplementation. Nutrition journal, 14(1), 1-9.

Miltenberger, M. R., Zipp, G., Parasher, R., & Davis, S. (2015). The acute effect of n-acetylcysteine supplementation on repeat sprint performance in recreationally active males. In International Journal of Exercise Science: Conference Proceedings (Vol. 9, No. 3, p. 65).

Rhodes, K., & Braakhuis, A. (2017). Performance and side effects of supplementation with N-acetylcysteine: a systematic review and meta-analysis. Sports Medicine, 47(8), 1619-1636.

Slattery, K. M., Dascombe, B., Wallace, L. K., Bentley, D. J., & Coutts, A. J. (2014). Effect of N-acetylcysteine on cycling performance following intensified training. Medicine and Science in Sports and Exercise, 46(6).

Teng, T., Kamal, M., Iriondo, O., Amzaleg, Y., Luo, C., Thomas, A., ... & Yu, M. (2021). N-Acetyl-L-cysteine promotes ex vivo growth and expansion of single circulating tumor cells by mitigating cellular stress responses. Molecular Cancer Research, 19(3), 441-450.

Nitratos:

Abu-Alghayth, M., Vanhatalo, A., Wylie, L. J., McDonagh, S. T., Thompson, C., Kadach, S., ... & Winyard, P. G. (2021). S-nitrosothiols, and other products of nitrate metabolism, are increased in multiple human blood compartments following ingestion of beetroot juice. Redox Biology, 101974.

Arnold, J. T., Oliver, S. J., Lewis-Jones, T. M., Wylie, L. J., & Macdonald, J. H. (2015). Beetroot juice does not enhance altitude running performance in well-trained athletes. Applied Physiology, Nutrition, and Metabolism, 40(6), 590-595.

Ashor, A. W., Lara, J., & Siervo, M. (2017). Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults: a systematic review and meta-analysis. Journal of hypertension, 35(7), 1353-1359.

Aucouturier, J., Boissière, J., Pawlak-Chaouch, M., Cuvelier, G., & Gamelin, F. X. (2015). Effect of dietary nitrate supplementation on tolerance to supramaximal intensity intermittent exercise. Nitric Oxide, 49, 16-25.

Cuenca, E., Jodra, P., Pérez-López, A., González-Rodríguez, L. G., Fernandes da Silva, S., Veiga-Herreros, P., & Domínguez, R. (2018). Effects of beetroot juice supplementation on performance and fatigue in a 30-s all-out sprint exercise: a randomized, double-blind cross-over study. Nutrients, 10(9), 1222.

Domínguez, R., Maté-Muñoz, J. L., Cuenca, E., García-Fernández, P., Mata-Ordoñez, F., Lozano-Estevan, M. C., ... & Garnacho-Castaño, M. V. (2018). Effects of beetroot juice supplementation on intermittent high-intensity exercise efforts. Journal of the International Society of Sports Nutrition, 15(1), 1-12.

dos Santos Baião, D., Vieira Teixeira da Silva, D., & Margaret Flosi Paschoalin, V. (2021). A Narrative Review on Dietary Strategies to Provide Nitric Oxide as a Non-Drug Cardiovascular Disease Therapy: Beetroot Formulations—A Smart Nutritional Intervention. Foods, 10(4), 859.

Esen, O., Dobbin, N., & Callaghan, M. J. (2022). The effect of dietary nitrate on the contractile properties of human skeletal muscle: a systematic review and meta-analysis. Journal of the American Nutrition Association, 1-12.

Flueck, J. L., Bogdanova, A., Mettler, S., & Perret, C. (2016). Is beetroot juice more effective than sodium nitrate? The effects of equimolar nitrate dosages of nitrate-rich beetroot juice and sodium nitrate on oxygen consumption during exercise. Applied Physiology, Nutrition, and Metabolism, 41(4), 421-429.

Garnacho-Castaño, M. V., Palau-Salvà, G., Serra-Payá, N., Ruiz-Hermosel, M., Berbell, M., Viñals, X., ... & Molina-Raya, L. (2020). Understanding the effects of beetroot juice intake on CrossFit performance by assessing hormonal, metabolic and mechanical response: a randomized, double-blind, crossover design. Journal of the International Society of Sports Nutrition, 17(1), 1-12.

Gholami, F., Rahmani, L., Amirnezhad, F., & Cheraghi, K. (2019). High doses of sodium nitrate prior to exhaustive exercise increases plasma peroxynitrite levels in well-trained subjects: randomized, double-blinded, crossover study. Applied Physiology, Nutrition, and Metabolism, 44(12), 1305-1310.

Kazimierczak, R., Hallmann, E., Lipowski, J., Drela, N., Kowalik, A., Püssa, T., ... & Rembiałkowska, E. (2014). Beetroot (Beta vulgaris L.) and naturally fermented beetroot juices from organic and conventional production: metabolomics, antioxidant levels and anticancer activity. Journal of the Science of Food and Agriculture, 94(13), 2618-2629.

Kramer, S. J., Baur, D. A., Spicer, M. T., Vukovich, M. D., & Ormsbee, M. J. (2016). The effect of six days of dietary nitrate supplementation on performance in trained CrossFit athletes. Journal of the International Society of Sports Nutrition, 13(1), 1-7.

Kuennen, M., Jansen, L., Gillum, T., Granados, J., Castillo, W., Nabiyar, A., & Christmas, K. (2015). Dietary nitrate reduces the O 2 cost of desert marching but elevates the rise in core temperature. European journal of applied physiology, 115(12), 2557-2569.

Lara, J., Ashor, A. W., Oggioni, C., Ahluwalia, A., Mathers, J. C., & Siervo, M. (2016). Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis. European journal of nutrition, 55(2), 451-459.

Lorenzo Calvo, J., Alorda-Capo, F., Pareja-Galeano, H., & Jiménez, S. L. (2020). Influence of nitrate supplementation on endurance cyclic sports performance: A systematic review. Nutrients, 12(6), 1796.

McDonagh, S. T. J., Wylie, L. J., Winyard, P. G., Vanhatalo, A., & Jones, A. M. (2015). The effects of chronic nitrate supplementation and the use of strong and weak antibacterial agents on plasma nitrite concentration and exercise blood pressure. International journal of sports medicine, 36(14), 1177-1185.

McMahon, N. F., Leveritt, M. D., & Pavey, T. G. (2017). The effect of dietary nitrate supplementation on endurance exercise performance in healthy adults: a systematic review and meta-analysis. Sports Medicine, 47(4), 735-756.

Muggeridge, D. J., Sculthorpe, N., James, P. E., & Easton, C. (2017). The effects of dietary nitrate supplementation on the adaptations to sprint interval training in previously untrained males. Journal of science and medicine in sport, 20(1), 92-97.

Pawlak-Chaouch, M., Boissiere, J., Gamelin, F. X., Cuvelier, G., Berthoin, S., & Aucouturier, J. (2016). Effect of dietary nitrate supplementation on metabolic rate during rest and exercise in human: a systematic review and a meta-analysis. Nitric Oxide, 53, 65-76.

Piknova, B., Park, J. W., Lam, K. K. J., & Schechter, A. N. (2016). Nitrate as a source of nitrite and nitric oxide during exercise hyperemia in rat skeletal muscle. Nitric Oxide, 55, 54-61.

Register, R. S. S., Embed, R. S. S., Code, G. E., & Super, R. S. S. Each+ 30 Min/d of Physical Activity Reduce HbA1c by 11%, Protein+ CHO Maintain Bone Mass, Overlooked Benefits of BFR, New Marker of Overtraining-Jan'17 Science Update.

Rodríguez-Fernández, A., Castillo, D., Raya-González, J., Domínguez, R., & Bailey, S. J. (2021). Beetroot juice supplementation increases concentric and eccentric muscle power output. Original investigation. Journal of Science and Medicine in Sport, 24(1), 80-84.

San Juan, A. F., Dominguez, R., Lago-Rodríguez, Á., Montoya, J. J., Tan, R., & Bailey, S. J. (2020). Effects of dietary nitrate supplementation on weightlifting exercise performance in healthy adults: A systematic review. Nutrients, 12(8), 2227.

Senefeld, J. W., Wiggins, C. C., Regimbal, R. J., Dominelli, P. B., Baker, S. E., & Joyner, M. J. (2020). Ergogenic effect of nitrate supplementation: A systematic review and meta-analysis. Medicine and science in sports and exercise, 52(10), 2250.

Tawa, M., Nagata, R., Sumi, Y., Nakagawa, K., Sawano, T., Ohkita, M., & Matsumura, Y. (2021). Preventive effects of nitrate-rich beetroot juice supplementation on monocrotaline-induced pulmonary hypertension in rats. Plos one, 16(4), e0249816.

Thurston, T. S., Weavil, J. C., Hureau, T. J., Gifford, J. R., Georgescu, V. P., Wan, H. Y., ... & Amann, M. (2021). On the implication of dietary nitrate supplementation for the hemodynamic and fatigue response to cycling exercise. Journal of Applied Physiology, 131(6), 1691-1700.

Van der Avoort, C. M., Van Loon, L. J., Hopman, M. T., & Verdijk, L. B. (2018). Increasing vegetable intake to obtain the health promoting and ergogenic effects of dietary nitrate. European journal of clinical nutrition, 72(11), 1485-1489.

Wylie, L. J., Bailey, S. J., Kelly, J., Blackwell, J. R., Vanhatalo, A., & Jones, A. M. (2016). Influence of beetroot juice supplementation on intermittent exercise performance. European journal of applied physiology, 116(2), 415-425.

Whitfield, J., Ludzki, A., Heigenhauser, G. J. F., Senden, J. M., Verdijk, L. B., van Loon, L. J., ... & Holloway, G. P. (2016). Beetroot juice supplementation reduces whole body oxygen consumption but does not improve indices of mitochondrial efficiency in human skeletal muscle. The Journal of physiology, 594(2), 421-435.

Whitfield, J., Gamu, D., Heigenhauser, G. J., Van Loon, L. J., Spriet, L. L., Tupling, A. R., & Holloway, G. P. (2017). Beetroot juice increases human muscle force without changing Ca2+-handling proteins. Medicine & Science in Sports & Exercise, 49(10), 2016-2024.

Omega 3:

Abdelhamid, A. S., Brown, T. J., Brainard, J. S., Biswas, P., Thorpe, G. C., Moore, H. J., ... & Hooper, L. (2020). Omega‐3 fatty acids for the primary and secondary prevention of cardiovascular disease. Cochrane Database of Systematic Reviews, (3).

Allaire, J., Couture, P., Leclerc, M., Charest, A., Marin, J., Lépine, M. C., ... & Lamarche, B. (2016). Randomized, crossover, head-to-head comparison of EPA and DHA supplementation to reduce inflammation markers in men and women: the Comparing EPA to DHA Study. Am J Clin Nutr, 104(2), 280-7.

Alzoubi, K. H., Mayyas, F., & Zamzam, H. I. A. (2019). Omega-3 fatty acids protects against chronic sleep-deprivation induced memory impairment. Life sciences, 227, 1-7.

Apte, S. A., Cavazos, D. A., Whelan, K. A., & Degraffenried, L. A. (2013). A low dietary ratio of omega-6 to omega-3 Fatty acids may delay progression of prostate cancer. Nutrition and cancer, 65(4), 556-562.

Arterburn, L. M., Hall, E. B., & Oken, H. (2006). Distribution, interconversion, and dose response of n− 3 fatty acids in humans. The American journal of clinical nutrition, 83(6), 1467S-1476S.

Balk, E. M., Lichtenstein, A. H., Chung, M., Kupelnick, B., Chew, P., & Lau, J. (2006). Effects of omega-3 fatty acids on serum markers of cardiovascular disease risk: a systematic review. Atherosclerosis, 189(1), 19-30.

Bazan, N. G., Molina, M. F., & Gordon, W. C. (2011). Docosahexaenoic acid signalolipidomics in nutrition: significance in aging, neuroinflammation, macular degeneration, Alzheimer's, and other neurodegenerative diseases. Annual review of nutrition, 31, 321-351.

Best, K. P., Gold, M., Kennedy, D., Martin, J., & Makrides, M. (2016). Omega-3 long-chain PUFA intake during pregnancy and allergic disease outcomes in the offspring: a systematic review and meta-analysis of observational studies and randomized controlled trials. The American journal of clinical nutrition, 103(1), 128-143.

Bhatt, D. L., Steg, P. G., Miller, M., Brinton, E. A., Jacobson, T. A., Ketchum, S. B., ... & Ballantyne, C. M. (2019). Cardiovascular risk reduction with icosapent ethyl for hypertriglyceridemia. New England Journal of Medicine, 380(1), 11-22.

Bjørneboe, A., SØYLAND, E., BJØRNEBOE, G. E. A., Rajka, G., & Drevon, C. A. (1987). Effect of dietary supplementation with eicosapentaenoic acid in the treatment of atopic dermatitis. British Journal of Dermatology, 117(4), 463-469.

Borsini, A., Alboni, S., Horowitz, M. A., Tojo, L. M., Cannazza, G., Su, K. P., ... & Zunszain, P. A. (2017). Rescue of IL-1β-induced reduction of human neurogenesis by omega-3 fatty acids and antidepressants. Brain, behavior, and immunity, 65, 230-238.

Buonocore, D., Verri, M., Giolitto, A., Doria, E., Ghitti, M., & Dossena, M. (2020). Effect of 8-week n-3 fatty-acid supplementation on oxidative stress and inflammation in middle-and long-distance running athletes: a pilot study. Journal of the International Society of Sports Nutrition, 17(1), 1-19.

Campos Mondragón, M. G., Oliart Ros, R. M., Angulo Guerrero, J. O., Hernández Centeno, J. R., Fernández Galicia, J. C., González Bravo, F., ... & Hernández Girón, S. (2013). Marcadores inflamatorios en pacientes con síndrome metabólico después de consumir ácidos grasos omega-3 y ácido linoleico conjugado (CLA). Nutrición clínica y dietética hospitalaria, 33(1), 7-17.

Chang, J. P. C., Su, K. P., Mondelli, V., & Pariante, C. M. (2018). Omega-3 polyunsaturated fatty acids in youths with attention deficit hyperactivity disorder: a systematic review and meta-analysis of clinical trials and biological studies. Neuropsychopharmacology, 43(3), 534-545.

Chen, S. J. (2017). Meta-analysis of long-chain omega-3 polyunsaturated fatty acids and the risk of prostate cancer in prospective studies.

Cracowski, J. L., Cracowski, C., BESSARD, G., Pepin, J. L., Bessard, J., Schwebel, C., ... & Pison, C. (2001). Increased lipid peroxidation in patients with pulmonary hypertension. American journal of respiratory and critical care medicine, 164(6), 1038-1042.

Derbyshire, E. (2017). Do omega-3/6 fatty acids have a therapeutic role in children and young people with ADHD?. Journal of lipids, 2017.

Edalatiyan, M., Kelayeh, S. M. O., Mohammadi, S., Saadatnia, S., & Pisheh, M. G. (2020). Evaluation of the effect of oral vitamin E and omega 3 supplement on postmenopausal hot flashes. Archives of Pharmacy Practice, 1, 31.

Farooqui, A. A., Ong, W. Y., Horrocks, L. A., Chen, P., & Farooqui, T. (2007). Comparison of biochemical effects of statins and fish oil in brain: the battle of the titans. Brain research reviews, 56(2), 443-471.

Fayh, A. P. T., Borges, K., Cunha, G. S., Krause, M., Rocha, R., de Bittencourt, P. I. H., ... & Reischak-Oliveira, A. (2018). Effects of n-3 fatty acids and exercise on oxidative stress parameters in type 2 diabetic: a randomized clinical trial. Journal of the International Society of Sports Nutrition, 15(1), 1-9.

Gaete, M., Atalah, E., & Araya, J. (2002). Efecto de la suplementación de la dieta de la madre durante la lactancia con ácidos grasos omega 3 en la composición de los lípidos de la leche. Revista chilena de pediatría, 73(3), 239-247.

Gammone, M. A., Riccioni, G., Parrinello, G., & D’Orazio, N. (2019). Omega-3 polyunsaturated fatty acids: benefits and endpoints in sport. Nutrients, 11(1), 46.

Grosso, G., Galvano, F., Marventano, S., Malaguarnera, M., Bucolo, C., Drago, F., & Caraci, F. (2014). Omega-3 fatty acids and depression: scientific evidence and biological mechanisms. Oxidative medicine and cellular longevity, 2014.

Harris, W. S., Del Gobbo, L., & Tintle, N. L. (2017). The Omega-3 Index and relative risk for coronary heart disease mortality: Estimation from 10 cohort studies. Atherosclerosis, 262, 51-54.

Heileson, J. L., & Funderburk, L. K. (2020). The effect of fish oil supplementation on the promotion and preservation of lean body mass, strength, and recovery from physiological stress in young, healthy adults: A systematic review. Nutrition Reviews, 78(12), 1001-1014.

Herbst, E. A. F., Paglialunga, S., Gerling, C., Whitfield, J., Mukai, K., Chabowski, A., ... & Holloway, G. P. (2014). Omega‐3 supplementation alters mitochondrial membrane composition and respiration kinetics in human skeletal muscle. The Journal of physiology, 592(6), 1341-1352.

Janczyk, W., Socha, P., Lebensztejn, D., Wierzbicka, A., Mazur, A., Neuhoff-Murawska, J., & Matusik, P. (2013). Omega-3 fatty acids for treatment of non-alcoholic fatty liver disease: design and rationale of randomized controlled trial. BMC pediatrics, 13(1), 1-11.

Jouris, K. B., McDaniel, J. L., & Weiss, E. P. (2011). The effect of omega-3 fatty acid supplementation on the inflammatory response to eccentric strength exercise. Journal of sports science & medicine, 10(3), 432.

Kamolrat, T., & Gray, S. R. (2013). The effect of eicosapentaenoic and docosahexaenoic acid on protein synthesis and breakdown in murine C2C12 myotubes. Biochemical and biophysical research communications, 432(4), 593-598.

Kar, S., Wong, M., Rogozinska, E., & Thangaratinam, S. (2016). Effects of omega-3 fatty acids in prevention of early preterm delivery: a systematic review and meta-analysis of randomized studies. European Journal of Obstetrics & Gynecology and Reproductive Biology, 198, 40-46.

Kloog, I., Stevens, R. G., Haim, A., & Portnov, B. A. (2010). Nighttime light level co-distributes with breast cancer incidence worldwide. Cancer Causes & Control, 21(12), 2059-2068.

Krzymińska-Siemaszko, R., Czepulis, N., Lewandowicz, M., Zasadzka, E., Suwalska, A., Witowski, J., & Wieczorowska-Tobis, K. (2015). The effect of a 12-week omega-3 supplementation on body composition, muscle strength and physical performance in elderly individuals with decreased muscle mass. International journal of environmental research and public health, 12(9), 10558-10574.

Kyriakidou, Y., Wood, C., Ferrier, C., Dolci, A., & Elliott, B. (2021). The effect of Omega-3 polyunsaturated fatty acid supplementation on exercise-induced muscle damage. Journal of the International Society of Sports Nutrition, 18(1), 1-11.

Lalia, A. Z., Dasari, S., Robinson, M. M., Abid, H., Morse, D. M., Klaus, K. A., & Lanza, I. R. (2017). Influence of omega-3 fatty acids on skeletal muscle protein metabolism and mitochondrial bioenergetics in older adults. Aging (Albany NY), 9(4), 1096.

Langlois, P. L., Hardy, G., & Manzanares, W. (2016). ω-3 Polyunsaturated Fatty Acids in Cardiac Surgery Patients. JPEN. Journal of parenteral and enteral nutrition, 41(2), 152-154.

Lee, Y. H., Bae, S. C., & Song, G. G. (2012). Omega-3 polyunsaturated fatty acids and the treatment of rheumatoid arthritis: a meta-analysis. Archives of medical research, 43(5), 356-362.

León, H., Shibata, M. C., Sivakumaran, S., Dorgan, M., Chatterley, T., & Tsuyuki, R. T. (2008). Effect of fish oil on arrhythmias and mortality: systematic review. Bmj, 337.

Levy, B. D. (2012). Resolvin D1 and resolvin E1 promote the resolution of allergic airway inflammation via shared and distinct molecular counter-regulatory pathways. Frontiers in immunology, 3, 390.

Lewis, E. J., Radonic, P. W., Wolever, T. M., & Wells, G. D. (2015). 21 days of mammalian omega-3 fatty acid supplementation improves aspects of neuromuscular function and performance in male athletes compared to olive oil placebo. Journal of the International Society of Sports Nutrition, 12(1), 1-11.

Macaron, T., Giudici, K. V., Bowman, G. L., Sinclair, A., Stephan, E., Vellas, B., & de Souto Barreto, P. (2021). Associations of Omega-3 fatty acids with brain morphology and volume in cognitively healthy older adults: A narrative review. Ageing Research Reviews, 101300.

Mahmood, N., Butt, S. A., & Hamid, S. (2017). EFFECTS OF SLEEP DEPRIVATION ON THE EPITHELIAL HEIGHT OF THE PROSTATIC ACINI IN RATS AND THE PROTECTIVE EFFECTS OF OMEGA 3 FATTY ACIDS. Pakistan Armed Forces Medical Journal, 67(1), 93-97.

Maki, K. C., Palacios, O. M., Bell, M., & Toth, P. P. (2017). Use of supplemental long-chain omega-3 fatty acids and risk for cardiac death: An updated meta-analysis and review of research gaps. Journal of Clinical Lipidology, 11(5), 1152-1160.

Maki, K. C., & Dicklin, M. R. (2018). Omega-3 fatty acid supplementation and cardiovascular disease risk: glass half full or time to nail the coffin shut?. Nutrients, 10(7), 864.

Menni, C., Zierer, J., Pallister, T., Jackson, M. A., Long, T., Mohney, R. P., ... & Valdes, A. M. (2017). Omega-3 fatty acids correlate with gut microbiome diversity and production of N-carbamylglutamate in middle aged and elderly women. Scientific reports, 7(1), 1-11.

Middleton, P., Gomersall, J. C., Gould, J. F., Shepherd, E., Olsen, S. F., & Makrides, M. (2018). Omega‐3 fatty acid addition during pregnancy. Cochrane Database of Systematic Reviews, (11).

Miller, P. E., Van Elswyk, M., & Alexander, D. D. (2014). Long-chain omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid and blood pressure: a meta-analysis of randomized controlled trials. American journal of hypertension, 27(7), 885-896.

Ochi, E., Tsuchiya, Y., & Yanagimoto, K. (2017). Effect of eicosapentaenoic acids-rich fish oil supplementation on motor nerve function after eccentric contractions. Journal of the International Society of Sports Nutrition, 14(1), 1-8.

Parker, H. M., Johnson, N. A., Burdon, C. A., Cohn, J. S., O’Connor, H. T., & George, J. (2012). Omega-3 supplementation and non-alcoholic fatty liver disease: a systematic review and meta-analysis. Journal of hepatology, 56(4), 944-951.

Parker, H. M., Johnson, N. A., & George, J. (2012). Reply to:“The optimal dose of omega-3 supplementation for non-alcoholic fatty liver disease”. Journal of hepatology, 57(2), 469-470.

Philpott, J. D., Witard, O. C., & Galloway, S. D. (2019). Applications of omega-3 polyunsaturated fatty acid supplementation for sport performance. Research in Sports Medicine, 27(2), 219-237.

Philpott, J. D., Bootsma, N. J., Rodriguez-Sanchez, N., Hamilton, D. L., MacKinlay, E., Dick, J., ... & Witard, O. C. (2019). Influence of fish oil-derived n-3 fatty acid supplementation on changes in body composition and muscle strength during short-term weight loss in resistance-trained men. Frontiers in nutrition, 6, 102.

Piñeiro-Corrales, G., Lago Rivero, N., & Culebras-Fernández, J. M. (2013). Papel de los ácidos grasos omega-3 en la prevención de enfermedades cardiovasculares. Nutrición Hospitalaria, 28(1), 1-5.

Pizzini, A., Lunger, L., Demetz, E., Hilbe, R., Weiss, G., Ebenbichler, C., & Tancevski, I. (2017). The role of omega-3 fatty acids in reverse cholesterol transport: a review. Nutrients, 9(10), 1099.

Quin, C., Erland, B. M., Loeppky, J. L., & Gibson, D. L. (2016). Omega-3 polyunsaturated fatty acid supplementation during the pre and post-natal period: a meta-analysis and systematic review of randomized and semi-randomized controlled trials. Journal of Nutrition & Intermediary Metabolism, 5, 34-54.

