



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



+1.305.928.7421



auriablends.com



@auriablends

Science Library · Single Ingredient Studies

Introduction

Welcome to the Single Ingredient section of our Science Library, a dedicated space showcasing research on individual ingredients used in our blends. Discover detailed insights into the benefits, functions, and scientific understandings of each component.

Purpose: This library offers a clear and concise view of current and historical research on the single ingredients in our blends, providing deep dives into the science that informs their use in health and wellness contexts. It's an educational resource for understanding how each component contributes to the efficacy of our blends.

Access: Navigate a list of single 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: Content is strictly for educational purposes and not intended as medical advice. Consult healthcare professionals for specific health concerns. The information is for informational use and does not reflect an endorsement or recommendation by Auria Health, LLC.

REST OF PAGE INTENTIONALLY LEFT BLANK



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

+1.305.928.7421

auriablends.com

@auriablends

Table of Contents

Science Library · Single Ingredient Studies	1
Introduction	1
Table of Contents	2
Whole Compounds (Mushrooms)	3
Antrodia (<i>Antrodia cinnamomea</i> & <i>camphorata</i>) · Blend(s): Boost & Immunity*	3
Chaga (<i>Inonotus obliquus</i>) · Blend(s): Boost & Immunity*	4
Cordyceps (<i>Cordyceps militaris</i> & <i>sinensis</i>) · Blend(s): Align, Elevate & Revive	5
Himematsutake (<i>Agaricus blazei</i>) · Blend(s): Align & Revive Blend	6
King Trumpet (<i>Pleurotus eryngii</i>) · Blend(s): Revive	7
Lion's Mane (<i>Hericium erinaceus</i>) · Blend(s): Align, Elevate, Focus* & Immunity*	8
Red Reishi (<i>Ganoderma lucidum</i>) · Blend(s): Elevate	9
Turkey Tail (<i>Trametes</i> , <i>Coriolus</i> , <i>Polyporus versicolor</i>) · Blend(s): Boost	10
Extracts (Leaf, Root, and Whole Plant)	11
American Ginseng (<i>Panax quinquefolius</i>) · Blend(s): Revive+	11
Ashwagandha (<i>Withania somnifera</i>) · Blend(s): Revive	12
Ginkgo (<i>Ginkgo biloba</i>) · Blend(s): Align & Focus*	13
Rhodiola rosea (<i>Rhodiola rosea</i>) · Blend(s): Elevate	14
Saffron (<i>Crocus sativus</i> L.) · Blend(s): Elevate+	15
Isolated Ingredients	16
ALC (Acetyl-L-Carnitine Hydrochloride) · Blend(s): Align & Focus*	16
CoQ10 (Coenzyme Q10) · Blend(s): Align+ & Focus*	17
Magnesium (Magnesium Citrate) · Blend(s): Revive+	18
NAC (N-Acetyl-L-Cysteine) · Blend(s): Elevate+	19
Resveratrol (<i>Polygonum cuspidatum</i>) · Blend(s): Boost & Focus*	20
Vitamin D3 (Cholecalciferol) · Blend(s): Boost+ & Immunity*	21
Zinc (Zinc Picolinate & Citrate) · Blend(s): Boost+ & Immunity*	22
Discontinued Blends/Ingredients	23
NMN (Nicotinamide Mononucleotide) · Blend(s): Focus* & Immunity*	23
NMN (Nicotinamide Mononucleotide) · Blend(s): Focus* & Immunity* (cont.)	24
Vitamin B1 (Thiamine hydrochloride) · Blend(s): Focus*	25
Vitamin B6 (Pyridoxine hydrochloride) · Blend(s): Focus*	26
Vitamin B12 (Cyanocobalamin) · Blend(s): Focus* & Immunity*	27



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



+1.305.928.7421



auriablends.com



@auriablends

Whole Compounds (Mushrooms)

