

Studies to Support therapeutic use of Bitters

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- **Gentiana**

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2. Microencapsulated bitter compounds (from *Gentiana lutea*) reduce daily energy intakes in humans, *BJN* Vol 116, Issue 10, November 2016, pp. 1841-1850
3. Medicinal, biological and phytochemical properties of *Gentiana* species; *Journal of Traditional and Complementary Medicine* 7 (2017) 400e408
4. Comparative HPLC/ESI-MS and HPLC/DAD study of different populations of cultivated, wild and commercial *Gentiana lutea* L.; *Food Chemistry* Volume 174, 1 May 2015, Pages 426-433

- **Bitters and Digestive support**

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3. Bitters time for a new paradigm://[dx.doi.org/10.1155/2015/670504](https://doi.org/10.1155/2015/670504)
4. Bitter taste receptors in Neadrathrals : *Biol. Lett.* (2009) 5, 809–811
5. Bitter Receptors: *Cellular and Molecular Life Sciences* 63: 1501-1509, 2006
6. HUMAN TISSUE EXPRESSING TAS2R38 RECEPTORS, *Molecules* 2016, 21, 306

- **Blood Sugar- Cardiovascular support**

1. Bitter taste receptors influence glucose homeostasis: CD Dotson, L Zhang, H Xu, YK Shin, S Vignes, SH Ott- *PloS one*, 2008 - journals.plos.org
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3. T1R and T2R receptors: The modulation of incretin hormones and potential targets for the treatment of type 2 diabetes mellitus, *Curr. Opin. Investig. Drugs.* 2010 April ; 11(4): 447–454.
4. *Gentiana lutea* exerts anti atherosclerotic effects by preventing endothelial inflammation and smooth muscle cell migration, *Nutrition, Metabolism and Cardiovascular diseases:* (2016) 26, 293-301
5. Inhibition of myeloperoxidase and antioxidative activity of *Gentiana lutea* extracts; *Journal of Pharmaceutical and Biomedical Analysis* 66 (2012) 191–196

- **Neuronal effects, endocrine, digestive, wt. loss**

1. Facial affective reactions to bitter-tasting foods and body mass index in adults.
2. *Appetite.* 2013 Dec;71:178-86. doi: 10.1016/j.appet.2013.08.013. Epub 2013 Aug 30.
3. Taste receptors of the gut: Emerging roles in health and disease: *GUT*, 2014 Jan;63(1):179-90 <https://doi.org/10.1097/01.ALC.0000145789.55183.D4>
4. TAS2R bitter taste receptors regulate thyroid function: *FASEB J.* 2015 Jan. 29(1) 164-172