

Literatur: Saller et al. *Phytotherapeutische Bittermittel*, Schweiz. Zschr. GanzheitsMedizin 2009;21(4):200–205: Clark et al 2012 *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: 10.1155/2015/670504. 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–F444. 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.

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

Miyazaki T, Bouscarel B, Ikegami T, Honda A, Matsuzaki Y. *The protective effect of taurine against hepatic damage in a model of liver disease and hepatic stellate cells*. *Adv Exp Med Biol.* 2009; 643:293-303.

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://www.vitalstoff-lexikon.de/Aminosaeuren/Methionin/Lebensmittel.html>:

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

*Life Extension Magazine; June 2013; Report: The Forgotten Longevity Benefits of Taurine*

Martínez, Yordan & Li, Xue & Liu, Gang & Bin, Peng & Yan, Wenxin & Más Toro, Dairon & Valdivié, Manuel & Hu, Chien-An Andy & Ren, Wenkai & Yin, Yulong. (2017). *The role of methionine on metabolism, oxidative stress, and diseases*. *Amino Acids.* 49. 1-8. 10.1007/s00726-017-2494-2.

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*.

*Nährstoffe 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.

*Foods.* 2017 Oct; 6(10): 92. Published online 2017 Oct 22. doi: 10.3390/foods6100092 *Curcumin: A Review of Its' Effects on Human Health; Susan J. Hewlings and Douglas S. Kalman*