Antrodia (Antrodia cinnamomea & camphorata) · Blend(s): Boost & Immunity*

- Study:** [Isolation and identification of bioactive compounds from Antrodia camphorata against ESKAPE pathogens](#)
 - Source:** PLOS One
 - Type:** Research · Web Based PDF
 - Year:** 2023
- Study:** [Anti-Inflammatory Constituents of Antrodia camphorata on RAW 264.7 Cells Induced by Polyinosinic-Polycytidylic Acid](#)
 - Source:** Molecules
 - Type:** Research · Web Based PDF
 - Year:** 2022
- Study:** [Clinical Benefits of Golden-Antrodia Camphorata Containing Antroquinonol in Liver Protection and Liver Fat Reduction After Alcoholic Hepatitis](#)
 - Source:** Frontiers in Pharmacology
 - Type:** Research · Web Based PDF
 - Year:** 2022
- Study:** [Safety of freeze-dried mycelia of Antrodia camphorata as a novel food pursuant to regulation \(EU\) 2015/2283](#)
 - Source:** EFSA Journal
 - Type:** Opinion · Web Based PDF
 - Year:** 2022
- Study:** [A Botanical Drug Extracted From Antrodia cinnamomea: A First-in-human Phase 1 Study in Healthy Volunteers](#)
 - Source:** Journal of the American College of Nutrition
 - Type:** Research · Web Based PDF
 - Year:** 2022
- Study:** [A Pilot Study to Assess Food Safety and Potential Cholesterol-Lowering Efficacy of Antrodia cinnamomea Solid-State Cultivated Mycelium in Healthy Adults](#)
 - Source:** Evidence-Based Complementary and Alternative Medicine
 - Type:** Research · Web Based PDF
 - Year:** 2020
- Study:** [Efficacy and safety of oral Antrodia cinnamomea mycelium in mildly hypertensive adults: A randomized controlled pilot clinical study](#)
 - Source:** European Journal of Integrative Medicine
 - Type:** Research · Web Based PDF
 - Year:** 2016
- Study:** [Protective Effects of Antrodia Cinnamomea Against Liver Injury](#)
 - Source:** Journal of Traditional and Complementary Medicine
 - Type:** Review · Web Based PDF
 - Year:** 2011



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



+1.305.928.7421



auriablends.com



@auriablends

Chaga (*Inonotus obliquus*) · Blend(s): Boost & Immunity*

1. **Study:** [Research Progress on Application of Inonotus obliquus in Diabetic Kidney Disease](#)
 - **Source:** Journal of Inflammation Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [Effect of Inonotus obliquus Extract Supplementation on Endurance Exercise and Energy-Consuming Processes through Lipid Transport in Mice](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
3. **Study:** [Recent Developments in Inonotus obliquus \(Chaga mushroom\) Polysaccharides: Isolation, Structural Characteristics, Biological Activities and Application](#)
 - **Source:** Polymers
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
4. **Study:** [Chaga mushroom \(Inonotus obliquus\) polysaccharides exhibit genoprotective effects in UVB-exposed embryonic zebrafish \(Danio rerio\) through coordinated expression of DNA repair genes](#)
 - **Source:** Heliyon
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
5. **Study:** [Composition of Triterpenoids in Inonotus obliquus and Their Anti-Proliferative Activity on Cancer Cell Lines](#)
 - **Source:** Molecules
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
6. **Study:** [Inonotus obliquus - from folk medicine to clinical use](#)
 - **Source:** Journal of Traditional and Complementary Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
7. **Study:** [Continuous intake Chaga mushroom \(Inonotus obliquus\) aqueous extract suppresses cancer progression and maintains body temperature in mice](#)
 - **Source:** Heliyon
 - **Type:** Research · Web Based PDF
 - **Year:** 2016



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



+1.305.928.7421



auriablends.com



@auriablends

Cordyceps (*Cordyceps militaris* & *sinensis*) · Blend(s): Align, Elevate & Revive

1. **Study:** [A brief review of the medicinal uses of Cordyceps militaris](#)
 - **Source:** Pharmacological Research – Modern Chinese Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [Efficacy and Safety of Cordyceps militaris as an Adjuvant to Duloxetine in the Treatment of Insomnia in Patients With Depression: A 6-Week Double-Blind, Randomized, Placebo-Controlled Trial](#)
 - **Source:** Frontiers in Psychiatry
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
3. **Study:** [Cordyceps spp: A Review on Its Immune-Stimulatory and Other Biological Potentials](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
4. **Study:** [Immunomodulatory effects of mycelium extract of Cordyceps \(Paecilomyces hepialii; CBG-CS-2\): a randomized and double-blind clinical trial](#)
 - **Source:** BMC Complementary and Alternative Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
5. **Study:** [Improvement of Learning and Memory Induced by Cordyceps Polypeptide Treatment and the Underlying Mechanism](#)
 - **Source:** Hindawi Evidence-Based Complementary and Alternative Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2018
6. **Study:** [Mechanisms Underlying the Antifatigue Effects of the Mycelium Extract of Cordyceps \(paecilomyces hepialid, CBG-CS-2\) in Mice in the Forced Swimming Test](#)
 - **Source:** Food and Nutrition Sciences
 - **Type:** Research · Web Based PDF
 - **Year:** 2015
7. **Study:** [Pharmacological and therapeutic potential of Cordyceps with special reference to Cordycepin](#)
 - **Source:** 3 Biotech
 - **Type:** Review · Web Based PDF
 - **Year:** 2013
8. **Study:** [Randomized double-blind placebo-controlled clinical trial and assessment of fermentation product of Cordyceps sinensis \(CS-4\) in enhancing aerobic capacity and respiratory function of the healthy elderly volunteers](#)
 - **Source:** Chinese Journal of Integrative Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2004



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



+1.305.928.7421



auriablends.com



@auriablends

Himematsutake (*Agaricus blazei*) · Blend(s): Align & Revive Blend

Additional Ingredient Referenced (Lion's Mane · Study #4)

