

Quellennachweis / Literature

Liposomales Eisen (Sun Active)

Literatur: Fidler et al 2004 Br J Nutr 91: 107-112; Ahrens et al 2000 Functional Foods 6:16-17
Vaucher, P.; Druais, P-L.; Waldvogel, S.; Favrat, B. Effect of iron supplementation on fatigue in nonanemic menstruating women with low ferritin: A randomized controlled trial. Can. Med. Assoc. J. 2012, 184, 1247-1254; Fernandez-Lazaro D, Mielgo-Ayuso J, Cordova Martinez A, Seco-Calvo J. Iron and Physical Activity: Bioavailability Enhancers, Properties of Black Pepper (Bioperinee) and Potential Applications. Nutrients. 2020;12(6):1886. Published 2020 Jun 24. ok10.3390/nu12061886.

Coenzym Q₁₀

Literatur: HP Friederichsen; Prävention durch Mikronährstoffe OM-Zs.f. Orthomol Med. 2017;15:14-19 Gröber Uwe; Mikronährstoffe: Beratungsempfehlungen für die Praxis. Wissenschaftliche Verlagsgesellschaft GmbH. ISBN 13: 978-3-8047- 22705; Uwe Gröber: Metabolic Tuning statt Doping; ISBN 978-3-7776-1608-7.

L-Theanin aus Grüntee

Literatur: Examine.com; thenaine; <https://www.ajol.info/index.php/tipr/article/view/125322>: Health Benefits of Theanine in Green Tea: A Review, 2015.

OPC Pinienrinden-Extrakt (Pinus pinaster)

Literatur: Maimoona, Alya & Naeem, Ismat & Saddiqe, Zeb & Jameel, Khalid. (2010). A review on biological, nutraceutical and clinical aspects of French maritime pine bark extract. Journal of ethnopharmacology. 133. 261-77. 10.1016/j.jep.2010.10.041. An examination of the effects of the antioxidant Pycnogenol on cognitive performance, serum lipid profile, endocrinological and oxidative stress biomarkers in an elderly population. J Psychopharmacol 22(5): 553-562, 2008.

Ashwagandha, (Withania somnifera) – Ginseng für die Frau

Literatur: Rao, Shrilata & Thada, Sanath & Chand, C. & Adiga, Manjunatha. (2017). A REVIEW ON ADAPTOGENIC ACTIVITY OF ASHWAGANDHA (WITHANIA SOMNIFERA). 10.7897/2277-4572.06561.Chandrasekhar K, Kapoor J, Anishetty S. 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. Indian J Psychol Med. 2012 Jul;34 (3):255-62. doi: 10.4103/0253-7176.106022. PMID: 23439798; PMCID: PMC3573577.

Safran Extract

Literatur: Gohari AR, Saeidnia S, Kourepaz-Mahmoodabadi M. An overview on saffron, phytochemicals, and medicinal properties. Pharmacogn Rev 2013;7:61-66M. Moshiri, M. Vahabzadeh, H. Hosseinzadeh: Clinical Applications of Saffron (Crocus sativus) and its Constituents: A Review. Band 65(6). Drug Res (Stuttg), Juni 2015, S. 287-295.

Astaxanthin, OPC Pinus pinaster, Curcuma, Zink, Selen, Vitamine C und D

Literatur: Ruiz-Leön AM, Lapuente M, Estruch R, Cases R. Clinical Advances in Immunonutrition and Atherosclerosis: A Review. Front Immunol. 2019; 10:837. Published 2019 Apr 24. doi:10.3389/fimmu.2019.00837; Germann, Martina & Hilfiker, Anina & Huber, Benedikt & Rosamilia, Claudia & Grandinetti,

Tanja & Wingeier, Bernhard & Etter, Gisela & Carp, Peter & Kurath, Jeanette & Albrich, Werner & Tarr, Philip. (2019). Immunstimulation zur Prävention und Therapie von akuten Luftwegsinfektionen. Primary and Hospital Care: Allgemeine Innere Medizin. 10.4414/phc-d.2019.10139.

Kombination Collagen UC-II, Hyaluronsäure, Silicium, rechtsdrehende Milchsäure, OPC Pinus pinaster, Granatapfel, Astaxanthin, Lycopin, Lutein

Literatur: Balogh, Andras Polyak, Domokos Mathe, Reka Kiraly Juliana Thuroczy, Marian Terez, Gyoze-Janoki, Yaoting Ting, Luke R. Bucci and Alexander G. Schauss: Absorption, Uptake and Tissue Affinity of High-Molecular-Weight Hyaluronan after Oral Administration in Rats and Dogs. In: J. Agric. Food Chem., 2008, 56 (22), 10582-10593; D1: 10.1021/jf8017 Longas MO, Russell CS, Carbohydr Res. 1987 Jan 15;159(1):127-36. Evidence for structural changes in dermatan sulfate and hyaluronic acid with aging.

Collagen UC-II®

Literatur: Type II Collagen-scientific review on usage, dosage, side effects, examine.com. p 13. James P Lungo at al.; J Int Sports Nutr.2013; 10:48. Published online 2013 Oct 24PMCID: PMC4015808 Undenatured type II collagen (UC-II®) for joint support: a randomized, double-blind, placebo-controlled study in healthy volunteers. UC-II® PubMed. Int Soc Sports Nutr. 2013. Undenatured type II collagen (UC-II®) for joint support: a randomized, double-blind, placebo-controlled study in healthy volunteers. Lugo JP, Saiyed ZM, Lau FC, Molina JP, Pakdaman MN, Shamie AN, Udani.

Granatapfel

Literatur: <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; RGHUS J Pharm Sci | Vol 3 \ | Issue 4 | Oct-Dec,2013.

Kombination Lutein, Zeaxanthin, Astaxanthin, Safran, OPC Pinus pinaster, Zink

Literatur: Bachmann C: Nährstoffe zur Prävention altersbedingter Augenerkrankungen: Wirksamkeit von Lutein, Zeaxanthin und Astaxanthin. Schweiz Z Ganzheitsmed 2015; 27:329-330. doi: 10.11; Yamashita, E. Astaxanthin as a medical food. Funct. Foods Health Dis. 3: 254-258 (2013).