



Core MULTI Product References

Fattal-Valevski, A (2011). Thiamin (vitamin B1). *Journal of Evidence-Based Complementary & Alternative Medicine*. 16 (1): 12–20. doi:10.1177/1533210110392941.

Riboflavin. *Alternative Medicine Review*. 13 (4): 334–340. 2008. PMID 19152481.

Whitney, N; Rolfes, S; Crowe, T; Cameron-Smith D; Walsh, A (2011). *Understanding Nutrition*. Melbourne: Cengage Learning.

National Academy of Sciences. Institute of Medicine. Food and Nutrition Board, ed. (1998). Chapter 6 - Niacin. *Dietary Reference Intakes for Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin and Choline*. Washington, D.C.: National Academy Press.

Gropper, S; Smith, J (2009). *Advanced nutrition and human metabolism*. Belmont, CA: Cengage Learning.

National Academy of Sciences. Institute of Medicine. Food and Nutrition Board, ed. (1998). "Chapter 8 - Folate". *Dietary Reference Intakes for Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin and Choline*. Washington, D.C.: National Academy Press.

National Academy of Sciences. Institute of Medicine. Food and Nutrition Board., ed. (1998). Chapter 4 - Thiamin (PDF). *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Washington, D.C.: National Academy Press. pp. 58–86. ISBN 0-309-06411-2.

National Academy of Sciences. Institute of Medicine. Food and Nutrition Board., ed. (1998). Chapter 5 – Riboflavin (PDF). *Dietary Reference Intakes for Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Washington, D.C.: National Academy Press. pp. 87–122. ISBN 0-309-06411-2.

Crush It

www.corenutrionals.com



National Academy of Sciences. Institute of Medicine. Food and Nutrition Board., ed. (1998). Chapter 6 - Niacin (PDF). Dietary Reference Intakes for Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline. Washington, D.C.: National Academy Press. pp. 123–149. ISBN 0-309-06411-2.

Holick MF (December 2004). "Sunlight and vitamin D for bone health and prevention of autoimmune diseases, cancers, and cardiovascular disease". *The American Journal of Clinical Nutrition*. 80 (6 Suppl): 1678S–88S. PMID 15585788.

Holick MF (March 2006). "High prevalence of vitamin D inadequacy and implications for health". *Mayo Clinic Proceedings*. 81 (3): 353–73. doi:10.4065/81.3.353. PMID 16529140.

Calvo MS, Whiting SJ, Barton CN (February 2005). "Vitamin D intake: a global perspective of current status". *The Journal of Nutrition*. 135 (2): 310–6. PMID 15671233.

Norman AW (August 2008). "From vitamin D to hormone D: fundamentals of the vitamin D endocrine system essential for good health". *The American Journal of Clinical Nutrition*. 88 (2): 491S–499S. PMID 18689389.

"Vitamin D". NIH Office of Dietary Supplements. February 11, 2016.

"Vitamin D Tests". Lab Tests Online (USA). American Association for Clinical Chemistry. Retrieved June 23, 2013.

Hollis BW (January 1996). "Assessment of vitamin D nutritional and hormonal status: what to measure and how to do it". *Calcified Tissue International*. 58 (1): 4–5. doi:10.1007/BF02509538. PMID 8825231.

Holick MF, Schnoes HK, DeLuca HF, Suda T, Cousins RJ (July 1971). "Isolation and identification of 1,25-dihydroxycholecalciferol. A metabolite of vitamin D active in intestine". *Biochemistry*. 10 (14): 2799–804. doi:10.1021/bi00790a023. PMID 4326883.

Wolf G (June 2004). The discovery of vitamin D: the contribution of Adolf Windaus. *The Journal of Nutrition*. 134 (6): 1299–302. PMID 15173387.

Crush It

www.corenutrionals.com

Morini, Marisa; Ottolini, Denis; Cali, Tito; Carafoli, Ernesto (2013). "Chapter 4. Calcium in Health and Disease". In Astrid Sigel, Helmut Sigel and Roland K. O. Sigel. *Interrelations between Essential Metal Ions and Human Diseases. Metal Ions in Life Sciences*. 13. Springer. pp. 81–137. doi:10.1007/978-94-007-7500-8_4.