Rodacki, C. L., Rodacki, A. L., Pereira, G., Naliwaiko, K., Coelho, I., Pequito, D., & Fernandes, L. C. (2012). Fish-oil supplementation enhances the effects of strength training in elderly women. The American journal of clinical nutrition, 95(2), 428-436.

Sanz París, A., Marí Sanchis, A., García Malpartida, K., & Gómez, G. (2012). Propuesta de perfil de ácidos grasos omega 3 en nutrición enteral. Nutrición Hospitalaria, 27(6), 1782-1802.

Shewchuk, B. M. (2014). Prostaglandins and n-3 polyunsaturated fatty acids in the regulation of the hypothalamic–pituitary axis. Prostaglandins, Leukotrienes and Essential Fatty Acids, 91(6), 277-287.

Siscovick, D. S., Barringer, T. A., Fretts, A. M., Wu, J. H., Lichtenstein, A. H., Costello, R. B., ... & Mozaffarian, D. (2017). Omega-3 polyunsaturated fatty acid (fish oil) supplementation and the prevention of clinical cardiovascular disease: a science advisory from the American Heart Association. Circulation, 135(15), e867-e884.

Smith, G. I., Atherton, P., Reeds, D. N., Mohammed, B. S., Rankin, D., Rennie, M. J., & Mittendorfer, B. (2011). Dietary omega-3 fatty acid supplementation increases the rate of muscle protein synthesis in older adults: a randomized controlled trial. The American journal of clinical nutrition, 93(2), 402-412.

Spencer, M., Finlin, B. S., Unal, R., Zhu, B., Morris, A. J., Shipp, L. R., ... & Kern, P. A. (2013). Omega-3 fatty acids reduce adipose tissue macrophages in human subjects with insulin resistance. Diabetes, 62(5), 1709-1717.

Stark, K. D., Van Elswyk, M. E., Higgins, M. R., Weatherford, C. A., & Salem Jr, N. (2016). Global survey of the omega-3 fatty acids, docosahexaenoic acid and eicosapentaenoic acid in the blood stream of healthy adults. Progress in lipid research, 63, 132-152.

Su, K. P., Tseng, P. T., Lin, P. Y., Okubo, R., Chen, T. Y., Chen, Y. W., & Matsuoka, Y. J. (2018). Association of use of omega-3 polyunsaturated fatty acids with changes in severity of anxiety symptoms: A systematic review and meta-analysis. JAMA network open, 1(5), e182327-e182327.

Tsuchiya, Y., Ueda, H., Yanagimoto, K., Kato, A., & Ochi, E. (2021). 4-week eicosapentaenoic acid-rich fish oil supplementation partially protects muscular damage following eccentric contractions. Journal of the International Society of Sports Nutrition, 18(1), 1-10.

Upala, S., Yong, W. C., Theparee, T., & Sanguankeo, A. (2017). Effect of omega‐3 fatty acids on disease severity in patients with psoriasis: a systematic review. International journal of rheumatic diseases, 20(4), 442-450.

VanDusseldorp, T. A., Escobar, K. A., Johnson, K. E., Stratton, M. T., Moriarty, T., Kerksick, C. M., ... & Mermier, C. M. (2020). Impact of varying dosages of fish oil on recovery and soreness following eccentric exercise. Nutrients, 12(8), 2246.

Waitzberg, D. L., & Garla, P. (2014). Contribución de los ácidos grasos Omega-3 para la memoria y la función cognitiva. Nutrición Hospitalaria, 30(3), 467-477.

Wang, Q., Liang, X., Wang, L., Lu, X., Huang, J., Cao, J., ... & Gu, D. (2012). Effect of omega-3 fatty acids supplementation on endothelial function: a meta-analysis of randomized controlled trials. Atherosclerosis, 221(2), 536-543.

Wei-Hong, L., Cheng-Gui, Z., Peng-Fei, G., Heng, L., & Jian-Fang, Y. (2017). Omega-3 fatty acids as monotherapy in treating depression in pregnant women: a meta-analysis of randomized controlled trials. Iranian journal of pharmaceutical research: IJPR, 16(4), 1593.

Wu, S., Ding, Y., Wu, F., Li, R., Hou, J., & Mao, P. (2015). Omega-3 fatty acids intake and risks of dementia and Alzheimer's disease: a meta-analysis. Neuroscience & Biobehavioral Reviews, 48, 1-9.

Xu, J., Bartz, T. M., Eiriksdottir, G., Frazier‐Wood, A. C., Gudnason, V., Lahousse, L., ... & Cassano, P. A. (2017). Meta‐Analysis of the Association of Omega‐3 Fatty Acids Biomarkers with Pulmonary Function. The FASEB Journal, 31, 167-5.

Yu, J., Liu, L., Zhang, Y., Wei, J., & Yang, F. (2017). Effects of omega-3 fatty acids on patients undergoing surgery for gastrointestinal malignancy: a systematic review and meta-analysis. BMC cancer, 17(1), 1-9.

Żebrowska, A., Mizia-Stec, K., Mizia, M., Gąsior, Z., & Poprzęcki, S. (2015). Omega-3 fatty acids supplementation improves endothelial function and maximal oxygen uptake in endurance-trained athletes. European journal of sport science, 15(4), 305-314.

Onagra:

Abd-Elhalim, D. M., Farrag, M. S., & Hussain, M. A. E. (2021). Evening Primrose Oil/Vitamin E Combination Treatment Has Renoprotective Effect On Gentamicin-Induced Nephrotoxicity By Suppressing Renal Tumor Necrosis Factor α (TNF-α) /Nuclear Factor κβ (NF-κβ) Pathway And Inhibiting Renal Oxidative Stress. Bulletin of Egyptian Society for Physiological Sciences, 41(2), 231-241.

Ghazanfor, R., Qureshi, U., Adil, R. G., Malik, S., Tariq, M., & Khan, J. S. (2019). Comparative study of effectiveness of vitamin E and evening primrose oil for pain relief in moderate cyclical mastalgia. The Professional Medical Journal, 26(08), 1328-1332.

Sadeghian, E., Moghadari Kosha, M., & Gorji, S. (2010). The study of mental health status in high school female students in hamadan city. Avicenna Journal of Clinical Medicine, 17(3), 39-45.

Yoo, K. H., Bang, D. S., Kim, M. L., Lee, S. E., Li, K., & Kim, B. J. (2021). Oral evening primrose oil as an adjuvant treatment option in chronic lichenoid dermatitis. Dermatologic Therapy, e14914.

Potasio:

Aburto, N. J., Hanson, S., Gutierrez, H., Hooper, L., Elliott, P., & Cappuccio, F. P. (2013). Effect of increased potassium intake on cardiovascular risk factors and disease: systematic review and meta-analyses. Bmj, 346.

Conen, K., Scanni, R., Gombert, M. T., Hulter, H. N., & Krapf, R. (2016). Effects of potassium citrate or potassium chloride in patients with combined glucose intolerance: A placebo-controlled pilot study. Journal of Diabetes and its Complications, 30(6), 1158-1161.

Dreier, R., Andersen, U. B., Forman, J. L., Sheykhzade, M., Egfjord, M., & Jeppesen, J. L. (2021). Effect of Increased Potassium Intake on Adrenal Cortical and Cardiovascular Responses to Angiotensin II: A Randomized Crossover Study. Journal of the American Heart Association, 10, e018716.

Filippini, T., Violi, F., D'Amico, R., & Vinceti, M. (2017). The effect of potassium supplementation on blood pressure in hypertensive subjects: a systematic review and meta-analysis. International journal of cardiology, 230, 127-135.

Gijsbers, L., Mölenberg, F. J., Bakker, S. J., & Geleijnse, J. M. (2016). Potassium supplementation and heart rate: A meta-analysis of randomized controlled trials. Nutrition, Metabolism and Cardiovascular Diseases, 26(8), 674-682.

Huang, L., Neal, B., Wu, J. H., Huang, Y., Marklund, M., Campbell, N. R., ... & Trieu, K. (2021). The impact of baseline potassium intake on the dose–response relation between sodium reduction and blood pressure change: systematic review and meta-analysis of randomized trials. Journal of Human Hypertension, 1-12.

Khalili, H., Malik, S., Ananthakrishnan, A. N., Garber, J. J., Higuchi, L. M., Joshi, A., ... & Chan, A. T. (2016). Identification and characterization of a novel association between dietary potassium and risk of Crohn’s disease and ulcerative colitis. Frontiers in immunology, 7, 554.

Lambert, H., Frassetto, L., Moore, J. B., Torgerson, D., Gannon, R., Burckhardt, P., & Lanham-New, S. (2015). The effect of supplementation with alkaline potassium salts on bone metabolism: a meta-analysis. Osteoporosis International, 26(4), 1311-1318.

Marshall, J. K., & Irvine, E. J. (1997). Successful therapy of refractory erythema nodosum associated with Crohn's disease using potassium iodide. Canadian Journal of Gastroenterology, 11(6), 501-502.

Tamargo, J., Caballero, R., & Delpon, E. (2019). Pharmacotherapy for hypertension in pregnant patients: special considerations. Expert opinion on pharmacotherapy, 20(8), 963-982.

Probióticos:

Ahmadi, S., Jamilian, M., Karamali, M., Tajabadi-Ebrahimi, M., Jafari, P., Taghizadeh, M., ... & Asemi, Z. (2017). Probiotic supplementation and the effects on weight loss, glycaemia and lipid profiles in women with polycystic ovary syndrome: a randomized, double-blind, placebo-controlled trial. Human Fertility, 20(4), 254-261.

Allen, A. P., Clarke, G., Cryan, J. F., Quigley, E. M., & Dinan, T. G. (2017). Bifidobacterium infantis 35624 and other probiotics in the management of irritable bowel syndrome. Strain specificity, symptoms, and mechanisms.

Bajaj, B. K., Claes, I. J., & Lebeer, S. (2021). Functional mechanisms of probiotics. Journal of microbiology, biotechnology and food sciences, 2021, 321-327.

Bennett, C. J., Henry, R., Snipe, R. M., & Costa, R. J. (2020). Is the gut microbiota bacterial abundance and composition associated with intestinal epithelial injury, systemic inflammatory profile, and gastrointestinal symptoms in response to exertional-heat stress?. Journal of Science and Medicine in Sport, 23(12), 1141-1153.

Bernal Castro, C. A., Díaz-Moreno, C., & Gutiérrez-Cortés, C. (2017). Probióticos y prebióticos en matrices de origen vegetal: Avances en el desarrollo de bebidas de frutas. Revista chilena de nutrición, 44(4), 383-392.

Bernal Castro, C. A., Díaz-Moreno, C., & Gutiérrez-Cortés, C. (2017). Probióticos y prebióticos en matrices de origen vegetal: Avances en el desarrollo de bebidas de frutas. Revista chilena de nutrición, 44(4), 383-392.

Bravo, J. A., Forsythe, P., Chew, M. V., Escaravage, E., Savignac, H. M., Dinan, T. G., ... & Cryan, J. F. (2011). Ingestion of Lactobacillus strain regulates emotional behavior and central GABA receptor expression in a mouse via the vagus nerve. Proceedings of the National Academy of Sciences, 108(38), 16050-16055.

Calero, C. D., Rincón, E. O., & Marqueta, P. M. (2020). Probiotics, prebiotics and synbiotics: useful for athletes and active individuals? A systematic review. Beneficial microbes, 11(2), 135-149.

Catinean, A., Neag, M. A., Muntean, D. M., Bocsan, I. C., & Buzoianu, A. D. (2018). An overview on the interplay between nutraceuticals and gut microbiota. PeerJ, 6, e4465.

Chi, C., Li, C., Buys, N., Wang, W., Yin, C., & Sun, J. (2021). Effects of probiotics in preterm infants: a network meta-analysis. Pediatrics, 147(1).

Companys, J., Pla-Pagà, L., Calderón-Pérez, L., Llauradó, E., Solà, R., Pedret, A., & Valls, R. M. (2020). Fermented dairy products, probiotic supplementation, and cardiometabolic diseases: a systematic review and meta-analysis. Advances in Nutrition, 11(4), 834-863.

Derwa, Y., Gracie, D. J., Hamlin, P. J., & Ford, A. C. (2017). Systematic review with meta‐analysis: the efficacy of probiotics in inflammatory bowel disease. Alimentary pharmacology & therapeutics, 46(4), 389-400.

Díez-Izquierdo, A., Rivas-Fernandez, M., i Figuls, M. R., Tobias, A., & Balaguer, A. (2017). OC-60¿ could probiotics prevent morbidity and mortality in preterm infants? preliminary results of a cochrane network meta-analysis.

Doron, S., & Snydman, D. R. (2015). Risk and safety of probiotics. Clinical Infectious Diseases, 60(suppl\_2), S129-S134.

Dwivedi, M., Kumar, P., Laddha, N. C., & Kemp, E. H. (2016). Induction of regulatory T cells: a role for probiotics and prebiotics to suppress autoimmunity. Autoimmunity Reviews, 15(4), 379-392.

Elphick, D. A., Chew, T. S., Higham, S. E., Bird, N., Ahmad, A., & Sanders, D. S. (2005). Small bowel bacterial overgrowth in symptomatic older people: can it be diagnosed earlier?. Gerontology, 51(6), 396-401.

Fabbrocini, G., Bertona, M., Picazo, O., Pareja-Galeano, H., Monfrecola, G., & Emanuele, E. (2016). Supplementation with Lactobacillus rhamnosus SP1 normalises skin expression of genes implicated in insulin signalling and improves adult acne. Beneficial microbes, 7(5), 625-630.

Gill, H. S., & Guarner, F. (2004). Probiotics and human health: a clinical perspective. Postgraduate Medical Journal, 80(947), 516-526.

Hacini-Rachinel, F., Gheit, H., Le Luduec, J. B., Dif, F., Nancey, S., & Kaiserlian, D. (2009). Oral probiotic control skin inflammation by acting on both effector and regulatory T cells. PLoS One, 4(3), e4903.

Hevia, A., Milani, C., López, P., Cuervo, A., Arboleya, S., Duranti, S., ... & Margolles, A. (2014). Intestinal dysbiosis associated with systemic lupus erythematosus. MBio, 5(5).

Horvath, A., Dziechciarz, P., & Szajewska, H. (2011). Meta‐analysis: Lactobacillus rhamnosus GG for abdominal pain‐related functional gastrointestinal disorders in childhood. Alimentary pharmacology & therapeutics, 33(12), 1302-1310.

Hoveyda, N., Heneghan, C., Mahtani, K. R., Perera, R., Roberts, N., & Glasziou, P. (2009). A systematic review and meta-analysis: probiotics in the treatment of irritable bowel syndrome. BMC gastroenterology, 9(1), 1-11.

Jäger, R., Zaragoza, J., Purpura, M., Iametti, S., Marengo, M., Tinsley, G. M., ... & Taylor, L. (2020). Probiotic administration increases amino acid absorption from plant protein: a placebo-controlled, randomized, double-blind, multicenter, crossover study. Probiotics and antimicrobial proteins, 12(4), 1330-1339.

Jäger, R., Mohr, A. E., Carpenter, K. C., Kerksick, C. M., Purpura, M., Moussa, A., ... & Antonio, J. (2019). International society of sports nutrition position stand: probiotics. Journal of the International Society of Sports Nutrition, 16(1), 1-44.

Kale‐Pradhan, P. B., Jassaly, H. K., & Wilhelm, S. M. (2010). Role of Lactobacillus in the prevention of antibiotic‐associated diarrhea: a meta‐analysis. Pharmacotherapy: The Journal of Human Pharmacology and Drug Therapy, 30(2), 119-126.

Lin, C. L., Hsu, Y. J., Ho, H. H., Chang, Y. C., Kuo, Y. W., Yeh, Y. T., ... & Lee, M. C. (2020). Bifidobacterium longum subsp. longum OLP-01 Supplementation during Endurance Running Training Improves Exercise Performance in Middle-and Long-Distance Runners: A Double-Blind Controlled Trial. Nutrients, 12(7), 1972.

Liu, M. M., Li, S. T., Shu, Y., & Zhan, H. Q. (2017). Probiotics for prevention of radiation-induced diarrhea: A meta-analysis of randomized controlled trials. PLoS One, 12(6), e0178870.

Mach, N., & Fuster-Botella, D. (2017). Endurance exercise and gut microbiota: A review. Journal of sport and health science, 6(2), 179-197.

Mandel, D. R., Eichas, K., & Holmes, J. (2010). Bacillus coagulans: a viable adjunct therapy for relieving symptoms of rheumatoid arthritis according to a randomized, controlled trial. BMC complementary and alternative medicine, 10(1), 1-7.

Marco, M. L., Sanders, M. E., Gänzle, M., Arrieta, M. C., Cotter, P. D., De Vuyst, L., ... & Hutkins, R. (2021). The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on fermented foods. Nature Reviews Gastroenterology & Hepatology, 1-13.

Marinkovic, D. M., Kostic-Vucicevic, M. M., Vukasinovic-Vesic, M. D., Stojmenovic, T. B., Dikic, N. V., Andjelkovic, M. S., ... & Minic, R. D. (2016). L. helveticus Lafti (R) L10 supplementation modulates mucosal and humoral immunity in elite athletes: a randomized double-blinded placebo-controlled trial. The Journal of Strength & Conditioning Research.

Matsumoto, K., Takada, T., Shimizu, K., Moriyama, K., Kawakami, K., Hirano, K., ... & Nomoto, K. (2010). Effects of a probiotic fermented milk beverage containing Lactobacillus casei strain Shirota on defecation frequency, intestinal microbiota, and the intestinal environment of healthy individuals with soft stools. Journal of bioscience and bioengineering, 110(5), 547-552.

Mauricio, M. D., Serna, E., Fernández-Murga, M. L., Portero, J., Aldasoro, M., Valles, S. L., ... & Vila, J. M. (2017). Bifidobacterium pseudocatenulatum CECT 7765 supplementation restores altered vascular function in an experimental model of obese mice. International journal of medical sciences, 14(5), 444.

Michalickova, D., Minic, R., Dikic, N., Andjelkovic, M., Kostic-Vucicevic, M., Stojmenovic, T., ... & Djordjevic, B. (2016). Lactobacillus helveticus Lafti L10 supplementation reduces respiratory infection duration in a cohort of elite athletes: a randomized, double-blind, placebo-controlled trial. Applied Physiology, Nutrition, and Metabolism, 41(7), 782-789.

Mikelsaar, M., Sepp, E., Štšepetova, J., Hütt, P., Zilmer, K., Kullisaar, T., & Zilmer, M. (2015). Regulation of plasma lipid profile by lactobacillus fermentum (probiotic strain ME-3 DSM14241) in a randomised controlled trial of clinically healthy adults. BMC Nutrition, 1(1), 1-11.

Monteagudo-Mera, A., Arthur, J. C., Jobin, C., Keku, T., Bruno-Barcena, J. M., & Azcarate-Peril, M. A. (2016). High purity galacto-oligosaccharides (GOS) enhance specific Bifidobacterium species and their metabolic activity in the mouse gut microbiome. Beneficial microbes, 7(2), 247.

Muñoz, J. A. M., Chenoll, E., Casinos, B., Bataller, E., Ramón, D., Genovés, S., ... & Rivero, M. (2011). Novel probiotic Bifidobacterium longum subsp. infantis CECT 7210 strain active against rotavirus infections. Applied and environmental microbiology, 77(24), 8775-8783.

Ngo, R. E. A., Alfonso, R. A. C., Bartolome, R. A. I., & Daez, M. L. (2017). A Meta-analysis on the Role of Probiotics in the Prevention of Overt Hepatic Encephalopathy. Clinical Gastroenterology and Hepatology, 1(15), 152.

Ogawa, A., Kobayashi, T., Sakai, F., Kadooka, Y., & Kawasaki, Y. (2015). Lactobacillus gasseri SBT2055 suppresses fatty acid release through enlargement of fat emulsion size in vitro and promotes fecal fat excretion in healthy Japanese subjects. Lipids in health and disease, 14(1), 1-10.

Okazaki, T., Asahara, T., Yamataka, A., Ogasawara, Y., Lane, G. J., Nomoto, K., ... & Yamashiro, Y. (2016). Intestinal microbiota in pediatric surgical cases administered Bifidobacterium breve: a randomized controlled trial. Journal of pediatric gastroenterology and nutrition, 63(1), 46-50.

Pimentel, T. C. (2011). < b> Probióticos e Benefícios à Saúde. Saúde e Pesquisa, 4(1).

Pugh, J. N., Wagenmakers, A. J., Doran, D. A., Fleming, S. C., Fielding, B. A., Morton, J. P., & Close, G. L. (2020). Probiotic supplementation increases carbohydrate metabolism in trained male cyclists: a randomized, double-blind, placebo-controlled crossover trial. American Journal of Physiology-Endocrinology and Metabolism, 318(4), E504-E513.

Pugh, J. N., Sparks, A. S., Doran, D. A., Fleming, S. C., Langan-Evans, C., Kirk, B., ... & Close, G. L. (2019). Four weeks of probiotic supplementation reduces GI symptoms during a marathon race. European journal of applied physiology, 119(7), 1491-1501.

Pyne, D. B., West, N. P., Cox, A. J., & Cripps, A. W. (2015). Probiotics supplementation for athletes–clinical and physiological effects. European journal of sport science, 15(1), 63-72.

Reddy, B. S., & Rivenson, A. (1993). Inhibitory effect of Bifidobacterium longum on colon, mammary, and liver carcinogenesis induced by 2-amino-3-methylimidazo [4, 5-f] quinoline, a food mutagen. Cancer Research, 53(17), 3914-3918.

Rodríguez, J. M. (2015). Probióticos: del laboratorio al consumidor. Nutrición hospitalaria, 31(1), 33-47.

Rosenfeldt, V., Benfeldt, E., Nielsen, S. D., Michaelsen, K. F., Jeppesen, D. L., Valerius, N. H., & Paerregaard, A. (2003). Effect of probiotic Lactobacillus strains in children with atopic dermatitis. Journal of Allergy and Clinical Immunology, 111(2), 389-395.

Rostami, A., Riahi, S. M., Haghighi, A., Saber, V., Armon, B., & Seyyedtabaei, S. J. (2017). The role of Blastocystis sp. and Dientamoeba fragilis in irritable bowel syndrome: a systematic review and meta-analysis. Parasitology research, 116(9), 2361-2371.

Ruiz-Gonzalez, C., Roman, P., Rueda-Ruzafa, L., Rodriguez-Arrastia, M., & Cardona, D. (2020). Effects of probiotics supplementation on dementia and cognitive impairment: A systematic review and meta-analysis of preclinical and clinical studies. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 110189.

Sanchez, M., Darimont, C., Drapeau, V., Emady-Azar, S., Lepage, M., Rezzonico, E., ... & Tremblay, A. (2014). Effect of Lactobacillus rhamnosus CGMCC1. 3724 supplementation on weight loss and maintenance in obese men and women. British Journal of Nutrition, 111(8), 1507-1519.

Sanchis-Chordà, J., Del Pulgar, E. M. G., Carrasco-Luna, J., Benítez-Páez, A., Sanz, Y., & Codoñer-Franch, P. (2019). Bifidobacterium pseudocatenulatum CECT 7765 supplementation improves inflammatory status in insulin-resistant obese children. European journal of nutrition, 58(7), 2789-2800.

Santacroce, L., Inchingolo, F., Topi, S., Del Prete, R., Di Cosola, M., Charitos, I. A., & Montagnani, M. (2021). Potential beneficial role of probiotics on the outcome of COVID-19 patients: an evolving perspective. Diabetes & Metabolic Syndrome: Clinical Research & Reviews.

Sharma, M., & Shukla, G. (2016). Metabiotics: one step ahead of probiotics; an insight into mechanisms involved in anticancerous effect in colorectal cancer. Frontiers in microbiology, 7, 1940.

Steinert, R. E., Sadabad, M. S., Harmsen, H. J. M., & Weber, P. (2016). The prebiotic concept and human health: a changing landscape with riboflavin as a novel prebiotic candidate?. European journal of clinical nutrition, 70(12), 1348-1353.

Taylor, B. L., Woodfall, G. E., Sheedy, K. E., O’Riley, M. L., Rainbow, K. A., Bramwell, E. L., & Kellow, N. J. (2017). Effect of probiotics on metabolic outcomes in pregnant women with gestational diabetes: a systematic review and meta-analysis of randomized controlled trials. Nutrients, 9(5), 461.

