

## PROTHRIVERS™ WELLNESS PRODUCTS

The ProThriversonline line of products supports overall health by emphasizing key pathways that have the strongest influence on the body. The suite includes foundational products, as well as specialized products to support sleep, energy, and cognition.\* These products are not intended to be a treatment of any particular disease or condition and should not be taken by persons in active treatment. Instead, this unique set of products was designed for a specific set of the population known as *thrivers*.

The ProThriversonline Product line includes:

### Foundational Products

- ProThriversonline™ Wellness Multivitamin
- ProThriversonline™ Wellness Flavonoid Complex

### Targeted Products

- ProThriversonline™ Wellness Brain
- ProThriversonline™ Wellness Energy
- ProThriversonline™ Wellness Sleep



# Expert Support for Thrivers

## Who are Thrivers?

The term thrivers refers to the millions of Americans who are presently transitioning into thriver mode following various health conditions. Diagnosis- and disease-free, these individuals are looking to thrive - to vigorously flourish in health and wellness. They are focusing on optimizing their health, and are eager to live as well as possible. Thrivers turn to integrative practitioners for dietary, lifestyle, and supplement recommendations to meet their unique nutritional needs.

The ProThrivers line of products has been specifically designed with the guidance of Lise Alschuler, ND, FABNO, a respected naturopathic for 20 years and an expert in thriver care. Her present clinical focus is addressing the needs of this specific population of thrivers using evidence-informed strategies. In addition, Dr. Alschuler is a thriver herself and uses her own experience to better understand their unique challenges.

## Foundational Support

Building a strong foundation of health through the provision of key nutrients, polyphenols and redox agents is an integral part of the health optimization program for thrivers. A comprehensive foundational program can be achieved through the addition of probiotics, fish oil and Vitamin D3 for optimal results.

## ProThrivers™ Wellness Multivitamin

ProThrivers Wellness Multivitamin is a combination of nutrients that safely support the health of thrivers.\* A unique and important aspect of this formula is what it does not contain. ProThrivers Wellness Multivitamin does not contain beta-carotene, alpha-tocopherol, copper, or boron, as data indicates these nutrients may be contraindicated for some thrivers.\*<sup>1-8</sup>

The formulation includes active forms of nutrients to support overall health and energy metabolism.\* Studies indicate that thrivers benefit from taking a daily multivitamin and minerals supplement.<sup>9,10</sup>



wheat free



gluten free



soy free



dairy free



vegetarian



# ProThrivers™ Wellness Flavonoid Complex

ProThrivers Flavonoid Complex features a unique combination of herbs and nutrients intended to support antioxidation.\* This formula relies upon the combination of ingredients versus the use of single or sequential compounds.

## Beneficial Ingredients

Ingredient	Benefit
Curcumin	ProThrivers Wellness Flavonoid Complex features Theracurmin®, a unique, highly bioavailable formulation of turmeric. Theracurmin is water-dispersible and the subject of ongoing research. <sup>11,12</sup> Curcumin, the primary active constituent of turmeric, is a bioactive polyphenolic compound.
Green tea extract	This product features Sunphenon® brand green tea extract, which has been the subject of studies of interest to thrivers. <sup>13-15</sup> The mechanisms by which EGCG acts are numerous <sup>16</sup> and include affecting enzymes involved with energy metabolism, <sup>17</sup> intracellular signaling pathways, <sup>18,19</sup> antioxidant enzyme expression <sup>20</sup> and endothelial functions. <sup>*21-23</sup> The impact of these mechanisms of action has been evaluated in randomized controlled studies, and has largely demonstrated that green tea provides a positive trend for optimal wellness for a variety of thrivers. <sup>24-26</sup>
Resveratrol	Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract is a source of trans-resveratrol, a pterostilbene also found in various berries, grapes, and peanuts. Cell culture and experimental animal studies have found that resveratrol can quench reactive oxygen species and induce the expression of glutathione peroxidase, SOD dismutase and catalase. <sup>27</sup>
Alpha-Glycosyl Isoquercitrin	Quercetin is poorly absorbed, with most human trials demonstrating absorption of quercetin aglycone of approximately 14-20 percent. <sup>28</sup> This product utilizes a unique and exclusive form of quercetin, alpha-glycosyl isoquercitrin, which has nearly 18 times the absorption of quercetin aglycone. <sup>*29,30</sup> Quercetin is a flavonoid ubiquitous in plants. Quercetin has various mechanisms of action shown in preclinical studies that underlie its potential health-supporting effects. <sup>31-33</sup>
Reduced L-Glutathione	ProThrivers Wellness Flavonoid Complex features Setria® brand glutathione. Glutathione is the major low-molecular-mass thiol compound in plants and animals. <sup>35</sup> Although some researchers have questioned whether oral glutathione is adequately absorbed, <sup>36</sup> a randomized controlled trial demonstrated that oral glutathione (Setria brand) supplementation raised tissue and blood levels of glutathione in a dose-dependent manner in healthy adults. <sup>37</sup>
Coenzyme Q10	Ubiquinone (CoQ10) is an essential co-factor in oxidative phosphorylation, the final step of mitochondrial energy production. Mitochondrial energy metabolism and antioxidation balance are two mechanisms for which CoQ10 acts. <sup>*38</sup>