Brini, Marisa; Call, Tito; Ottolini, Denis; Carafoli, Ernesto (2013). "Chapter 5 Intracellular Calcium Homeostasis and Signaling". In Banci, Lucia (Ed.). *Metallomics and the Cell. Metal Ions in Life Sciences*. 12. Springer. doi:10.1007/978-94-007-5561-1_5. ISBN 978-94-007-5560-4. electronic-book ISBN 978-94-007-5561-1 ISSN 1559-0836 electronic-ISSN 1868-0402

Wilson, C.H.; Ali, E.S.; Scrimgeour, N.; Martin, A.M.; Hua, J.; Tallis, G.A.; Rychkov, G.Y.; Barritt, G.J. (2015). "Steatosis inhibits liver cell store-operated Ca²(+) entry and reduces ER Ca²(+) through a protein kinase C-dependent mechanism". *Biochem J*. 466 (2): 379–390. doi:10.1042/bj20140881. PMID 25422863.

Milo, Ron; Philips, Rob. "Cell Biology by the Numbers: What are the concentrations of different ions in cells?". book.bionumbers.org. Retrieved 24 March 2017.

Brini, Marisa; Ottolini, Denis; Cali, Tito; Carafoli, Ernesto (2013). "Chapter 4. Calcium in Health and Disease". In Astrid Sigel, Helmut Sigel and Roland K. O. Sigel. *Interrelations between Essential Metal Ions and Human Diseases. Metal Ions in Life Sciences*. 13. Springer. pp. 81–138. doi:10.1007/978-94-007-7500-8_4.

Nielsen, Forrest H. (1998). "Ultratrace elements in nutrition: Current knowledge and speculation". *The Journal of Trace Elements in Experimental Medicine*. 11 (2–3): 251–274. doi:10.1002/(SICI)1520-670X(1998)11:2/3<251::AID-JTRA15>3.0.CO;2-Q.

Nielsen FH, Hunt CD, Mullen LM, Hunt JR (1987). "Effect of dietary boron on mineral, estrogen, and testosterone metabolism in postmenopausal women". *FASEB J*. 1 (5): 394–7. PMID 3678698.

Boron. IN: *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Copper*. National Academy Press. 2001, PP. 510–521.

"Primordial broth of life was a dry Martian cup-a-soup". *New Scientist*. 29 August 2013. Retrieved 2013-08-29.

Hütter, R.; Keller-Schien, W.; Knüsel, F.; Prelog, V.; Rodgers Jr., G. C.; Suter, P.; Vogel, G.; Voser, W.; Zähler, H. (1967). "Stoffwechselprodukte von Mikroorganismen. 57. Mitteilung.

Boromycin". *Helvetica Chimica Acta*. 50 (6): 1533–1539. doi:10.1002/hlca.19670500612. PMID 6081908.

Dunitz, J. D.; Hawley, D. M.; Miklos, D.; White, D. N. J.; Berlin, Y.; Marusić, R.; Prelog, V. (1971). "Structure of boromycin". *Helvetica Chimica Acta*. 54 (6): 1709–1713. doi:10.1002/hlca.19710540624. PMID 5131791.

Vithana, En; Morgan, P; Sundaresan, P; Ebenezer, Nd; Tan, Dt; Mohamed, Md; Anand, S; Khine, Ko; Venkataraman, D; Yong, Vh; Salto-Tellez, M; Venkatraman, A; Guo, K; Hemadevi, B; Srinivasan, M; Prajna, V; Khine, M; Casey, Jr.; Inglehearn, Cf; Aung, T (July 2006). "Mutations in sodium-borate cotransporter SLC4A11 cause recessive congenital hereditary endothelial dystrophy (CHED2)". *Nature Genetics*. 38 (7): 755–7. doi:10.1038/ng1824. ISSN 1061-4036. PMID 16767101.

"Ascorbic Acid". The American Society of Health-System Pharmacists. Archived from the original on December 30, 2016. Retrieved December 8, 2016.

"Fact Sheet for Health Professionals - Vitamin C". Office of Dietary Supplements, US National Institutes of Health. February 11, 2016. Archived from the original on July 30, 2017.

WHO Model Formulary 2008 (PDF). World Health Organization. 2009. p. 496. ISBN 9789241547659. Archived (PDF) from the original on December 13, 2016. Retrieved December 8, 2016.