Thomas, L. V., Suzuki, K., & Zhao, J. (2015). Probiotics: a proactive approach to health. A symposium report. British Journal of Nutrition, 114(S1), S1-S15.

Thushara, R. M., Gangadaran, S., Solati, Z., & Moghadasian, M. H. (2016). Cardiovascular benefits of probiotics: a review of experimental and clinical studies. Food & function, 7(2), 632-642.

Tiderencel, K. A., Hutcheon, D. A., & Ziegler, J. (2020). Probiotics for the treatment of type 2 diabetes: A review of randomized controlled trials. Diabetes/metabolism research and reviews, 36(1), e3213.

Townsend, J. R., Bender, D., Vantrease, W. C., Sapp, P. A., Toy, A. M., Woods, C. A., & Johnson, K. D. (2018). Effects of probiotic (Bacillus subtilis DE111) supplementation on immune function, hormonal status, and physical performance in division I baseball players. Sports, 6(3), 70.

Tuohy, K. M., Fava, F., & Viola, R. (2014). ‘The way to a man's heart is through his gut microbiota’–dietary pro-and prebiotics for the management of cardiovascular risk. Proceedings of the Nutrition Society, 73(2), 172-185.

Urbańska, M., Gieruszczak‐Białek, D., & Szajewska, H. (2016). Systematic review with meta‐analysis: Lactobacillus reuteri DSM 17938 for diarrhoeal diseases in children. Alimentary pharmacology & therapeutics, 43(10), 1025-1034.

Van Niel, C. W., Feudtner, C., Garrison, M. M., & Christakis, D. A. (2002). Lactobacillus therapy for acute infectious diarrhea in children: a meta-analysis. Pediatrics, 109(4), 678-684.

Wang, Z. H., Gao, Q. Y., & Fang, J. Y. (2013). Meta-analysis of the efficacy and safety of Lactobacillus-containing and Bifidobacterium-containing probiotic compound preparation in Helicobacter pylori eradication therapy. Journal of Clinical Gastroenterology, 47(1), 25-32.

West, C. E., Jenmalm, M. C., Kozyrskyj, A. L., & Prescott, S. L. (2016). Probiotics for treatment and primary prevention of allergic diseases and asthma: looking back and moving forward. Expert review of clinical immunology, 12(6), 625-639.

Whorwell, P. J., Altringer, L., Morel, J., Bond, Y., Charbonneau, D., O'mahony, L., ... & Quigley, E. M. (2006). Efficacy of an encapsulated probiotic Bifidobacterium infantis 35624 in women with irritable bowel syndrome. American Journal of Gastroenterology, 101(7), 1581-1590.

Yang, J., Zheng, P., Li, Y., Wu, J., Tan, X., Zhou, J., ... & Xie, P. (2020). Landscapes of bacterial and metabolic signatures and their interaction in major depressive disorders. Science advances, 6(49), eaba8555.

Proteína aislada:

Alekel, D. L., Germain, A. S., Peterson, C. T., Hanson, K. B., Stewart, J. W., & Toda, T. (2000). Isoflavone-rich soy protein isolate attenuates bone loss in the lumbar spine of perimenopausal women. The American journal of clinical nutrition, 72(3), 844-852.

Borack, M. S., Reidy, P. T., Husaini, S. H., Markofski, M. M., Deer, R. R., Richison, A. B., ... & Rasmussen, B. B. (2016). Soy-dairy protein blend or whey protein isolate ingestion induces similar postexercise muscle mechanistic target of rapamycin complex 1 signaling and protein synthesis responses in older men. The Journal of nutrition, 146(12), 2468-2475.

Calvez, J., Benoit, S., Piedcoq, J., Khodorova, N., Azzout-Marniche, D., Tomé, D., ... & Gaudichon, C. (2021). Very low ileal nitrogen and amino acid digestibility of zein compared to whey protein isolate in healthy volunteers. The American Journal of Clinical Nutrition, 113(1), 70-82.

Chung, C., Rojanasasithara, T., Mutilangi, W., & McClements, D. J. (2015). Enhanced stability of anthocyanin-based color in model beverage systems through whey protein isolate complexation. Food Research International, 76, 761-768.

James, L. J., Mattin, L., Aldiss, P., Adebishi, R., & Hobson, R. M. (2014). Effect of whey protein isolate on rehydration after exercise. Amino Acids, 46(5), 1217-1224.

Sharp, M., Shields, K., Lowery, R., Lane, J., Partl, J., Holmer, C., ... & Wilson, J. (2015). The effects of beef protein isolate and whey protein isolate supplementation on lean mass and strength in resistance trained individuals-a double blind, placebo controlled study. Journal of the International Society of Sports Nutrition, 12(1), 1-2.

Zhao, D., & Evers, P. (2021). Effects of Whey Protein Isolate Ingestion on Muscle Protein Synthesis at Rest and After Resistance-exercise in Middle-aged Men: A Research Protocol. Undergraduate Research in Natural and Clinical Science and Technology Journal, 1-7.

Proteína caseína:

Babault, N., Deley, G., Le Ruyet, P., Morgan, F., & Allaert, F. A. (2014). Effects of soluble milk protein or casein supplementation on muscle fatigue following resistance training program: a randomized, double-blind, and placebo-controlled study. Journal of the International Society of Sports Nutrition, 11(1), 1-9.

Burd, N. A., Yang, Y., Moore, D. R., Tang, J. E., Tarnopolsky, M. A., & Phillips, S. M. (2012). Greater stimulation of myofibrillar protein synthesis with ingestion of whey protein isolate v. micellar casein at rest and after resistance exercise in elderly men. British Journal of Nutrition, 108(6), 958-962.

Fabre, M., Hausswirth, C., Tiollier, E., Molle, O., Louis, J., Durguerian, A., ... & Bigard, X. (2017). Effects of Postexercise protein intake on muscle mass and strength during resistance training: is there an optimal ratio between fast and slow proteins?. International journal of sport nutrition and exercise metabolism, 27(5), 448-457.

Jianqin, S., Leiming, X., Lu, X., Yelland, G. W., Ni, J., & Clarke, A. J. (2015). Effects of milk containing only A2 beta casein versus milk containing both A1 and A2 beta casein proteins on gastrointestinal physiology, symptoms of discomfort, and cognitive behavior of people with self-reported intolerance to traditional cows’ milk. Nutrition journal, 15(1), 1-16.

Kay, S. I. S., Delgado, S., Mittal, J., Eshraghi, R. S., Mittal, R., & Eshraghi, A. A. (2021). Beneficial Effects of Milk Having A2 β-Casein Protein: Myth or Reality?. The Journal of Nutrition.

Ma, X., Lin, X., Zhong, T., & Xie, F. (2019). Evaluation of the efficacy of casein phosphopeptide-amorphous calcium phosphate on remineralization of white spot lesions in vitro and clinical research: a systematic review and meta-analysis. BMC oral health, 19(1), 1-11.

Martineau, R., Ouellet, D. R., Kebreab, E., & Lapierre, H. (2016). Casein infusion rate influences feed intake differently depending on metabolizable protein balance in dairy cows: A multilevel meta-analysis. Journal of dairy science, 99(4), 2748-2761.

Martineau, R., Ouellet, D. R., Kebreab, E., & Lapierre, H. (2016). Corrigendum to “Casein infusion rate influences feed intake differently depending on metabolizable protein balance in dairy cows: A multilevel meta-analysis”(J. Dairy Sci. 99: 2748–2761). Journal of dairy science, 99(5), 4097.

Reitelseder, S., Agergaard, J., Doessing, S., Helmark, I. C., Lund, P., Kristensen, N. B., ... & Holm, L. (2011). Whey and casein labeled with L-[1-13C] leucine and muscle protein synthesis: effect of resistance exercise and protein ingestion. American Journal of Physiology-Endocrinology and Metabolism, 300(1), E231-E242.

Schattinger, C. M., Leonard, J. T., Pappas, C. L., Ormsbee, M. J., & Panton, L. B. (2021). The effects of pre-sleep consumption of casein protein on next-morning measures of RMR and appetite compared between sedentary pre-and postmenopausal women. British Journal of Nutrition, 125(2), 121-128.

Tipton, K. D., Elliott, T. A., Cree, M. G., Wolf, S. E., Sanford, A. P., & Wolfe, R. R. (2004). Ingestion of casein and whey proteins result in muscle anabolism after resistance exercise. Medicine & Science in Sports & Exercise, 36(12), 2073-2081.

Proteína concentrada:

Amirani, E., Milajerdi, A., Reiner, Ž., Mirzaei, H., Mansournia, M. A., & Asemi, Z. (2020). Effects of whey protein on glycemic control and serum lipoproteins in patients with metabolic syndrome and related conditions: a systematic review and meta-analysis of randomized controlled clinical trials. Lipids in health and disease, 19(1), 1-18.

Badely, M., Sepandi, M., Samadi, M., Parastouei, K., & Taghdir, M. (2019). The effect of whey protein on the components of metabolic syndrome in overweight and obese individuals; a systematic review and meta-analysis. Diabetes & Metabolic Syndrome: Clinical Research & Reviews, 13(6), 3121-3131.

Balcom-Luker, S., Kaiser, K., Zumbro, E. L., Rao, M., Low, I., Broughton, K. S., & LeMieux, M. J. (2020). Metabolic Effects of Whey Protein Isolate Supplementation on Cholesterol and Triglycerides in Women with Polycystic Ovary Syndrome. The FASEB Journal, 34(S1), 1-1.

Bergia III, R. E., Hudson, J. L., & Campbell, W. W. (2018). Effect of whey protein supplementation on body composition changes in women: A systematic review and meta-analysis. Nutrition reviews, 76(7), 539-551.

Churchward-Venne, T. A., Pinckaers, P. J., Smeets, J. S., Betz, M. W., Senden, J. M., Goessens, J. P., ... & van Loon, L. J. (2020). Dose-response effects of dietary protein on muscle protein synthesis during recovery from endurance exercise in young men: a double-blind randomized trial. The American journal of clinical nutrition, 112(2), 303-317.

Colonetti, T., Grande, A. J., Milton, K., Foster, C., Alexandre, M. C. M., Uggioni, M. L. R., & Rosa, M. I. D. (2017). Effects of whey protein supplement in the elderly submitted to resistance training: systematic review and meta-analysis. International journal of food sciences and nutrition, 68(3), 257-264.

Davies, R. W., Carson, B. P., & Jakeman, P. M. (2018). The effect of whey protein supplementation on the temporal recovery of muscle function following resistance training: A systematic review and meta-analysis. Nutrients, 10(2), 221.

Derosa, G., D'Angelo, A., & Maffioli, P. (2020). Change of some oxidative stress parameters after supplementation with whey protein isolate in patients with type 2 diabetes. Nutrition, 73, 110700.

Dudgeon, W. D., Kelley, E. P., & Scheett, T. P. (2017). Effect of whey protein in conjunction with a caloric-restricted diet and resistance training. The Journal of Strength & Conditioning Research, 31(5), 1353-1361.

Farup, J., Rahbek, S. K., Knudsen, I. S., de Paoli, F., Mackey, A. L., & Vissing, K. (2014). Whey protein supplementation accelerates satellite cell proliferation during recovery from eccentric exercise. Amino acids, 46(11), 2503-2516.

Gillis, C., Loiselle, S. E., Fiore Jr, J. F., Awasthi, R., Wykes, L., Liberman, A. S., ... & Carli, F. (2016). Prehabilitation with whey protein supplementation on perioperative functional exercise capacity in patients undergoing colorectal resection for cancer: a pilot double-blinded randomized placebo-controlled trial. Journal of the Academy of Nutrition and Dietetics, 116(5), 802-812.

Hector, A. J., Marcotte, G. R., Churchward-Venne, T. A., Murphy, C. H., Breen, L., von Allmen, M., ... & Phillips, S. M. (2015). Whey protein supplementation preserves postprandial myofibrillar protein synthesis during short-term energy restriction in overweight and obese adults. The Journal of nutrition, 145(2), 246-252.

Hulmi, J. J., Tannerstedt, J., Selanne, H., Kainulainen, H., Kovanen, V., & Mero, A. A. (2009). Resistance exercise with whey protein ingestion affects mTOR signaling pathway and myostatin in men. Journal of applied physiology, 106(5), 1720-1729.

Li, M., & Liu, F. (2019). Effect of whey protein supplementation during resistance training sessions on body mass and muscular strength: A meta-analysis. Food & function, 10(5), 2766-2773.

Lin, C. C., Shih, M. H., Chen, C. D., & Yeh, S. L. (2021). Effects of adequate dietary protein with whey protein, leucine, and vitamin D supplementation on sarcopenia in older adults: An open-label, parallel-group study. Clinical Nutrition, 40(3), 1323-1329.

MacKenzie-Shalders, K. L., Byrne, N. M., Slater, G. J., & King, N. A. (2015). The effect of a whey protein supplement dose on satiety and food intake in resistance training athletes. Appetite, 92, 178-184.

Macnaughton, L. S., Wardle, S. L., Witard, O. C., McGlory, C., Hamilton, D. L., Jeromson, S., ... & Tipton, K. D. (2016). The response of muscle protein synthesis following whole‐body resistance exercise is greater following 40 g than 20 g of ingested whey protein. Physiological reports, 4(15).

McGregor, R. A., & Poppitt, S. D. (2013). Milk protein for improved metabolic health: a review of the evidence. Nutrition & Metabolism, 10(1), 1-13.

Miller, P. E., Alexander, D. D., & Perez, V. (2014). Effects of whey protein and resistance exercise on body composition: a meta-analysis of randomized controlled trials. Journal of the American College of Nutrition, 33(2), 163-175.

Mohandas, G., Rao, S. V., & Rajini, P. S. (2017). Whey protein isolate enrichment attenuates manganese-induced oxidative stress and neurotoxicity in Drosophila melanogaster: Relevance to Parkinson’s disease. Biomedicine & Pharmacotherapy, 95, 1596-1606.

Moreno-Pérez, D., Bressa, C., Bailén, M., Hamed-Bousdar, S., Naclerio, F., Carmona, M., ... & Larrosa, M. (2018). Effect of a protein supplement on the gut microbiota of endurance athletes: A randomized, controlled, double-blind pilot study. Nutrients, 10(3), 337.

Naclerio, F., & Larumbe-Zabala, E. (2016). Effects of whey protein alone or as part of a multi-ingredient formulation on strength, fat-free mass, or lean body mass in resistance-trained individuals: a meta-analysis. Sports Medicine, 46(1), 125-137.

Nieman, D. C., Zwetsloot, K. A., Simonson, A. J., Hoyle, A. T., Wang, X., Nelson, H. K., ... & Guérin-Deremaux, L. (2020). Effects of Whey and Pea Protein Supplementation on Post-Eccentric Exercise Muscle Damage: A Randomized Trial. Nutrients, 12(8), 2382.

O’Bryan, K. R., Doering, T. M., & Morton, R. W. (2021). Correction: Do multi-ingredient protein supplements augment resistance training-induced gains in skeletal muscle mass and strength? A systematic review and meta-analysis of 35 trails. Br J Sports Med, 55, e4.

Park, Y., Choi, J. E., & Hwang, H. S. (2018). Protein supplementation improves muscle mass and physical performance in undernourished prefrail and frail elderly subjects: a randomized, double-blind, placebo-controlled trial. The American journal of clinical nutrition, 108(5), 1026-1033.

Sandhya, S., Tsuchida, R., Gayan, S., Bhuyan, R., Talukdar, J., Pal, B., ... & Das, B. (2016). Undenatured whey protein isolate exhibit chemopreventive activity against HPV-16 induced carcinogenesis of CD271+ oral mucosa stem cells.

Schoenfeld, B. J., Aragon, A. A., & Krieger, J. W. (2013). The effect of protein timing on muscle strength and hypertrophy: a meta-analysis. Journal of the International Society of Sports Nutrition, 10(1), 1-13.

Snijders, T., Res, P. T., Smeets, J. S., van Vliet, S., van Kranenburg, J., Maase, K., ... & van Loon, L. J. (2015). Protein ingestion before sleep increases muscle mass and strength gains during prolonged resistance-type exercise training in healthy young men. The Journal of nutrition, 145(6), 1178-1184.

Snijders, T., Trommelen, J., Kouw, I. W., Holwerda, A. M., Verdijk, L. B., & Van Loon, L. J. (2019). The impact of pre-sleep protein ingestion on the skeletal muscle adaptive response to exercise in humans: an update. Frontiers in nutrition, 6, 17.

Tahavorgar, A., Vafa, M., Shidfar, F., Gohari, M., & Heydari, I. (2014). Whey protein preloads are more beneficial than soy protein preloads in regulating appetite, calorie intake, anthropometry, and body composition of overweight and obese men. Nutrition research, 34(10), 856-861.

Taylor, L. W., Wilborn, C., Roberts, M. D., White, A., & Dugan, K. (2016). Eight weeks of pre-and postexercise whey protein supplementation increases lean body mass and improves performance in Division III collegiate female basketball players. Applied Physiology, Nutrition, and Metabolism, 41(3), 249-254.

Teixeira, F. J., Santos, H. O., Howell, S. L., & Pimentel, G. D. (2019). Whey protein in cancer therapy: A narrative review. Pharmacological research, 144, 245-256.

Vasconcelos, Q. D. J. S., Bachur, T. P. R., & Aragão, G. F. (2021). Whey protein supplementation and its potentially adverse effects on health: a systematic review. Applied Physiology, Nutrition, and Metabolism, 46(1), 27-33.

Vijayan, U. K., Shah, N. N., Muley, A. B., & Singhal, R. S. (2021). Complexation of curcumin using proteins to enhance aqueous solubility and bioaccessibility: Pea protein vis-à-vis whey protein. Journal of Food Engineering, 292, 110258.

Volek, J. S., Volk, B. M., Gómez, A. L., Kunces, L. J., Kupchak, B. R., Freidenreich, D. J., ... & Kraemer, W. J. (2013). Whey protein supplementation during resistance training augments lean body mass. Journal of the American College of Nutrition, 32(2), 122-135.

Wirunsawanya, K., Upala, S., Jaruvongvanich, V., & Sanguankeo, A. (2018). Whey protein supplementation improves body composition and cardiovascular risk factors in overweight and obese patients: a systematic review and meta-analysis. Journal of the American College of Nutrition, 37(1), 60-70.

Wright, C. S., Craddock, A., Weinheimer-Haus, E. M., Lim, E., Conley, T. B., Janle, E. M., & Campbell, W. W. (2016). Thyroid status, insulin sensitivity and glucose tolerance in overweight and obese adults before and after 36 weeks of whey protein supplementation and exercise training. Endocrine research, 41(2), 103-109.

Zhang, J. W., Tong, X., Wan, Z., Wang, Y., Qin, L. Q., & Szeto, I. M. Y. (2016). Effect of whey protein on blood lipid profiles: a meta-analysis of randomized controlled trials. European journal of clinical nutrition, 70(8), 879-885.

Zhong, Y., Zhao, J., Dai, T., McClements, D. J., & Liu, C. (2021). The effect of whey protein-puerarin interactions on the formation and performance of protein hydrogels. Food Hydrocolloids, 113, 106444.

Zhou, L. M., Xu, J. Y., Rao, C. P., Han, S., Wan, Z., & Qin, L. Q. (2015). Effect of whey supplementation on circulating C-reactive protein: a meta-analysis of randomized controlled trials. Nutrients, 7(2), 1131-1143.

Proteína hidrolizada:

Aksnes, A., Hope, B., Jönsson, E., Björnsson, B. T., & Albrektsen, S. (2006). Size-fractionated fish hydrolysate as feed ingredient for rainbow trout (Oncorhynchus mykiss) fed high plant protein diets. I: Growth, growth regulation and feed utilization. Aquaculture, 261(1), 305-317.

Boyle, R. J., Ierodiakonou, D., Khan, T., Chivinge, J., Robinson, Z., Geoghegan, N., ... & Leonardi-Bee, J. (2016). Hydrolysed formula and risk of allergic or autoimmune disease: systematic review and meta-analysis. bmj, 352.

Buckley, J. D., Thomson, R. L., Coates, A. M., Howe, P. R., DeNichilo, M. O., & Rowney, M. K. (2010). Supplementation with a whey protein hydrolysate enhances recovery of muscle force-generating capacity following eccentric exercise. Journal of Science and Medicine in Sport, 13(1), 178-181.

Di Mauro, A., Baldassarre, M. E., Brindisi, G., Zicari, A. M., Tarantini, M., Laera, N., ... & Laforgia, N. (2020). Hydrolyzed Protein Formula for Allergy Prevention in Preterm Infants: Follow-Up Analysis of a Randomized, Triple-Blind, Placebo-Controlled Study. Frontiers in Pediatrics, 8.

Lockwood, C. M., Roberts, M. D., Dalbo, V. J., Smith-Ryan, A. E., Kendall, K. L., Moon, J. R., & Stout, J. R. (2017). Effects of hydrolyzed whey versus other whey protein supplements on the physiological response to 8 weeks of resistance exercise in college-aged males. Journal of the American College of Nutrition, 36(1), 16-27.

Naclerio, F., Seijo, M., Larumbe-Zabala, E., & Earnest, C. P. (2017). Carbohydrates alone or mixing with beef or whey protein promote similar training outcomes in resistance training males: a double-blind, randomized controlled clinical trial. International journal of sport nutrition and exercise metabolism, 27(5), 408-420.

Nobile, V., Duclos, E., Michelotti, A., Bizzaro, G., Negro, M., & Soisson, F. (2016). Supplementation with a fish protein hydrolysate (Micromesistius poutassou): effects on body weight, body composition, and CCK/GLP-1 secretion. Food & nutrition research, 60(1), 29857.

Picaud, J. C., Pajek, B., Arciszewska, M., Tarczón, I., Escribano, J., Porcel, R., ... & Tenuto Study Group. (2020). An infant formula with partially hydrolyzed whey protein supports adequate growth and is safe and well-tolerated in healthy, term infants: A randomized, double-blind, equivalence trial. Nutrients, 12(7), 2072.

Schmelzle, H., Wirth, S., Skopnik, H., Radke, M., Knol, J., Böckler, H. M., ... & Fusch, C. (2003). Randomized double-blind study of the nutritional efficacy and bifidogenicity of a new infant formula containing partially hydrolyzed protein, a high β-palmitic acid level, and nondigestible oligosaccharides. Journal of pediatric gastroenterology and nutrition, 36(3), 343-351.

Schmelzle, H., Wirth, S., Skopnik, H., Radke, M., Knol, J., Böckler, H. M., ... & Fusch, C. (2003). Randomized double-blind study of the nutritional efficacy and bifidogenicity of a new infant formula containing partially hydrolyzed protein, a high β-palmitic acid level, and nondigestible oligosaccharides. Journal of pediatric gastroenterology and nutrition, 36(3), 343-351.

Wang, X., Niu, C., Lu, J., Li, N., & Li, J. (2014). Hydrolyzed protein supplementation improves protein content and peroxidation of skeletal muscle by adjusting the plasma amino acid spectrums in rats after exhaustive swimming exercise: a pilot study. Journal of the International Society of Sports Nutrition, 11(1), 1-6.

Yan, F., Cui, H., Zhang, Q., Hayat, K., Yu, J., Hussain, S., ... & Ho, C. T. (2021). Small Peptides Hydrolyzed from Pea Protein and Their Maillard Reaction Products as Taste Modifiers: Saltiness, Umami, and Kokumi Enhancement. Food and Bioprocess Technology, 1-10.

Proteína huevo:

Cheng, Y., Chi, Y., Geng, X., & Chi, Y. (2021). Effect of 2, 2′-azobis (2-amidinopropane) dihydrochloride (AAPH) induced oxidation on the physicochemical properties, in vitro digestibility, and nutritional value of egg white protein. LWT, 143, 111103.

He, W., Xiao, N., Zhao, Y., Yao, Y., Xu, M., Du, H., ... & Tu, Y. (2021). Effect of polysaccharides on the functional properties of egg white protein: A review. Journal of Food Science, 86(3), 656-666.

Layman, D. K., & Rodriguez, N. R. (2009). Egg protein as a source of power, strength, and energy. Nutrition Today, 44(1), 43-48.

Mine, Y. (2002). Recent advances in egg protein functionality in the food system. World's poultry science journal, 58(1), 31-39.

Mine, Y. (1995). Recent advances in the understanding of egg white protein functionality. Trends in Food Science & Technology, 6(7), 225-232.