wheat free



gluten free



soy free



dairy free



vegetarian



\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

## Targeted Support

A comprehensive foundational program is most successful when combined with a personalized approach to a thriver's specific needs. ProThrivers product suite provides targeted support for key areas of wellness including energy, sleep, and cognition.\* Focused dietary supplementation can support the transition into "thrivers" mode and put your patients on the path of wellness to carry them forward.\*

## ProThrivers™ Wellness Brain

ProThrivers Wellness Brain is intended to support cognitive clarity, with a unique combination of ingredients.\*

### Beneficial Ingredients

Ingredient	Benefit
Theracurmin	Theracurmin® brand dispersible turmeric, as mentioned in the ProThrivers Wellness Flavonoid Complex, is featured. <sup>39-41</sup>
Citicoline	Cognizin® citicoline may support healthy cognition. <sup>42</sup> It serves as a choline source for the biosynthesis of acetylcholine and phosphatidylcholine. <sup>43</sup> In a study involving elderly adults, citicoline was found to support circulatory brain dynamics and associated function. <sup>44</sup>
Lion's Mane	Hericium erinaceus, Lion's Mane, has been used in traditional Eastern medicine for many years. Preclinical trials indicate that Lion's Mane may influence the synthesis of nerve growth factor (NGF) which in turn may affect the viability of cholinergic neurons. <sup>45, 46</sup>
Acetyl-L-Carnitine	ProThrivers Wellness Brain also contains acetyl-L-carnitine. Acetyl-L-carnitine may support mitochondrial function, memory, and antioxidant status. <sup>47-49</sup> It may also have a structural role in peripheral and central nervous tissue. <sup>50</sup>



wheat free



gluten free



soy free



dairy free



vegetarian

## ProThrivers™ Wellness Energy

Maintaining healthy energy levels is a frequent goal expressed by thrivers. Published surveys indicate that energy levels are affected in as many as 90% of thrivers.<sup>51,52</sup> ProThrivers Wellness Energy contains adaptogenic herbs that may support healthy function of the hypothalamic-pituitary-adrenal (HPA) axis, mitochondria, and the immune system.\* The ingredients are intended to work together to support key processes for healthy energy.\*

### Beneficial Ingredients

Ingredient	Benefit
Rhodiola	<i>Rhodiola rosea</i> contains phenolic compounds, known to have strong antioxidant properties. <sup>53,54</sup> Rhodiola may support healthy energy and mental and physical endurance. <sup>55,56</sup>
Cordyceps	Cordyceps extract is widely used in Traditional Chinese Medicine. The mycelium of Cordyceps may provide free radical scavenging capacity according to in vivo studies. <sup>57-60</sup>
Ginseng	Asian Ginseng ( <i>Panax ginseng</i> ) has been shown to support quality of life. <sup>61-62</sup> ProThrivers Wellness Energy includes eleuthero ( <i>Eleuthero senticosus</i> ). <sup>63</sup>
Lipoic acid	Alpha-lipoic acid is a potent antioxidant, particularly in the mitochondrial membrane. <sup>64</sup>



wheat free



gluten free



soy free



dairy free



vegetarian

# ProThrivets™ Wellness Sleep

One way to support energy and wellness is by supporting healthy sleep.\* Sleep is critical for everyone, but it is an area where thrivers may need special support. The ingredients in this formula are especially beneficial for sleep.\*

