

INNERMOST



**Ingredients backed  
by clinical research.**



Over 2,000 clinical studies supporting the ingredients in the Innermost product range.

# INGREDIENT LIST

5-HTP  
Acacia Fibre  
Acai Berries  
Acetyl-L Carnitine  
Alpha Lipoic Acid  
Ashwaghandha  
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BCAA Complex  
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CDP-Choline  
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Citrulline Malate  
Cocoa  
Cocomineral  
Creatine Monohydrate  
Digezyme  
Ginger Root  
Glutamine  
Guarana  
Inulin  
Kelp  
L-Glycine  
L-Theanine  
L-Tyrosine  
Lactospore  
Lion's Mane Mushroom  
Maca  
Magnesium  
Matcha Green Tea  
Montmorency Cherries  
Peppermint  
Pink Himalayan Sea Salt  
Pomegranates  
Rhodiola Rosea  
Selenium  
Shiitake, Maitake, Reishi, Cordyceps  
Siberian Ginseng  
Spirulina  
Turmeric  
Ubiquinone CoQ10  
Valerian Root  
Vegan Protein  
Vitamin B Complex  
Vitamin C  
Vitamin D  
Wheatgrass  
Whey Protein  
Yerba Mate  
ZMA

## 5-HTP

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<https://pubmed.ncbi.nlm.nih.gov/19417589/>

5-Hydroxytryptophan: a clinically-effective serotonin precursor:

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5-Hydroxytryptophan (5-HTP): Natural Occurrence, Analysis, Biosynthesis, Biotechnology, Physiology and Toxicology:

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Effects of 5-hydroxytryptophan on distinct types of depression: a systematic review and meta-analysis:

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5-hydroxytryptophan:

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<https://pubmed.ncbi.nlm.nih.gov/15893130/>

L-5-hydroxytryptophan in depression and anxiety:

<https://pubmed.ncbi.nlm.nih.gov/3055148/>

[Effect of 5-hydroxytryptophan, a serotonin precursor, on sleep disorders]:

<https://pubmed.ncbi.nlm.nih.gov/339807/>

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Fiber and prebiotics: mechanisms and health benefits:

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Gut Health-Promoting Benefits of a Dietary Supplement of Vitamins with Inulin and Acacia Fibers in Rats:

<https://pubmed.ncbi.nlm.nih.gov/32718017/>

The Dietary Fiber Pectin: Health Benefits and Potential for the Treatment of Allergies by Modulation of Gut Microbiota:

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Dietary fiber and the microbiota: A narrative review by a group of experts from the Asociación Mexicana de Gastroenterología:

<https://pubmed.ncbi.nlm.nih.gov/34144942/>

Acacia Gum is a Bifidogenic Dietary Fibre with High Digestive Tolerance in Healthy Humans:

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The effect of acacia gum and a water-soluble dietary fiber mixture on blood lipids in humans:

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# Acai Berries

Antioxidant and Hypolipidemic Activity of Açai Fruit Makes It a Valuable Functional Food:

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Cardiovascular and Metabolic Effects of Açai, an Amazon Plant:

<https://pubmed.ncbi.nlm.nih.gov/26657713/>

Phytochemical and nutrient composition of the freeze-dried amazonian palm berry, *Euterpe oleracea* mart. (acai):

<https://pubmed.ncbi.nlm.nih.gov/17061839/>

Flavonoids from acai (*Euterpe oleracea* Mart.) pulp and their antioxidant and anti-inflammatory activities:

<https://pubmed.ncbi.nlm.nih.gov/25214342/>

Malvidin and cyanidin derivatives from açai fruit (*Euterpe oleracea* Mart.) counteract UV-A-induced oxidative stress in immortalized fibroblasts:

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The value of the Brazilian açai fruit as a therapeutic nutritional strategy for chronic kidney disease patients:

<https://pubmed.ncbi.nlm.nih.gov/29915880/>

Amazon acai: chemistry and biological activities: a review:

<https://pubmed.ncbi.nlm.nih.gov/25722148/>

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Significance of L-carnitine for human health:

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Effects of L-carnitine supplementation on oxidative stress and antioxidant enzymes activities in patients with coronary artery disease: a randomized, placebo-controlled trial:

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Preventive effect of L-carnitine and its derivatives on endothelial dysfunction and platelet aggregation:

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Antioxidant and Prooxidant Activities of A-Lipoic Acid and Dihydrolipoic Acid:

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A-Lipoic Acid and Cardiovascular Disease:

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Antioxidant properties of an endogenous thiol: Alpha-lipoic acid, useful in the prevention of cardiovascular diseases:

<https://pubmed.ncbi.nlm.nih.gov/19998523/>

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An investigation into the stress-relieving and pharmacological actions of an ashwagandha (*Withania somnifera*) extract: A randomized, double-blind, placebo-controlled study:

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Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults: A Double-blind, Randomized, Placebo-controlled Clinical Study:

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A randomized, double blind, placebo controlled study to evaluate the effects of ashwagandha (*Withania somnifera*) extract on sleep quality in healthy adults:

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An alternative treatment for anxiety: a systematic review of human trial results reported for the Ayurvedic herb ashwagandha (*Withania somnifera*):

<https://pubmed.ncbi.nlm.nih.gov/25405876/>

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:

<https://pubmed.ncbi.nlm.nih.gov/23439798/>



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Efficacy of Standardized Extract of Bacopa monnieri (Bacognize®) on Cognitive Functions of Medical Students: A Six-Week, Randomized Placebo-Controlled Trial:

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Meta-analysis of randomized controlled trials on cognitive effects of Bacopa monnieri extract:

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The cognitive-enhancing effects of Bacopa monnieri: a systematic review of randomized, controlled human clinical trials:

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Does Bacopa monnieri improve memory performance in older persons? Results of a randomized, placebo-controlled, double-blind trial:

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Exercise promotes BCAA catabolism: effects of BCAA supplementation on skeletal muscle during exercise:

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The Beta-Alanine Dose for Maintaining Moderately Elevated Muscle Carnosine Levels:

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Effects of B-alanine supplementation on exercise performance: a meta-analysis:

<https://link.springer.com/article/10.1007/s00726-011-1200-z>

Influence of B-alanine supplementation on skeletal muscle carnosine concentrations and high intensity cycling capacity:

[https://www.researchgate.net/publication/247000066\\_Influence\\_of\\_B-alanine\\_supplementation\\_on\\_skeletal\\_muscle\\_carnosine\\_concentrations\\_and\\_high\\_intensity\\_cycling\\_capacity](https://www.researchgate.net/publication/247000066_Influence_of_B-alanine_supplementation_on_skeletal_muscle_carnosine_concentrations_and_high_intensity_cycling_capacity)

Role of beta-alanine supplementation on muscle carnosine and exercise performance:

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Vaccinium myrtillus L. Fruits as a Novel Source of Phenolic Compounds with Health Benefits and Industrial Applications - A Review:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7403651/>

Bilberries and their anthocyanins ameliorate experimental colitis:

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Caffeine and Exercise:

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List of Natural Appetite-Suppressing Foods:

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<https://pubmed.ncbi.nlm.nih.gov/22634197/>

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Improvements in concentration, working memory and sustained attention following consumption of a natural citicoline-caffeine beverage:

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Citicoline - a neuroprotector with proven effects on glaucomatous disease:

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Acute citrulline malate supplementation improves upper- and lower-body submaximal weightlifting exercise performance in resistance-trained females:

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# Cocomineral

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