

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



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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 <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.

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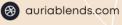


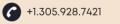


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Reference Listing of auria™ Ingredients & Blends Inspired by These Studies

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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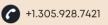


Multi-Ingredient Studies · Clinical Studies Index

- 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:** <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



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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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