## Beneficial Ingredients

Ingredient	Benefit
Melatonin	It is well known that melatonin supports sleep.* ProThrivets Wellness Sleep includes 20 mg of melatonin per two capsules. This dose is the most commonly studied in the thriver population. <sup>65, 66</sup> Evidence to date suggests that this dose of exogenous melatonin as a supplement does not suppress endogenous melatonin production through any down-regulating mechanisms. <sup>67</sup>
Magnesium	Magnesium may play a role in preventing medication-induced nutrient depletion in thrivers.* <sup>68</sup> Furthermore, studies suggest that dietary magnesium intake may be of particular importance for thrivers. <sup>70</sup>
Theanine	ProThrivets Wellness Sleep includes Suntheanine® L-theanine, an amino acid that has been shown to support alpha-wave production within the brain, a sign of relaxation.* <sup>71</sup>
Magnolia	Magnolol is a major active constituent of <i>Magnolia officinalis</i> . In preclinical studies, its mechanism is related to effects on the GABA(A) receptor and other extracellular signaling actions. <sup>72-76</sup> Honokiol is another major active constituent in <i>Magnolia officinalis</i> and notably is under preclinical investigation with promise for thrivers.* <sup>77, 78</sup>



wheat free



gluten free



corn free



soy free



dairy free



vegetarian



\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.





## Foundational Support

### ProThrivers™ Wellness Multivitamin

Supports the health of thrivers.\*  
It does not contain beta carotene, alpha-tocopherol, copper or boron. These are contraindicated for some thrivers.



### ProThrivers™ Wellness Flavonoid Complex

Uses a combination of herbs and nutrients intended to support antioxidation.\*



#### Supplement Facts

Serving Size 2 capsules	Servings per container 30	
Amount per 2 capsules		%DV*
<b>Total Carbohydrate</b>	<1 g	<1%*
Vitamin A (as retinyl acetate)	2,500 IU	50%
Vitamin C (as ascorbic acid and potassium ascorbate)	500 mg	833%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin K2 (as menaquinone-7) from Natto (fermented soybean extract)	100 mcg	125%
Thiamin (as thiamin HCl) (vitamin B1)	50 mg	3,333%
Riboflavin (vitamin B2)	20 mg	1,176%
Niacin (as inositol hexaniacinate)	50 mg	250%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	100 mg	5,000%
Folate (Quatrefolic® brand)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	500 mcg	8,333%
Biotin	200 mcg	67%
Pantothenic acid (as pantothenic acid)	50 mg	500%
Iodine (as potassium iodide)	50 mcg	33%
Zinc (as zinc citrate)	7 mg	47%
Selenium (as L-selenomethionine)	50 mcg	71%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium picolinate)	150 mcg	125%
Molybdenum (as molybdenum trisulfate)	100 mcg	133%
Potassium (as potassium ascorbate)	25 mg	1%
Annatto Seed Mixed Tocotrienols (Delta Gold® brand) containing d-delta tocotrienols and d-gamma tocotrienols	100 mg	**
Betaine HCl	50 mg	**
Vanadium (as vanadyl sulfate)	50 mcg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other ingredients:** vegetable capsule (modified cellulose), ascorbyl palmitate, and silicon dioxide.

**Contains no:** sugar, salt, yeast, wheat, gluten, dairy products, artificial coloring, artificial flavoring, or preservatives.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

**Recommendations:** Take 2 capsules one to two times daily with food, or as recommended by your healthcare professional.

Item #: 10465 Form: 60 Veg Capsules

DeltaGold® is a registered trademark of American River Nutrition, Inc. and protected by U.S. Patent No: 6,350,453, and patent-pending application No: US2005037102.

