

Scientific References

- 1)** Protective effect of Ginkgo biloba L. leaf extract against glyphosate toxicity. Kültiğin Cavuşoğlu 1 , Kürşad Yapar, Ertan Oruç, Emine Yalçın - J Med Food 2011
- 2)** Effects of Ginkgo biloba on cerebral blood flow assessed by quantitative MR perfusion imaging: a pilot study. Ameneh Mashayekh, Dzung L. Pham, David M. Yousem, Mercedes Dizon – Neuroradiology 2012
- 3)** Ginkgo biloba extract EGb 761 in dementia. S Kanowski 1 , R Hoerr – Pharmacopsychiatry 2003
- 4)** Short- and Long-term Effects of Ginkgo Biloba Extract on Sexual Dysfunction in Women. Cindy M. Meston, Alessandra H. Rellini, Michael J. Telch - Arch Sex Behav 2010
- 5)** Marine Seaweed Can Detoxify Organic Pollutants. Oregon State University 2005
- 6)** The exopolysaccharide alginate protects *Pseudomonas aeruginosa* biofilm bacteria from IFN-gamma-mediated macrophage killing. Carey J Willson, Mark E Shirtliff, Daniel J Hassett - J Immunol 2005
- 7)** Brown Seaweed Contains Promising Fat Fighter, Weight Reducer - American Chemical Society 2006
- 8)** Seaweed to tackle rising tide of obesity - Newcastle University 2010
- 9)** Effects of probiotics on gut microbiota: mechanisms of intestinal immunomodulation and neuromodulation. Peera Hemarajata, James Versalovic - Therap Adv Gastroenterol. 2013
- 10)** A meta-analysis of probiotic efficacy for gastrointestinal diseases. Marina L Ritchie, Tamara N Romanuk - PLoS One 2012
- 11)** Effect of *Lactobacillus rhamnosus* CGMCC1.3724 supplementation on weight loss and maintenance in obese men and women. Marina Sanchez, Christian Darimont, Vicky Drapeau, Shahram Emady-Azar - Cambridge University Press 2013
- 12)** Comparison of the gut microbiota composition between obese and non-obese individuals in a Japanese population. Chika Kasai, Kazushi Sugimoto, Isao Moritani, Junichiro Tanaka - BMC Gastroenterol 2015
- 13)** Association between body mass index and Firmicutes/Bacteroidetes ratio in an adult Ukrainian population. Alexander Koliada, Ganna Syzenko, Vladislav Moseiko - BMC Microbiol. 2017
- 14)** Probiotics for the Treatment of Overweight and Obesity in Humans. Michał Wiciński, Jakub Gębalski, Jakub Gołębiewski - Microorganisms 2020

- 15)** Milk thistle in liver diseases: past, present, future. Ludovico Abenavoli, Raffaele Capasso, Natasa Milic, Francesco Capasso - *Phytother Res* 2010
- 16)** Silymarin/Silybin and Chronic Liver Disease: A Marriage of Many Years. Alessandro Federico, Marcello Dallio, Carmelina Loguercio - *Molecules* 2017
- 17)** Silibinin attenuates adipose tissue inflammation and reverses obesity and its complications in diet. Mohammad Alsaggar, Shifa Bdour, Qutaibah Ababneh - *BMC Pharmacol Toxicol* 2020
- 18)** Taraxacum officinal (dandelion) leaf extract alleviates high-fat diet-induced nonalcoholic fatty liver. Munkhtugs Davaatseren, Haeng Jeon Hur, Hye Jeong Yang, Jin-Taek Hwang - *Food Chem Toxicol* 2013
- 19)** The diuretic effect in human subjects of an extract of Taraxacum officinale folium over a single day. Bevin A Clare, Richard S Conroy, Kevin Spelman - *J Altern Complement Med* 2009
- 20)** Pancreatic lipase inhibitory activity of taraxacum officinale in vitro and in vivo. Jian Zhang, Min-Jung Kang, Myung-Jin Kim, Mi-Eun Kim - *Nutr Res Pract*. 2008
- 21)** Advances in the study of berberine and its derivatives: a focus on anti-inflammatory and anti-tumor effects in the digestive system. Kun Zou, Zhao Li, Yong Zhang, Hao-yue Zhang - *Acta Pharmacol Sin* 2017
- 22)** Meta-analysis of the effect and safety of berberine in the treatment of type 2 diabetes mellitus, hyperlipidemia and hypertension. Jiarong Lan, Yanyun Zhao, Feixia Dong, Ziyu Yan - *J Ethnopharmacol* 2015
- 23)** Berberine Improves Insulin Sensitivity by Inhibiting Fat Store and Adjusting Adipokines Profile in Human Preadipocytes and Metabolic Syndrome Patients. Jing Yang, Jinhua Yin, Hongfei Gao, Linxin Xu - *Evid Based Complement Alternat Med*. 2012
- 24)** The effect of Berberine on weight loss in order to prevent obesity: A systematic review. Zahra Ilyasa, Simone Pernaa, Salwa Al-thawadia, Tariq A. Alalwan - *J. Biopha.* 2020
- 25)** Anti-diabetic effect of citrus pectin in diabetic rats and potential mechanism via PI3K/Akt signaling pathway. Yanlong Liu, Man Dong, Ziyu Yang, Siyi Pan - *Int J Biol Macromol* 2016
- 26)** Pectin delays gastric emptying and increases satiety in obese subjects. C Di Lorenzo, C M Williams, F Hajnal, J E Valenzuela - *Gastroenterology* 1988
- 27)** Effect of pectin on satiety in healthy US Army adults. C M Tiwary, J A Ward, B A Jackson - *J Am Coll Nutr* 1997
- 28)** Capsaicinoids supplementation decreases percent body fat and fat mass: adjustment using covariates in a post hoc analysis. James Rogers, Stacie L. Urbina, Lem W. Taylor - *BMC Obes.* 2018
- 29)** Chili pepper as a body weight-loss food. Sharon Varghese, Peter Kubatka, Luis Rodrigo, Katarina Gazdikova - *Int J Food Sci Nutr* 2017

