

Research and science backed studies.

Ingredient	Description	Benefits	Clinical Research
<p>B12 (methylcobalamin)</p>	<p>Bioavailable form of B12 used to metabolize carbs, proteins, and fats, which your body converts into energy.</p>	<p>Energy support</p>	<p>Office of Dietary Supplements. (2021). Vitamin B12: Fact sheet for professionals. Retrieved from https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional Accessed January 9, 2021.</p> <p>Wolffenbuttel, B. H. R., Wouters, H. J. C. M., Heiner-Fokkema, M. R., & van der Klauw, M. M. (2019). The Many Faces of Cobalamin (Vitamin B12) Deficiency. <i>Mayo Clin Proc Innov Qual Outcomes</i>, 3(2), 200–214. doi: 10.1016/j.mayocpiqo.2019.03.002. PMID: PMC6543499. PMID: 31193945. https://pubmed.ncbi.nlm.nih.gov/31193945</p> <p>Gupta, J. K., & Qureshi Shaiba, S. (2015). Potential Benefits of Methylcobalamin: A Review. Department of Pharmacology, GLA University Mathura, India. Unpublished manuscript. https://www.researchgate.net/profile/Jee-tendra-Gupta/publication/339412930_Potential_Benefits_of_Methylcobalamin_A_Review/links/5e4ff1bd458515072dafa8be/Potential-Benefits-of-Methylcobalamin-A-Review.pdf</p> <p>Lavriša, Ž., Hristov, H., Hribar, M., Žmitek, K., Kušar, A., Koroušič Seljak, B., Gregorič, M., Blaznik, U., Gregorič, N., Zaletel, K., Oblak, A., Osredkar, J., & Pravst, I. (2022). Dietary Intake and Status of Vitamin B12 in Slovenian Population. <i>Nutrients</i>, 14(2), 334. doi: 10.3390/nu14020334. PMID: PMC8781642. PMID: 35057515. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8781642</p>
<p>L-Methylfolate (B9)</p>	<p>Bioavailable form for folic acid, used to help with mental fatigue, irritability and boost energy.</p>	<p>Energy, weight loss, mental fatigue support</p>	<p>Maugeri, A. (2020). The Effects of Dietary Interventions on DNA Methylation: Implications for Obesity Management. <i>International Journal of Molecular Sciences</i>, 21(22), 8670. doi: 10.3390/ijms21228670. https://www.mdpi.com/1422-0067/21/22/8670</p> <p>Pannia, E., Hammoud, R., Simonian, R., Arning, E., Ashcraft, P., Wakes, B., Bottiglieri, T., Pausova, Z., Kubant, R., &</p>

			<p>Anderson, G. H. (2020). [6S]-5-Methyltetrahydrofolic Acid and Folic Acid Pregnancy Diets Differentially Program Metabolic Phenotype and Hypothalamic Gene Expression of Wistar Rat Dams Post-Birth. <i>Nutrients</i>, 13(1), 48. https://doi.org/10.3390/nu13010048</p> <p>Papakostas, G. I., Shelton, R. C., Zajecka, J. M., Etemad, B., Rickels, K., Clain, A., Baer, L., Dalton, E. D., Sacco, G. R., Schoenfeld, D., Pencina, M., Meisner, A., Bottiglieri, T., Nelson, E., Mischoulon, D., Alpert, J. E., Barbee, J. C., Zisook, S., & Fava, M. (2012, December 1). L-Methylfolate as Adjunctive Therapy for SSRI-Resistant Major Depression: Results of Two Randomized, Double-Blind, Parallel-Sequential Trials. <i>American Journal of Psychiatry</i>. Advance online publication. https://doi.org/10.1176/appi.ajp.2012.11071114</p>
<p>5'-pyridoxal phosphate (B6)</p>	<p>Bioavailable form of B6, used to help with nausea, headaches and energy production.</p>	<p>Energy, Nausea</p>	<p>Institute of Medicine. Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline. Washington, DC: <i>National Academy Press</i>, 1999.</p> <p>Ebbing M, Bønaa KH, Arnesen E, Ueland PM, Nordrehaug JE, Rasmussen K, Njølstad I, Nilsen DW, Refsum H, Tverdal A, Vollset SE. Combined analyses and extended follow-up of two randomized controlled homocysteine-lowering B-vitamin trials. <i>Journal of internal medicine</i>. 