Hemilä H, Chalker E (January 2013). "Vitamin C for preventing and treating the common cold". *The Cochrane Database of Systematic Reviews* (1): CD000980. doi:10.1002/14651858.CD000980.pub4. PMID 23440782.

Ye Y, Li J, Yuan Z (2013). "Effect of antioxidant vitamin supplementation on cardiovascular outcomes: a meta-analysis of randomized controlled trials". PLOS One. 8 (2): e56803. Bibcode:2013PLoSO...856803Y. doi:10.1371/journal.pone.0056803. PMC 3577664. PMID 23437244.

Duerbeck NB, Dowling DD, Duerbeck JM (March 2016). "Vitamin C: Promises Not Kept". Obstetrical & Gynecological Survey. 71 (3): 187–93. doi:10.1097/OGX.0000000000000289. PMID 26987583.

"Ascorbic acid Use During Pregnancy | Drugs. com". www.drugs.com. Archived from the original on December 31, 2016. Retrieved December 30, 2016.

Institute of Medicine (2000). "Vitamin C". Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids. Washington, D.C.: The National Academies Press. pp. 95–185. ISBN 0-309-06935-1. Archived from the original on September 2, 2017. Retrieved September 1, 2017.

"Vitamin C". Micronutrient Information Center, Linus Pauling Institute, Oregon State University, Corvallis, OR. January 14, 2014. Retrieved March 22, 2017.

"Magnesium in diet". MedlinePlus, U.S. National Library of Medicine, National Institutes of Health. 2 February 2016. Retrieved 13 October 2016.

"Vitamins and minerals – Others – NHS Choices". Nhs.uk. 26 November 2012. Retrieved 19 September 2013.

"Magnesium", pp.190-249 in "Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride". National Academy Press. 1997.

Firoz M; Graber M (2001). "Bioavailability of US commercial magnesium preparations". Magnes Res. 14 (4): 257–62. PMID 11794633.

Dietary Reference Intakes: RDA and AI for Vitamins and Elements Food and Nutrition Board, Institute of Medicine, National Academies Press, 2011. Retrieved 18 April 2018.



Copper. IN: Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Copper. National Academy Press. 2001, PP. 224–257.

"Overview on Dietary Reference Values for the EU population as derived by the EFSA Panel on Dietetic Products, Nutrition and Allergies" (PDF). 2017.

"Zinc" Archived September 19, 2017, at the Wayback Machine., pp. 442–501 in Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. National Academy Press. 2001.

"Overview on Dietary Reference Values for the EU population as derived by the EFSA Panel on Dietetic Products, Nutrition and Allergies" (PDF). 2017. Archived (PDF) from the original on August 28, 2017.

Tolerable Upper Intake Levels For Vitamins And Minerals (PDF), European Food Safety Authority, 2006, archived (PDF) from the original on March 16, 2016

"Federal Register May 27, 2016 Food Labeling: Revision of the Nutrition and Supplement Facts Labels. FR page 33982" (PDF). Archived (PDF) from the original on August 8, 2016.

"Vitamin A". Micronutrient Information Center, Linus Pauling Institute, Oregon State University, Corvallis. January 2015. Retrieved 6 July 2017.

Fennema O (2008). Fennema's Food Chemistry. CRC Press Taylor & Francis. pp. 454–455. ISBN 9780849392726.

"Vitamin A". MedlinePlus, National Library of Medicine, US National Institutes of Health. 2 December 2016.

Tanumihardjo SA (August 2011). "Vitamin A: biomarkers of nutrition for development". The American Journal of Clinical Nutrition. 94 (2): 658S–65S. doi:10.3945/ajcn.110.005777. PMC 3142734 . PMID 21715511.

Wolf G (June 2001). "The discovery of the visual function of vitamin A". The Journal of Nutrition. 131 (6): 1647–50. doi:10.1093/jn/131.6.1647. PMID 11385047.