1. **Study:** [*Isolation and Identification of Chemical Compounds from Agaricus blazei Murrill and Their In Vitro Antifungal Activities*](#)
 - **Source:** Molecules
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Critical Review on Chemical Compositions and Health-promoting effects of mushroom Agaricus blazei Murill*](#)
 - **Source:** Current Research in Food Science
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
3. **Study:** [*Agaritrine derived from Agaricus blazei Murrill induces apoptosis via mitochondrial membrane depolarization in hematological tumor cell lines*](#)
 - **Source:** Fujita Medical Journal
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
4. **Study:** [*Antitumor, Anti-inflammatory and Antiallergic Effects of Agaricus blazei Mushroom Extract and the Related Medicinal Basidiomycetes Mushrooms, Hericium erinaceus and Grifola frondosa: A Review of Preclinical and Clinical Studies*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
5. **Study:** [*Agaricus blazei-Based Mushroom Extract Supplementation to Birch Allergic Blood Donors: A Randomized Clinical Trial*](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
6. **Study:** [*The Mushroom Agaricus blazei Murill Elicits Medicinal Effects on Tumor, Infection, Allergy, and Inflammation through Its Modulation of Innate Immunity and Amelioration of TH1/TH2 Imbalance and Inflammation*](#)
 - **Source:** Hindawi Advances in Pharmacological Studies
 - **Type:** Review · Web Based PDF
 - **Year:** 2011
7. **Study:** [*The Medicinal Mushroom Agaricus blazei Murrill: Review of Literature and Pharmacotoxicological Problems*](#)
 - **Source:** Hindawi Evidence-Based Complementary and Alternative Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2007



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

+1.305.928.7421

auriablends.com

@auriablends

King Trumpet (*Pleurotus eryngii*) · Blend(s): Revive

1. **Study:** [*Hypolipidemic mechanism of Pleurotus eryngii polysaccharides in high-fat diet-induced obese mice based on metabolomics*](#)
 - **Source:** Frontiers in Nutrition
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Pleurotus eryngii Chips – Chemical Characterization and Nutritional Value of an Innovative Healthy Snack*](#)
 - **Source:** Foods
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
3. **Study:** [*A Randomized Controlled Trial on Pleurotus eryngii Mushrooms with Antioxidant Compounds and Vitamin D2 in Managing Metabolic Disorders*](#)
 - **Source:** Antioxidants
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
4. **Study:** [*Genoprotective activity of the Pleurotus eryngii mushrooms following their in vitro and in vivo fermentation by fecal microbiota*](#)
 - **Source:** Frontiers in Nutrition
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
5. **Study:** [*Immunomodulating Activity of Pleurotus eryngii Mushrooms Following Their In Vitro Fermentation by Human Fecal Microbiota*](#)
 - **Source:** Journal of Fungi
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
6. **Study:** [*Pleurotus eryngii improves postprandial glycaemia, hunger and fullness perception, and enhances ghrelin suppression in people with metabolically unhealthy obesity*](#)
 - **Source:** Pharmacological Research
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
7. **Study:** [*A Potent Pharmacological Mushroom: Pleurotus eryngii*](#)
 - **Source:** Fungal Genomics & Biology
 - **Type:** Review · Web Based PDF
 - **Year:** 2016
8. **Study:** [*Dietary effect of Pleurotus eryngii on biochemical function and histology in hypercholesterolemic rats*](#)
 - **Source:** Saudi Journal of Biological Studies
 - **Type:** Research · Web Based PDF
 - **Year:** 2011



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



+1.305.928.7421



auriablends.com



@auriablends

Lion's Mane (*Hericium erinaceus*) · Blend(s): Align, Elevate, Focus* & Immunity*

Additional Reference in Himematsutake Study #4

1. **Study:** [Neurotrophic and Neuroprotective Effects of *Hericium erinaceus*](#)
 - **Source:** International Journal of Molecular Sciences
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [Hericerin derivatives activates pan-neurotrophic pathway in central hippocampal neurons converging to ERK1/2 signaling enhancing spatial memory](#)
 - **Source:** Journal of Neurochemistry
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
3. **Study:** [Subchronic toxicity and genotoxicity studies of *Hericium erinaceus* B-glucan extract preparation](#)
 - **Source:** Current Research in Toxicology
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
4. **Study:** [Lion's Mane Mushroom, *Hericium erinaceus* \(Bull.: Fr.\) Pers. Suppresses H2O2-Induced Oxidative Damage and LPS-Induced Inflammation in HT22 Hippocampal Neurons and BV2 Microglia](#)
 - **Source:** Antioxidants
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
5. **Study:** [Hericium erinaceus Improves Mood and Sleep Disorders in Patients Affected by Overweight or Obesity: Could Circulating Pro-BDNF and BDNF Be Potential Biomarkers?](#)
 - **Source:** Hindawi Evidence-Based Complementary and Alternative Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
6. **Study:** [Hericium erinaceus Improves Recognition Memory and Induces Hippocampal and Cerebellar Neurogenesis in Frail Mice during Aging](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
7. **Study:** [Neurohealth Properties of *Hericium erinaceus* Mycelia Enriched with Erinacines](#)
 - **Source:** Hindawi Behavioural Neurology
 - **Type:** Review · Web Based PDF
 - **Year:** 2018
8. **Study:** [Neurological Activity of Lion's Mane \(*Hericium erinaceus*\)](#)
 - **Source:** Journal of Restorative Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2017



