Detailed References Supporting Bragg Supplements

Claim: Supports Healthy Heart Function

Mahmoud Ebrahimi et al. “Omega-3 fatty acid supplementations improve the cardiovascular risk profile of subjects with metabolic syndrome, including markers of inflammation and auto-immunity.” Acta Cardiol 64: 321 - 327, 2009.

Claim: Reduces Stress and Promotes Relaxation

Biswajit Auddy et al. “A standardized Withania Somnifera Extract Significantly Reduces Stress-Related Parameters in Chronically Stressed Humans: A Double-Blind, Randomized, Placebo-Controlled Study.” Journal of American Nutrition Association Vol. 11, No.1, 2008.

Claim: Hydrates Skin and Smooths Fine Lines and Wrinkles

Valerie Bizot, Enza Cestone, Angela Michelotti, and Vincenzo Nobile. “Improving skin hydration and age-related symptoms by oral administration of wheat glucosylceramides and digalactosyl. A human clinical study.” Cosmetics 4:37 (2017).

Claim: Full Spectrum of Essential Vitamin and Minerals

The Linus Pauling Institute's Micronutrient Information Center: Micronutrients for Health. Revised 2020. Oregon State University, Corvallis, OR, USA.

Principles of Biochemistry, by Lehninger, 7th Edition, David Nelson and Michael Cox, 2008. Chapters 14 - 16.

Claim: Helps Generate Energy at the Cellular Level

The Linus Pauling Institute's Micronutrient Information Center: Micronutrients for Health. Revised 2020. Oregon State University, Corvallis, OR, USA.

Principles of Biochemistry, by Lehninger, 7th Edition, David Nelson and Michael Cox, 2008. Chapters 14 - 16.

Claim: Supports Healthy Weight Levels

E. Ostman, Y. Granfeldt, L. Persson, and I. Bjorck. "Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects." European Journal of Clinical Nutrition 59: 983 - 988, 2005.

Tomoo Kondo, Mikiya Kishi, Takashi Fushimi, Shinobu Ugajin, Takayuki Kaga. "Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects." Bioscience, Biotechnology and Biochemistry 73: 1837 - 1843, 2009.

Claim: Supports Healthy Blood Glucose Levels

Farideh Shishehbor, Anahita Mansoori, Fatemeh Shirani. "Vinegar consumption can attenuate postprandial glucose and insulin responses: A systematic review and meta-analysis of clinical trials." Review 127: 1 9 (2017).

C. Johnston, I. Steplewska, C. Long, L. Harris, R. Ryals. "Examination of the anti-glycemic properties of vinegar in healthy adults." Annals of Nutrition and Metabolism. 56: 74 - 79, 2010.

M. Mahmoodi, S. Hosseini-zijoud, G. Hassanshahi, S. Nabati, M. Modarresi, M. Mehrabian, A. Sayyadi and M. Hajzadeh. "The effect of white vinegar on some blood biochemical factors in Type 2 Diabetic patients." Journal of Diabetes and Endocrinology Vol. 4(1), pp 1-5, January 2013

Claim: Supports Healthy Cholesterol Levels

Tomoo Kondo, Mikiya Kishi, Takashi Fushimi, Shinobu Ugajin and Takayuki Kaga. "Vinegar Intake Reduces Body Weight, Body Fat Mass, and Serum Triglyceride Levels in Obese Japanese Subjects." Bioscience, Biotechnology and Biochemistry 73: 1837-1843 (2009).

Sofia Kausar, Muhammad Arshad Abbas, Hajra Ahmad, Nazia Yousef, Zaheer Ahmed, Naheed Humayun, Hira Ashfaq, and Ayesha Humayun. "Effect of Apple Cider Vinegar in Type 2 Diabetic Patients with Poor Glycemic Control: A Randomized Placebo Controlled Design." International Journal of Medical Research & Health Sciences 8: 149-159 (2019).

Claim: Supports healthy joint and inflammation response

Nakagawa et. al, "Short-term effects of highly-bioavailable curcumin for treating knee osteoarthritis: a randomized, double-blind, placebo-controlled prospective study." Journal of Orthopedic Science 19: 933-939, 2014.