Quatrefolic® is a registered trademark of Gnosis S.p.A.

Additional Considerations:		
Vitamin D	Item #: 106001	Form: 90 Capsules
Eskimo-3® Fish Oil	Item #: 72292, 72297	Form: 105 Softgels
Probiotic Pearls™	Item #: 136001, 136002	Form: 30 Capsules

#### Supplement Facts

Serving Size 2 capsules	Servings per container 60	
Amount per 2 capsules		%DV
<b>Total Carbohydrate</b>	<1 g	<1%†
Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract (decaffeinated) (Sunphenon® brand)	250 mg	**
Giant Knotweed root and rhizome extract and French whole wine grape extract containing 75 mg Resveratrol as 100% trans-resveratrol	150 mg	**
L-Glutathione (reduced) (Setria® brand)	150 mg	**
Coenzyme Q10 (CoQ10) (ubiquinone)	50 mg	**
Theracurmin® water-dispersible turmeric ( <i>Curcuma longa</i> ) rhizome	50 mg	**
Alpha-Glycosyl Isoquercitrin	25 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other ingredients:** vegetable capsule (modified cellulose), ascorbyl palmitate, maltose, silicon dioxide, gum ghatti, dextrin, and citric acid.

**Contains no:** sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

**Recommendations:** Take 2 capsules twice daily, or as recommended by your healthcare professional.

Item #: 10490 Form: 120 Veg Capsules

Sunphenon® is a registered trademark of Taiyo International, Inc.  
Setria® is a registered trademark of Kyowa Hakko Bio Co., Ltd.  
Theracurmin® is a registered trademark of Theravalues Corporation, used under license by Schwabe North America, Inc.



## Targeted Support

### ProThrivets™ Wellness Brain

Supports cognitive clarity with a unique combination of ingredients.\*



#### Supplement Facts

Serving Size 2 capsules      Servings per container 60

Amount per 2 capsules	%DV
Lion's Mane ( <i>Hericium erinaceus</i> )	300 mg**
Acetyl L-Carnitine HCl	250 mg**
Citicoline (CDP-Choline) Cognizin® brand	250 mg**
Theracurmin® water-dispersible turmeric ( <i>Curcuma longa</i> ) rhizome	75 mg**

\*\*Daily Value (DV) not established.

**Other ingredients:** vegetable capsule (modified cellulose), ascorbyl palmitate, cellulose, maltose, silicon dioxide, gum ghatti, dextrin, and citric acid.

**Contains no:** sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

**Recommendations:** Take 2 capsules twice daily, or as recommended by your healthcare professional.

Item #: 10530      Form: 120 Veg Capsules

Theracurmin® is a registered trademark of Theravalues Corporation, used under license by Schwabe North America. Cognizin® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

### ProThrivets™ Wellness Energy

Supports healthy function of HPA axis, mitochondria and immune system.\*



#### Supplement Facts

Serving Size 1 capsule

Amount per capsule	%DV
Cordyceps ( <i>Cordyceps sinensis</i> ) Dried Mycelium Extract standardized to contain 10% cordycepic acid	200 mg**
Rhodiola ( <i>Rhodiola rosea</i> ) Root Extract standardized to contain 3% rosavins and 1% salidroside	150 mg**
Eleuthero ( <i>Eleutherococcus senticosus</i> ) Root Extract standardized to contain 0.8% eleutherosides B + E	100 mg**
Asian Ginseng ( <i>Panax ginseng</i> ) Root Extract standardized to contain 7% ginsenosides	100 mg**
Alpha-Lipoic Acid	75 mg**

\*\*Daily Value (DV) not established.