Uauy, R., Scrimshaw, N. S., & Young, V. R. (1978). Human protein requirements: nitrogen balance response to graded levels of egg protein in elderly men and women. The American journal of clinical nutrition, 31(5), 779-785.

Young, V. R., Taylor, Y. S., Rand, W. M., & Scrimshaw, N. S. (1973). Protein requirements of man: efficiency of egg protein utilization at maintenance and sub-maintenance levels in young men. The Journal of nutrition, 103(8), 1164-1174.

Proteína vegana:

Babault, N., Païzis, C., Deley, G., Guérin-Deremaux, L., Saniez, M. H., Lefranc-Millot, C., & Allaert, F. A. (2015). Pea proteins oral supplementation promotes muscle thickness gains during resistance training: a double-blind, randomized, Placebo-controlled clinical trial vs. Whey protein. Journal of the International Society of Sports Nutrition, 12(1), 1-9.

Ge, J., Sun, C. X., Corke, H., Gul, K., Gan, R. Y., & Fang, Y. (2020). The health benefits, functional properties, modifications, and applications of pea (Pisum sativum L.) protein: Current status, challenges, and perspectives. Comprehensive Reviews in Food Science and Food Safety, 19(4), 1835-1876.

Guide, J. E. S. G. Study Comparing Whey & Pea Protein Finds Superior Gains in Sleeve Size W/Pea, But the Results May be Misleading.

Guillin, F. M., Gaudichon, C., Guérin-Deremaux, L., Lefranc-Millot, C., Azzout-Marniche, D., Khodorova, N., & Calvez, J. (2021). Multi-criteria assessment of pea protein quality in rats: a comparison between casein, gluten and pea protein alone or supplemented with methionine. British Journal of Nutrition, 125(4), 389-397.

Hawley, A. L., Gbur, E., Tacinelli, A. M., Walker, S., Murphy, A., Burgess, R., & Baum, J. I. (2020). The Short-term Effect of Whey versus Pea Protein on Appetite, Food Intake, and Energy Expenditure in Young and Older Men. Current Developments in Nutrition.

Moreno, H. M., Domínguez-Timón, F., Díaz, M. T., Pedrosa, M. M., Borderías, A. J., & Tovar, C. A. (2020). Evaluation of gels made with different commercial pea protein isolate: Rheological, structural and functional properties. Food Hydrocolloids, 99, 105375.

Raffner Basson, A., Gomez-Nguyen, A., LaSalla, A., Buttó, L., Kulpins, D., Warner, A., ... & Cominelli, F. (2021). Replacing Animal Protein with Soy-Pea Protein in an “American Diet” Controls Murine Crohn Disease–Like Ileitis Regardless of Firmicutes: Bacteroidetes Ratio. The Journal of Nutrition, 151(3), 579-590.

Quercitina:

Bischoff, S. C. (2008). Quercetin: potentials in the prevention and therapy of disease. Current Opinion in Clinical Nutrition & Metabolic Care, 11(6), 733-740.

Gansukh, E., Nile, A., Kim, D. H., Oh, J. W., & Nile, S. H. (2021). New insights into antiviral and cytotoxic potential of quercetin and its derivatives–a biochemical perspective. Food Chemistry, 334, 127508.

Khorshidi, M., Shab-Bidar, S., Kord-Varkaneh, H., & Djafarian, K. (2016). Effect of quercetin supplementation on serum CRP levels: a systematic review and meta-analysis of randomized controlled trials. Journal of Nutritional Sciences and Dietetics.

Mohammadi-Sartang, M., Mazloom, Z., Sherafatmanesh, S., Ghorbani, M., & Firoozi, D. (2017). Effects of supplementation with quercetin on plasma C-reactive protein concentrations: a systematic review and meta-analysis of randomized controlled trials. European journal of clinical nutrition, 71(9), 1033-1039.

Murakami, A., Ashida, H., & Terao, J. (2008). Multitargeted cancer prevention by quercetin. Cancer letters, 269(2), 315-325.

Parvaresh, A., Razavi, R., Rafie, N., Ghiasvand, R., Pourmasoumi, M., & Miraghajani, M. (2016). Quercetin and ovarian cancer: An evaluation based on a systematic review. Journal of research in medical sciences: the official journal of Isfahan University of Medical Sciences, 21.

Pratheeshkumar, P., Budhraja, A., Son, Y. O., Wang, X., Zhang, Z., Ding, S., ... & Shi, X. (2012). Quercetin inhibits angiogenesis mediated human prostate tumor growth by targeting VEGFR-2 regulated AKT/mTOR/P70S6K signaling pathways. PloS one, 7(10), e47516.

Refat, M. S., Hamza, R. Z., Adam, A. M. A., Saad, H. A., Gobouri, A. A., Al-Harbi, F. S., ... & El-Megharbel, S. M. (2021). Quercetin/Zinc complex and stem cells: A new drug therapy to ameliorate glycometabolic control and pulmonary dysfunction in diabetes mellitus: Structural characterization and genetic studies. PloS one, 16(3), e0246265.

Riva, A., Vitale, J. A., Belcaro, G., Hu, S., Feragalli, B., Vinciguerra, G., ... & Togni, S. (2018). Quercetin phytosome® in triathlon athletes: a pilot registry study. Minerva medica, 109(4), 285-289.

Serban, M. C., Sahebkar, A., Zanchetti, A., Mikhailidis, D. P., Howard, G., Antal, D., ... & Lipid and Blood Pressure Meta‐analysis Collaboration (LBPMC) Group. (2016). Effects of quercetin on blood pressure: a systematic review and meta‐analysis of randomized controlled trials. Journal of the American Heart Association, 5(7), e002713.

Sahebkar, A. (2017). Effects of quercetin supplementation on lipid profile: A systematic review and meta-analysis of randomized controlled trials. Critical reviews in food science and nutrition, 57(4), 666-676.

Scholten, S. D., Sergeev, I. N., Song, Q., & Birger, C. B. (2015). Effects of vitamin D and quercetin, alone and in combination, on cardiorespiratory fitness and muscle function in physically active male adults. Open access journal of sports medicine, 6, 229.

Reishi:

Cao, P. F., Wu, C. G., Dang, Z. H., Shi, L., Jiang, A. L., Ren, A., & Zhao, M. (2017). Effects of exogenous salicylic acid on ganoderic acid biosynthesis and the expression of key genes in the ganoderic acid biosynthesis pathway in the Lingzhi or Reishi medicinal mushroom, Ganoderma lucidum (Agaricomycetes). International journal of medicinal mushrooms, 19(1).

Ergun, B. (2017). Evaluation of antimicrobial, Cytotoxic and genotoxic activities of Ganoderma lucidum (Reishi mushroom). Pakistan journal of pharmaceutical sciences, 30.

Farouk, K. F., Tahar, N., Esseddik, T. M., Redouane, R., Chawki, B., Pablo, A., & Massimiliano, P. Antioxidant Activity and Phenolic Content of Wild Algerian Lingzhi or Reishi Medicinal Mushroom Ganoderma lucidum (Agaricomycetes) Extracts. International Journal of Medicinal Mushrooms.

Feng, J., Feng, N., Tang, Q., Liu, Y., Tang, C., Zhou, S., ... & Lin, C. C. (2021). Development and Optimization of the Triterpenoid and Sterol Production Process with Lingzhi or Reishi Medicinal Mushroom, Ganoderma lucidum Strain G0017 (Agaricomycetes), in Liquid Submerged Fermentation at Large Scale. International Journal of Medicinal Mushrooms, 23(3).

Gao, Y., Zhou, S., Jiang, W., Huang, M., & Dai, X. (2003). Effects of Ganopoly®(A ganoderma lucidum polysaccharide extract) on the immune functions in Advanced‐Stage cancer patients. Immunological investigations, 32(3), 201-215.

Geng, Y., Zhu, S., Lu, Z., Xu, H. Y., Shi, J. S., & Xu, Z. H. (2014). Anti-inflammatory activity of mycelial extracts from medicinal mushrooms. International journal of medicinal mushrooms, 16(4).

Jin, X., Beguerie, J. R., Sze, D. M. Y., & Chan, G. C. (2012). Ganoderma lucidum (Reishi mushroom) for cancer treatment. Cochrane Database of Systematic Reviews, (6).

Kuo, M. C., Weng, C. Y., Ha, C. L., & Wu, M. J. (2006). Ganoderma lucidum mycelia enhance innate immunity by activating NF-κB. Journal of ethnopharmacology, 103(2), 217-222.

Liao, S. F., Liang, C. H., Ho, M. Y., Hsu, T. L., Tsai, T. I., Hsieh, Y. S. Y., ... & Wong, C. H. (2013). Immunization of fucose-containing polysaccharides from Reishi mushroom induces antibodies to tumor-associated Globo H-series epitopes. Proceedings of the National Academy of Sciences, 110(34), 13809-13814.

Liu, Y. N., Lu, X. X., Ren, A., Shi, L., Jiang, A. L., Yu, H. S., & Zhao, M. (2017). Identification of reference genes and analysis of heat shock protein gene expression in lingzhi or reishi medicinal mushroom, Ganoderma lucidum, after exposure to heat stress. International journal of medicinal mushrooms, 19(11).

Muhammad, A., & Ali, N. (2017). Antidepressant-like activity of ethanol extract of Ganoderma lucidum (Reishi) in Mice. International Journal of Medical Research & Health Sciences, 6(5), 55-58.

Suarez-Arroyo, I. J., Rosario-Acevedo, R., Aguilar-Perez, A., Clemente, P. L., Cubano, L. A., Serrano, J., ... & Martínez-Montemayor, M. M. (2013). Anti-tumor effects of Ganoderma lucidum (reishi) in inflammatory breast cancer in in vivo and in vitro models. PloS one, 8(2), e57431.

Tang, W., Gao, Y., Chen, G., Gao, H., Dai, X., Ye, J., ... & Zhou, S. (2005). A randomized, double-blind and placebo-controlled study of a Ganoderma lucidum polysaccharide extract in neurasthenia. Journal of medicinal food, 8(1), 53-58.

Tasaka, K., Mio, M., Izushi, K., Akagi, M., & Makino, T. (1988). Anti-allergic constituents in the culture medium of Ganoderma lucidum.(II) The inhibitory effect of cyclooctasulfur on histamine release. Agents and Actions, 23(3), 157-160.

Veena, R. K., Ajith, T. A., & Janardhanan, K. K. (2018). Lingzhi or reishi medicinal mushroom, Ganoderma lucidum (Agaricomycetes), prevents doxorubicin-induced cardiotoxicity in rats. International journal of medicinal mushrooms, 20(8).

Zhang, K., Liu, Y., Zhao, X., Tang, Q., Dernedde, J., Zhang, J., & Fan, H. (2018). Anti-inflammatory properties of GLPss58, a sulfated polysaccharide from Ganoderma lucidum. International journal of biological macromolecules, 107, 486-493.

Zhang, Y. (2017). Ganoderma lucidum (Reishi) suppresses proliferation and migration of breast cancer cells via inhibiting Wnt/β-catenin signaling. Biochemical and biophysical research communications, 488(4), 679-684.

Zhao, H., Zhang, Q., Zhao, L., Huang, X., Wang, J., & Kang, X. (2012). Spore powder of Ganoderma lucidum improves cancer-related fatigue in breast cancer patients undergoing endocrine therapy: a pilot clinical trial. Evidence-Based Complementary and Alternative Medicine, 2012.

Resveratrol:

Agah, S., Akbari, A., Sadeghi, E., Morvaridzadeh, M., Basharat, Z., Palmowski, A., & Heshmati, J. (2021). Resveratrol supplementation and acute pancreatitis: A comprehensive review. Biomedicine & Pharmacotherapy, 137, 111268.

Dasgupta, B., & Milbrandt, J. (2007). Resveratrol stimulates AMP kinase activity in neurons. Proceedings of the National Academy of Sciences, 104(17), 7217-7222.

Farzaei, M. H., Rahimi, R., Nikfar, S., & Abdollahi, M. (2018). Effect of resveratrol on cognitive and memory performance and mood: A meta-analysis of 225 patients. Pharmacological research, 128, 338-344.

Gliemann, L., Schmidt, J. F., Olesen, J., Biensø, R. S., Peronard, S. L., Grandjean, S. U., ... & Hellsten, Y. (2013). Resveratrol blunts the positive effects of exercise training on cardiovascular health in aged men. The Journal of physiology, 591(20), 5047-5059.

Kawamura, A., Aoi, W., Abe, R., Kobayashi, Y., Kuwahata, M., & Higashi, A. (2021). Astaxanthin-, β-carotene-, and resveratrol-rich foods support resistance training-induced adaptation. Antioxidants, 10(1), 113.

Mohammadi-Sartang, M., Mazloom, Z., Sohrabi, Z., Sherafatmanesh, S., & Barati-Boldaji, R. (2017). Resveratrol supplementation and plasma adipokines concentrations? A systematic review and meta-analysis of randomized controlled trials. Pharmacological research, 117, 394-405.

Moure, A., Cruz, J. M., Franco, D., Domı́nguez, J. M., Sineiro, J., Domı́nguez, H., ... & Parajó, J. C. (2001). Natural antioxidants from residual sources. Food chemistry, 72(2), 145-171.

Pereira, S., Park, E., Moore, J., Faubert, B., Breen, D. M., Oprescu, A. I., ... & Tsiani, E. (2015). Resveratrol prevents insulin resistance caused by short-term elevation of free fatty acids in vivo. Applied Physiology, Nutrition, and Metabolism, 40(11), 1129-1136.

Roth, G. S., Lane, M. A., & Ingram, D. K. (2005). Caloric restriction mimetics: the next phase. Annals of the New York Academy of Sciences, 1057(1), 365-371.

Timmers, S., De Ligt, M., Phielix, E., Van De Weijer, T., Hansen, J., Moonen-Kornips, E., ... & Schrauwen, P. (2016). Resveratrol as add-on therapy in subjects with well-controlled type 2 diabetes: a randomized controlled trial. Diabetes Care, 39(12), 2211-2217.

Varoni, E. M., Lo Faro, A. F., Sharifi-Rad, J., & Iriti, M. (2016). Anticancer molecular mechanisms of resveratrol. Frontiers in nutrition, 3, 8.

Weiskirchen, S., & Weiskirchen, R. (2016). Resveratrol: how much wine do you have to drink to stay healthy?. Advances in Nutrition, 7(4), 706-718.

Wong, R. H., Evans, H. M., & Howe, P. R. (2017). Resveratrol supplementation reduces pain experience by postmenopausal women. Menopause, 24(8), 916-922.

Zhang, C., Yuan, W., Fang, J., Wang, W., He, P., Lei, J., & Wang, C. (2016). Efficacy of resveratrol supplementation against non-alcoholic fatty liver disease: A meta-analysis of placebo-controlled clinical trials. PLoS One, 11(8), e0161792.

Rhodiola Rosea:

Ahmed, F. A. N. (2015). Rhodiola rosea L.-An evaluation of safety and efficacy in the context of a neurological disorder, Alzheimer Disease (Doctoral dissertation, Université d'Ottawa/University of Ottawa).

Amsterdam, J. D., & Panossian, A. G. (2016). Rhodiola rosea L. as a putative botanical antidepressant. Phytomedicine, 23(7), 770-783.

Cui, H., Liu, X., Zhang, J., Zhang, K., Yao, D., Dong, S., ... & Wang, J. (2021). Rhodiola rosea L. Attenuates Cigarette Smoke and Lipopolysaccharide-Induced COPD in Rats via Inflammation Inhibition and Antioxidant and Antifibrosis Pathways. Evidence-Based Complementary and Alternative Medicine, 2021.

Darbinyan, V., Kteyan, A., Panossian, A., Gabrielian, E., Wikman, G., & Wagner, H. (2000). Rhodiola rosea in stress induced fatigue—a double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen on the mental performance of healthy physicians during night duty. Phytomedicine, 7(5), 365-371.

Gerbarg, P. L., & Brown, R. P. (2016). Pause menopause with Rhodiola rosea, a natural selective estrogen receptor modulator. Phytomedicine, 23(7), 763-769.

Heldmann, M., Roth, G., Dienel, A., & Münte, T. F. (2016). EP 116. Impact of Rhodiola Rosea extract WS1375 on electrophysiological correlates of attention allocation in a dual task paradigm. Clinical Neurophysiology, 127(9), e290.

Ishaque, S., Shamseer, L., Bukutu, C., & Vohra, S. (2012). Rhodiola rosea for physical and mental fatigue: a systematic review. BMC complementary and alternative medicine, 12(1), 1-9.

Jówko, E., Sadowski, J., Długołęcka, B., Gierczuk, D., Opaszowski, B., & Cieśliński, I. (2018). Effects of Rhodiola rosea supplementation on mental performance, physical capacity, and oxidative stress biomarkers in healthy men. Journal of sport and health science, 7(4), 473-480.

Kim, K. J., Jung, Y. S., You, D. M., Lee, S. H., Lee, G., Kwon, K. B., & Kim, D. O. (2021). Neuroprotective effects of ethanolic extract from dry Rhodiola rosea L. rhizomes. Food Science and Biotechnology, 30(2), 287-297.

Nabavi, S. F., Braidy, N., Orhan, I. E., Badiee, A., Daglia, M., & Nabavi, S. M. (2016). Rhodiola rosea L. and Alzheimer's disease: from farm to pharmacy. Phytotherapy research, 30(4), 532-539.

Noreen, E. E., Buckley, J. G., Lewis, S. L., Brandauer, J., & Stuempfle, K. J. (2013). The effects of an acute dose of Rhodiola rosea on endurance exercise performance. The Journal of Strength & Conditioning Research, 27(3), 839-847.

Spasov, A. A., Wikman, G. K., Mandrikov, V. B., Mironova, I. A., & Neumoin, V. V. (2000). A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen. Phytomedicine, 7(2), 85-89.

Tang, H., Wang, J., Zhao, L., & Zhao, X. M. (2017). Rhodiola rosea L extract shows protective activity against Alzheimer’s disease in 3xTg-AD mice. Tropical Journal of Pharmaceutical Research, 16(3), 509-514.

Xu, X., Li, P., Zhang, P., Chu, M., Liu, H., Chen, X., & Ge, Q. (2016). Differential effects of Rhodiola rosea on regulatory T cell differentiation and interferon‑γ production in vitro and in vivo. Molecular medicine reports, 14(1), 529-536.

Yang, S. M., Wang, T., Wen, D. G., Hou, J. Q., & Li, H. B. (2016). Protective effect of Rhodiola rosea polysaccharides on cryopreserved boar sperm. Carbohydrate polymers, 135, 44-47.

Zhang, K., Si, X. P., Huang, J., Han, J., Liang, X., Xu, X. B., ... & Wang, J. H. (2016). Preventive effects of Rhodiola rosea L. on bleomycin-induced pulmonary fibrosis in rats. International journal of molecular sciences, 17(6), 879.

SAME:

Ergin, A. D., Bayindir, Z. S., Ozcelikay, A. T., & Yuksel, N. (2021). A novel delivery system for enhancing bioavailability of S-adenosyl-l-methionine: Pectin nanoparticles-in-microparticles and their in vitro-in vivo evaluation'. Journal of Drug Delivery Science and Technology, 61, 102096.

Lieber, C. S. (1999). Role of S-adenosyl-L-methionine in the treatment of liver diseases. Journal of hepatology, 30(6), 1155-1159.

Mosca, L., Pagano, M., Pecoraro, A., Borzacchiello, L., Mele, L., Cacciapuoti, G., ... & Russo, A. (2021). S-Adenosyl-l-Methionine Overcomes uL3-Mediated Drug Resistance in p53 Deleted Colon Cancer Cells. International Journal of Molecular Sciences, 22(1), 103.

Saw Palmetto:

Ateyah, M. A., Abdulridha, M. K., & Alkabee, M. J. (2021). Saw Palmetto Therapy for Lower Urinary Tract Symptoms Associated with Benign Prostatic Hyperplasia Assessment in Iraq. Medico Legal Update, 21(2), 1448-1454.

Davelis, E., Guthmann, R., & Elizondo, J. (2021). How does the efficacy and safety of saw palmetto compare to alpha-1 blockers for the treatment of BPH?. Evidence-Based Practice, 24(4), 25-26.

Onega, T. (2002). Saw palmetto for BPH: a review of a meta-analysis. JAAPA-Journal of the American Academy of Physicians Assistants, 15(5), 59-63.

Wilt, T. J., Ishani, A., Stark, G., MacDonald, R., Lau, J., & Mulrow, C. (1998). Saw palmetto extracts for treatment of benign prostatic hyperplasia: a systematic review. Jama, 280(18), 1604-1609.

Zhang, K., Guo, R. Q., Chen, S. W., Chen, B., Xue, X. B., Chen, S., ... & Zhou, L. Q. (2021). The efficacy and safety of Serenoa repens extract for the treatment of patients with chronic prostatitis/chronic pelvic pain syndrome: a multicenter, randomized, double-blind, placebo-controlled trial. World Journal of Urology, 1-7.

Selenio:

Cui, Z., Liu, D., Liu, C., & Liu, G. (2017). Serum selenium levels and prostate cancer risk: A MOOSE-compliant meta-analysis. Medicine, 96(5).

Drutel, A., Archambeaud, F., & Caron, P. (2013). Selenium and the thyroid gland: more good news for clinicians. Clinical endocrinology, 78(2), 155-164.

Hawkes, W. C., & Keim, N. L. (2003). Dietary selenium intake modulates thyroid hormone and energy metabolism in men. The Journal of nutrition, 133(11), 3443-3448.

Negro, R. (2008). Selenium and thyroid autoimmunity. Biologics: targets & therapy, 2(2), 265.

Rath, A. A., Lam, H. S., & Schooling, C. M. (2021). Effects of selenium on coronary artery disease, type 2 diabetes and their risk factors: a Mendelian randomization study. European Journal of Clinical Nutrition, 1-11.

Reddy, V. S., Bukke, S., Dutt, N., Rana, P., & Pandey, A. K. (2017). A systematic review and meta-analysis of the circulatory, erythrocellular and CSF selenium levels in Alzheimer's disease: A metal meta-analysis (AMMA study-I). Journal of Trace Elements in Medicine and Biology, 42, 68-75.

Ventura, M., Melo, M., & Carrilho, F. (2017). Selenium and thyroid disease: from pathophysiology to treatment. International journal of endocrinology, 2017.

Wichman, J., Winther, K. H., Bonnema, S. J., & Hegedüs, L. (2016). Selenium supplementation significantly reduces thyroid autoantibody levels in patients with chronic autoimmune thyroiditis: a systematic review and meta-analysis. Thyroid, 26(12), 1681-1692.

Winther, K. H., Wichman, J. E. M., Bonnema, S. J., & Hegedüs, L. (2017). Insufficient documentation for clinical efficacy of selenium supplementation in chronic autoimmune thyroiditis, based on a systematic review and meta-analysis. Endocrine, 55(2), 376-385.

He, L., Zhao, J., Wang, L., Liu, Q., Fan, Y., Li, B., ... & Li, Y. F. (2021). Using nano-selenium to combat Coronavirus Disease 2019 (COVID-19)?. Nano Today, 36, 101037.

Sinefrina:

Bartley GE, Breksa AP 3rd, Ishida BK. PCR amplification and cloning of tyrosine decarboxylase involved in synephrine biosynthesis in Citrus. N Biotechnol. (2010).

Brown CM, et al. Activities of octopamine and synephrine stereoisomers on alpha-adrenoceptors. Br J Pharmacol. (1988).

D'Andrea G, et al. HPLC electrochemical detection of trace amines in human plasma and platelets and expression of mRNA transcripts of trace amine receptors in circulating leukocytes. Neurosci Lett. (2003).

D'Andrea G, et al. Elevated levels of circulating trace amines in primary headaches. Neurology. (2004).

D'Andrea G, et al. Abnormal platelet trace amine profiles in migraine with and without aura. Cephalalgia. (2006).

Jordan R, et al. Beta-adrenergic activities of octopamine and synephrine stereoisomers on guinea-pig atria and trachea. J Pharm Pharmacol. (1987)

Kaats GR, Stohs SJ. 2017. Increased eating control and energy levels associated with consumption of a bitter orange (p‐synephrine) extract chew—a randomized placebo controlled study. Nutr Diet Suppl 9: 29–35.

Kaats GR, Miller H, Preuss HG, Stohs SJ. 2013. A 60 day double‐blind, placebo‐controlled safety study involving Citrus aurantium (bitter orange) extract. Food Chem Toxicol 55: 358–362.