2010 Oct 1;268(4):367-82.</p> <p>Sharifzadeh F, Kashanian M, Koohpayehzadeh J, Rezaian F, Sheikhsari N, Eshraghi N. A comparison between the effects of ginger, pyridoxine (vitamin B6) and placebo for the treatment of the first trimester nausea and vomiting of pregnancy (NVP). <i>The Journal of Maternal-Fetal & Neonatal Medicine</i>. 2018 Oct 2;31(19):2509-14.</p> <p>Matok, I., Clark, S., Caritis, S., Miodovnik, M., Umans, J. G., Hankins, G., Mattison, D. R., & Koren, G. (2014). Studying the antiemetic effect of vitamin B6 for morning sickness: Pyridoxine and pyridoxal are prodrugs. First published: 22 July 2014. https://accpl.onlinelibrary.wiley.com/doi/abs/10.1002/icph.369</p> <p>Parra, M., Stahl, S., & Hellmann, H. (2018).</p>

			<p>Vitamin B6 and Its Role in Cell Metabolism and Physiology. <i>Cells</i>, 7(7), 84. doi: 10.3390/cells7070084. PMID: 30037155. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6071262</p> <p>Tardy, A.-L., Pouteau, E., Marquez, D., Yilmaz, C., & Scholey, A. (2020). Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence. <i>Nutrients</i>, 12(1), 228. doi: 10.3390/nu12010228. PMID: 31963141 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019700</p>
Thiamine (B1)	Is an important cofactor in glucose metabolism and helps the body cells convert carbohydrates into energy.	Energy support	<p>Huskisson, E., Maggini, S., & Ruf, M. (2007). The role of vitamins and minerals in energy metabolism and well-being. <i>The Journal of International Medical Research</i>, 35, 277-289. https://pubmed.ncbi.nlm.nih.gov/17593855/</p> <p>Depeint, F., Bruce, W. R., Shangari, N., Mehta, R., & O'Brien, P. J. (2006). Mitochondrial function and toxicity: Role of the B vitamin family on mitochondrial energy metabolism. <i>Chemico-Biological Interactions</i>, 163(1-2), 94-112. Doi: 10.1016/j.cbi.2006.04.014. PMID: 16765926. https://pubmed.ncbi.nlm.nih.gov/16765926/</p> <p>Nozaki S, Mizuma H, Tanaka M, Jin G, Tahara T, Mizuno K, Yamato M, Okuyama K, Eguchi A, Akimoto K, Kitayoshi T, Mochizuki-Oda N, Kataoka Y, Watanabe Y. Thiamine tetrahydrofurfuryl disulfide improves energy metabolism and physical performance during physical-fatigue loading in rats. <i>Nutr Res</i>. 2009 Dec;29(12):867-72. Doi: 10.1016/j.nutres.2009.10.007. PMID: 19963160. https://pubmed.ncbi.nlm.nih.gov/19963160/</p>
Chromium Picolinate	Works together with insulin produced by the pancreas to metabolize carbohydrates and aid	Energy support	<p>Yazaki, Y., Faridi, Z., Ma, Y., Ali, A., Northrup, V., Njike, V. Y., Liberti, L., & Katz, D. L. (2010). A Pilot Study of Chromium</p>

	<p>food craving reduction.</p>		<p>Picolinate for Weight Loss. The Journal of Alternative and Complementary Medicine, 16(3), 291-299. doi: 10.1089/acm.2009.0286. PMID: 20192914. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206698</p> <p>Anton, S. D., Morrison, C. D., Cefalu, W. T., Martin, C. K., Coulon, S., Geiselman, P., Han, H., White, C. L., & Williamson, D. A. (2008). Effects of chromium picolinate on food intake and satiety. Diabetes Technology & Therapeutics, 10(5), 405-412. doi: 10.1089/dia.2007.0292. PMID: 18715218. https://pubmed.ncbi.nlm.nih.gov/18715218</p> <p>Vincent, J. B. (2003). The potential value and toxicity of chromium picolinate as a nutritional supplement, weight loss agent, and muscle development agent. Sports Medicine, 33(3), 213-230. doi: 10.2165/00007256-200333030-00004. https://pubmed.ncbi.nlm.nih.gov/12656641</p> <p>Tian, H., Guo, X., Wang, X., He, Z., Sun, R., Ge, S., & Zhang, Z. (2013). Chromium picolinate supplementation for overweight or obese adults. Cochrane Database of Systematic Reviews, 2013(11), CD010063. doi: 10.1002/14651858.CD010063.pub2. PMID: 24293292. https://pubmed.ncbi.nlm.nih.gov/24293292</p> <p>Wilcox, G. (2005). Insulin and Insulin Resistance. Clinical Biochemist Reviews, 26(2), 19-39. PMID: 16278749. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1204764</p> <p>Shindea, U. A., Sharma, G., Xu, Y. J., Dhalla, N. S., & Goyal, R. K. (2004). Insulin sensitizing action of chromium picolinate in various experimental models of diabetes mellitus. Journal of Trace Elements in Medicine and Biology, 18(1), 23-32. Doi: 10.1016/j.jtemb.2004.03.002. PMID: 15487760. https://pubmed.ncbi.nlm.nih.gov/15487760/</p>
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<p>Coenzyme Q10 (Ubiquinone)</p>	<p>Helps improve exercise performance by supporting mitochondrial function, decreasing oxidative stress, and reducing fatigue.</p>	<p>Energy support</p>	<p>Garrido-Maraver, J., Cordero, M. D., Oropesa-Avila, M., Vega, A. F., de la Mata, M., Pavon, A. D., Alcocer-Gomez, E., Calero, C. P., Paz, M. V., Alanis, M., de Laveria, I., Cotan, D., & Sanchez-Alcazar, J. A. (2014). Clinical applications of coenzyme Q10. <i>Frontiers in Bioscience (Landmark Ed)</i>, 19(4), 619-633. Doi: 10.2741/4231. PMID: 24389208. https://pubmed.ncbi.nlm.nih.gov/24389208/</p> <p>Testai, L., Martelli, A., Flori, L., Cicero, A. F. G., & Colletti, A. (2021). Coenzyme Q10: Clinical Applications beyond Cardiovascular Diseases. <i>Nutrients</i>, 13(5), 1697. Doi: 10.3390/nu13051697. PMID: 34067632; PMCID: PMC8156424 https://pubmed.ncbi.nlm.nih.gov/34067632/</p> <p>Sarmiento, A., Diaz-Castro, J., Pulido-Moran, M., Kajarabille, N., Guisado, R., & Ochoa, J. J. (2016). Coenzyme Q10 Supplementation and Exercise in Healthy Humans: A Systematic Review. <i>Current Drug Metabolism</i>, 17(4), 345-358. Doi: 10.2174/1389200216666151103115654. PMID: 26526835. https://pubmed.ncbi.nlm.nih.gov/26526835/</p> <p>Díaz-Casado, M. E., Quiles, J. L., Barriocanal-Casado, E., González-García, P., Battino, M., López, L. C., & Varela-López, A. (2019). The Paradox of Coenzyme Q10 in Aging. <i>Nutrients</i>, 11(9), 2221. Doi: 10.3390/nu11092221. PMID: 31540029; PMCID: PMC6770889. https://pubmed.ncbi.nlm.nih.gov/31540029/</p>
<p>Magnesium Malate</p>	<p>Highly absorbable essential mineral used to support energy production, improve exercise performance, aid in healthy metabolism and supports bowel movement.</p>	<p>Constipation & Energy support</p>	<p>Weiss, D., Brunk, D. K., & Goodman, D. A. (2018). Scottsdale Magnesium Study: Absorption, Cellular Uptake, and Clinical Effectiveness of a Timed-Release Magnesium Supplement in a Standard Adult Clinical Population. <i>Journal of the American College of Nutrition</i>, 37(4), 316-327. Doi: 10.1080/07315724.2017.1398688. https://www.tandfonline.com/doi/full/10.1080/07315724.2017.1398688</p> <p>Volpe, S. L. (2015). Magnesium and the Athlete. <i>Current Sports Medicine Reports</i>, 14(4), 279-283. Doi: 10.1249/JSR.0000000000000178 https://journals.lww.com/acsm-csmr/fulltext/2015/07000/magnesium_a</p>