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



+1.305.928.7421



auriablends.com



@auriablends

Red Reishi (*Ganoderma lucidum*) · Blend(s): Elevate

1. **Study:** [*Exploring the Potential Medicinal Benefits of Ganoderma lucidum: From Metabolic Disorders to Coronavirus Infections*](#)
 - **Source:** Foods
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Ganoderma lucidum: a comprehensive review of phytochemistry, efficacy, safety and clinical study*](#)
 - **Source:** Food Science and Human Wellness
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
3. **Study:** [*Ganoderma lucidum: Unutilized natural medicine and promising future solution to emerging diseases in Africa*](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
4. **Study:** [*Ganoderma lucidum \(Reishi\) an edible mushroom; a comprehensive and critical review of its nutritional, cosmeceutical, mycochemical, pharmacological, clinical, and toxicological properties*](#)
 - **Source:** Phytotherapy Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
5. **Study:** [*"Ganoderma lucidum sensu lato" – a sacred mushroom for immortality*](#)
 - **Source:** Studies in Fungi
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
6. **Study:** [*Ganoderma lucidum \(Reishi mushroom\) for cancer treatment*](#)
 - **Source:** Cochrane Library
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
7. **Study:** [*Emerging Roles of Ganoderma Lucidum in Anti-Aging*](#)
 - **Source:** Aging and Disease
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
8. **Study:** [*Ganoderma lucidum \(Lingzhi or Reishi\): A Medicinal Mushroom*](#)
 - **Source:** Herbal Medicine: Biomolecular and Clinical Aspects
 - **Type:** Textbook
 - **Year:** 2011



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



+1.305.928.7421



auriablends.com



@auriablends

Turkey Tail (*Trametes*, *Coriolus*, *Polyporus versicolor*) · Blend(s): Boost

1. **Study:** [*The mycelium of Trametes versicolor synn. Coriolus versicolor \(Turkey tail mushroom\) exhibit anti-melanoma activity in vitro*](#)
 - **Source:** Biomedicine & Pharmacotherapy
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
2. **Study:** [*COVID-19 and Cancer Diseases – The Potential of Coriolus versicolor Mushroom to Combat Global Health Challenges*](#)
 - **Source:** International Journal of Molecular Sciences
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
3. **Study:** [*Trametes versicolor \(Synn. Coriolus versicolor\) Polysaccharides in Cancer Therapy: Targets and Efficacy*](#)
 - **Source:** Biomedicines
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
4. **Study:** [*The mycelium of the Trametes versicolor \(Turkey tail\) mushroom and its fermented substrate each show potent and complementary immune activating properties in vitro*](#)
 - **Source:** BMC Complementary and Alternative Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
5. **Study:** [*Coriolus Versicolor and Ganoderma Lucidum Related Natural Products as an Adjunct Therapy for Cancers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials*](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
6. **Study:** [*Immunomodulatory Properties of Coriolus versicolor: The Role of Polysaccharopeptide*](#)
 - **Source:** Frontiers in Immunology
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
7. **Study:** [*Preclinical and Clinical Studies of Coriolus versicolor Polysaccharopeptide as an Immunotherapeutic in China*](#)
 - **Source:** Discovery Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
8. **Study:** [*Phase 1 Clinical Trial of Trametes versicolor in Women with Breast Cancer*](#)
 - **Source:** International Scholarly Research Network Oncology
 - **Type:** Research · Web Based PDF
 - **Year:** 2012



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



+1.305.928.7421



auriablends.com



@auriablends

Extracts (Leaf, Root, and Whole Plant)

American Ginseng (*Panax quinquefolius*) · Blend(s): Revive+

1. **Study:** [*Panax quinquefolius \(North American Ginseng\) Polysaccharides as Immunomodulators: Current Research Status and Future Directions*](#)
 - **Source:** Molecules
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
2. **Study:** [*Effects of Panax quinquefolius \(American ginseng\) on the steady state visually evoked potential during cognitive performance*](#)
 - **Source:** Human Psychopharmacology
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
3. **Study:** [*American Ginseng \(Panax quinquefolium L.\) as a Source of Bioactive Phytochemicals with Pro-Health Properties*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
4. **Study:** [*Pharmacological and medical applications of Panax ginseng and ginsenosides: a review for use in cardiovascular diseases*](#)
 - **Source:** Journal of Ginseng Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
5. **Study:** [*Panax ginseng and Panax quinquefolius: From pharmacology to toxicology*](#)
 - **Source:** Food and Chemical Toxicology
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
6. **Study:** [*Safety Analysis of Panax Ginseng in Randomized Clinical Trials: A Systematic Review*](#)
 - **Source:** Medicines
 - **Type:** Review · Web Based PDF
 - **Year:** 2015
7. **Study:** [*Effects of American ginseng \(Panax quinquefolius\) on neurocognitive function: an acute, randomised, double-blind, placebo-controlled, crossover study*](#)
 - **Source:** Psychopharmacology
 - **Type:** Research · Web Based PDF
 - **Year:** 2010
8. **Study:** [*North American \(Panax quinquefolius\) and Asian Ginseng \(Panax ginseng\) Preparations for Prevention of the Common Cold in Healthy Adults: A Systematic Review*](#)
 - **Source:** Hindawi Evidence-Based Complementary and Alternative Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2009