Koh, A. H. W., Chess‐Williams, R., & Lohning, A. E. (2021). Racemic synephrine found in Citrus aurantium‐listing pre‐workout supplements suggests a non‐plant‐based origin. Drug Testing and Analysis.

Ratamess NA, Bush JA, Kang J, et al. The effects of supplementation with P-Synephrine alone and in combination with caffeine on resistance exercise performance. J Int Soc Sports Nutr. 2015; 12:35. Published 2015 Sep 17. doi:10.1186/s12970-015-0096-5.

Ribeiro, D. L., Machado, A. R. T., Machado, C., Ferro Aissa, A., Dos Santos, P. W., Barcelos, G. R. M., & Antunes, L. M. G. (2021). p-synephrine induces transcriptional changes via the cAMP/PKA pathway but not cytotoxicity or mutagenicity in human gastrointestinal cells. Journal of Toxicology and Environmental Health, Part A, 84(5), 196-212.

Ruiz-Moreno, C., Del Coso, J., Giráldez-Costas, V., González-García, J., & Gutiérrez-Hellín, J. (2021). Effects of p-Synephrine during Exercise: A Brief Narrative Review. Nutrients, 13(1), 233.

Stohs SJ, Preuss HG. Stereochemical and pharmacological differences between naturally occurring p -synephrine and synthetic p -synephrine. J Funct Foods. 2011

Stohs SJ, Preuss HG. 2011a. The safety of bitter orange (Citrus aurantium) and its primary protoalkaloid p‐synephrine. HerbalGram 89: 34–39.

Stohs SJ, Preuss HG, Keith SC, Keith PL, Miller H, Kaats GR. Effects of p-synephrine alone and in combination with selected bioflavonoids on resting metabolism, blood pressure, heart rate and self-reported mood changes. Int J Med Sci. 2011;8(4):295–301. Published 2011 Apr 28.

Thevis M1, et al. Analysis of octopamine in human doping control samples. Biomed Chromatogr. (2012)

Zhao, S., Wang, X., Sun, W., Gong, X., Yan, J., & Tong, S. (2021). Application of liquid-liquid chromatography as a sample pretreatment method for quantitative analysis of synephrine in Fructus aurantii immaturus. Journal of Liquid Chromatography & Related Technologies, 1-8.

Stevia:

Ahmad, U., & Ahmad, R. S. (2018). Anti diabetic property of aqueous extract of Stevia rebaudiana Bertoni leaves in Streptozotocin-induced diabetes in albino rats. BMC complementary and alternative medicine, 18(1), 1-11.

Ahmad, J., Khan, I., Johnson, S. K., Alam, I., & Din, Z. U. (2018). Effect of incorporating stevia and moringa in cookies on postprandial glycemia, appetite, palatability, and gastrointestinal well-being. Journal of the American College of Nutrition, 37(2), 133-139.

Ahmad, U., Ahmad, R. S., Arshad, M. S., Mushtaq, Z., Hussain, S. M., & Hameed, A. (2018). Antihyperlipidemic efficacy of aqueous extract of Stevia rebaudiana Bertoni in albino rats. Lipids in health and disease, 17(1), 1-8.

Anton, S. D., Martin, C. K., Han, H., Coulon, S., Cefalu, W. T., Geiselman, P., & Williamson, D. A. (2010). Effects of stevia, aspartame, and sucrose on food intake, satiety, and postprandial glucose and insulin levels. Appetite, 55(1), 37-43.

Atas, M., Eruygur, N., Ucar, E., Ozyigit, Y., & Turgut, K. (2018). The Effects of different nitrogen doses on antioxidant and antimicrobial activity of Stevia (Stevia rebaudiana Bert.). Cellular and Molecular Biology, 64(2), 39-45.

Beer, M. F., Frank, F. M., Germán Elso, O., Ernesto Bivona, A., Cerny, N., Giberti, G., ... & Cazorla, S. I. (2016). Trypanocidal and leishmanicidal activities of flavonoids isolated from Stevia satureiifolia var. satureiifolia. Pharmaceutical Biology, 54(10), 2188-2195.

Bellisle, F., & Drewnowski, A. (2007). Intense sweeteners, energy intake and the control of body weight. European journal of clinical nutrition, 61(6), 691-700.

Brown, R. J., De Banate, M. A., & Rother, K. I. (2010). Artificial sweeteners: a systematic review of metabolic effects in youth. International Journal of Pediatric Obesity, 5(4), 305-312.

Carrera-Lanestosa, A., Moguel-Ordóñez, Y., & Segura-Campos, M. (2017). Stevia rebaudiana Bertoni: a natural alternative for treating diseases associated with metabolic syndrome. Journal of medicinal food, 20(10), 933-943.

Ceole, L. F., Companhoni, M. V. P., Sanches Lopes, S. M., de Oliveira, A. J. B., Gonçalves, R. A. C., Dias Filho, B. P., ... & Ueda-Nakamura, T. (2020). Anti-herpes activity of polysaccharide fractions from Stevia rebaudiana leaves. Natural product research, 34(11), 1558-1562.

Chan, P., Tomlinson, B., Chen, Y. J., Liu, J. C., Hsieh, M. H., & Cheng, J. T. (2000). A double‐blind placebo‐controlled study of the effectiveness and tolerability of oral stevioside in human hypertension. British journal of clinical pharmacology, 50(3), 215-220.

Chattopadhyay, S., Raychaudhuri, U., & Chakraborty, R. (2014). Artificial sweeteners–a review. Journal of food science and technology, 51(4), 611-621.

Chavushyan, V. A., Simonyan, K. V., Simonyan, R. M., Isoyan, A. S., Simonyan, G. M., Babakhanyan, M. A., ... & Simonyan, M. A. (2017). Effects of stevia on synaptic plasticity and NADPH oxidase level of CNS in conditions of metabolic disorders caused by fructose. BMC complementary and alternative medicine, 17(1), 1-13.

Cho, N. A., Klancic, T., Nettleton, J. E., Paul, H. A., & Reimer, R. A. (2018). Impact of food ingredients (aspartame, Stevia, prebiotic oligofructose) on fertility and reproductive outcomes in obese rats. Obesity, 26(11), 1692-1695.

Chung, M. S., Suh, H. J., Yoo, W., Choi, S. H., Cho, Y. J., Cho, Y. H., & Kim, C. J. (2005). Daily intake assessment of saccharin, stevioside, D-sorbitol and aspartame from various processed foods in Korea. Food additives and contaminants, 22(11), 1087-1097.

Deniņa, I., Semjonovs, P., Fomina, A., Treimane, R., & Linde, R. (2014). The influence of stevia glycosides on the growth of L actobacillus reuteri strains. Letters in applied microbiology, 58(3), 278-284.

Dess, N. K., Dobson, K., Roberts, B. T., & Chapman, C. D. (2017). Sweetener Intake by rats selectively bred for differential saccharin intake: Sucralose, stevia, and acesulfame potassium. Chemical senses, 42(5), 381-392.

Dooley, J., Lagou, V., Dresselaers, T., Van Dongen, K. A., Himmelreich, U., & Liston, A. (2017). No effect of dietary aspartame or stevia on pancreatic acinar carcinoma development, growth, or induced mortality in a murine model. Frontiers in oncology, 7, 18.

Dwivedi, S., & Tomer, N. (2018). Stevia rebaudiana the unique medicinal plant with sweet taste having hypoglycemic and hypolipidemic activities. Indian heart journal, 70(3), 458.

Geeraert, B., Crombe, F., Hulsmans, M., Benhabiles, N., Geuns, J. M., & Holvoet, P. (2010). Stevioside inhibits atherosclerosis by improving insulin signaling and antioxidant defense in obese insulin-resistant mice. International Journal of Obesity, 34(3), 569-577.

Ghosh, S., Subudhi, E., & Nayak, S. (2008). Antimicrobial assay of Stevia rebaudiana Bertoni leaf extracts against 10 pathogens. International Journal of Integrative Biology, 2(1), 27-31.

Gupta, E., Mohammed, A., Purwar, S., Rizvi, S. I., & Sundaram, S. (2017). Diminution of oxidative stress in alloxan-induced diabetic rats by Stevia rebaudiana. Research Journal of Pharmacognosy and Phytochemistry, 9(3), 158-166.

Hajihashemi, S., Rajabpoor, S., & Djalovic, I. (2018). Antioxidant potential in Stevia rebaudiana callus in response to polyethylene glycol, paclobutrazol and gibberellin treatments. Physiology and Molecular Biology of Plants, 24(2), 335-341.

Hanson, J. R. (2016). From Caá-ehé to a commercial sweetener–the diterpenoid glycosides of Stevia rebaudiana. Science progress, 99(4), 413-419.

Jan, S. A., Habib, N., Shinwari, Z. K., Ali, M., & Ali, N. (2021). The anti-diabetic activities of natural sweetener plant Stevia: an updated review. SN Applied Sciences, 3(4), 1-6.

Kassi, E., Landis, G., Pavlaki, A., Lambrou, G., Mantzou, E., Androulakis, I., ... & Chrousos, G. P. (2016). Acute effects of stevia rebaudiana extract on postprandial glucose metabolism in patients with metabolic syndrome. Endocr Rev, 37.

Kaushik, R., Narayanan, P., Vasudevan, V., Muthukumaran, G., & Usha, A. (2010). Nutrient composition of cultivated stevia leaves and the influence of polyphenols and plant pigments on sensory and antioxidant properties of leaf extracts. Journal of Food Science and Technology, 47(1), 27-33.

Kujur, R. S., Singh, V., Ram, M., Yadava, H. N., Singh, K. K., Kumari, S., & Roy, B. K. (2010). Antidiabetic activity and phytochemical screening of crude extract of Stevia rebaudiana in alloxan-induced diabetic rats. Pharmacognosy research, 2(4), 258.

Kunová, G., Rada, V., Vidaillac, A., & Lisova, I. (2014). Utilisation of steviol glycosides from Stevia rebaudiana (Bertoni) by lactobacilli and bifidobacteria in in vitro conditions. Folia microbiologica, 59(3), 251-255.

Lopes, S. M. S., Krausová, G., Carneiro, J. W. P., Gonçalves, J. E., Gonçalves, R. A. C., & de Oliveira, A. J. B. (2017). A new natural source for obtainment of inulin and fructo-oligosaccharides from industrial waste of Stevia rebaudiana Bertoni. Food chemistry, 225, 154-161.

Maki, K. C., Curry, L. L., Carakostas, M. C., Tarka, S. M., Reeves, M. S., Farmer, M. V., ... & Bisognano, J. D. (2008). The hemodynamic effects of rebaudioside A in healthy adults with normal and low-normal blood pressure. Food and Chemical Toxicology, 46(7), S40-S46.

Martinez-Saez, N., Hochkogler, C. M., Somoza, V., & Del Castillo, M. D. (2017). Biscuits with no added sugar containing stevia, coffee fibre and fructooligosaccharides modifies α-glucosidase activity and the release of GLP-1 from HuTu-80 cells and serotonin from Caco-2 cells after in vitro digestion. Nutrients, 9(7), 694.

Mayasari, N. R., Susetyowati, Wahyuningsih, M. S. H., & Probosuseno. (2018). Antidiabetic Effect of Rosella-Stevia Tea on Prediabetic Women in Yogyakarta, Indonesia. Journal of the American College of Nutrition, 37(5), 373-379.

Mogra, R., & Dashora, V. (2009). Exploring the use of Stevia rebaudiana as a sweetener in comparison with other sweeteners. Journal of Human Ecology, 25(2), 117-120.

Mohd-Radzman, N. H., Ismail, W. I. W., Jaapar, S. S., Adam, Z., & Adam, A. (2013). Stevioside from Stevia rebaudiana Bertoni increases insulin sensitivity in 3T3-L1 adipocytes. Evidence-Based Complementary and Alternative Medicine, 2013.

Moselhy, S. S., Ghoneim, M. A., & Khan, J. A. (2016). In vitro and in vivo evaluation of antimicrobial and antioxidant potential of stevia extract. African Journal of Traditional, Complementary and Alternative Medicines, 13(6), 18-21.

Nettleton, J. E., Klancic, T., Schick, A., Choo, A. C., Shearer, J., Borgland, S. L., ... & Reimer, R. A. (2019). Low-dose stevia (Rebaudioside A) consumption perturbs gut microbiota and the mesolimbic dopamine reward system. Nutrients, 11(6), 1248.

Noda, K., Nakayama, K., & Oku, T. (1994). Serum glucose and insulin levels and erythritol balance after oral administration of erythritol in healthy subjects. European journal of clinical nutrition, 48(4), 286-292.

Panagiotou, C., Mihailidou, C., Brauhli, G., Katsarou, O., & Moutsatsou, P. (2018). Effect of steviol, steviol glycosides and stevia extract on glucocorticoid receptor signaling in normal and cancer blood cells. Molecular and cellular endocrinology, 460, 189-199.

Pawar, R. S., Krynitsky, A. J., & Rader, J. I. (2013). Sweeteners from plants—with emphasis on Stevia rebaudiana (Bertoni) and Siraitia grosvenorii (Swingle). Analytical and bioanalytical chemistry, 405(13), 4397-4407.

Perrier, J. D., Mihalov, J. J., & Carlson, S. J. (2018). FDA regulatory approach to steviol glycosides. Food and Chemical Toxicology, 122, 132-142.

Piovan, S., Pavanello, A., Peixoto, G. M. L., Matiusso, C. C. I., de Moraes, A. M. P., Martins, I. P., ... & Mareze-Costa, C. E. (2018). Stevia nonsweetener fraction displays an Insulinotropic effect involving neurotransmission in pancreatic islets. International journal of endocrinology, 2018.

Potočnjak, I., Broznić, D., Kindl, M., Kropek, M., Vladimir-Knežević, S., & Domitrović, R. (2017). Stevia and stevioside protect against cisplatin nephrotoxicity through inhibition of ERK1/2, STAT3, and NF-κB activation. Food and chemical toxicology, 107, 215-225.

Poolsup, N., Pongmesa, T., Cheunchom, C., Rachawat, P., & Boonsong, R. (2012). PCV9 Meta-Analysis of the Efficacy and Safety of Stevioside (from Stevia Rebaudiana Bertoni) in Blood Pressure Control in Patients With Hypertension. Value in Health, 15(7), A630.

Prata, C., Zambonin, L., Rizzo, B., Maraldi, T., Angeloni, C., Vieceli Dalla Sega, F., ... & Hrelia, S. (2017). Glycosides from Stevia rebaudiana Bertoni possess insulin-mimetic and antioxidant activities in rat cardiac fibroblasts. Oxidative medicine and cellular longevity, 2017.

Purohit, V., & Mishra, S. (2018). Authors reply: Stevia: Long term data is lacking!. Indian heart journal, 70(3), 459.

Olsson, K., Carlsen, S., Semmler, A., Simón, E., Mikkelsen, M. D., & Møller, B. L. (2016). Microbial production of next-generation stevia sweeteners. Microbial cell factories, 15(1), 1-14.

Raben, A., Vasilaras, T. H., Møller, A. C., & Astrup, A. (2002). Sucrose compared with artificial sweeteners: different effects on ad libitum food intake and body weight after 10 wk of supplementation in overweight subjects. The American journal of clinical nutrition, 76(4), 721-729.

Ramos‐Tovar, E., Flores‐Beltrán, R. E., Galindo‐Gómez, S., Vera‐Aguilar, E., Diaz‐Ruiz, A., Montes, S., ... & Muriel, P. (2018). Stevia rebaudiana tea prevents experimental cirrhosis via regulation of NF‐κB, Nrf2, transforming growth factor beta, Smad7, and hepatic stellate cell activation. Phytotherapy research, 32(12), 2568-2576.

Raut, D., & Aruna, K. (2017). Antimicrobial activity of Stevia rebaudiana against antibiotic resistant ESBL producing uropathogens and evaluation of its antioxidant activity. Int. J. Adv. Res. Biol. Sci, 4(3), 110-118.

Rizwan, F., Rashid, H. U., Yesmine, S., Monjur, F., & Chatterjee, T. K. (2018). Preliminary analysis of the effect of Stevia (Stevia rebaudiana) in patients with chronic kidney disease (stage I to stage III). Contemporary clinical trials communications, 12, 17-25.

Rojas, E., Bermúdez, V., Motlaghzadeh, Y., Mathew, J., Fidilio, E., Faria, J., ... & Kuzmar, I. (2018). Stevia rebaudiana Bertoni and its effects in human disease: emphasizing its role in inflammation, atherosclerosis and metabolic syndrome. Current nutrition reports, 7(3), 161-170.

Ruiz-Ruiz, J. C., Moguel-Ordoñez, Y. B., & Segura-Campos, M. R. (2017). Biological activity of Stevia rebaudiana Bertoni and their relationship to health. Critical reviews in food science and nutrition, 57(12), 2680-2690.

Ruiz-Ruiz, J. C., Moguel-Ordoñez, Y. B., Matus-Basto, A. J., & Segura-Campos, M. R. (2015). Nutritional, amylolytic enzymes inhibition and antioxidant properties of bread incorporated with Stevia rebaudiana. International journal of food sciences and nutrition, 66(6), 649-656.

Sansano, S., Rivas, A., Pina-Pérez, M. C., Martinez, A., & Rodrigo, D. (2017). Stevia rebaudiana Bertoni effect on the hemolytic potential of Listeria monocytogenes. International journal of food microbiology, 250, 7-11.

Sclafani, A., Bahrani, M., Zukerman, S., & Ackroff, K. (2010). Stevia and saccharin preferences in rats and mice. Chemical Senses, 35(5), 433-443.

Sharma, R., Yadav, R., & Manivannan, E. (2012). Study of effect of Stevia rebaudiana bertoni on oxidative stress in type-2 diabetic rat models. Biomedicine & Aging Pathology, 2(3), 126-131.

Shivanna, N., Naika, M., Khanum, F., & Kaul, V. K. (2013). Antioxidant, anti-diabetic and renal protective properties of Stevia rebaudiana. Journal of Diabetes and its Complications, 27(2), 103-113.

Stamataki, N. S., Scott, C., Elliott, R., McKie, S., Bosscher, D., & McLaughlin, J. T. (2020). Stevia beverage consumption prior to lunch reduces appetite and total energy intake without affecting glycemia or attentional bias to food cues: A double-blind randomized controlled trial in healthy adults. The Journal of nutrition, 150(5), 1126-1134.

Suez, J., Korem, T., Zeevi, D., Zilberman-Schapira, G., Thaiss, C. A., Maza, O., ... & Elinav, E. (2014). Artificial sweeteners induce glucose intolerance by altering the gut microbiota. Nature, 514(7 Swithers, S. E. (2013). Artificial sweeteners produce the counterintuitive effect of inducing metabolic derangements. Trends in Endocrinology & Metabolism, 24(9), 431-441.521), 181-186.

Takasaki, M., Konoshima, T., Kozuka, M., Tokuda, H., Takayasu, J., Nishino, H., ... & Lee, K. H. (2009). Cancer preventive agents. Part 8: Chemopreventive effects of stevioside and related compounds. Bioorganic & medicinal chemistry, 17(2), 600-605.

Tey, S. L., Salleh, N. B., Henry, J., & Forde, C. G. (2017). Effects of aspartame-, monk fruit-, stevia-and sucrose-sweetened beverages on postprandial glucose, insulin and energy intake. International journal of obesity, 41(3), 450-457.

Torri, L., Frati, A., Ninfali, P., Mantegna, S., Cravotto, G., & Morini, G. (2017). Comparison of reduced sugar high quality chocolates sweetened with stevioside and crude stevia ‘green’extract. Journal of the Science of Food and Agriculture, 97(8), 2346-2352.

Tovar, G. A. (2016). Actividad antimicrobiana de la Stevia en comparación con el xilitol, frente a los Streptococcus mutans–un estudio in vitro. Odontología Activa Revista Científica, 1(2), 51-54.

Uçar, A., Yılmaz, S., Yılmaz, Ş., & Kılıç, M. S. (2018). A research on the genotoxicity of stevia in human lymphocytes. Drug and chemical toxicology, 41(2), 221-224.

Ulbricht, C., Isaac, R., Milkin, T., A Poole, E., Rusie, E., M Grimes Serrano, J., ... & Woods, J. (2010). An evidence-based systematic review of stevia by the Natural Standard Research Collaboration. Cardiovascular & Hematological Agents in Medicinal Chemistry (Formerly Current Medicinal Chemistry-Cardiovascular & Hematological Agents), 8(2), 113-127.

Urban, J. D., Carakostas, M. C., & Taylor, S. L. (2015). Steviol glycoside safety: are highly purified steviol glycoside sweeteners food allergens?. Food and Chemical Toxicology, 75, 71-78.

Yang, Q. (2010). Gain weight by “going diet?” Artificial sweeteners and the neurobiology of sugar cravings: Neuroscience 2010. The Yale journal of biology and medicine, 83(2), 101.

Yesmine, S., Connolly, K., Hill, N., Coulson, F. R., & Fenning, A. S. (2013). Electrophysiological, vasoactive, and gastromodulatory effects of stevia in healthy wistar rats. Planta medica, 79(11), 909-915.

Yilmaz, C. E., Latorre, J., & Yilmaz, G. (2013). Stevia–a natural sugar substitute‐attenuates endothelial dysfunction induced by hypercholesterolemia.

Zhang, Q., Yang, H., Li, Y., Liu, H., & Jia, X. (2017). Toxicological evaluation of ethanolic extract from Stevia rebaudiana Bertoni leaves: Genotoxicity and subchronic oral toxicity. Regulatory Toxicology and Pharmacology, 86, 253-259.

Sulforafano:

Ezeka, G., Adhikary, G., Kandasamy, S., Friedberg, J. S., & Eckert, R. L. (2021). Sulforaphane inhibits PRMT5 and MEP50 function to suppress the mesothelioma cancer cell phenotype. Molecular Carcinogenesis.

Harris, C. M., Zamperoni, K. E., Sernoskie, S. C., Chow, N. S., & Massey, T. E. (2021). Effects of in vivo treatment of mice with sulforaphane on repair of DNA pyridyloxylbutylation. Toxicology, 454, 152753.

Langston-Cox, A. G., Anderson, D., Creek, D. J., Palmer, K. R., Marshall, S. A., & Wallace, E. M. (2021). Sulforaphane bioavailability and effects on blood pressure in women with pregnancy hypertension. Reproductive Sciences, 1-9.

Liebman, S. E., & Le, T. H. (2021). Eat Your Broccoli: Oxidative Stress, NRF2, and Sulforaphane in Chronic Kidney Disease. Nutrients, 13(1), 266.

Mahn, A., & Castillo, A. (2021). Potential of Sulforaphane as a Natural Immune System Enhancer: A Review. Molecules, 26(3), 752.

Mazarakis, N., Anderson, J., Toh, Z. Q., Higgins, R. A., Do, L. A. H., Luwor, R. B., ... & Licciardi, P. V. (2021). Examination of Novel Immunomodulatory Effects of L-Sulforaphane. Nutrients, 13(2), 602.

Moon, S. J., Jhun, J., Ryu, J., Kwon, J. Y., Kim, S. Y., Jung, K., ... & Min, J. K. (2021). The anti-arthritis effect of sulforaphane, an activator of Nrf2, is associated with inhibition of both B cell differentiation and the production of inflammatory cytokines. PloS one, 16(2), e0245986.

Qin, Y., Zhang, H., Liu, Q., Jiang, B., Chen, J., & Zhang, T. (2021). Sulforaphane attenuates oxidative stress and inflammation induced by fine particulate matter in human bronchial epithelial cells. Journal of Functional Foods, 81, 104460.

Taurina:

Collard, J. M., Sansonetti, P., & Papon, N. (2021). Taurine Makes Our Microbiota Stronger. Trends in Endocrinology & Metabolism.

da Silva, L. A., Tromm, C. B., Bom, K. F., Mariano, I., Pozzi, B., da Rosa, G. L., ... & Pinho, R. A. (2014). Effects of taurine supplementation following eccentric exercise in young adults. Applied Physiology, Nutrition, and Metabolism, 39(1), 101-104.

El Idrissi, A., Shen, C. H., & L’Amoreaux, W. J. (2013). Neuroprotective role of taurine during aging. Amino acids, 45(4), 735-750.

Haidari, F., Asadi, M., Mohammadi-Asl, J., & Ahmadi-Angali, K. (2020). Effect of weight-loss diet combined with taurine supplementation on body composition and some biochemical markers in obese women: a randomized clinical trial. Amino Acids, 52(8), 1115-1124.