			<p>nd_the_athlete.8.aspx</p> <p>D., Castenmiller, J., De Henauw, S., Hirsch-Ernst, K. I., Kearney, J., Knutsen, H. K., Maciuk, A., Mangelsdorf, I., McArdle, H. J., Naska, A., Pelaez, C., Pentieva, K., Siani, A., Thies, F., Tsabouri, S., Vinceti, M., Dean, T., Engel, K. H., Heinonen, M., Marchelli, R., Neuhäuser-Berthold, M., Poulsen, M., Pöting, A., Sanz, Y., Schlatter, J. R., Germini, A., & van Loveren, H. (2018). Magnesium citrate malate as a source of magnesium added for nutritional purposes to food supplements. EFSA Journal, 16(12), e05484. Doi: https://pubmed.ncbi.nlm.nih.gov/32625777/</p> <p>Newhouse, I. J., & Finstad, E. W. (2000). The Effects of Magnesium Supplementation on Exercise Performance. Clinical Journal of Sport Medicine, 10(3), 195-200.</p> <p>https://journals.lww.com/cjsportsmed/Abstract/2000/07000/The_Effects_of_Magnesium_Supplementation_on.8.aspx</p>
Himalayan Pink Salt Powder (Sodium Chloride)	Pharmaceutical grade sodium electrolyte used to replenish lost electrolytes, while detoxing the body and kidneys.	Electrolyte for energy & fatigue support	<p>EFSA Panel on Nutrition, Novel Foods and Food Allergens (NDA), Turck D, Castenmiller J, de Henauw S, Hirsch-Ernst KI, Kearney J, Knutsen HK, Maciuk A, Mangelsdorf I, McArdle HJ, Pelaez C, Pentieva K, Siani A, Thies F, Tsabouri S, Vinceti M, Aggett P, Fairweather-Tait S, Martin A, Przyrembel H, de Sesmaisons-Lecarré A, Naska A. Dietary reference values for chloride. EFSA J. 2019 Sep 4;17(9):e05779.</p> <p>Institute of Medicine. 2006. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. Accessed 9/5/2022.</p> <p>Merson, S. (2009). Salt - The Pros and the Cons. Foods Matter, 8-9. https://www.proquest.com/openview/9b0c446d6878245119c909d6035db21e/1?pq-origsite=gscholar&cbl=39578</p>
Potassium Citrate	Highly bioavailable form of potassium to help with electrolyte balance	Electrolyte for energy & fatigue support	<p>National Academy of Medicine. Dietary Reference Intakes for Sodium and Potassium. Washington (DC): National Academies Press (US); 2019 Mar.</p> <p>National Institutes of Health; Office of Dietary Supplements. Potassium: Fact Sheet for Health Professionals. https://ods.od.nih.gov/factsheets/Potassi</p>

			<p>um-HealthProfessional/. Accessed 5/20/2019.</p> <p>Dietary Guidelines for Americans Scientific Advisory Committee. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, to the Secretary of Agriculture and the Secretary of Health and Human Services. 2010.</p> <p>Yang Q, Liu T, Kuklina EV, Flanders WD, Hong Y, Gillespie C, Chang MH, Gwinn M, Dowling N, Khoury MJ, Hu FB. Sodium and potassium intake and mortality among US adults: prospective data from the Third National Health and Nutrition Examination Survey. <i>Archives of internal medicine</i>. 2011 Jul 11;171(13):1183-91.</p> <p>Sjøgaard, G. (1996, March). Potassium and fatigue: the pros and cons. https://onlinelibrary.wiley.com/doi/abs/10.1046/j.1365-201X.1996.207000.x</p> <p>Lindinger, M. I., & Cairns, S. P. (2021, January 4). Regulation of muscle potassium: exercise performance, fatigue and health implications. https://link.springer.com/article/10.1007/s00421-020-04546-8</p> <p>Mohr, M., Nordsborg, N., Nielsen, J. J., Pedersen, L. D., Fischer, C., Krstrup, P., & Bangsbo, J. (2004, March 27). Potassium kinetics in human muscle interstitium during repeated intense exercise in relation to fatigue. https://link.springer.com/article/10.1007/s00424-004-1257-6</p> <p>Demigné, C., Sabboh, H., Rémésy, C., & Meneton, P. (2004). Protective Effects of High Dietary Potassium: Nutritional and Metabolic Aspects. <i>The Journal of Nutrition</i>, 134(11), 2903-2906. Doi: 10.1093/jn/134.11.2903. https://www.sciencedirect.com/science/article/pii/S0022316623028626?via%3Dihub</p>
