

### **Omega-3, EPA und DHA**

Literatur: Stonehouse, W. et al, *DHA Supplementation improved both memory and reaction time in healthy young adults: a randomized controlled trial*, *American J. of clinical nutrition*, 97:1134-1143, 2013; Parris M. Kidd. *Omega-3 OHA and EPA for Cognition, Behavior and Mood: Clinical findings and structural functional synergies with cell membrane phospholipids*; *Alternative Medicine Review* Vol 12. No. 3, Sept. 07; Sinclair AJ et al, *Omega 3 fatty acids and the brain: review of studies in depression*, *Asia Pac J. clin Nutr.* 2007, 16 Suppt 1:391-7; Fontani G et al. *Cognitive and physiological effects of omega-3 polyunsaturated fatty acid supplementation in healthy subjects*. *Eur J. Clin Invest* 2005;35:69 1-699; Chiu C. *Effects of n-3 polyunsaturated fatty acid supplementation on recurrence prevention in patients with late-life depression* on-site issfal conference report Stockholm, June 2014; Casula, M. et al, *Long-term effect of high dose omega-3-fatty acid supplementation for secondary prevention of cardiovascular outcomes: a meta-analysis of randomized, double-blind, placebo controlled trials*, *Arteriosclerosis supplements*, 14: 243-251, 2013; *Alternative medicine review*, volume 15, p84-86, number 1, 2010; Sven David Müller, *Omega-3-Fettsäuren aus ernährungsmedizinischer Sicht*, *Schweiz. Zschr. Ganzheitsmedizin* 16, 95-1000, 168-172, 223-229, 2004, Goldberg, R.J. Katz, J. *A meta-analysis of the analgetic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain*. *Pain* 129:210-23(2007); Lin, P.Y. et al, *A meta-analytic review of polyunsaturated fatty acid compositions in patients with depression*. *Biol Psychiatry*, 68:140-7(2010).

### **Phospholipids from krill oil**

Literatur: Parris M. Kidd. *Omega-3 DHA and EPA for Cognition, Behavior and Mood: Clinical findings and structural-functional synergies with cell membrane phospholipids*; *Alternative Medicine Review* Vol 12. No.3, Sept. 07; Safford et al. *Testing the effects of dietary lecithin on memory in the elderly, an example of social medical research collaboration*. *Res social works pract* 4: 349-358, 1994; Bartus et al, *Age related changes in passive avoidance retention and modulation with chronic dietary choline*. *Science* 2009, 301-303, 1980; Vakhapova et al. *Phosphatidylserine containing omega-3-fatty acids may improve memory abilities in non-demented elderly with memory complaints, a double-blind placebo-controlled trial*. *Dement geriatr cogn disord* 29, 467-474, 2010.

### **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 Sei.*, 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, Lingell 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). *Sports performance 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, Isoe 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*; Macedo 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): 251-8 Epub 2011 Apr 21. PubMed PMID: 21779563; Chang et al, *Antioxidant and anti-inflammatory neuroprotective effects of astaxanthin and canthaxanthin in nerve growth factor differentiated PC12 cells*. *J. of Food science* 2009: 74(7): H225-31.