**Other ingredients:** vegetable capsule (modified cellulose), ascorbyl palmitate, and silicon dioxide.

**Contains no:** sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

**Recommendations:** Take 1 to 2 capsules daily with food, or as recommended by your healthcare professional.

Item #: 10491      Form: 30 Veg Capsules

### ProThrivets™ Wellness Sleep

Includes ingredients (including 20 milligrams of melatonin, a well-studied dose among thrivers) to support healthy sleep.\*



#### Supplement Facts

Serving Size 2 capsules      Servings per container 30

Amount per 2 capsules	%DV
<b>Total Carbohydrate</b>	<1 g <1%†
Magnesium (as magnesium glycinate)	200 mg 50%
Magnolia ( <i>Magnolia officinalis</i> ) Bark Extract standardized to contain 2% honokiol and 1% magnolol	200 mg **
L-Theanine (Suntheanine® brand)	100 mg **
Melatonin	20 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other ingredients:** vegetable capsule (modified cellulose), ascorbyl palmitate, and silicon dioxide.

**Contains no:** sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

**Recommendations:** Take 1 to 2 capsules at bedtime, or as recommended by your healthcare professional.

Item #: 10466      Form: 60 Veg Capsules

Suntheanine® is a patented form of L-Theanine, and is a registered trademark of Taiyo International, Inc.

