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Science Library · Multi-Ingredient Studies

Introduction

Welcome to our Multi-Ingredient section of the Science Library! In this section, we explore the research and reviews that examine and highlight the potential benefits of the various ingredients in our blends.

Purpose: Our aim is to illuminate the research that informs our choice of ingredients in our blends' formulation. Understand the rationale behind the formulations and their targeted health benefits.

Access: Navigate a list of multi-ingredient studies, with direct links to source materials for informed understanding. Should you need access to specific articles not available online, PDFs are provided upon request at care@auriablends.com.

Disclaimer: *The information here is for educational purposes and not intended as medical advice. Always consult a healthcare professional for health-related issues. The content is provided for informational use and is not endorsed by Auria Health, LLC.*

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Reference Listing of auria™ Ingredients & Blends Inspired by These Studies

| Ingredient Type | Ingredient Name | Referenced in Study # | Ingredient Used in Blend(s) |
|----------------------|---------------------|-----------------------|------------------------------------|
| Mushroom | Antrodia | 7, 10 & 11 | Boost & Immunity* |
| Mushroom | Chaga | 8 & 10 | Boost & Immunity* |
| Mushroom | Cordyceps | 8 & 11 | Align, Elevate & Revive |
| Mushroom | Himematsutake | 7, 8, 10 & 11 | Align & Revive |
| Mushroom | King Trumpet | 7 & 11 | Revive |
| Mushroom | Lion's Mane | 5, 7, 8 & 10 | Align, Elevate, Focus* & Immunity* |
| Mushroom | Red Reishi | 7, 8, 10 & 11 | Elevate |
| Mushroom | Turkey Tail | 7 & 10 | Boost |
| Plant Extract | American Ginseng | 2 & 5 | Revive+ |
| Plant Extract | Ashwagandha | 2 & 5 | Revive |
| Plant Extract | Ginkgo biloba | 2 & 5 | Align & Focus* |
| Plant Extract | Rhodiola rosea | 2 & 5 | Elevate |
| Plant Extract | Saffron | 5 | Elevate+ |
| Isolated Ingredients | Acetyl-L-Carnitine | 4 | Align & Focus* |
| Isolated Ingredients | CoQ10 | 4 | Align+ & Focus* |
| Isolated Ingredients | Magnesium | 2 | Revive+ |
| Isolated Ingredients | N-Acetyl-L-Cysteine | 4 & 5 | Elevate+ |
| Isolated Ingredients | Resveratrol | 4 | Boost & Focus* |
| Isolated Ingredients | Vitamin Bs | 2, 4 & 5 | Focus* & Immunity* |
| Isolated Ingredients | Vitamin D3 | 4 & 5 | Boost+ & Immunity* |
| Isolated Ingredients | Zinc | 2, 4 & 5 | Boost+ & Immunity* |

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Multi-Ingredient Studies · Clinical Studies Index

1. **Study:** [*Fungi as a source of bioactive molecules for the development of longevity medicines*](#)
 - **Source:** Ageing Research Reviews
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Nootropic Herbs, Shrubs, and Trees as Potential Cognitive Enhancers*](#)
 - **Source:** Plants
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
3. **Study:** [*Mushroom intake and cognitive performance among US older adults: the National Health and Nutrition Examination Survey, 2011 - 2014*](#)
 - **Source:** British Journal of Nutrition
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
4. **Study:** [*The effects of twenty-four nutrients and phytonutrients on immune system function and inflammation: A narrative review*](#)
 - **Source:** Journal of Clinical and Translational Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
5. **Study:** [*The effects of twenty-one nutrients and phytonutrients on cognitive function: A narrative review*](#)
 - **Source:** Journal of Clinical and Translational Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
6. **Study:** [*Prospective study of dietary mushroom intake and risk of mortality: results from continuous National Health and Nutrition Examination Survey \(NHANES\) 2003-2014 and a meta-analysis*](#)
 - **Source:** Nutrition Journal
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
7. **Study:** [*Medicinal Mushrooms: Bioactive Compounds, Use, and Clinical Trials*](#)
 - **Source:** International Journal of Molecular Sciences
 - **Type:** Review · Web Based PDF
 - **Year:** 2021



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8. **Study:** [Edible Mushrooms: A Comprehensive Review on Bioactive Compounds with Health Benefits and Processing Aspects](#)

- **Source:** Foods
- **Type:** Review · Web Based PDF
- **Year:** 2021

9. **Study:** [Antiaging effects of Bioactive Molecules Isolated from Plants and Fungi](#)

- **Source:** Medicinal Research Reviews
- **Type:** Review · Web Based PDF
- **Year:** 2019

10. **Study:** [Mushrooms: an emerging resource for therapeutic terpenoids](#)

- **Source:** 3 Biotech
- **Type:** Review · Web Based PDF
- **Year:** 2019

11. **Study:** [Edible Mushrooms: Improving Human Health and Promoting Quality Life](#)

- **Source:** International Journal of Microbiology
- **Type:** Review · Web Based PDF
- **Year:** 2014

12. **Study:** [Mushrooms and Health Summit Proceedings 1, 2, 3](#)

- **Source:** The Journal of Nutrition
- **Type:** Review · Web Based PDF
- **Year:** 2014

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