Organic Ginger Root Extract	Biologically active ingredient zingiber officinale is highly effective for gastrointestinal disorders, such as dyspepsia, abdominal pain, and nausea.	Nausea, Dyspepsia, Abdominal Pain support	Gumbarewicz, E., Jarząb, A., Stepulak, A., & Kukula-Koch, W. (2022). Zingiber officinale Rosc. In the Treatment of Metabolic Syndrome Disorders—A Review of In Vivo Studies. <i>International Journal of Molecular Sciences</i> , 23(24),

			<p>15545. Doi: 10.3390/ijms232415545. PMID: 36555184. PMCID: PMC9779757 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9779757/</p> <p>Hu, M. L., Rayner, C. K., Wu, K. L., Chuah, S. K., Tai, W. C., Chou, Y. P., Chiu, Y. C., Chiu, K. W., & Hu, T. H. (2011). Effect of ginger on gastric motility and symptoms of functional dyspepsia. <i>World Journal of Gastroenterology</i>, 17(1), 105-110. Doi: 10.3748/wjg.v17.i1.105. PMID: 21218090. PMCID: PMC3016669 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3016669/</p> <p>Rondanelli, M., Fossari, F., Vecchio, V., Gasparri, C., Peroni, G., Spadaccini, D., Riva, A., Petrangolini, G., Iannello, G., Nichetti, M., Infantino, V., & Perna, S. (2020). Clinical trials on pain lowering effect of ginger: <i>Phytotherapy Research</i>, 34(11), 2843-2856. Doi: 10.1002/ptr.6730. PMID: 32436242. PMCID: PMC7754412. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7754412/</p> <p>Nikkhah Bodagh, M., Maleki, I., & Hekmatdoost, A. (2019). Ginger in gastrointestinal disorders: A systematic review of clinical trials. <i>Food Science & Nutrition</i>, 7(1), 96-108. Doi: 10.1002/fsn3.807. PMID: 30680163. PMCID: PMC6341159. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6341159/</p>
<p>Bromelain</p>	<p>Key ingredient found in pineapples used to improve digestion and aid in proper bowel function.</p>	<p>Digestion and bowel function support</p>	<p>Hikisz, P., & Bernasinska-Slomczewska, J. (2021). Beneficial Properties of Bromelain. <i>Nutrients</i>, 13(12), 4313. Doi: 10.3390/nu13124313. PMID: 34959865. PMCID: PMC8709142. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8709142/</p> <p>Chakraborty, A. J., Mitra, S., Tallei, T. E., Tareq, A. M., Nainu, F., Cicia, D., Dhama, K., Emran, T. B., Simal-Gandara, J., & Capasso, R. (2021). Bromelain a potential bioactive compound: A comprehensive overview from a pharmacological perspective. <i>Life</i>, 11(4), 317. https://doi.org/10.3390/life11040317</p> <p>Pavan, R., Jain, S., Shraddha, & Kumar, A. (2012). Properties and therapeutic</p>

			<p>application of bromelain: A review. <i>Journal of Biotechnology</i>, 150(1), 16-23. https://doi.org/10.1016/j.jbiotec.2010.12.011</p>
Papain Enzyme	<p>Derived from papayas, a natural digestive enzyme that helps break down the food you eat so that you can properly digest and absorb the nutrients from that food. They also help relieve symptoms such as bloating, constipation, and gas.</p>	<p>Digestion, constipation and gut microbiome support</p>	<p>Sharma, A., Sharma, R., Sharma, M., Kumar, M., Barbhai, M. D., Lorenzo, J. M., Sharma, S., Samota, M. K., Atanassova, M., Caruso, G., Naushad, M., & Radha. (2022). Carica papaya L. Leaves: Deciphering Its Antioxidant Bioactives, Biological Activities, Innovative Products, and Safety Aspects. <i>BioMed Research International</i>, 2022, Article ID 2451733. https://doi.org/10.1155/2022/2451733</p> <p>Roxas, M. (2008). The Role of Enzyme Supplementation in Digestive Disorders. <i>Alternative Medicine Review</i>, 13(4), 307-314.