## References

- [No authors listed]. *N Engl J Med*. 1994;330:1029-35.
- Omenn GS, Goodman GE, Thornquist MD, et al. *N Engl J Med*. 1996;334:1150-5.
- Mondul AM, Sampson JN, Moore SC. *Am J Clin Nutr*. 2013 Aug;98(2):488-93.
- Greenlee H, Kwan ML, Kushi LH, et al. 2012 Apr 15;118(8):2048-56. Accessed at <http://www.ncbi.nlm.nih.gov/pubmed/21953120>
- Hemilä H, Kaprio J. *Am J Epidemiol*. 2009 Apr 15;169(8):946-53.
- Wu QJ, Xiang YB, Yang G, et al. *Int J Can*. 2014 Jun 11. doi: 10.1002/ijc.29016. [Epub ahead of print] Accessed at <http://www.ncbi.nlm.nih.gov/pubmed/24916784>
- Brem S, Grossman SA, Carson KA, et al. *Neuro Oncol*. 2005 Jul;7(3):246-53.
- Naghii MR, Samman S. *Biol Trace Elem Res*. 1997 Mar;56(3):273-86.
- Poole EM, Shu X, Caan BJ. *Br Can Res and Treat*. 2013; 139, 529-37. Accessed at <http://www.ncbi.nlm.nih.gov/pubmed/23660948>
- Wassertheil-Smoeller S, McGinn AP, Budrys N, et al. *Br Can Res Treat*. 2013 Oct;141(3):495-505.
- Kanai M, Imaizumi A, Otsuka Y, et al. *Can Chem Pharm*. 2012 Jan;69(1):65-70. doi: 10.1007/s00280-011-1673-1. Epub 2011 May 21.
- Kanai M, Otsuka Y, Otsuka K, et al. *Can Chem Pharm*. 2013 Jun;71(6):1521-30. doi: 10.1007/s00280-013-2151-8. Epub 2013 Mar 30.
- Vester H, Holzer N, Neumaier M, et al. *J Inf (Lond)*. 2014 May 18;11:15. doi: 10.1186/1476-9255-11-15. eCollection 2014.
- Kudo M, Naito Z, Yokoyama M, Asano G. *Exp Mol Pathol*. 1999 Apr;66(1):66-75.
- Kan H, Onda M, Tanaka N, Furukawa K. *Nihon Ika Daigaku Zasshi*. 1996 Apr;63(2):106-16.
- Kim HS, Quon MJ, Kim JA. *Redox Biol*. 2014 Jan 10;2:187-95.
- Valenti D, de Bari L, Manente GA, et al. *Biochim Biophys Acta*. 2013 Dec;1832(12):2085-96.
- Hintzpetzer J, Stapelfeld C, Loerz C, Martin HJ, Maser E. *PLoS One*. 2014 Jan 3;9(1):e84468.
- Kumazaki M, Noguchi S, Yasui Y, et al. *J Nutr Biochem*. 2013 Nov;24(11):1849-58.
- Na HK, Kim EH, Jung JH, et al. *Arch Biochem Biophys*. 2008 Aug 15;476(2):171-7.
- Cao Y, Wang D, Wang X, et al. *J Cardiovasc Pharmacol*. 2013 Nov;62(5):452-6.
- Liu Y, Zhao B, Mao G, et al. *Cardiovasc Toxicol*. 2013 Dec;13(4):391-5.
- Li X, Feng Y, Liu J, et al. *J Nutrigenet Nutrigenomics*. 2013;6(3):169-78.
- Liu J, Xing J, Fei Y. *Chinese Medicine*. 2008;3:12.
- Fritz H, Seely D, Kennedy DA, et al. *Integr Can Ther*. 2013 Jan;12(1):7-24.
- Seely D, Mills EJ, Wu P, Verma S, Guyatt GH. *Integr Can Ther*. 2005 Jun;4(2):144-55.
- Ungvari Z, Bagi Z, Feher A, et al. *Am J Physiol Heart Circ Physiol*. 2010 Jul;299(1):H18-24.
- Hollman P, Geag M, Mengelers M, et al. *Free Rad Biol Med*. 1996;21:703-707.
- Makino T, Shimizu R, Kanemaru M, et al. *Biol Pharm Bull*. 2009;32(12):2034-40.
- Hollman P, van Trijp J, Mengelers M, et al. *Can Lett*. 1997;114:139-140.
- Russo GL, Russo M, Spagnuolo C. *Food Funct*. 2014 Aug 6. [Epub ahead of print]
- Li N, Sun C, Zhou B, et al. *PLoS One*. 2014;9(7):e100314.
- Velázquez KT, Enos RT, Narsale AA, et al. *J Nutr*. 2014;144(6):969-75.
- Cruz-Correa M, Shoskes DA, Sanchez P, et al. *Clin Gastroenterol Hepatol*. 2006 Aug;4(8):1035-8.
- A Meister, ME Anderson. Glutathione. *Ann Rev Biochem*. 1984;52, 711-760.
- Witschi A, Reddy S, Stofer B, Lauterburg BH. *Eur J Clin Pharmacol*. 1992;43(6):667-9.
- Ritchie JP, Nichenametla S, Neidig W, et al. Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. *Eur J Nutr* 2014 May; DOI 10.1007/s00394-014-0706-z.
- Crane FL. *J Am Coll Nutr*. 2001 Dec;20(6):591-8.
- Yin HL, Wang YL, Li JF. *Genet Mol Res*. 2014 Mar 24;13(1):2039-47.
- Nam SM, Choi JH, Yoo DY. *J Med Food*. 2014 Apr 8.
