

Literature: Saller et al. *Phytotherapeutische Bittermittel*, Schweiz. Zschr. GanzheitsMedizin 2009;21(4):200-205: Clark et al 201 Extraoral bitter taste receptors as mediators of off-target drug effects. *FASEB J* 26:4827 - 4831 Devillier et al 2015 The pharmacology of bitter taste receptors and their role in human airways. *Pharmacol Ther* Nov; 155:11-21. Lee, Cohen 2015 Taste Receptors in Innate Immunity. *Cell Mol Life Sci.* 72: 217- 236 Lu et al 2017 Extraoral bitter taste receptors in health and disease. *J Gen Physiol.* 149:181 - 197. McMullen et al 2015 Bitters: Time for a New Paradigm. *Evid Based Complement Alternat Med.* 2015:670504. doi: 10.1155/2015/6 70504. Omer et al 2007: Steroid sparing effect of worm-wood (*Artemisia absinthium*) in Crohn's disease: A double-blind placebo-controlled study. *Phytomedicine* 14: 87 - 95 Pluznik 2013 Renal and cardiovascular sensory receptors and blood pressure regulation. *Am J Physiol Renal Physiol* 305: F439-F4 44. Saller et al 2001 Dyspeptische Beschwerden und Phytotherapie - eine Übersicht über traditionelle und moderne Phytotherapeutika. *Forsch Komplementärmed Klass Naturheilkd* 8: 263-273. Saller et al 2009 *Phytotherapeutische Bittermittel*. *Schweiz Z Ganzheitsmed* 21: 200 - 205. Shaik et al 2016 Bitter taste receptors: Extraoral roles in pathophysiology. *Int J Biochem Cell Biol.* 77 (Pt B): 197 - 204.

Literature: <https://www.deutsche-apotheker-zeitung.de/dazaz/2007/daz-51-2007/granatapfel-heilfrucht-mit-protektiver-wirkung>. Mohd. Vaseem Fateh, et al.: A Review on The Medicinal Importance of Pomegranate; *RGUHS J Pharm Sci I* Vol 3 l Issue 4 1 Oct-Dec, 2013.

Literature: Zeisel SH, Blusztajn JK. Choline and human nutrition. *Annu Rev Nutr.* 1994;14:269-96. Review. Seshadri S., et al.: Plasma homocysteine as a risk factor for dementia and Alzheimer's disease. *N. Engl. J. Med.* 346, 476-483 (2002). Loscalzo, J.: Homocysteine and dementias. *N. Engl. J. Med.* 346, 466-468 (2002). Klein, J., Cholin und Lecithin. Nährstoff zur Förderung des Gedächtnisses? *Deutsche Apotheker Zeitung (DAZ)*, 10, 1041-1050, 1999. Zeisel & da Costa. Choline : an essential nutrient for public health. *Nutrition Reviews.* 2009 Nov;67(11):615-23.

Eiji Yamashita, Astaxanthin as a Medical Food; *Functional Foods in Health and Disease* 2013 ; 3(7):254-258

Pharmaceutical and Nutraceutical effects of Pinus pinaster bark extract *Res Pharm Sci.* 2011 Jan Jun; 6(1): 1- 11.

Saller et al: Coenzym Q₁₀. Ein vitaminähnlicher Stoff für Herz, Nerven und Muskulatur *Schweiz. Zschr. Ganzheits-Medizin Jg. 18, Heft 2, März 2006.* Farnaz Farsi et al (2015): Functions of Coenzyme Q₁₀ Supplementation on Liver Enzymes, Markers of Systemic Inflammation, and Adipokines in Patients Affected by Nonalcoholic Fatty Liver Disease: A Double-Blind, Placebo-Controlled, Randomized Clinical Trial, *Journal of the American College of Nutrition.*

Maggiani/Walter Studie 2000: «L-Gamitine supplementation results in improved recovery after strenuous exercise» Jirillo et al., 1993. Immunological responses in patients with tuberculosis and in vivo effects of acetyl-L-carnitine oral administration. *Mediat Inflamm* 2 Suppl 1: 17-20; http://www.camipure-for-you.com/fr/what_js_L_carnitine.html

Milchsäure (Laktat) - Unterstützung für Darm und Leber. Sandra Karl | Jun 26, 2015 | Darm, Darmpflege, Entgiftung, Leberpflege, Säure-Basen-Haushalt <https://www.netzwerk-frauengesundheit.com/milchsaeure-laktat-unterstuetzung-fuer-darm-und-leber>.

Yamori Y, Liu L, Mori M, et al. Taurine as the nutritional factor, for the longevity Japanese revealed by a worldwide epidemiological survey. *Adv Exp revealed by a worldwide epidemiological survey. Adv Exp Med Biol.* 2009; 643:13-25.

Pérez-Torres I, Zuniga-Munoz AM, Guarner-Lans V1. Beneficial Effects of the Amino Acid Glycine. *Mini Rev Med Chem.* 2017;17(1):15-32.

<http://vitalstoff-lexikon.de/aminosaeuren/methionin/lebensmittel.html>

<http://aminosaeure.org/aminosaeuren/l-methionin>