</p> <p>Martin, S. H. C. (1885). Papain-Digestion. <i>Journal of Physiology</i>, 5(4-6), 213-230. Doi: 10.1113/jphysiol.1885.sp000165 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1485166/</p> <p>Kostiuchenko, O., Kravchenko, N., Markus, J., Burleigh, S., Fedkiv, O., Cao, L., Letasiova, S., Skibo, G., Fåk Hållenius, F., & Prykhodko, O. (2022). Effects of Proteases from Pineapple and Papaya on Protein Digestive Capacity and Gut Microbiota in Healthy C57BL/6 Mice and Dose-Manner Response on Mucosal Permeability in Human Reconstructed Intestinal 3D Tissue Model. <i>Metabolites</i>, 12(11), 1027. Doi: 10.3390/metabo12111027 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9696696/</p>
Lemon Balm (Melissa officinalis) Extract	<p>Used as a gastro-protective herb that aids to relax and soothe spasms thanks to its antispasmodic effects, plus assists with discomfort from indigestion</p>	<p>Antispasmodic effects, GI discomfort, indigestion support</p>	<p>Miraj, S., Rafieian-Kopaei, R., & Kiani, S. (2017). Melissa officinalis L: A Review Study With an Antioxidant Prospective. <i>Journal of Evidence-Based Complementary & Alternative Medicine</i>, 22(3), 385-394. Doi: 10.1177/2156587216663433 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871149/</p> <p>Aubert, P., Guinobert, I., Blondeau, C., Bardot, V., Ripoche, I., Chalard, P., & Neunlist, M. (2019). Basal and Spasmolytic Effects of a Hydroethanolic Leaf Extract of Melissa officinalis L. on Intestinal Motility: An Ex Vivo Study. <i>Medicinal Food</i>, 22(7), 653-662. Doi:</p>

			<p>10.1089/jmf.2018.0154https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6653806/</p> <p>Abdellatif, F., Begaa, S., Messaoudi, M., Benarfa, A., Ouakouak, H., Hassani, A., Sawicka, B., & Simal Gandara, J. (2023). HPLC–DAD Analysis, Antimicrobial and Antioxidant Properties of Aromatic Herb <i>Melissa officinalis</i> L., Aerial Parts Extracts. <i>Food Analytical Methods</i>, 16(1), 45-54. Doi: 10.1007/s12161-022-02385-7https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9397176/</p>
<p>Peppermint (mentha piperita) Leaf Powder</p>	<p>Natural herb that may relieve digestive symptoms, such as gas, bloating, and indigestion.</p>	<p>Indigestion and gas support</p>	<p>Chumpitazi, B. P., Kearns, G., & Shulman, R. J. (2018). Review article: The physiologic effects and safety of Peppermint Oil and its efficacy in irritable bowel syndrome and other functional disorders. <i>Alimentary Pharmacology & Therapeutics</i>, 47(6), 738-752. Doi: 10.1111/apt.14519.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5814329/</p> <p>Fifi, A. C., Axelrod, C. H., Chakraborty, P., & Saps, M. (2018). Herbs and spices in the treatment of functional gastrointestinal disorders: A review of clinical trials. <i>Nutrients</i>, 10(11), 1715. Doi: 10.3390/nu10111715. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266883/</p> <p>Mahboubi, M. (2021). <i>Mentha spicata</i> L. essential oil, phytochemistry and its effectiveness in flatulence. <i>Journal of Traditional and Complementary Medicine</i>, 11(2), 75–81. Doi: 10.1016/j.jtcme.2017.08.011.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7936090/</p> <p>Chiarioni, G., Pesce, M., Fantin, A., & Sarnelli, G. (2018). Complementary and alternative treatment in functional dyspepsia. <i>United European Gastroenterology Journal</i>, 6(1), 5–12. Doi: 10.1177/2050640617724061.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5802680/</p> <p>Jafarimanesh, H., Akbari, M., Hoseinian, R., Zarei, M., & Harorani, M. (2020). The effect of peppermint (<i>Mentha piperita</i>) extract on the severity of nausea, vomiting, and anorexia in patients with breast cancer undergoing chemotherapy: A randomized controlled trial. <i>Integrative Cancer Therapies</i>, 19, 1534735420967084. Doi:</p>