- Rosenblatt JD, Cha DS, Mansur RB, McIntyre RS. *Neuropsychopharmacol Biol Psychiatry*. 2014 Jan 25;53C:23-34.
- Cotroneo AM, Castagna A, Putignano S, et al. *Clin Interv Aging*. 2013;8:131-7. doi: 10.2147/CIA.S38420. Epub 2013 Feb 5.
- López G-Coviella I, Agut J, Ortiz JA, Wurtman RJ. *J Nutr Biochem*. 1992 Jun;3(6):313-5.
- Cotroneo AM, Castagna A, Putignano S, et al. *Clin Interv Aging*. 2013;8:131-7.
- Kawagishi H, Shimada A, et al. *Tetrahedron Lett*. 1996;37, 7399-7402.
- Kawagishi H, Shimada A, et al. *Tetrahedron Lett*. 1994;35, 1569-72.
- Montgomery SA, Thal LJ, Amrein R. *Int Clin Psychopharmacol*. 2003;18(2):61-71.
- Malaguarnera M, Vacante M, Motta M, et al. *Metab Brain Dis*. 2011;26(4):281-9.
- Pettegrew JW, Klunk WE, et al. *Neurobiol Aging*. 1995 Jan-Feb;16(1):1-4.
- Vivoli E, Di Cesare Mannelli L, Salvicchi A, et al. *Neuroscience*. 2010 Jun 2;167(4):1168-74.
- Nail LM, Jones LS, Greene D, Schipper DL, Jensen R. *Oncol Nurs Forum*. 1991 Jul;18(5):883-7.
- Yeh ET, Lau SC, Su WJ, et al. *BMC Can*. 2011 Sep 6;11:387. doi: 10.1186/1471-2407-11-387.
- Furmanowa M, Skopinska-Rozewska E, Rogala E, Malgorzata H. *Acta Societis Botanicorum Poloniae* 1998;76(1):69-73.
- Bolshakova IV, Lozovskaia EL, Sapezhinskii II. *Biofizika* 1997;42(2):480-3.
- Edwards D, Heufelder A, Zimmermann A. *Phytother Res*. 2012 Aug;26(8):1220-5. doi: 10.1002/ptr.3712. Epub 2012 Jan 6.
- Olsson EM, von Schéele B, Panossian AG. *Planta Med*. 2009 Feb;75(2):105-12. doi: 10.1055/s-0028-1088346. Epub 2008 Nov 18.
- Liu WC, Wang SC, Tsai ML, et al. *Radiat Res*. 2006 Dec;166(6):900-7.
- Xun C, Shen N, Li B, et al. *Int J Radiat Biol*. 2008 Feb;84(2):139-49. doi: 10.1080/09553000701797070.
- Cheung JK, Li J, Cheung AW, et al. *J Ethnopharmacol*. 2009 Jul 6;124(1):61-8. doi: 10.1016/j.jep.2009.04.010. Epub 2009 Apr 11.
- Yue K, Ye M, Zhou Z, Sun W, Lin X. *J Pharm Pharmacol*. 2013;65(4):474-93.
- Wiklund IK, Mattsson K, Lingren R, Limoni C. *International Journal of Clinical Pharmacology Research*. 1999, 19, 89-99.
- Ellis JM, Reddy P. *Annals of Pharmacotherapy*. 2002 36, 375-379.
- Kupin VI, Polevaia EB. *Vopr Onkol* 1996;32:21-6.
- Na MH, Seo EY, Kim WK. *Nutr Res Pract*. 2009 Winter;3(4):265-71. doi: 10.4162/nrp.2009.3.4.265. Epub 2009 Dec 31.
- Del Fabbro E, Dev R, Hui D, Palmer L, Bruera E. *J Clin Oncol*. 2013 Apr 1;31(10):1271-6.
- Lissoni P. *Pathol Biol (Paris)*. 2007 Apr-May;55(3-4):201-4.
- Matsumoto M, Sack RL, Blood ML, Lewy AJ. *J Pineal Res*. 1997;22(1):42-4.
- Solanki MH, Chatterjee PK, Gupta M, et al. *Am J Physiol Renal Physiol*. 2014 Jun 18. pii: ajprenal.00127.2014. [Epub ahead of print]
- Yoshida T, Niho S, Toda M, et al. *Jpn J Clin Oncol*. 2014 Apr;44(4):346-54. doi: 10.1093/jco/hyu004. Epub 2014 Feb 5.
- Ko HJ, Youn CH, Kim HM, et al. *Nutr Can*. 2014 Jun 9:1-9. [Epub ahead of print]
- Ito K, Nagato Y, Aoi N, et al. *Nippon Nogeikagaku Kaishi* 1998;72:153-57.
- Chen CR, Zhou XZ, Luo YJ, et al. *Neuropharmacology*. 2012 Nov;63(6):1191-9. doi: 10.1016/j.neuropharm.2012.06.031. Epub 2012 Jul 4.
- Lee SJ, Cho YH, Park K, et al. *Biochem Pharmacol*. 2008; 75:2289-2300.
- Hwang ES, Park KK. *Biosci Biotechnol Biochem*. 2010; 74:961-67.
- You Q, Li M, Jiao G. *Arch Pharm Res*. 2009; 32:1789-94.
- Zhong WB, Wang CY, Ho KJ, et al. *Anticancer Drugs*. 2003; 14:211-217.
- Hua H, Chen W, Shen L, Sheng Q, Teng L. *Acta Biochim Biophys Sin (Shanghai)*. 2013 Sep;45(9):773-9.
- Tian W, Xu D, Deng YC. *Pharmazie*. 2012;67(10):811-6.