Ito, T., Schaffer, S. W., & Azuma, J. (2012). The potential usefulness of taurine on diabetes mellitus and its complications. Amino acids, 42(5), 1529-1539.

Marcinkiewicz, J., & Kontny, E. (2014). Taurine and inflammatory diseases. Amino acids, 46(1), 7-20.

Page, L. K., Jeffries, O., & Waldron, M. (2019). Acute taurine supplementation enhances thermoregulation and endurance cycling performance in the heat. European journal of sport science, 19(8).

Ripps, H., & Shen, W. (2012). taurine: a “very essential” amino acid. Molecular vision, 18, 2673.1101-1109.

Seol, S. I., Kim, H. J., Choi, E. B., Kang, I. S., Lee, H. K., Lee, J. K., & Kim, C. (2021). Taurine Protects against Postischemic Brain Injury via the Antioxidant Activity of Taurine Chloramine. Antioxidants, 10(3), 372.

Spriet, L. L., & Whitfield, J. (2015). Taurine and skeletal muscle function. Current Opinion in Clinical Nutrition & Metabolic Care, 18(1), 96-101.

Takahashi, Y., & Hatta, H. (2017). Effects of taurine administration on exercise-induced fatigue and recovery. The Journal of Physical Fitness and Sports Medicine, 6(1), 33-39.

Waldron, M., Patterson, S. D., Tallent, J., & Jeffries, O. (2018). The effects of an oral taurine dose and supplementation period on endurance exercise performance in humans: a meta-analysis. Sports Medicine, 48(5), 1247-1253.

Waldron, M., Patterson, S. D., & Jeffries, O. (2019). Oral taurine improves critical power and severe-intensity exercise tolerance. Amino acids, 51(10), 1433-1441.

Ward, R., Bridge, C. A., McNaughton, L. R., & Sparks, S. A. (2016). The effect of acute taurine ingestion on 4-km time trial performance in trained cyclists. Amino acids, 48(11), 2581-2587.

Warnock, R., Jeffries, O., Patterson, S., & Waldron, M. (2017). The effects of caffeine, taurine, or caffeine-taurine coingestion on repeat-sprint cycling performance and physiological responses. International journal of sports physiology and performance, 12(10), 1341-1347.

Teína:

Alqawasmeh, O. A., Zhao, M., Chan, C. P., Leung, M. B., Chow, K. C., Agarwal, N., ... & Chan, D. Y. (2021). Green tea extract as a cryoprotectant additive to preserve the motility and DNA integrity of human spermatozoa. Asian Journal of Andrology, 23(2), 150.

Essmat, A., & Hussein, M. S. (2021). Green tea extract for mild-to-moderate diabetic peripheral neuropathy A randomized controlled trial. Complementary Therapies in Clinical Practice, 43, 101317.

Bagheri, R., Rashidlamir, A., Ashtary‐Larky, D., Wong, A., Alipour, M., Motevalli, M. S., ... & Zouhal, H. (2020). Does green tea extract enhance the anti‐inflammatory effects of exercise on fat loss?. British journal of clinical pharmacology, 86(4), 753-762.

Carneiro, B. M., Batista, M. N., Braga, A. C. S., Nogueira, M. L., & Rahal, P. (2016). The green tea molecule EGCG inhibits Zika virus entry. Virology, 496, 215-218.

Chang, Y. C., Liu, H. W., Chan, Y. C., Hu, S. H., Liu, M. Y., & Chang, S. J. (2020). The green tea polyphenol epigallocatechin-3-gallate attenuates age-associated muscle loss via regulation of miR-486-5p and myostatin. Archives of Biochemistry and Biophysics, 692, 108511.

Dey, P., Sasaki, G. Y., Wei, P., Li, J., Wang, L., Zhu, J., ... & Bruno, R. S. (2019). Green tea extract prevents obesity in male mice by alleviating gut dysbiosis in association with improved intestinal barrier function that limits endotoxin translocation and adipose inflammation. The Journal of nutritional biochemistry, 67, 78-89.

Graham, T. E., & Spriet, L. L. (1995). Metabolic, catecholamine, and exercise performance responses to various doses of caffeine. Journal of applied physiology, 78(3), 867-874.

Guo, M., Qu, H., Xu, L., & Shi, D. Z. (2017). Tea consumption may decrease the risk of osteoporosis: an updated meta-analysis of observational studies. Nutrition Research, 42, 1-10.

Huang, Y. Q., Lu, X., Min, H., Wu, Q. Q., Shi, X. T., Bian, K. Q., & Zou, X. P. (2016). Green tea and liver cancer risk: A meta-analysis of prospective cohort studies in Asian populations. Nutrition, 32(1), 3-8.

Hursel, R., Viechtbauer, W., & Westerterp-Plantenga, M. S. (2009). The effects of green tea on weight loss and weight maintenance: a meta-analysis. International journal of obesity, 33(9), 956-961.

Iwasaki, M., Mizusawa, J., Kasuga, Y., Yokoyama, S., Onuma, H., Nishimura, H., ... & Tsugane, S. (2014). Green tea consumption and breast cancer risk in Japanese women: a case-control study. Nutrition and cancer, 66(1), 57-67.

Janssens, P. L., Hursel, R., & Westerterp-Plantenga, M. S. (2015). Long-term green tea extract supplementation does not affect fat absorption, resting energy expenditure, and body composition in adults. The Journal of nutrition, 145(5), 864-870.

Jówko, E., Długołęcka, B., Makaruk, B., & Cieśliński, I. (2015). The effect of green tea extract supplementation on exercise-induced oxidative stress parameters in male sprinters. European journal of nutrition, 54(5), 783-791.

Juszkiewicz, A., Glapa, A., Basta, P., Petriczko, E., Żołnowski, K., Machaliński, B., ... & Skarpańska-Stejnborn, A. (2019). The effect of L-theanine supplementation on the immune system of athletes exposed to strenuous physical exercise. Journal of the International Society of Sports Nutrition, 16(1), 1-14.

Kurahashi, N., Sasazuki, S., Iwasaki, M., Inoue, M., & Shoichiro Tsugane for the JPHC Study Group. (2008). Green tea consumption and prostate cancer risk in Japanese men: a prospective study. American journal of epidemiology, 167(1), 71-77.

Lee, H. J., Lee, Y. N., Youn, H. N., Lee, D. H., Kwak, J. H., Seong, B. L., ... & Song, C. S. (2012). Anti-influenza virus activity of green tea by-products in vitro and efficacy against influenza virus infection in chickens. Poultry science, 91(1), 66-73.

Li, M. J., Yin, Y. C., Wang, J., & Jiang, Y. F. (2014). Green tea compounds in breast cancer prevention and treatment. World journal of clinical oncology, 5(3), 520.

Mirzoev, T. M. (2020). Skeletal Muscle Recovery from Disuse Atrophy: Protein Turnover Signaling and Strategies for Accelerating Muscle Regrowth. International Journal of Molecular Sciences, 21(21), 7940.

Nagao, T., Komine, Y., Soga, S., Meguro, S., Hase, T., Tanaka, Y., & Tokimitsu, I. (2005). Ingestion of a tea rich in catechins leads to a reduction in body fat and malondialdehyde-modified LDL in men. The American journal of clinical nutrition, 81(1), 122-129.

Narotzki, B., Reznick, A. Z., Aizenbud, D., & Levy, Y. (2012). Green tea: a promising natural product in oral health. Archives of oral biology, 57(5), 429-435.

Ni, C. X., Gong, H., Liu, Y., Qi, Y., Jiang, C. L., & Zhang, J. P. (2017). Green tea consumption and the risk of liver cancer: a meta-analysis. Nutrition and cancer, 69(2), 211-220.

Ogunleye, A. A., Xue, F., & Michels, K. B. (2010). Green tea consumption and breast cancer risk or recurrence: a meta-analysis. Breast cancer research and treatment, 119(2), 477-484.

Onakpoya, I., Spencer, E., Heneghan, C., & Thompson, M. (2014). The effect of green tea on blood pressure and lipid profile: a systematic review and meta-analysis of randomized clinical trials. Nutrition, Metabolism and Cardiovascular Diseases, 24(8), 823-836.

Ooshima, T., Minami, T., Aono, W., Izumitani, A., Sobue, S., Fujiwara, T., ... & Hamada, S. (1993). Oolong tea polyphenols inhibit experimental dental caries in SPF rats infected with mutatis streptococci. Caries research, 27(2), 124-129.

Oz, H. S., Chen, T., & de Villiers, W. J. (2013). Green tea polyphenols and sulfasalazine have parallel anti-inflammatory properties in colitis models. Frontiers in immunology, 4, 132.

Pang, J., Zhang, Z., Zheng, T. Z., Bassig, B. A., Mao, C., Liu, X., ... & Peng, Y. (2016). Green tea consumption and risk of cardiovascular and ischemic related diseases: A meta-analysis. International journal of cardiology, 202, 967-974.

Rassameemasmaung, S., Phusudsawang, P., & Sangalungkarn, V. (2013). Effect of green tea mouthwash on oral malodor. International Scholarly Research Notices, 2013.

Roberts, J. D., Roberts, M. G., Tarpey, M. D., Weekes, J. C., & Thomas, C. H. (2015). The effect of a decaffeinated green tea extract formula on fat oxidation, body composition and exercise performance. Journal of the International Society of Sports Nutrition, 12(1), 1-9.

Satoh, T., Fujisawa, H., Nakamura, A., Takahashi, N., & Watanabe, K. (2016). Inhibitory effects of eight green tea catechins on cytochrome P450 1A2, 2C9, 2D6, and 3A4 activities. Journal of Pharmacy & Pharmaceutical Sciences, 19(2), 188-197.

Schwarz, N. A., Blahnik, Z. J., Prahadeeswaran, S., McKinley-Barnard, S. K., Holden, S. L., & Waldhelm, A. (2018). (–)-Epicatechin supplementation inhibits aerobic adaptations to cycling exercise in humans. Frontiers in nutrition, 5, 132.

Schwarz, N. A., Blahnik, Z. J., Prahadeeswaran, S., McKinley-Barnard, S. K., Holden, S. L., & Waldhelm, A. (2018). (–)-Epicatechin supplementation inhibits aerobic adaptations to cycling exercise in humans. Frontiers in nutrition, 5, 132.

Stendell‐Hollis, N. R., Thomson, C. A., Thompson, P. A., Bea, J. W., Cussler, E. C., & Hakim, I. A. (2010). Green tea improves metabolic biomarkers, not weight or body composition: a pilot study in overweight breast cancer survivors. Journal of human nutrition and dietetics, 23(6), 590-600.

Taylor, L., Mumford, P., Roberts, M., Hayward, S., Mullins, J., Urbina, S., & Wilborn, C. (2016). Safety of TeaCrine®, a non-habituating, naturally-occurring purine alkaloid over eight weeks of continuous use. Journal of the International Society of Sports Nutrition, 13(1), 1-14.

Wanasundara, U. N., & Shahidi, F. (1998). Antioxidant and pro-oxidant activity of green tea extracts in marine oils. Food Chemistry, 63(3), 335-342.

Xiong, J., Lin, J., Wang, A., Wang, Y., Zheng, Y., Sang, X., ... & Zhao, H. (2017). Tea consumption and the risk of biliary tract cancer: a systematic review and dose–response meta-analysis of observational studies. Oncotarget, 8(24), 39649.

Yu, J., Song, P., Perry, R., Penfold, C., & Cooper, A. R. (2017). The effectiveness of green tea or green tea extract on insulin resistance and glycemic control in type 2 diabetes mellitus: a meta-analysis. Diabetes & metabolism journal, 41(4), 251.

Yuan, J. M. (2013). Cancer prevention by green tea: evidence from epidemiologic studies. The American journal of clinical nutrition, 98(6), 1676S-1681S.

Zeng, Q. C., Wu, A. Z., & Pika, J. (2010). The effect of green tea extract on the removal of sulfur-containing oral malodor volatiles in vitro and its potential application in chewing gum. Journal of breath research, 4(3), 036005.

Zheng, X. X., Xu, Y. L., Li, S. H., Liu, X. X., Hui, R., & Huang, X. H. (2011). Green tea intake lowers fasting serum total and LDL cholesterol in adults: a meta-analysis of 14 randomized controlled trials. The American journal of clinical nutrition, 94(2), 601-610.

Tirosina:

Lang, J., Kim, J., Krajek, A., & Rand, J. (2017). Oral L-Tyrosine Supplementation Improved Core Temperature Maintenance to Whole-Body Cold Exposure in Older Adults. Wilderness & Environmental Medicine, 28(4), 366.

Langen, K. J., Stoffels, G., Filss, C., Heinzel, A., Stegmayr, C., Lohmann, P., ... & Galldiks, N. (2017). Imaging of amino acid transport in brain tumours: positron emission tomography with O-(2-[18F] fluoroethyl)-L-tyrosine (FET). Methods, 130, 124-134.

Li, J., & Xie, F. (2017). Effects of tyrosine supplementation ration on anaerobic sports capacity and plasma catecholamine levels in soccer athletes.

Recky, J. R. N., Serrano, M. P., Dántola, M. L., & Lorente, C. (2021). Oxidation of tyrosine: Antioxidant mechanism of l-DOPA disclosed. Free Radical Biology and Medicine, 165, 360-367.

Shipelin, V. A., Trusov, N. V., Apryatin, S. A., Shumakova, A. A., Balakina, A. S., Riger, N. A., ... & Nikityuk, D. B. (2021). Effects of Tyrosine and Tryptophan in Rats with Diet-Induced Obesity. International Journal of Molecular Sciences, 22(5), 2429.

Tumilty, L., Davison, G., Beckmann, M., & Thatcher, R. (2014). Failure of oral tyrosine supplementation to improve exercise performance in the heat. Medicine and science in sports and exercise, 46(7), 1417-25.

Uña de gato:

Allen, L., Buckner, A., Buckner, C. A., Cano, P., & Lafrenie, R. M. (2017). Uncaria tomentosa (Willd. ex Schult.) DC (Rubiaceae) sensitizes THP-1 cells to radiation-induced cell death. Pharmacognosy research, 9(3), 221.

Aquino, R., De Feo, V., De Simone, F., Pizza, C., & Cirino, G. (1991). Plant metabolites. New compounds and anti-inflammatory activity of Uncaria tomentosa. Journal of Natural Products, 54(2), 453-459.

Araujo, L. C., Feitosa, K. B., Murata, G. M., Furigo, I. C., Teixeira, S. A., Lucena, C. F., ... & Carvalho, C. R. (2018). Uncaria tomentosa improves insulin sensitivity and inflammation in experimental NAFLD. Scientific reports, 8(1), 1-14.

Batiha, G. E. S., Magdy Beshbishy, A., Wasef, L., Elewa, Y. H., El-Hack, A., Mohamed, E., ... & Tufarelli, V. (2020). Uncaria tomentosa (Willd. ex Schult.) DC.: A review on chemical constituents and biological activities. Applied Sciences, 10(8), 2668.

Bhandare, A. M., Kshirsagar, A. D., Vyawahare, N. S., Hadambar, A. A., & Thorve, V. S. (2010). Potential analgesic, anti-inflammatory and antioxidant activities of hydroalcoholic extract of Areca catechu L. nut. Food and Chemical toxicology, 48(12), 3412-3417.

Ciani, F., Cocchia, N., Calabrò, V., Pollice, A., Maruccio, L., Carotenuto, D., ... & Tafuri, S. (2021). Uncaria tomentosa: A promising source of therapeutic agents for prevention and treatment of oxidative stress and cancer. In Cancer (pp. 505-514). Academic Press.

Dal Santo, G., Grotto, A., Boligon, A. A., Da Costa, B., Rambo, C. L., Fantini, E. A., ... & Zanatta, L. (2018). Protective effect of Uncaria tomentosa extract against oxidative stress and genotoxicity induced by glyphosate-Roundup® using zebrafish (Danio rerio) as a model. Environmental Science and Pollution Research, 25(12), 11703-11715.

Del Grossi Moura, M., Lopes, L. C., Biavatti, M. W., Kennedy, S. A., de Oliveira e Silva, M. C., Silva, M. T., & de Cássia Bergamaschi, C. (2017). Oral herbal medicines marketed in Brazil for the treatment of osteoarthritis: A systematic review and meta‐analysis. Phytotherapy Research, 31(11), 1676-1685.

Gonçalves, C., Dinis, T., & Batista, M. T. (2005). Antioxidant properties of proanthocyanidins of Uncaria tomentosa bark decoction: a mechanism for anti-inflammatory activity. Phytochemistry, 66(1), 89-98.

Keplinger, K., Laus, G., Wurm, M., Dierich, M. P., & Teppner, H. (1998). Uncaria tomentosa (Willd.) DC.—ethnomedicinal use and new pharmacological, toxicological and botanical results. Journal of Ethnopharmacology, 64(1), 23-34.

Kolodziejczyk-Czepas, J., Ponczek, M., Sady-Janczak, M., Pilarski, R., & Bukowska, B. (2021). Extracts from Uncaria tomentosa as antiplatelet agents and thrombin inhibitors–the in vitro and in silico study. Journal of Ethnopharmacology, 267, 113494.

León, F. R., & Cabieses, F. (2000). EFECTO ANTIINFLAMATORIO DE LA UNCARIA TOMENTOSA (" UÑA DE GATO"). Odontología Sanmarquina, 1(6), 66-68.

Metcalfe, D. B., Meir, P., Aragão, L. E. O., da Costa, A. C., Braga, A. P., Gonçalves, P. H., ... & Williams, M. (2008). The effects of water availability on root growth and morphology in an Amazon rainforest. Plant and Soil, 311(1), 189-199.

Moura, M. D. G., Lopes, L. C., Biavatti, M. W., Busse, J. W., Wang, L., Kennedy, S. A., ... & de Cássia Bergamaschi, C. (2016). Brazilian oral herbal medication for osteoarthritis: a systematic review protocol. Systematic reviews, 5(1), 1-7.

Mroginski, L. A., & Roca, W. M. (1991). Establecimiento de cultivos de tejidos vegetales in vitro. Cultivo de tejidos en la agricultura: Fundamentos y aplicaciones. Centro Internacional de Agricultura Tropical (CIAT). Cali, Colombia, 19-40.

Navarro, M., Zamora, W., Quesada, S., Azofeifa, G., Alvarado, D., & Monagas, M. (2017). Fractioning of proanthocyanidins of Uncaria tomentosa. Composition and structure-bioactivity relationship. Antioxidants, 6(3), 60.

Quintela, J. C., & de Ugaz, O. L. (2003). Uña de gato. Revista de fitoterapia, 3(1), 5-16.

Reinhard, K. H. (1998). Uncaria tomentosa (Willd.) DC: cat's claw, una de gato, or saventaro. The Journal of Alternative and Complementary Medicine, 5(2), 143-151.

Rizzi, R., Re, F., Bianchi, A., De Feo, V., de Simone, F., Bianchi, L., & Stivala, L. A. (1993). Mutagenic and antimutagenic activities of Uncaria tomentosa and its extracts. Journal of Ethnopharmacology, 38(1), 63-77.

Salem, N. M., Abedalaziz, F. M., & Awwad, A. M. (2018). Nanoparticles and antifungal activity of iron sulfide synthesized by green route using Uncaria tomentosa leaves extract.

Sánchez Schwartz, C. (1995). Uña de Gato Uncaria tomentosa (Willd.) DC. Rev Peru Reumatol, 1(2), 000-000.

Sandoval, M., Okuhama, N. N., Zhang, X. J., Condezo, L. A., Lao, J., Angeles, F. M., ... & Miller, M. J. S. (2002). Anti-inflammatory and antioxidant activities of cat's claw (Uncaria tomentosa and Uncaria guianensis) are independent of their alkaloid content. Phytomedicine, 9(4), 325-337.

Zevallos Pollito, P. A., & Flores Bendezú, Y. (2003). Caracterización morfólogica de plántulas de" uña de gato" uncaria tomentosa (willdernow ex roemer & schultes) dc Y u. Guianensis (aublet) gmelin del Bosque Nacional Alexander Von Humboldt. Ecología Aplicada, 2(1), 41-46.

Vitamina A:

Ding, Y., Chen, Z., & Lu, Y. (2021). Vitamin A supplementation prevents the bronchopulmonary dysplasia in premature infants: A systematic review and meta-analysis. Medicine, 100(3).

Farhangi, M. A., Keshavarz, S. A., Eshraghian, M., Ostadrahimi, A., & Saboor-Yaraghi, A. A. (2012). The effect of vitamin A supplementation on thyroid function in premenopausal women. Journal of the American College of Nutrition, 31(4), 268-274.

Kawamura, A., Aoi, W., Abe, R., Kobayashi, Y., Kuwahata, M., & Higashi, A. (2021). Astaxanthin-, β-carotene-, and resveratrol-rich foods support resistance training-induced adaptation. Antioxidants, 10(1), 113.

Olson, J. M., Ameer, M. A., & Goyal, A. (2021). Vitamin A toxicity. StatPearls [Internet].

Saeed, A., Bartuzi, P., Heegsma, J., Dekker, D., Kloosterhuis, N., de Bruin, A., ... & Faber, K. N. (2021). Impaired hepatic vitamin A metabolism in NAFLD mice leading to vitamin A accumulation in hepatocytes. Cellular and molecular gastroenterology and hepatology, 11(1), 309-325.

Thorne‐Lyman, A. L., & Fawzi, W. W. (2012). Vitamin A and carotenoids during pregnancy and maternal, neonatal and infant health outcomes: a systematic review and meta‐analysis. Paediatric and perinatal epidemiology, 26, 36-54.

Wang, A., Han, J., Jiang, Y., & Zhang, D. (2014). Association of vitamin A and β-carotene with risk for age-related cataract: a meta-analysis. Nutrition, 30(10), 1113-1121.

Wu, Y., Ye, Y., Shi, Y., Li, P., Xu, J., Chen, K., ... & Yang, J. (2015). Association between vitamin A, retinol intake and blood retinol level and gastric cancer risk: A meta-analysis. Clinical nutrition, 34(4), 620-626.

Wu, A. M., Huang, C. Q., Lin, Z. K., Tian, N. F., Ni, W. F., Wang, X. Y., ... & Chi, Y. L. (2014). The relationship between vitamin a and risk of fracture: meta‐analysis of prospective studies. Journal of Bone and Mineral Research, 29(9), 2032-2039.

Zhang, Y. P., Chu, R. X., & Liu, H. (2014). Vitamin A intake and risk of melanoma: a meta-analysis. PloS one, 9(7), e102527.

Zhang, T., Chen, H., Qin, S., Wang, M., Wang, X., Zhang, X., ... & Zhang, S. (2016). The association between dietary vitamin A intake and pancreatic cancer risk: a meta-analysis of 11 studies. Bioscience reports, 36(6).

Zhang, G. Q., Chen, J. L., & Zhao, Y. (2016). The effect of vitamin A on renal damage following acute pyelonephritis in children: a meta-analysis of randomized controlled trials. Pediatric Nephrology, 31(3), 373-379.

Vitamina B1:

Dief, A. E., Samy, D. M., & Dowedar, F. I. (2015). Impact of exercise and vitamin B1 intake on hippocampal brain-derived neurotrophic factor and spatial memory performance in a rat model of stress. Journal of nutritional science and vitaminology, 61(1), 1-7.

Hanberry, B. S., Berger, R., & Zastre, J. A. (2014). High-dose vitamin B1 reduces proliferation in cancer cell lines analogous to dichloroacetate. Cancer chemotherapy and pharmacology, 73(3), 585-594.

Kalyesubula, M., Mopuri, R., Asiku, J., Rosov, A., Yosefi, S., Edery, N., ... & Dvir, H. (2021). High-dose vitamin B1 therapy prevents the development of experimental fatty liver driven by overnutrition. Disease models & mechanisms, 14(3).

Otterstad, M. (2021). Thiamine (Vitamin B1) improves fatigue in patients with IBD. 02 February 2021. Education.

Solmaz, R. (2014). Investigation of corrosion inhibition mechanism and stability of Vitamin B1 on mild steel in 0.5 M HCl solution. Corrosion Science, 81, 75-84.

Zastre, J. A., Sweet, R. L., Hanberry, B. S., & Ye, S. (2013). Linking vitamin B1 with cancer cell metabolism. Cancer & metabolism, 1(1), 1-14.