			<p>10.1177/1534735420967084. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7605047/</p>
<p>Organic Licorice Extract (root)</p>	<p>Potent antioxidant that supports acid reflux.</p>	<p>Acid reflux, Peptic Ulcer Disease, Indigestion support</p>	<p>Di Pierro, F., Gatti, M., Rapacioli, G., & Ivaldi, L. (2013). Outcomes in patients with nonerosive reflux disease treated with a proton pump inhibitor and alginic acid ± glycyrrhetic acid and anthocyanosides. <i>Clinical and Experimental Gastroenterology</i>, (6), 27-33. doi: 10.2147/CEG.S42512. PMID: 23569394. PMCID: PMC3615700 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3615700</p> <p>Raveendra, K. R., Jayachandra, S., Srinivasa, V., Sushma, K. R., Allan, J. J., Goudar, K. S., Shivaprasad, H. N., Venkateshwarlu, K., Geetharani, P., Sushma, G., & Agarwal, A. (2011). An Extract of Glycyrrhiza glabra (GutGard) Alleviates Symptoms of Functional Dyspepsia: A Randomized, Double-Blind, Placebo-Controlled Study. <i>Evidence-Based Complementary and Alternative Medicine</i>, 2012, 216970. doi: 10.1155/2012/216970. PMID: 21747893. PMCID: PMC3123991. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3123991</p> <p>Setright, R. (2017, June 1). Prevention of symptoms of gastric irritation (GERD) using two herbal formulas: An observational study. https://search.informit.org/doi/10.3316/INFORMIT.950298610899394</p> <p>Hajiaghahmohammadi, A. A., Zargar, A., Oveisi, S., Samimi, R., & Reisian, S. (2016). To evaluate the effect of adding licorice to the standard treatment regimen of Helicobacter pylori. <i>Brazilian Journal of Infectious Diseases</i>, 20(6), 534-538. doi: 10.1016/j.bjid.2016.07.015 https://pubmed.ncbi.nlm.nih.gov/27614124</p>

<p>Lactobacillus gasseri</p>	<p>Probiotic that plays a clinically validated role in abdomen weight reduction and supporting proper gut health.</p>	<p>Weight loss and gut health support</p>	<p>Jung, S.-P., Lee, K.-M., Kang, J.-H., Yun, S.-I., Park, H.-O., Moon, Y., & Kim, J.-Y. (2013). Effect of Lactobacillus gasseri BNRI7 on Overweight and Obese Adults: A Randomized, Double-Blind Clinical Trial. Korean Journal of Family Medicine, 34(2), 80–89. Doi: 10.4082/kjfm.2013.34.2.80. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3611107/</p> <p>Ogawa, A., Kadooka, Y., Kato, K., Shirouchi, B., & Sato, M. (2014). Lactobacillus gasseri SBT2055 reduces postprandial and fasting serum non-esterified fatty acid levels in Japanese hypertriacylglycerolemic subjects. Lipids in Health and Disease, 13, 36. Doi: 10.1186/1476-511X-13-36. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3944925/</p> <p>Álvarez-Arraño, V., & Martín-Peláez, S. (2021). Effects of Probiotics and Synbiotics on Weight Loss in Subjects with Overweight or Obesity: A Systematic Review. Nutrients, 13(10), 3627. Doi: 10.3390/nu13103627. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8540110/</p> <p>Drissi, F., Merhej, V., Angelakis, E., El Kaoutari, A., Carrière, F., Henrissat, B., & Raoult, D. (2014). Comparative genomics analysis of Lactobacillus species associated with weight gain or weight protection. Nutrition & Diabetes, 4(2), e109. Doi: 10.1038/nutd.2014.6. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3940830/</p>
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