- 30)** Study of the efficacy of Korean Red Ginseng in the treatment of erectile dysfunction. Enrico de Andrade, Alexandre A de Mesquita, Joaquim de Almeida Claro - Asian J Androl 2007
- 31)** Effects of Korean red ginseng on sexual arousal in menopausal women. Kyung-Jin Oh, Myeong-Jeong Chae, Hyun-Suk Lee - J Sex Med 2010
- 32)** Study on improving blood flow with Korean red ginseng substances using digital infrared thermal imaging and Doppler sonography. Jaehui Kang, Namhun Lee, Yochan Ahn, Hyun Lee - J Tradit Chin Med 2013
- 33)** Ginseng and obesity. Zhipeng Li, Geun Eog Ji - J Ginseng Res. 2018
- 34)** Erectogenic and Neurotrophic Effects of Icariin, a Purified Extract of Horny Goat Weed (Epimedium spp.) In Vitro and In Vivo. Alan W. Shindel, Zhong-Chen Xin, Guiting Lin - J Sex Med 2013
- 35)** Potent Inhibition of Human Phosphodiesterase-5 by Icariin Derivatives. Mario Dell'Agli, Germana V. Galli, Esther Dal Cero, Federica Belluti - J. Nat. Prod. 2008
- 36)** Examining the effect of *Withania somnifera* supplementation on muscle strength and recovery. Sachin Wankhede, Deepak Langade, Kedar Joshi - J Int Soc Sports Nutr. 2015
- 37)** A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. K Chandrasekhar, Jyoti Kapoor, Sridhar Anishetty - Indian J Psychol Med. 2012
- 38)** Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults. Jaysing Salve, Sucheta Pate, Khokan Debnath - Cureus. 2019
- 39)** Effect of *Lepidium meyenii* (MACA) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men. G F Gonzales, A Córdova, K Vega, A Chung, A Villena, C Góñez, S Castillo - Andrologia 2002
- 40)** H. O. Meissner, A. Mscisz, H. Reich-Bilinska - Int J Biomed Sci. 2006
- 41)** Evaluation of Turmeric Nanoparticles as Anti-Gout Agent: Modernization of a Traditional Drug. Mubin Mustafa Kiyani, Muhammad Farhan Sohail, Gul Shahnaz - Medicina (Kaunas) 2019
- 42)** Resveratrol may be useful tool for reducing body fat - Basque Research 2011
- 43)** Targeting ceramide metabolism in obesity - Am J Physiol Endocrinol Metab 2016
- 44)** The role of ceramides in metabolic disorders: when size and localization matters - Nature Reviews Endocrinology 2020
- 45)** The Role of Ceramides in Diabetes and Cardiovascular Disease - Front. Endocrinol 2021
- 46)** Ginseng as an energy booster: Mayo Clinic study shows benefits after eight weeks of use - Vancouver Sun 2012

- 47)** Milk Thistle Benefits - Mayo Clinic 2020
- 48)** Resveratrol may be useful tool for reducing body fat - Cordis 2011
- 49)** Resveratrol improves cardiac function and exerts an anti-inflammatory effect in systolic heart failure patients - ESC Congress 2019
- 50)** Obesity can turn body fat toxic - Science News 2011
- 51)** Cardiovascular risk and obesity - Diabetology & Metabolic Syndrome 2019
- 52)** Unmasking black pepper's secrets as a fat fighter - American Chemical Society Science 2012
- 53)** Cravings for high-calorie foods may be switched off by new food supplement - Imperial College London 2016