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



+1.305.928.7421



auriablends.com



@auriablends

Ashwagandha (*Withania somnifera*) · Blend(s): Revive

1. **Study:** [*Ashwagandha \(Withania somnifera\) – Current Research and Health-Promoting Activities: A Narrative Review*](#)
 - **Source:** Pharmaceuticals
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Effects of standardized root extract of ashwagandha \(Withania somnifera\) on well-being and sexual performance in adult males: A randomized controlled trial*](#)
 - **Source:** Health Science Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
3. **Study:** [*Immunomodulatory Effect of Withania somnifera \(Ashwagandha\) Extract – A Randomized, Double-Blind, Placebo Controlled Trial with an Open Label Extension on Healthy Patients*](#)
 - **Source:** Journal of Clinical Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
4. **Study:** [*Effects of Withania somnifera \(Ashwagandha\) on Stress and the Stress-Related Neuropsychiatric Disorders Anxiety, Depression, and Insomnia*](#)
 - **Source:** Current Neuropharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
5. **Study:** [*Safety of Ashwagandha Root Extract: A Randomized, Placebo-Controlled, study in Healthy Volunteers*](#)
 - **Source:** Complementary Therapies in Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
6. **Study:** [*Effects of Ashwagandha \(Withania somnifera\) on Physical Performance: Systematic Review and Bayesian Meta-Analysis*](#)
 - **Source:** Journal of Functional Morphology and Kinesiology
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
7. **Study:** [*An investigation into the stress-relieving and pharmacological actions of an ashwagandha \(Withania somnifera\) extract*](#)
 - **Source:** Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
8. **Study:** [*A Prospective, Randomized Double-Blind, Placebo-Controlled Study of Safety and Efficacy of a High-Concentration Full-Spectrum Extract of Ashwagandha Root in Reducing Stress and Anxiety in Adults*](#)
 - **Source:** Indian Journal of Psychological Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2012



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



+1.305.928.7421



auriablends.com



@auriablends

Ginkgo (*Ginkgo biloba*) · Blend(s): Align & Focus*

1. **Study:** [*Ginkgo biloba in the Aging Process: A Narrative Review*](#)
 - **Source:** Antioxidants
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
2. **Study:** [*Association Between Ginkgo Biloba Extract Prescriptions and Dementia Incidence in Outpatients with Mild Cognitive Impairment in Germany: A Retrospective Cohort Study*](#)
 - **Source:** Journal of Alzheimer's Disease
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
3. **Study:** [*The Use of Ginkgo Biloba L. as a Neuroprotective Agent in the Alzheimer's Disease*](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
4. **Study:** [*Mild Cognitive Impairment and Mild Dementia: The Role of Ginkgo biloba \(EGb 761®\)*](#)
 - **Source:** Pharmaceuticals
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
5. **Study:** [*Therapeutic promises of ginkgolide A: A literature-based review*](#)
 - **Source:** Biomedicine & Pharmacotherapy
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
6. **Study:** [*An Updated Review of Randomized Clinical Trials Testing the Improvement of Cognitive Function of Ginkgo biloba Extract in Healthy People and Alzheimer's Patients*](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
7. **Study:** [*Neuroprotective and Antioxidant Effect of Ginkgo biloba Extract Against AD and Other Neurological Disorders*](#)
 - **Source:** Neurotherapeutics
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
8. **Study:** [*Advances in the Studies of Ginkgo Biloba Leaves Extract on Aging-Related Diseases*](#)
 - **Source:** Aging and Disease
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
9. **Study:** [*Cross matching observations on toxicological and clinical data for the assessment of tolerability and safety of Ginkgo biloba leaf extract*](#)
 - **Source:** Toxicology
 - **Type:** Review · Web Based PDF
 - **Year:** 2015



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



+1.305.928.7421



auriablends.com



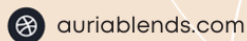
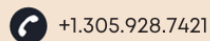
@auriablends

