

Quellennachweis/Literature

Kollagen-Hydrolysat

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Astaxanthin

Literatur: Yamashita (2006). The Effects of a Dietary Supplement Containing Astaxanthin on Skin Condition. Carotenoid Science, 10:91-95. Koura (2005). Skin sensitization study of Astaxanthin in Guinea Pigs. Study No. 05035. New Drug Research Center Inc., Hokkaido Japan.; Lee et al., (2003). Arakane (2002), Superior Skin Protection via Astaxanthin. Carotenoid Sci., 5:21-24.; Lyons & O'Brien et al., (2002). Yamashita (2002). Cosmetic benefit of the supplement health food combined astaxanthin and tocotrienol on human skin. Food Style 21, 6(6):112-117 Malmsten C, Lignell A. (2008). Dietary supplementation with astaxanthin rich algal meal improves muscle endurance - a double blind study on male students. Carotenoid Science 13:20-22. Sawaki K, Yoshigi H, Aoki K, Koikawa N, Azumane A, Kaneko K, Yamaguchi M. (2002). Sportsperformance benefits from taking natural astaxanthin characterized by visual activity and muscle fatigue improvements in humans. J Clin. Therap. Med., 18(9):73-88. Nakamura A, Isobe R, Otaka Y, Abematsu Y, Nakata D, Honma C, Sakurai S, Shimada Y, Horiguchi M. (2004). Changes in Visual Function Following Peroral Astaxanthin. Japan J. Clin. Ophthalmol., 58(6):1051-1054. Better capacity on phagocytes; Marcedo RC et al. Eur J. Nutr. 2010;49(8):447-457; Nagaki Yasunori et al, Effects of Astaxanthin on accommodation, critical flicker fusion, and pattern visual evoked potential in visual display terminal workers. J. of Traditional Medicines 2002: 19 (5), 170- 173, Sun Z et al, Protective actions of microalgae against endogenous and exogenous advanced glycation endproducts (AGE's) in human retinal pigment epithelial cells. Food Funct. 2011 May; 2(5): 25-31 Epub 2011 Apr 21. PubMed PMID : 21779563.

Lycopin

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Coenzym Q10

Literatur: Gröber Uwe: Mikronährstoffe: Beratungsempfehlungen für die Praxis. Wissenschaftliche Verlagsgesellschaft mbH. ISBN-13: 978-3-8047-22705; Uwe Gröber: Metabolie Tuning statt Doping; ISBN 978-3-7776-1608 -7; «FOOD Style»; Effect of Coenzyme Q10 as a Supplement on Wrinkle Reduction; Yutaka Ashida, et al; 2004; Schmelze, C. et al.; Functions of coenzyme Q10 in inflammation and gene expression; Bio factors. 2008; 32(1-4):179-83. Ravaglia G. et al; Effect of micronutrient status on natural killer cell immune function in healthy free-living subjects aged >1=90 y; Am J Clin Nutr. 2000 Feb;71(2):590-8. Mizuno K. et al; Antifatigue effects of coenzyme Q10 during physical fatigue.; Nutrition. 2008 Apr;24 /4):293-9

Vitamin D3

Literatur: Gröber U: Vitamin D-das «Anti-Aging-Hormon» unseres Immunsystems OM-Zs. F. Orthomol. Med. 2008; 1:22-24; B. ·Hinzpeter et al. Vitamin D status and health correlates among German adults. Europ. J. of Clinical Nutrition (2008) 62, 1079-1089; Bas H; Gegen Muskelschwund. Stürze und Frakturen im Alter; ARS Medici Bericht 1, 2013, 14-16; Dobing H. et al., Independent association of low serum 25-hydroxyvitamin D and 1,25-dihydroxyvitamin D levels with all-cause and cardiovascular mortality. Arch. Intern Med. 2008; 168 (1 2): 1340-1349; Carland CF, et al., Vitamin D for cancer prevention: global per-spective. Ann Epidemiol, 2009; 19 (7): 468-483; Gröber, U., Vitamin D-an old vitamin in a new perspective. Med. Monatszeitschr. Pharm, 2010;33 (10) :376-383.

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