



Research and Study Resources

Relieves anxiety: <https://pubmed.ncbi.nlm.nih.gov/26341731/>

Reduces seizures and convulsions:

<https://avmajournals.avma.org/view/journals/javma/254/11/javma.254.11.1301.xml>

Inhibits cell growth in tumors/cancer cells: <https://pubmed.ncbi.nlm.nih.gov/34352013/>

Relieves pain: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6065210/>

Reduces inflammation: <https://pubmed.ncbi.nlm.nih.gov/31881765/>

Balances blood sugar: <https://pubmed.ncbi.nlm.nih.gov/22155112/>

Promotes bone growth: <https://asbmr.onlinelibrary.wiley.com/doi/10.1002/jbmr.2513>

Slows bacteria growth: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2903762/>

Tranquilizing/manage psychosis: <https://pubmed.ncbi.nlm.nih.gov/22716160/>

Suppress muscle spasms: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770351/>

Reduce vomiting and nausea:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165951/?_ga=2.16215540.354058059.1651077012-1927552592.1651077012

Reduces risk of artery blockage: <https://pubmed.ncbi.nlm.nih.gov/22670794/>

Reduces contractions in the small intestines:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1574910/>

Protects nervous system degeneration:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938896/>