

Auria Health, LLC 2645 SW 37th Ave STE 601, Miami, FL 33133



auriablends.com

@auriablends

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 <u>care@auriablends.com</u>.

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.

REST OF PAGE INTENTIONALLY LEFT BLANK







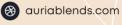


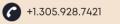


Table of Contents Science Library · Multi-Ingredient Studies..... Introduction1 1. 2. Study: Mushroom intake and cognitive performance among US older adults: the National Health and 3. Study: The effects of twenty-four nutrients and phytonutrients on immune system function and 4. 5. Study: The effects of twenty-one nutrients and phytonutrients on cognitive function: A narrative review4 Study: Prospective study of dietary mushroom intake and risk of mortality: results from continuous 6. 7. Study: Edible Mushrooms: A Comprehensive Review on Bioactive Compounds with Health Benefits and 8. Study: Antiaging effects of Bioactive Molecules Isolated from Plants and Fungi 9. 10. 11. 12.

REST OF PAGE INTETIONALLY LEFT BLANK



Auria Health, LLC 2645 SW 37th Ave STE 601, Miami, FL 33133



@ auriablends.com

@auriablends

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*

REST OF PAGE INTENTIONALLY LEFT BLANK



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:** <u>Mushroom intake and cognitive performance among US older adults: the National</u> <u>Health and Nutrition Examination Survey, 2011 - 2014</u>
 - Source: British Journal of Nutrition
 - **Type:** Research · Web Based PDF
 - Year: 2022
- **4. Study:** <u>The effects of twenty-four nutrients and phytonutrients on immune system function</u> <u>and inflammation: A narrative review</u>
 - 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 <u>narrative review</u>
 - Source: Journal of Clinical and Translational Research
 - Type: Review · Web Based PDF
 - Year: 2021
- 6. Study: <u>Prospective study of dietary mushroom intake and risk of mortality: results from</u> <u>continuous National Health and Nutrition Examination Survey (NHANES) 2003-2014 and a</u> <u>meta-analysis</u>
 - 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



Auria Health, LLC 2645 SW 37th Ave STE 601, Miami, FL 33133



@ auriablends.com

@auriablends

- 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

REST OF PAGE INTENTIONALLY LEFT BLANK