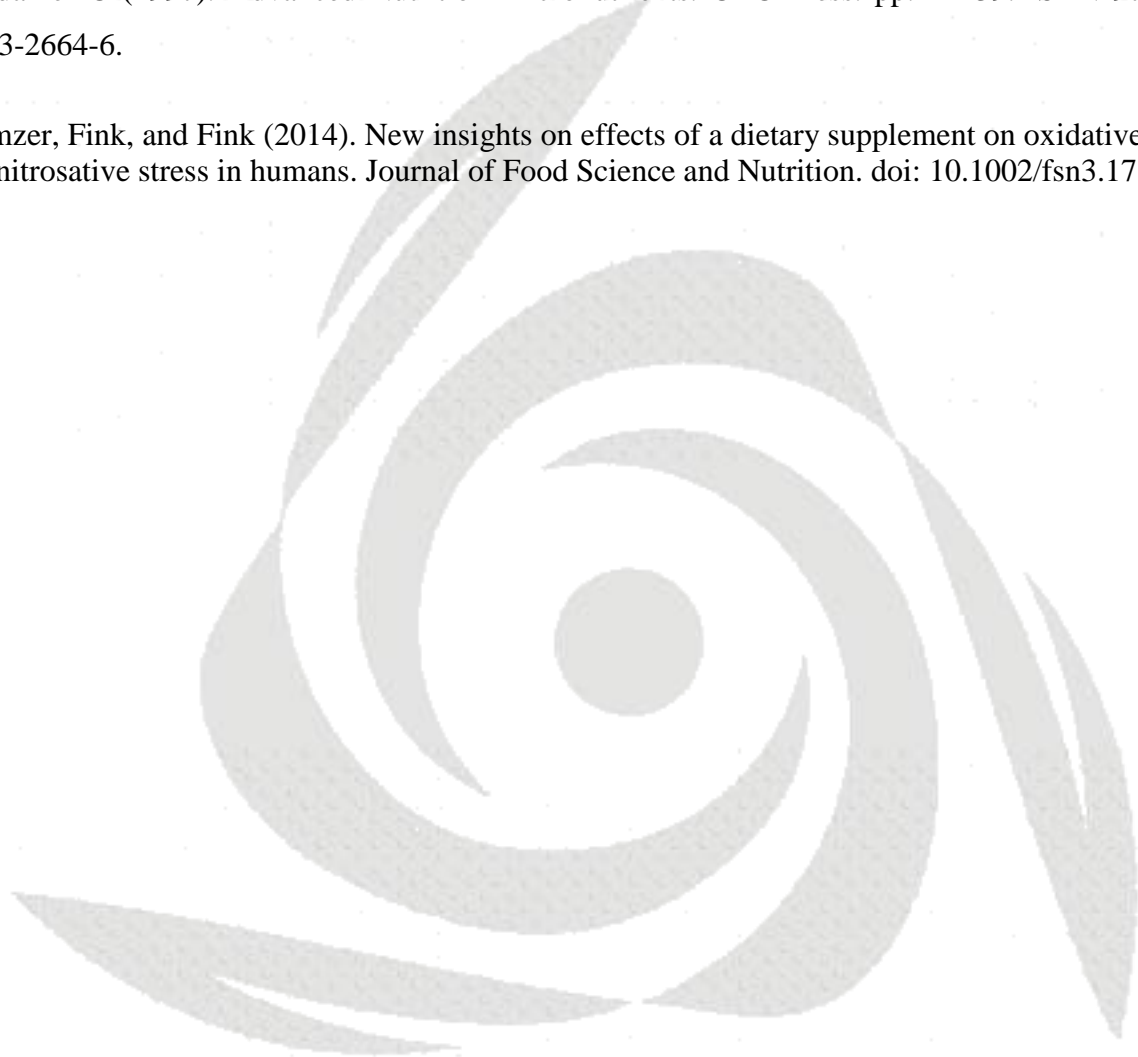


"Vitamin A". Office of Dietary Supplements, US National Institutes of Health. 31 August 2016.

News Medical. "What is Vitamin A?". Retrieved 1 May 2012.

Berdanier C (1997). Advanced Nutrition Micronutrients. CRC Press. pp. 22–39. ISBN 978-0-8493-2664-6.

Nemzer, Fink, and Fink (2014). New insights on effects of a dietary supplement on oxidative and nitrosative stress in humans. *Journal of Food Science and Nutrition*. doi: 10.1002/fsn3.178



Crush It

www.corenutrionals.com