Rhodiola rosea (*Rhodiola rosea*) · Blend(s): Elevate

1. **Study:** [*Rhodiola rosea supplementation on sports performance: A systematic review of randomized controlled trials*](#)
 - **Source:** Phytotherapy Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*The impact of Rhodiola rosea on biomarkers of diabetes, inflammation, and microbiota in a leptin receptor-knockout mouse model*](#)
 - **Source:** Scientific Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
3. **Study:** [*The Effectiveness of Rhodiola rosea L. Preparations in Alleviating Various Aspects of Life-Stress Symptoms and Stress-Induced Conditions—Encouraging Clinical Evidence*](#)
 - **Source:** Molecules
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
4. **Study:** [*The effect of rhodiola rosea root extract on stress-induced ovarian damage, infertility and reproductive disorders in female rats*](#)
 - **Source:** Clinical and Experimental Obstetrics & Gynecology
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
5. **Study:** [*The effects of Rhodiola Rosea supplementation on depression, anxiety and mood – A Systematic Review*](#)
 - **Source:** Global Psychiatry
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
6. **Study:** [*Rhodiola rosea L. Improves Learning and Memory Function: Preclinical Evidence and Possible Mechanisms*](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2018
7. **Study:** [*Rhodiola rosea L.: an herb with anti-stress, anti-aging, and immunostimulating properties for cancer chemoprevention*](#)
 - **Source:** Current Pharmacology Reports
 - **Type:** Review · Web Based PDF
 - **Year:** 2017
8. **Study:** [*Multicenter, open-label, exploratory clinical trial with Rhodiola rosea extract in patients suffering from burnout symptoms*](#)
 - **Source:** Neuropsychiatric Disease and Treatment
 - **Type:** Research · Web Based PDF
 - **Year:** 2017



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



Saffron (*Crocus sativus* L.) · Blend(s): Elevate+

1. **Study:** [*A Review of therapeutic impacts of saffron \(Crocus sativus L.\) and its constituents*](#)
 - **Source:** Physiological Reports
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Crocus sativus \(saffron\) in the treatment of female sexual dysfunction: a three-center, double-blind, randomized, and placebo-controlled clinical trial*](#)
 - **Source:** Avicenna Journal of Phytomedicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
3. **Study:** [*Saffron \(Crocus sativus L.\) supplements improve quality of life and appetite in atherosclerosis patients: A randomized clinical trial*](#)
 - **Source:** Journal of Research in Medical Sciences
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
4. **Study:** [*The Pharmacological Activities of Crocus sativus L.: A Review Based on the Mechanisms and Therapeutic Opportunities of its Phytoconstituents*](#)
 - **Source:** Hindawi Oxidative Medicine and Cellular Longevity
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
5. **Study:** [*Saffron \(Crocus sativus L.\): A Source of Nutrients for Health and for the Treatment of Neuropsychiatric and Age-Related Diseases*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
6. **Study:** [*Saffron \(Crocus sativus L.\) and health outcomes: a meta-research review of meta-analyses and an evidence mapping study*](#)
 - **Source:** Phytomedicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
7. **Study:** [*A placebo controlled randomized clinical trail of Crocus sativus L. \(saffron\) on depression and food craving among overweight women with mild to moderate depression*](#)
 - **Source:** Journal of Clinical Pharmacy and Therapeutics
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
8. **Study:** [*Saffron in the treatment of depression, anxiety and other mental disorders: Current evidence and potential mechanisms of action*](#)
 - **Source:** Journal of Affective Disorders
 - **Type:** Review · Web Based PDF
 - **Year:** 2018



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



+1.305.928.7421



auriablends.com



@auriablends

Isolated Ingredients

ALC (Acetyl-L-Carnitine Hydrochloride) · Blend(s): Align & Focus*

1. **Study:** [L-carnitine: Nutrition, pathology, and health benefits](#)
 - **Source:** Saudi Journal of Biological Sciences
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [Acetyl-L-Carnitine Slows the Progression from Pre frailty to Frailty in Older Subjects: A Randomized Interventional Clinical Trial](#)
 - **Source:** Current Pharmaceutical Design
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
3. **Study:** [Clinical Effects of L-Carnitine Supplementation on Physical Performance in Healthy Subjects, the Key to Success in Rehabilitation: A Systematic Review and Meta-Analysis from the Rehabilitation Point of View](#)
 - **Source:** Journal of Functional Morphology and Kinesiology
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
4. **Study:** [Acetyl-L-Carnitine in Dementia and Other Cognitive Disorders: A Critical Update](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
5. **Study:** [Acetyl-L-Carnitine in painful peripheral neuropathy: a systematic review](#)
 - **Source:** Journal of Pain Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
6. **Study:** [The Effects on the Cognitive Function of Healthy Volunteers of a Combination of Acetyl-L-Carnitine, Vinpocetine and Huperzine A Administered Over 28 Days](#)
 - **Source:** International Journal of Neurology and Neurotherapy
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
7. **Study:** [A Multicenter, Randomized, Double-blind, Placebo-controlled Clinical Trial for Efficacy of Acetyl-L-carnitine in Patients with Dementia Associated with Cerebrovascular Disease](#)
 - **Source:** Dementia and Neurocognitive Disorder
 - **Type:** Research · Web Based PDF
 - **Year:** 2018