Vitamina B2:

Chen, Y. S., Lee, H. F., Tsai, C. H., Hsu, Y. Y., Fang, C. J., Chen, C. J., ... & Hu, F. W. (2021). Effect of Vitamin B2 supplementation on migraine prophylaxis: a systematic review and meta-analysis. Nutritional Neuroscience, 1-12.

John, A., & Shinwari, W. (2021). 88 Vitamin B2 (Riboflavin) as prophylaxis for migraines in children: a retrospective review.

Liu, Y., Yu, Q. Y., Zhu, Z. L., Tang, P. Y., & Li, K. (2015). Vitamin B2 intake and the risk of colorectal cancer: a meta-analysis of observational studies. Asian Pacific Journal of Cancer Prevention, 16(3), 909-913.

van Herwaarden, A. E., Wagenaar, E., Merino, G., Jonker, J. W., Rosing, H., Beijnen, J. H., & Schinkel, A. H. (2007). Multidrug transporter ABCG2/breast cancer resistance protein secretes riboflavin (vitamin B2) into milk. Molecular and cellular biology, 27(4), 1247-1253.

Vitamina B3:

Bansal, S. K., Gupta, G., & Rajender, S. (2016). Y chromosome b2/b3 deletions and male infertility: A comprehensive meta-analysis, trial sequential analysis and systematic review. Mutation Research/Reviews in Mutation Research, 768, 78-90.

Bouma, G., van Faassen, M., Kats-Ugurlu, G., de Vries, E. G., Kema, I. P., & Walenkamp, A. M. (2016). Niacin (vitamin B3) supplementation in patients with serotonin-producing neuroendocrine tumor. Neuroendocrinology, 103(5), 489-494.

Deordieva, E., Shvets, O., Voronin, K., Maschan, A., Welte, K., Skokowa, J., ... & Shcherbina, A. (2021). Nicotinamide (vitamin B3) treatment improves response to G‐CSF in severe congenital neutropenia patients. British Journal of Haematology, 192(4), 788-792.

Yakob, N. A., Peek, M. J., & Quinlivan, J. A. (2021). Vitamin B3 levels in women who experience first‐trimester miscarriage. Australian and New Zealand Journal of Obstetrics and Gynaecology.

Vitamina B5:

Ceri, N. G., Gulle, K., Arasli, M., Akpolat, M., & Demirci, B. (2021). Protective Effect of Vitamin B5 (Dexpanthenol) on Nephropathy in Streptozotocin Diabetic Rats. experimental animals, 4, 5.

Ceri, N. G., Guile, K., Arasli, M., Akpolat, M., & Demirci, B. (2021). Protective Effect of Vitamin B5 (Dexpanthenol) on Nephropathy in Streptozotocin Diabetic Rats/Sicanlarda B5 Vitamininin (Dekspantenol) Nefropatiye Etkisi. Meandros Medical and Dental Journal, 22(1), 53-57.

Zhang, B., Zhang, X. M., Wang, W., Liu, Z. Q., & Zheng, Y. G. (2019). Metabolic engineering of Escherichia coli for d-pantothenic acid production. Food chemistry, 294, 267-275.

Vitamina B6:

Balk, E. M., Raman, G., Tatsioni, A., Chung, M., Lau, J., & Rosenberg, I. H. (2007). Vitamin B6, B12, and folic acid supplementation and cognitive function: a systematic review of randomized trials. Archives of internal medicine, 167(1), 21-30.

Herrmann, M., Peter Schmidt, J., Umanskaya, N., Wagner, A., Taban-Shomal, O., Widmann, T., ... & Herrmann, W. (2007). The role of hyperhomocysteinemia as well as folate, vitamin B6 and B12 deficiencies in osteoporosis–a systematic review.

Kiani, F., Sayehmiri, K., Sayehmiri, F., Naghdi, N., Ghafari, M., Asadi-Samani, M., & Bahmani, M. (2016). Effects of vitamin B6 on premenstrual syndrome: A systematic review and meta-Analysis. Journal of Chemical and Pharmaceutical Sciences, 9(3), 1346-1353.

Richts, B., & Commichau, F. M. (2021). Underground metabolism facilitates the evolution of novel pathways for vitamin B6 biosynthesis. Applied Microbiology and Biotechnology, 1-9.

Fields, A. M., Welle, K., Ho, E. S., Mesaros, C., & Susiarjo, M. (2021). Vitamin B6 deficiency disrupts serotonin signaling in pancreatic islets and induces gestational diabetes in mice. Communications biology, 4(1), 1-10.

Suidasari, S., Stautemas, J., Uragami, S., Yanaka, N., Derave, W., & Kato, N. (2016). Carnosine content in skeletal muscle is dependent on vitamin B6 status in rats. Frontiers in nutrition, 2, 39.

Wyatt, K. M., Dimmock, P. W., Jones, P. W., & O'Brien, P. S. (1999). Efficacy of vitamin B-6 in the treatment of premenstrual syndrome: systematic review. Bmj, 318(7195), 1375-1381.

Vitamina B7:

Chen, B., Wang, C., Wang, Y. M., & Liu, J. X. (2011). Effect of biotin on milk performance of dairy cattle: a meta-analysis. Journal of dairy science, 94(7), 3537-3546.

Hayakawa, K. (2015). Moderation in taking nutrition of Vitamin H (Biotin) keeps the doctor away. International Journal of Science and Engineering (EPH), 1, 1-37.

Lipovka, Y., & Konhilas, J. P. (2016). Novel Interactions With AMP-activated Protein Kinase Identified by Promiscuous Biotin Ligase Assay. Circulation Research, 119(suppl\_1), A458-A458.

Minkovsky, A., Lee, M. N., Dowlatshahi, M., Angell, T. E., Mahrokhian, L. S., Petrides, A. K., ... & Woodmansee, W. W. (2016). High-dose biotin treatment for secondary progressive multiple sclerosis may interfere with thyroid assays. AACE clinical case reports, 2(4), e370-e373.

Riveron-Negrete, L., & Fernandez-Mejia, C. (2017). Pharmacological effects of biotin in animals. Mini reviews in medicinal chemistry, 17(6), 529-540.

Sedel, F., Bernard, D., Mock, D. M., & Tourbah, A. (2016). Targeting demyelination and virtual hypoxia with high-dose biotin as a treatment for progressive multiple sclerosis. Neuropharmacology, 110, 644-653.

Şen, O., & Türkçapar, A. G. (2021). Hair Loss after sleeve gastrectomy and effect of biotin supplements. Journal of Laparoendoscopic & Advanced Surgical Techniques, 31(3), 296-300.

Siddiqui, U., Egnor, E., & Sloane, J. A. (2016). Biotin supplementation in MS clinically valuable but can alter multiple blood test results. Multiple sclerosis (Houndmills, Basingstoke, England), 23(4), 619-620.

Sirithanakorn, C., & Cronan, J. E. (2021). Biotin, a universal and essential cofactor: Synthesis, ligation and regulation. FEMS Microbiology Reviews.

Vitamina B9:

Fernández-Villa, D., Asensio, G., Silva, M., Ramírez-Jiménez, R. A., Saldaña, L., Vilaboa, N., ... & Rojo, L. (2021). Vitamin B9 derivatives as carriers of bioactive cations for musculoskeletal regeneration applications: Synthesis, characterization and biological evaluation. European Journal of Medicinal Chemistry, 212, 113152..

Ghosh, R. (2021). Vitamin B6, B9, and B-12: can these vitamins improve memory in Alzheimer’s disease?. In Nutraceuticals in Brain Health and Beyond (pp. 369-378). Academic Press.

Hoch, A. Z., Pajewski, N. M., Hoffmann, R. G., Schimke, J. E., & Gutterman, D. D. (2009). Posible Relación entre la Suplementación con Ácido Fólico y la Mejora en la Dilatación Mediada por el Flujo en Mujeres Deportistas Pre Menopáusicas y Eumenorreicas-G-SE. PubliCE.

Imtiaz, M., Begum, N., Ali, T., Gomes, R. R., Saha, S., Tasfi, R. F., ... & Kamal, N. (2016). Pain & Inflammation: Effects of short term daily adminstration of Vitamin B12 & Folic acid in long evans rats. Bangladesh Critical Care Journal, 4(1), 33-37.

Lan, X., Dang, S. N., Zhao, Y. L., & Yan, H. (2016). Meta-analysis on effect of combined supplementation of folic acid, vitamin B12 and B6 on risk of cardio-cerebrovascular diseases in randomized control trials. Zhonghua liu xing bing xue za zhi= Zhonghua liuxingbingxue zazhi, 37(7), 1028-1034.

Malouf, R., Evans, J. G., & Sastre, A. A. (2003). Folic acid with or without vitamin B12 for cognition and dementia. Cochrane Database of Systematic Reviews, (4).

Mansouri, R., Moogooei, M., Moogooei, M., Razavi, N., & Mansourabadi, A. H. (2016). The role of vitamin D3 and vitamin B9 (Folic acid) in immune system. International Journal of Epidemiologic Research, 3(1), 69-85.

Najafipour, R., Moghbelinejad, S., Aleyasin, A., & Jalilvand, A. (2017). Effect of B9 and B12 vitamin intake on semen parameters and fertility of men with MTHFR polymorphisms. Andrology, 5(4), 704-710.

Singh, J., Srivastava, R. P., Gupta, S., Basu, P. S., & Kumar, J. (2016). Genetic variability for vitamin B9 and total dietary fiber in lentil (Lens culinaris L.) cultivars. International Journal of Food Properties, 19(4), 936-943.

Vitamina B12:

Almeida, O. P., Ford, A. H., & Flicker, L. (2015). Systematic review and meta-analysis of randomized placebo-controlled trials of folate and vitamin B12 for depression. International psychogeriatrics, 27(5), 727.

Aroda, V. R., Edelstein, S. L., Goldberg, R. B., Knowler, W. C., Marcovina, S. M., Orchard, T. J., ... & Diabetes Prevention Program Research Group. (2016). Long-term metformin use and vitamin B12 deficiency in the Diabetes Prevention Program Outcomes Study. The Journal of Clinical Endocrinology & Metabolism, 101(4), 1754-1761.

Carrillo Ñañez, L., Carrillo García, P., Varas Álvarez, M., Aliaga Córdova, F., & Chian García, C. (2017). Demencia reversible por déficit de vitamina B12 en un adulto mayor. Horizonte Médico (Lima), 17(2), 77-81.

Chen, X., Zhang, Y., Chen, H., Jiang, Y., Wang, Y., Wang, D., ... & Yan, W. (2021). Association of Maternal Folate and Vitamin B12 in Early Pregnancy With Gestational Diabetes Mellitus: A Prospective Cohort Study. Diabetes care, 44(1), 217-223.

Finkelstein, J. L., Fothergill, A., Krisher, J. T., Thomas, T., Kurpad, A. V., & Dwarkanath, P. (2021). Maternal vitamin B12 deficiency and perinatal outcomes in southern India. PloS one, 16(4), e0248145.

Jabbar, A., Yawar, A., Waseem, S., Islam, N., Ul Haque, N., Zuberi, L., ... & Akhter, J. (2008). Vitamin B12 deficiency common in primary hypothyroidism. Journal of the Pakistan Medical Association, 58(5), 258.

Komurcu, H. F., Kilic, N., Demirbilek, M. E., & Akin, K. O. (2016). Plasma levels of vitamin B12, epidermal growth factor and tumor necrosis factor alpha in patients with Alzheimer dementia. Int J Res Med Sci, 4(3), 734-738.

Luthra, N. S., Marcus, A. H., Hills, N. K., & Christine, C. W. (2020). Vitamin B12 measurements across neurodegenerative disorders. Journal of clinical movement disorders, 7(1), 1-6.

Matejcic, M., De Batlle, J., Ricci, C., Biessy, C., Perrier, F., Huybrechts, I., ... & Chajès, V. (2017). Biomarkers of folate and vitamin B12 and breast cancer risk: report from the EPIC cohort. International journal of cancer, 140(6), 1246-1259.

Miranti, E., Stolzenberg-Solomon, R., Weinstein, S., Selhub, J., Männistö, S., Taylor, P. R., ... & Murphy, G. (2016). Serum vitamin B12 and development of non-cardia gastric cancer: a prospective study.

Muntjewerff, J. W., van der Put, N., Eskes, T., Ellenbroek, B., Steegers, E., Blom, H., & Zitman, F. (2003). Homocysteine metabolism and B-vitamins in schizophrenic patients: low plasma folate as a possible independent risk factor for schizophrenia. Psychiatry research, 121(1), 1-9.

Rizzo, G., Laganà, A. S., Rapisarda, A. M. C., Ferrera, L., Grazia, G. M., Buscema, M., ... & Vitale, S. G. (2016). Vitamin B12 among vegetarians: status, assessment and supplementation. Nutrients, 8(12), 767.

Rogne, T., Tielemans, M. J., Chong, M. F. F., Yajnik, C. S., Krishnaveni, G. V., Poston, L., ... & Risnes, K. R. (2017). Maternal vitamin B12 in pregnancy and risk of preterm birth and low birth weight: A systematic review and individual participant data meta-analysis. American journal of epidemiology, 185(3), 212.

Romain, M., Sviri, S., Linton, D. M., Stav, I., & van Heerden, P. V. (2016). The role of Vitamin B12 in the critically ill—a review. Anaesthesia and intensive care, 44(4), 447-452.

Siddiqua, T. J., Ahmad, S. M., Ahsan, K. B., Rashid, M., Roy, A., Rahman, S. M., ... & Raqib, R. (2016). Vitamin B12 supplementation during pregnancy and postpartum improves B12 status of both mothers and infants but vaccine response in mothers only: a randomized clinical trial in Bangladesh. European journal of nutrition, 55(1), 281-293.

Stabler, S. P. (2013). Vitamin B12 deficiency. New England Journal of Medicine, 368(2), 149-160.

Thakkar, K., & Billa, G. (2015). Treatment of vitamin B12 deficiency–Methylcobalamine? Cyancobalamine? Hydroxocobalamin?—clearing the confusion. European journal of clinical nutrition, 69(1), 1-2.

Xie, Y., Feng, H., Peng, S., Xiao, J., & Zhang, J. (2017). Association of plasma homocysteine, vitamin B12 and folate levels with cognitive function in Parkinson’s disease: a meta-analysis. Neuroscience letters, 636, 190-195.

Yadav, M. K., Manoli, N. M., & Madhunapantula, S. V. (2016). Comparative assessment of vitamin-B12, folic acid and homocysteine levels in relation to p53 expression in megaloblastic anemia. PloS one, 11(10), e0164559.

Vitamina C:

Aim, F., Klouche, S., Frison, A., Bauer, T., & Hardy, P. (2017). Efficacy of vitamin C in preventing complex regional pain syndrome after wrist fracture: a systematic review and meta-analysis. Orthopaedics & Traumatology: Surgery & Research, 103(3), 465-470.

Chen, S., Roffey, D. M., Dion, C. A., Arab, A., & Wai, E. K. (2016). Effect of perioperative vitamin C supplementation on postoperative pain and the incidence of chronic regional pain syndrome. The Clinical journal of pain, 32(2), 179-185.

Chuin, A., Labonte, M., Tessier, D., Khalil, A., Bobeuf, F., Doyon, C. Y., ... & Dionne, I. J. (2009). Effect of antioxidants combined to resistance training on BMD in elderly women: a pilot study. Osteoporosis international, 20(7), 1253-1258.

Etminan, M., Gill, S. S., & Samii, A. (2005). Intake of vitamin E, vitamin C, and carotenoids and the risk of Parkinson's disease: a meta-analysis. The Lancet Neurology, 4(6), 362-365.

Gao, D., Xu, M., Wang, G., Lv, J., Ma, X., Guo, Y., ... & Gong, S. (2021). The efficiency and safety of high-dose vitamin C in patients with COVID-19: a retrospective cohort study. Aging (Albany NY), 13(5), 7020.

Harris, H. R., Orsini, N., & Wolk, A. (2014). Vitamin C and survival among women with breast cancer: a meta-analysis. European Journal of Cancer, 50(7), 1223-1231.

Hemilä, H., & Chalker, E. (2013). Vitamin C for preventing and treating the common cold. Cochrane database of systematic reviews, (1).

Hemilä, H., & Louhiala, P. (2013). Vitamin C for preventing and treating pneumonia. Cochrane database of systematic reviews, (8).

Hemilä, H., & Suonsyrjä, T. (2017). Vitamin C for preventing atrial fibrillation in high risk patients: a systematic review and meta-analysis. BMC cardiovascular disorders, 17(1), 1-10.

Hemilä, H. (2004). Vitamin C supplementation and respiratory infections: a systematic review. Military medicine, 169(11), 920-925.

Henmi, H., Endo, T., Kitajima, Y., Manase, K., Hata, H., & Kudo, R. (2003). Effects of ascorbic acid supplementation on serum progesterone levels in patients with a luteal phase defect. Fertility and Sterility, 80(2), 459-461.

Morrison, D., Hughes, J., Della Gatta, P. A., Mason, S., Lamon, S., Russell, A. P., & Wadley, G. D. (2015). Vitamin C and E supplementation prevents some of the cellular adaptations to endurance-training in humans. Free Radical Biology and Medicine, 89, 852-862.

Nieman, D. C., Peters, E. M., Henson, D. A., Nevines, E. I., & Thompson, M. M. (2000). Influence of vitamin C supplementation on cytokine changes following an ultramarathon. Journal of Interferon & Cytokine Research, 20(11), 1029-1035.

Ohno, S., Ohno, Y., Suzuki, N., Soma, G. I., & Inoue, M. (2009). High-dose vitamin C (ascorbic acid) therapy in the treatment of patients with advanced cancer. Anticancer research, 29(3), 809-815.

Pain, N. M. M. How Diabetics Can Benefit Tremendously From Vitamin C and What Else the 1st Studies from 2019 Teach Us About Ascorbic Acid, Cancer, Antibiotic Side Effects & ‘ur Gainz.

Patterson, T., Isales, C. M., & Fulzele, S. (2021). Low level of vitamin C and dysregulation of vitamin C transporter might be involved in the severity of COVID-19 Infection. Aging and disease, 12(1), 14.

PERFORMANCE II, S. P. O. R. T. SUPLEMENTACIÓN EN VITAMINA CY RENDIMIENTO DEPORTIVO (II).

Righi, N. C., Schuch, F. B., De Nardi, A. T., Pippi, C. M., de Almeida Righi, G., Puntel, G. O., ... & Signori, L. U. (2020). Effects of vitamin C on oxidative stress, inflammation, muscle soreness, and strength following acute exercise: meta-analyses of randomized clinical trials. European journal of nutrition, 1-13.

Shaw, G., Lee-Barthel, A., Ross, M. L., Wang, B., & Baar, K. (2017). Vitamin C–enriched gelatin supplementation before intermittent activity augments collagen synthesis. The American journal of clinical nutrition, 105(1), 136-143.

Vojdani, A., Bazargan, M., Vojdani, E., & Wright, J. (2000). New evidence for antioxidant properties of vitamin C. Cancer Detection and Prevention, 24(6), 508-523.

Żychowska, M., Grzybkowska, A., Zasada, M., Piotrowska, A., Dworakowska, D., Czerwińska-Ledwig, O., ... & Antosiewicz, J. (2021). Effect of six weeks 1000 mg/day vitamin C supplementation and healthy training in elderly women on genes expression associated with the immune response-a randomized controlled trial. Journal of the International Society of Sports Nutrition, 18(1), 1-10.

Vitamina D:

Agergaard, J., Trøstrup, J., Uth, J., Iversen, J. V., Boesen, A., Andersen, J. L., ... & Langberg, H. (2015). Does vitamin-D intake during resistance training improve the skeletal muscle hypertrophic and strength response in young and elderly men?–a randomized controlled trial. Nutrition & metabolism, 12(1), 1-14.

Antolín, S. H., Martínez, M. D. C. G., & De Frutos, V. Á. (2010). Concentraciones deficientes de vitamina D en pacientes con obesidad mórbida. Estudio de caso-control. Endocrinología y Nutrición, 57(6), 256-261.

Aparicio Vizuete, A., López-Sobaler, A. M., López Plaza, B., Perea Sánchez, J. M., & Ortega Anta, R. M. (2013). Ingesta de vitamina D en una muestra representativa de la población española de 7 a 16 años: diferencias en el aporte y las fuentes alimentarias de la vitamina en función de la edad. Nutrición Hospitalaria, 28(5), 1657-1665.

Becerril, A. B. (2009). Regulación del gen sprouty-2 por vitamina dy efecto de sprouty-2 sobre cdh1/e-cadherina y cldn7/claudina-7 en cáncer de colon (Doctoral dissertation, Universidad Autónoma de Madrid).

Belderbos, M. E., Houben, M. L., Wilbrink, B., Lentjes, E., Bloemen, E. M., Kimpen, J. L., ... & Bont, L. (2011). Cord blood vitamin D deficiency is associated with respiratory syncytial virus bronchiolitis. Pediatrics, 127(6), e1513-e1520.

Bischoff-Ferrari, H. A., Willett, W. C., Wong, J. B., Giovannucci, E., Dietrich, T., & Dawson-Hughes, B. (2005). Fracture prevention with vitamin D supplementation: a meta-analysis of randomized controlled trials. Jama, 293(18), 2257-2264.

Bischoff-Ferrari, H. A., Orav, E. J., & Dawson-Hughes, B. (2008). Additive benefit of higher testosterone levels and vitamin D plus calcium supplementation in regard to fall risk reduction among older men and women. Osteoporosis international, 19(9), 1307-1314.

Bjelakovic, G., Gluud, L. L., Nikolova, D., Whitfield, K., Wetterslev, J., Simonetti, R. G., ... & Gluud, C. (2014). Vitamin D supplementation for prevention of mortality in adults. Cochrane database of systematic reviews, (1).

Borsche, L., Glauner, B., & Mendel, J. V. (2021). COVID-19 mortality risk correlates inversely with vitamin D3 status, and a mortality rate close to zero could theoretically be achieved at 50 ng/ml 25 (OH) D3: Results of a systematic review and meta-analysis. Nutrients, 13(10), 3596.

Bover, J., Egido, J., Fernández-Giráldez, E., Praga, M., Solozábal-Campos, C., Torregrosa, J. V., & Martínez-Castelao, A. (2015). Vitamina D, receptor de la vitamina D e importancia de su activación en el paciente con enfermedad renal crónica. Nefrología (Madrid), 35(1), 28-41.

Calatayud, M., Jódar, E., Sánchez, R., Guadalix, S., & Hawkins, F. (2009). Prevalencia de concentraciones deficientes e insuficientes de vitamina D en una población joven y sana. Endocrinología y Nutrición, 56(4), 164-169.

Chandler, P. D., Chen, W. Y., Ajala, O. N., Hazra, A., Cook, N., Bubes, V., ... & VITAL Research Group. (2020). Effect of Vitamin D3 Supplements on Development of Advanced Cancer: A Secondary Analysis of the VITAL Randomized Clinical Trial. JAMA network open, 3(11), e2025850-e2025850.

Cortese, F., Costantino, M. F., Luzi, G., Di Marino, S., Giordano, P., & Monitillo, F. (2022). Vitamin D and cardiovascular disease risk. A literature overview. Molecular Biology Reports, 1-18.

Dahlquist, D. T., Dieter, B. P., & Koehle, M. S. (2015). Plausible ergogenic effects of vitamin D on athletic performance and recovery. Journal of the International Society of Sports Nutrition, 12(1), 1-12.

Dzik, K. P., & Kaczor, J. J. (2019). Mechanisms of vitamin D on skeletal muscle function: oxidative stress, energy metabolism and anabolic state. European journal of applied physiology, 119(4), 825-839.

Ford, J. A., MacLennan, G. S., Avenell, A., Bolland, M., Grey, A., Witham, M., & RECORD Trial Group. (2014). Cardiovascular disease and vitamin D supplementation: trial analysis, systematic review, and meta-analysis. The American journal of clinical nutrition, 100(3), 746-755.

Ferrer-Mayorga, G., Larriba, M. J., Crespo, P., & Muñoz, A. (2019). Mechanisms of action of vitamin D in colon cancer. The Journal of steroid biochemistry and molecular biology, 185, 1-6.

Fitzgerald, J. S., Peterson, B. J., Warpeha, J. M., Johnson, S. C., & Ingraham, S. J. (2015). Association between vitamin D status and maximal-intensity exercise performance in junior and collegiate hockey players. The Journal of Strength & Conditioning Research, 29(9), 2513-2521.