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



+1.305.928.7421



auriablends.com



@auriablends

CoQ10 (Coenzyme Q10) · Blend(s): Align+ & Focus*

1. **Study:** [*The effect of coenzyme Q10 supplementation on liver enzymes: A systematic review and meta-analysis of randomized clinical trials*](#)
 - **Source:** Food Science & Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Effectiveness of Coenzyme Q10 Supplementation for Reducing Fatigue: A Systematic Review and Meta-analysis of Randomized Controlled Trials*](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
3. **Study:** [*Role of Coenzyme Q10 in Health and Disease: An Updated on the Last 10 Years \(2010-2020\)*](#)
 - **Source:** Antioxidants
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
4. **Study:** [*Coenzyme Q10: Clinical Applications beyond Cardiovascular Diseases*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
5. **Study:** [*Coenzyme Q10 Supplementation Improves Adipokine Levels and Alleviates Inflammation and Lipid Peroxidation in Conditions of Metabolic Syndrome: A Meta-Analysis of Randomized Clinical Trials*](#)
 - **Source:** International Journal of Molecular Sciences
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
6. **Study:** [*Coenzyme Q10 Supplementation in Aging and Disease*](#)
 - **Source:** Frontiers in Physiology
 - **Type:** Review · Web Based PDF
 - **Year:** 2018
7. **Study:** [*Comparative Oral Toxicity of Coenzyme Q10 and Its \(2Z\)-Isomer in Rats: Single and Four-Week Repeated Dose Toxicity Studies*](#)
 - **Source:** Journal of Nutritional Science and Vitaminology
 - **Type:** Research · Web Based PDF
 - **Year:** 2006
8. **Study:** [*Coenzyme Q10*](#)
 - **Source:** American Academy of Family Physicians
 - **Type:** Review · Web Based PDF
 - **Year:** 2005



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



+1.305.928.7421



auriablends.com



@auriablends

Magnesium (*Magnesium Citrate*) · Blend(s): Revive+

1. **Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Magnesium](#)
2. **Study:** [Reversal Of Arterial Disease by modulating Magnesium and Phosphate \(ROADMAP-study\): rationale and design of a randomized controlled trial assessing the effects of magnesium citrate supplementation and phosphate-binding therapy on arterial stiffness in moderate chronic kidney disease](#)
 - **Source:** Trials
 - **Type:** Study Protocol · Web Based PDF
 - **Year:** 2022
3. **Study:** [Effect of Magnesium Supplementation on Inflammatory Parameters: A Meta-Analysis of Randomized Controlled Trials](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
4. **Study:** [A randomized, double-blind, placebo-controlled, multicenter study assessing the efficacy of magnesium oxide monohydrate in the treatment of nocturnal leg cramps](#)
 - **Source:** Nutrition Journal
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
5. **Study:** [Clinical trial on the effects of oral magnesium supplementation in stable-phase COPD patients](#)
 - **Source:** Aging Clinical and Experimental Research
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
6. **Study:** [Magnesium citrate supplementation decreased blood pressure and HbA1c in normomagnesemic subjects with metabolic syndrome: a 12-week, placebo-controlled, double-blinded pilot trial](#)
 - **Source:** Magnesium Research
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
7. **Study:** [Effectively Prescribing Oral Magnesium Therapy for Hypertension: A Categorized Systematic Review of 49 Clinical Trials](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
8. **Study:** [Magnesium and Human Health: Perspectives and Research Directions](#)
 - **Source:** International Journal of Endocrinology
 - **Type:** Review · Web Based PDF
 - **Year:** 2018
9. **Study:** [The Importance of Magnesium in Clinical Healthcare](#)
 - **Source:** Hindawi Scientifica
 - **Type:** Review · Web Based PDF
 - **Year:** 2017



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



+1.305.928.7421



auriablends.com



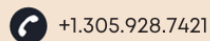
@auriablends

NAC (N-Acetyl-L-Cysteine) · Blend(s): Elevate+

1. **Study:** [*N-acetylcysteine reduces severity and mortality in COVID-19 patients: A systematic review and meta-analysis*](#)
 - **Source:** Journal of Advanced Veterinary and Animal Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*N-acetylcysteine Pharmacology and Applications in Rare Diseases – Repurposing an Old Antioxidant*](#)
 - **Source:** Antioxidants
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
3. **Study:** [*Antiproliferative effects of mitochondria-targeted N-acetylcysteine and analogs in cancer cells*](#)
 - **Source:** Scientific Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
4. **Study:** [*Effects of N-acetylcysteine on oxidative stress biomarkers, depression, and anxiety symptoms in patients with multiple sclerosis*](#)
 - **Source:** Neuropsychopharmacology Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
5. **Study:** [*The Potential of N-Acetyl-L-Cysteine \(NAC\) in the Treatment of Psychiatric Disorders*](#)
 - **Source:** CNS Drugs
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
6. **Study:** [*N-Acetylcysteine \(NAC\): Impacts on Human Health*](#)
 - **Source:** Antioxidants
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
7. **Study:** [*N-Acetylcysteine: A Review of Clinical Usefulness \(an Old Drug with New Tricks\)*](#)
 - **Source:** Hindawi Journal of Nutrition and Metabolism
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
8. **Study:** [*The Multifaceted Therapeutic Role of N-acetylcysteine \(NAC\) in Disorders Characterized by Oxidative Stress*](#)
 - **Source:** Current Neuropharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2021