Forman, J. P., Scott, J. B., Ng, K., Drake, B. F., Suarez, E. G., Hayden, D. L., ... & Chan, A. T. (2013). Effect of vitamin D supplementation on blood pressure in blacks. Hypertension, 61(4), 779-785.

Gallagher, J. C., Sai, A., Templin, T., & Smith, L. (2012). Dose response to vitamin D supplementation in postmenopausal women: a randomized trial. Annals of internal medicine, 156(6), 425-437.

Gangloff, A., Bergeron, J., Lemieux, I., Tremblay, A., Poirier, P., Alméras, N., & Després, J. P. (2020). Relationships between circulating 25 (OH) vitamin D, leptin levels and visceral adipose tissue volume: results from a 1-year lifestyle intervention program in men with visceral obesity. International Journal of Obesity, 44(2), 280-288.

Ginde, A. A., Mansbach, J. M., & Camargo, C. A. (2009). Vitamin D, respiratory infections, and asthma. Current allergy and asthma reports, 9(1), 81-87.

González-Padilla, E., López, A. S., González-Rodríguez, E., García-Santana, S., Mirallave-Pescador, A., Marco, M. D. V. G., ... & Henríquez, M. S. (2011). Elevada prevalencia de hipovitaminosis D en los estudiantes de medicina de Gran Canaria, Islas Canarias (España). Endocrinología y Nutrición, 58(6), 267-273.

González-Rodríguez, L. G., Ortega, A. J., Gómez, P. E., Rodríguez-Rodríguez, E., Sánchez, J. P., Vizuete, A. A., & Grupo de investigación n. º 920030. (2012). Ingesta insuficiente de vitamina D en población infantil española; condicionantes del problema y bases para su mejora. Nutrición Hospitalaria, 27(5), 1437-1443.

Grimnes, G., Emaus, N., Cashman, K. D., & Jorde, R. (2017). The effect of high‐dose vitamin D supplementation on muscular function and quality of life in postmenopausal women—A randomized controlled trial. Clinical endocrinology, 87(1), 20-28.

Hengist, A., Perkin, O., Gonzalez, J. T., Betts, J. A., Hewison, M., Manolopoulos, K. N., ... & Thompson, D. (2019). Mobilising vitamin D from adipose tissue: The potential impact of exercise. Nutrition Bulletin, 44(1), 25-35.

Hernández Tobías, E. A. (2011). Asociación de la densidad mineral ósea con el polimorfismo taql del gen del receptor de la vitamina D y el consumo de cafeína en mujeres jóvenes (Doctoral dissertation, Universidad Autónoma de Nuevo León).

Hernández, J. L., Nan, D., Fernandez-Ayala, M., García-Unzueta, M., Hernández-Hernández, M. A., López-Hoyos, M., ... & Martínez-Taboada, V. M. (2021). Vitamin D status in hospitalized patients with SARS-CoV-2 infection. The Journal of Clinical Endocrinology & Metabolism, 106(3), e1343-e1353.

Hughes, D. A., & Norton, R. (2009). Vitamin D and respiratory health. Clinical & Experimental Immunology, 158(1), 20-25.

Jastrzębska, M., Kaczmarczyk, M., & Jastrzębski, Z. (2016). Effect of vitamin D supplementation on training adaptation in well-trained soccer players. Journal of strength and conditioning research, 30(9), 2648-2655.

Jofre, R. (2001). Polimorfismos del gen del receptor de la vitamina D y función paratiroidea. Nefrología, 21, 51-55.

Jolliffe, D. A., Greenberg, L., Hooper, R. L., Griffiths, C. J., Camargo Jr, C. A., Kerley, C. P., ... & Martineau, A. R. (2017). Vitamin D supplementation to prevent asthma exacerbations: a systematic review and meta-analysis of individual participant data. The lancet Respiratory medicine, 5(11), 881-890.

Khan, Q. J., Reddy, P. S., Kimler, B. F., Sharma, P., Baxa, S. E., O’Dea, A. P., ... & Fabian, C. J. (2010). Effect of vitamin D supplementation on serum 25-hydroxy vitamin D levels, joint pain, and fatigue in women starting adjuvant letrozole treatment for breast cancer. Breast cancer research and treatment, 119(1), 111-118.

Kim, D. (2017). The role of vitamin D in thyroid diseases. International journal of molecular sciences, 18(9), 1949.

Krysiak, R., Szwajkosz, A., Marek, B., & Okopień, B. (2018). The effect of vitamin D supplementation on sexual functioning and depressive symptoms in young women with low vitamin D status. Endokrynologia Polska, 69(2), 168-174.

Lindqvist, P. G. (2018). The winding path towards an inverse relationship between sun exposure and all-cause mortality. Anticancer research, 38(2), 1173-1178.

Loucera, C., Peña-Chilet, M., Esteban-Medina, M., Muñoyerro-Muñiz, D., Villegas, R., Lopez-Miranda, J., ... & Quesada Gomez, J. M. (2021). Real world evidence of calcifediol or vitamin D prescription and mortality rate of COVID-19 in a retrospective cohort of hospitalized Andalusian patients. Scientific reports, 11(1), 1-12.

Mackawy, A. M. H., Al-Ayed, B. M., & Al-Rashidi, B. M. (2013). Vitamin D deficiency and its association with thyroid disease. International journal of health sciences, 7(3), 267.

Martín, V. N., & Castrillón, J. P. (2008). Niveles de vitamina D en población mayor de 65 años. Revista Española de Enfermedades Metabólicas Óseas, 17(1), 1-4.

Marya, R. K., Rathee, S., Lata, V., & Mudgil, S. (1981). Effects of vitamin D supplementation in pregnancy. Gynecologic and obstetric investigation, 12(3), 155-161.

Martineau, A. R., Jolliffe, D. A., Hooper, R. L., Greenberg, L., Aloia, J. F., Bergman, P., ... & Camargo, C. A. (2017). Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data. bmj, 356.

Migliaccio, S., Di Nisio, A., Mele, C., Scappaticcio, L., Savastano, S., & Colao, A. (2019). Obesity and hypovitaminosis D: causality or casualty?. International journal of obesity supplements, 9(1), 20-31.

Munshi, R., Hussein, M. H., Toraih, E. A., Elshazli, R. M., Jardak, C., Sultana, N., ... & Duchesne, J. (2021). Vitamin D insufficiency as a potential culprit in critical COVID‐19 patients. Journal of medical virology, 93(2), 733-740.

Muro, J. S., Fernández, D. Y., Muñoz, A. M., Cancio, M. F., Parera, L. A., & Lezcano, A. C. (2015, May). Niveles plasmáticos de vitamina D en población autóctona y en poblaciones inmigrantes de diferentes etnias menores de 6 años de edad. In Anales de Pediatría (Vol. 82, No. 5, pp. 316-324). Elsevier Doyma.

Navarro Valverde, C., & Quesada Gómez, J. M. (2014). Deficiencia de vitamina D en España:¿ realidad o mito?. Revista de Osteoporosis y Metabolismo Mineral, 6, 5-10.

Nerhus, M., Berg, A. O., Kvitland, L. R., Dieset, I., Hope, S., Dahl, S. R., ... & Melle, I. (2016). Low vitamin D is associated with negative and depressive symptoms in psychotic disorders. Schizophrenia research, 178(1-3), 44-49.

Ortega Anta, R. M., González Rodríguez, L. G., Navia Lombán, B., Perea Sánchez, J. M., Aparicio Vizuete, A., & López Sobaler, A. M. (2013). Ingesta de calcio y vitamina D en una muestra representativa de mujeres españolas: problemática específica en menopausia. Nutrición Hospitalaria, 28(2), 306-313.

Owens, D. J., Allison, R., & Close, G. L. (2018). Vitamin D and the athlete: current perspectives and new challenges. Sports medicine, 48(1), 3-16.

Owens, D. J., Webber, D., Impey, S. G., Tang, J., Donovan, T. F., Fraser, W. D., ... & Close, G. L. (2014). Vitamin D supplementation does not improve human skeletal muscle contractile properties in insufficient young males. European journal of applied physiology, 114(6), 1309-1320.

Petrelli, F., Luciani, A., Perego, G., Dognini, G., Colombelli, P. L., & Ghidini, A. (2021). Therapeutic and prognostic role of vitamin D for COVID-19 infection: A systematic review and meta-analysis of 43 observational studies. The Journal of Steroid Biochemistry and Molecular Biology, 105883.

Pilch, W., Kita, B., Piotrowska, A., Maciejczyk, M., Czerwińska-Ledwig, O., Sadowska-Krepa, E., ... & Pałka, T. (2020). The effect of vitamin D supplementation on the muscle damage after eccentric exercise in young men: a randomized, control trial. Journal of the International Society of Sports Nutrition, 17(1), 1-10.

Pilz, S., Frisch, S., Koertke, H., Kuhn, J., Dreier, J., Obermayer-Pietsch, B., ... & Zittermann, A. (2011). Effect of vitamin D supplementation on testosterone levels in men. Hormone and Metabolic Research, 43(3), 223.

Ramírez-Prada, D., de la Torre, M., Llórente-Cantarero, F. J., Pérez-Navero, J. L., & Gil-Campos, M. (2012). Evaluación de la exposición solar, ingesta y actividad física en relación con el estado sérico de vitamina D en niñas prepúberes españolas. Nutrición Hospitalaria, 27(6), 1993-1998.

Reid, I. R., Bolland, M. J., & Grey, A. (2014). Effects of vitamin D supplements on bone mineral density: a systematic review and meta-analysis. The Lancet, 383(9912), 146-155.

Rodríguez-Dehli, A. C., Riaño Galán, I., Fernández-Somoano, A., Navarrete-Muñoz, E. M., Espada, M., Vioque, J., & Tardón, A. (2015). Prevalencia de deficiencia e insuficiencia de vitamina D y factores asociados en mujeres embarazadas del norte de España. Nutricion Hospitalaria, 31(4), 1633-1640.

Roth, D. E., Shah, R., Black, R. E., & Baqui, A. H. (2010). Vitamin D status and acute lower respiratory infection in early childhood in Sylhet, Bangladesh. Acta Paediatrica, 99(3), 389-393.

Scott, J. M., Kazman, J. B., Palmer, J., McClung, J. P., Gaffney‐Stomberg, E., & Gasier, H. G. (2019). Effects of vitamin D supplementation on salivary immune responses during Marine Corps basic training. Scandinavian journal of medicine & science in sports, 29(9), 1322-1330.

Scragg, R., Khaw, K. T., Toop, L., Sluyter, J., Lawes, C. M., Waayer, D., ... & Camargo, C. A. (2018). Monthly high-dose vitamin D supplementation and cancer risk: a post hoc analysis of the vitamin D assessment randomized clinical trial. JAMA oncology, 4(11), e182178-e182178.

Shaffer, J. A., Edmondson, D., Wasson, L. T., Falzon, L., Homma, K., Ezeokoli, N., ... & Davidson, K. W. (2014). Vitamin D supplementation for depressive symptoms: a systematic review and meta-analysis of randomized controlled trials. Psychosomatic medicine, 76(3), 190.

Suárez, V. M., Villares, J. M., Serra, J. D., de la Asociación, C. D. N., & de Pediatría, E. (2012, July). Recomendaciones de ingesta de calcio y vitamina D: posicionamiento del Comité de Nutrición de la Asociación Española de Pediatría. In Anales de Pediatría (Vol. 77, No. 1, pp. 57-e1). Elsevier Doyma.

Subih, H. S., Zueter, Z., Obeidat, B. M., Al-Qudah, M. A., Hammoh, F., Sharkas, G., & Bawadi, H. A. (2018). A high weekly dose of cholecalciferol and calcium supplement enhances weight loss and improves health biomarkers in obese women. Nutrition research, 59, 53-64.

Tomlinson, P. B., Joseph, C., & Angioi, M. (2015). Effects of vitamin D supplementation on upper and lower body muscle strength levels in healthy individuals. A systematic review with meta-analysis. Journal of science and medicine in sport, 18(5), 575-580.

Vaqueiro, M., Baré, M. L., Anton, E., Andreu, E., & Gimeno, C. (2006). Valoración del umbral óptimo de vitamina D en la población mayor de 64 años. Medicina Clínica, 127(17), 648-650.

Wang, Y., Wactawski-Wende, J., Sucheston-Campbell, L. E., Preus, L., Hovey, K. M., Nie, J., ... & Ochs-Balcom, H. M. (2017). The influence of genetic susceptibility and calcium plus vitamin D supplementation on fracture risk. The American journal of clinical nutrition, 105(4), 970-979.

Winzenberg, T., Powell, S., Shaw, K. A., & Jones, G. (2011). Effects of vitamin D supplementation on bone density in healthy children: systematic review and meta-analysis. Bmj, 342.

Zhou, Z., Zhou, R., Zhang, Z., & Li, K. (2019). The association between vitamin D status, vitamin D supplementation, sunlight exposure, and Parkinson’s disease: a systematic review and meta-analysis. Medical science monitor: International medical journal of experimental and clinical research, 25, 666.

Vitamina E:

Chaitanya, N. C., Muthukrishnan, A., Babu, D. B. G., Kumari, C. S., Lakshmi, M. A., Palat, G., & Alam, K. S. (2017). Role of vitamin E and vitamin a in oral mucositis induced by cancer chemo/radiotherapy-a meta-analysis. Journal of clinical and diagnostic research: JCDR, 11(5), ZE06.

Dysken, M. W., Sano, M., Asthana, S., Vertrees, J. E., Pallaki, M., Llorente, M., ... & Guarino, P. D. (2014). Effect of vitamin E and memantine on functional decline in Alzheimer disease: the TEAM-AD VA cooperative randomized trial. Jama, 311(1), 33-44.

Lippman, S. M., Klein, E. A., Goodman, P. J., Lucia, M. S., Thompson, I. M., Ford, L. G., ... & Coltman, C. A. (2009). Effect of selenium and vitamin E on risk of prostate cancer and other cancers: the Selenium and Vitamin E Cancer Prevention Trial (SELECT). Jama, 301(1), 39-51.

Liu, K. Y., Nakatsu, C. H., Jones-Hall, Y., Kozik, A., & Jiang, Q. (2021). Vitamin E alpha-and gamma-tocopherol mitigate colitis, protect intestinal barrier function and modulate the gut microbiota in mice. Free Radical Biology and Medicine, 163, 180-189.

Miller III, E. R., Pastor-Barriuso, R., Dalal, D., Riemersma, R. A., Appel, L. J., & Guallar, E. (2005). Meta-analysis: high-dosage vitamin E supplementation may increase all-cause mortality. Annals of internal medicine, 142(1), 37-46.

Vadarlis, A., Antza, C., Bakaloudi, D. R., Doundoulakis, I., Kalopitas, G., Samara, M., ... & Chourdakis, M. (2021). Systematic review with meta‐analysis: The effect of vitamin E supplementation in adult patients with non‐alcoholic fatty liver disease. Journal of Gastroenterology and Hepatology, 36(2), 311-319.

Zhu, Y. J., Bo, Y. C., Liu, X. X., & Qiu, C. G. (2017). Association of dietary vitamin E intake with risk of lung cancer: a dose-response meta-analysis. Asia Pacific journal of clinical nutrition, 26(2), 271-277.

Vitamina K:

Fanola, C. L., Mooney, D., Cowan, A. J., Ko, D., Sisson, E. K., Henault, L. E., ... & Hylek, E. M. (2017). Incidence of severe renal dysfunction among individuals taking warfarin and implications for non–vitamin K oral anticoagulants. American heart journal, 184, 150-155.

Fusaro, M., Plebani, M., Iervasi, G., & Gallieni, M. (2017). Vitamin K deficiency in chronic kidney disease: evidence is building up. American journal of nephrology, 45(1), 1-3.

Fusaro, M., Cianciolo, G., Evenepoel, P., Schurgers, L., & Plebani, M. (2021). Vitamin K in CKD Bone Disorders. Calcified Tissue International, 1-10.

Lou, W. W., Quintana, A. T., Geronemus, R. G., & Grossman, M. C. (1999). Effects of topical vitamin K and retinol on laser‐induced purpura on nonlesional skin. Dermatologic surgery, 25(12), 942-944.

Shea, M., Berkner, K. L., Ferland, G., Fu, X., Holden, R. M., & Booth, S. L. (2021). Perspective: Evidence before Enthusiasm—A Critical Review of the Potential Cardiovascular Benefits of Vitamin K. Advances in Nutrition.

Shea, K., Loeser, R. F., Kritchevsky, S. B., Houston, D. K., McAlindon, T. E., & Booth, S. L. (2017). Vitamin K, Vitamin D, and Lower Extremity Function: Results from the Osteoarthritis Initiative and Health, Aging and Body Composition Studies. The FASEB Journal, 31, 967-4.

Villa, J. K. D., Diaz, M. A. N., Pizziolo, V. R., & Martino, H. S. D. (2017). Effect of vitamin K in bone metabolism and vascular calcification: a review of mechanisms of action and evidences. Critical reviews in food science and nutrition, 57(18), 3959-3970.

Zinc:

Abdollahi, S., Toupchian, O., Jayedi, A., Meyre, D., Tam, V., & Soltani, S. (2020). Zinc supplementation and body weight: A systematic review and dose–response meta-analysis of randomized controlled trials. Advances in nutrition, 11(2), 398-411.

Babaknejad, N., Sayehmiri, F., Sayehmiri, K., Mohamadkhani, A., & Bahrami, S. (2016). The relationship between zinc levels and autism: a systematic review and meta-analysis. Iranian journal of child neurology, 10(4), 1.

Banudevi, S., Elumalai, P., Arunkumar, R., Senthilkumar, K., Gunadharini, D. N., Sharmila, G., & Arunakaran, J. (2011). Chemopreventive effects of zinc on prostate carcinogenesis induced by N-methyl-N-nitrosourea and testosterone in adult male Sprague-Dawley rats. Journal of cancer research and clinical oncology, 137(4), 677-686.

Bonaventura, P., Benedetti, G., Albarède, F., & Miossec, P. (2015). Zinc and its role in immunity and inflammation. Autoimmunity reviews, 14(4), 277-285.

Bredholt, M., & Frederiksen, J. L. (2016). Zinc in multiple sclerosis: A systematic review and meta-analysis. ASN neuro, 8(3), 1759091416651511.

Chinni, V., El‐Khoury, H., Perera, M., Bellomo, R., Jones, D., Bolton, D., ... & Patel, O. (2021). Zinc supplementation as an adjunct therapy for COVID‐19: challenges and opportunities. British journal of clinical pharmacology.

Chu, A., Foster, M., & Samman, S. (2016). Zinc status and risk of cardiovascular diseases and type 2 diabetes mellitus—a systematic review of prospective cohort studies. Nutrients, 8(11), 707.

Chu, A., Petocz, P., & Samman, S. (2016). Immediate Effects of Aerobic Exercise on Plasma/Serum Zinc Levels: A Meta-analysis. Medicine and science in sports and exercise, 48(4), 726-733.

Chu, A., Petocz, P., & Samman, S. (2017). Plasma/serum zinc status during aerobic exercise recovery: a systematic review and meta-analysis. *Sports Medicine*, *47*(1), 127-134.

Du, K., Liu, M. Y., Zhong, X., & Wei, M. J. (2017). Decreased circulating Zinc levels in Parkinson’s disease: a meta-analysis study. Scientific reports, 7(1), 1-8.

Ertek, S., Cicero, A. F., Caglar, O., & Erdogan, G. (2010). Relationship between serum zinc levels, thyroid hormones and thyroid volume following successful iodine supplementation. Hormones, 9(3), 263-268.

Guo, J., Xie, J., Zhou, B., Găman, M. A., Kord-Varkaneh, H., Clark, C. C., ... & Liang, Y. (2020). The influence of zinc supplementation on IGF-1 levels in humans: A systematic review and meta-analysis. Journal of King Saud University-Science, 32(3), 1824-1830.

Gupta, M., Mahajan, V. K., Mehta, K. S., & Chauhan, P. S. (2014). Zinc therapy in dermatology: a review. Dermatology research and practice, 2014.

Hemilä, H. (2017). Zinc lozenges and the common cold: a meta-analysis comparing zinc acetate and zinc gluconate, and the role of zinc dosage. JRSM open, 8(5), 2054270417694291.

Jalali, G. R., Roozbeh, J., Mohammadzadeh, A., Sharifian, M., Sagheb, M. M., Jahromi, A. H., ... & Afshariani, R. (2010). Impact of oral zinc therapy on the level of sex hormones in male patients on hemodialysis. Renal failure, 32(4), 417-419.

Koehler, K., Parr, M. K., Geyer, H., Mester, J., & Schänzer, W. (2009). Serum testosterone and urinary excretion of steroid hormone metabolites after administration of a high-dose zinc supplement. European journal of clinical nutrition, 63(1), 65-70.

Li, L., & Gai, X. (2017). The association between dietary zinc intake and risk of pancreatic cancer: a meta-analysis. Bioscience reports, 37(3).

López, A. M., & More, R. A. L. (2013). El zinc en el tratamiento de la diarrea. Pediatría rural y extrahospitalaria, 43(406), 68-70.

Mahmoud, A. M., Al-Alem, U., Dabbous, F., Ali, M. M., Batai, K., Shah, E., & Kittles, R. A. (2016). Zinc intake and risk of prostate cancer: Case-control study and meta-analysis. PLoS One, 11(11), e0165956.

Maserejian, N. N., Hall, S. A., & McKinlay, J. B. (2012). Low dietary or supplemental zinc is associated with depression symptoms among women, but not men, in a population-based epidemiological survey. Journal of affective disorders, 136(3), 781-788.

Maylor, E. A., Simpson, E. E., Secker, D. L., Meunier, N., Andriollo-Sanchez, M., Polito, A., ... & Coudray, C. (2006). Effects of zinc supplementation on cognitive function in healthy middle-aged and older adults: the ZENITH study. British Journal of Nutrition, 96(4), 752-760.

Nissensohn, M., Sánchez-Villegas, A., Fuentes Lugo, D., Henríquez Sánchez, P., Doreste Alonso, J., Peña Quintana, L., ... & Serra-Majem, L. (2016). Effect of zinc intake on growth in infants: a meta-analysis. Critical reviews in food science and nutrition, 56(3), 350-363.

Ressnerova, A., Raudenska, M., Holubova, M., Svobodova, M., Polanska, H., Babula, P., ... & Gumulec, J. (2016). Zinc and copper homeostasis in head and neck cancer: review and meta-analysis. Current medicinal chemistry, 23(13), 1304-1330.

Sun, H., Liu, X., Ge, H., Wang, T., Wang, Y., & Li, W. (2017). Association between serum zinc levels and the risk of Parkinson’s disease: a meta-analysis. Biological trace element research, 179(1), 45-51.

Sunar, F., Gormus, Z. I., Baltaci, A. K., & Mogulkoc, R. (2008). The effect of low dose zinc supplementation to serum estrogen and progesterone levels in post-menopausal women. Biological trace element research, 126(1), 11-14.

Thomas, S., Patel, D., Bittel, B., Wolski, K., Wang, Q., Kumar, A., ... & Desai, M. Y. (2021). Effect of high-dose zinc and ascorbic acid supplementation vs usual care on symptom length and reduction among ambulatory patients with SARS-CoV-2 Infection: the COVID A to Z randomized clinical trial. JAMA network open, 4(2), e210369-e210369.

Tian, X., & Diaz, F. J. (2012). Zinc depletion causes multiple defects in ovarian function during the periovulatory period in mice. Endocrinology, 153(2), 873-886.

Varma, T. (2017). Effect of long-term exercise training on zinc status: A systematic review (Doctoral dissertation, University of Otago).

Wang, L., & Song, Y. (2018). Efficacy of zinc given as an adjunct to the treatment of severe pneumonia: A meta‐analysis of randomized, double‐blind and placebo‐controlled trials. The clinical respiratory journal, 12(3), 857-864.

Zhang, S. Q., Yu, X. F., Zhang, H. B., Peng, N., Chen, Z. X., Cheng, Q., ... & Zhang, Y. (2018). Comparison of the Oral Absorption, Distribution, Excretion, and Bioavailability of Zinc Sulfate, Zinc Gluconate, and Zinc‐Enriched Yeast in Rats. Molecular nutrition & food research, 62(7), 1700981.

Zhao, J., Dong, X., Hu, X., Long, Z., Wang, L., Liu, Q., ... & Li, L. (2016). Zinc levels in seminal plasma and their correlation with male infertility: A systematic review and meta-analysis. Scientific reports, 6(1), 1-10.