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



Resveratrol (*Polygonum cuspidatum*) · Blend(s): Boost & Focus*

1. **Study:** [*Advances for pharmacological activities of Polygonum cuspidatum – A review*](#)
 - **Source:** Pharmaceutical Biology
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*The Effect of Resveratrol on Blood Lipid Profile: A Dose-Response Meta-Analysis of Randomized Controlled Trials*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
3. **Study:** [*Randomized double-blind placebo-controlled proof-of-concept trial of resveratrol for outpatient treatment of mild coronavirus disease \(COVID-19\)*](#)
 - **Source:** Scientific Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
4. **Study:** [*Investigation of the Active Ingredients and Mechanism of Polygonum cuspidatum in Asthma Based on Network Pharmacology and Experimental Verification*](#)
 - **Source:** Drug Design, Development and Therapy
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
5. **Study:** [*Unraveling the action mechanism of polygonum cuspidatum by a network pharmacology approach*](#)
 - **Source:** American Journal of Translational Research
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
6. **Study:** [*Health Effects of Resveratrol: Results from Human Intervention Trials*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2018
7. **Study:** [*Resveratrol: A Double-Edged Sword in Health Benefits*](#)
 - **Source:** Biomedicines
 - **Type:** Review · Web Based PDF
 - **Year:** 2018
8. **Study:** [*Resveratrol: A miraculous natural compound for diseases treatment*](#)
 - **Source:** Food Science & Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2017



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



+1.305.928.7421



auriablends.com



@auriablends

Vitamin D3 (*Cholecalciferol*) · Blend(s): Boost+ & Immunity*

1. **Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Vitamin D](#)
2. **Study:** [Effect of Vitamin D3 Supplementation in the First 2 Years of Life on Psychiatric Symptoms at Ages 6 to 8 Years A Randomized Clinical Trial](#)
 - **Source:** Journal of the American Medical Association (JAMA) Network
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
3. **Study:** [Vitamin D Supplementation and Its Impact on Mortality and Cardiovascular Outcomes: Systematic Review and Meta-Analysis of 80 Randomized Clinical Trials](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
4. **Study:** [The health effects of vitamin D supplementation: evidence from human studies](#)
 - **Source:** Nature Reviews Endocrinology
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
5. **Study:** [Critical Appraisal of Large Vitamin D Randomized Controlled Trials](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
6. **Study:** [Vitamin D and cardiovascular health](#)
 - **Source:** Clinical Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
7. **Study:** [Effect of Vitamin D3 Supplements on Development of Advanced Cancer A Secondary Analysis of the VITAL Randomized Clinical Trial](#)
 - **Source:** Journal of the American Medical Association (JAMA) Network Oncology
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
8. **Study:** [Vitamin D deficiency 2.0: an updated on the current status worldwide](#)
 - **Source:** European Journal of Clinical Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
9. **Study:** [A 12-week double-blind randomized clinical trial of vitamin D3 supplementation on body fat mass in healthy overweight and obese women](#)
 - **Source:** Nutrition Journal
 - **Type:** Research · Web Based PDF
 - **Year:** 2012



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



+1.305.928.7421



auriablends.com



@auriablends

Zinc (Zinc Picolinate & Citrate) · Blend(s): Boost+ & Immunity*

1. **Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Zinc](#)
2. **Study:** [Comparison of the Potential Relative Bioaccessibility of Zinc Supplements – In Vitro Studies](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
3. **Study:** [The Effectiveness of Zinc Supplementation in Taste Disorder Treatment: A Systematic Review and Meta-Analysis of Randomized Controlled Trials](#)
 - **Source:** Hindawi Journal of Nutrition and Metabolism
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
4. **Study:** [The Effect of Zinc Supplementation on Circulating Levels of Brain-Derived Neurotrophic Factor \(BDNF\): A Systematic Review and Meta-Analysis of Randomized Controlled Trials](#)
 - **Source:** International Journal of Preventive Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
5. **Study:** [Development of Therapeutic and Prophylactic Zinc Compositions for Use against COVID-19: A Glimpse of the Trends, Inventions, and Patients](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
6. **Study:** [A Case-Control Study for the Effectiveness of Oral Zinc in the Prevention and Mitigation of COVID-19](#)
 - **Source:** Frontiers in Medicine
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
7. **Study:** [Zinc supplementation improves body weight management, inflammatory biomarkers and insulin resistance in individuals with obesity: a randomized, placebo-controlled, double-blind trial](#)
 - **Source:** Diabetology & Metabolic Syndrome
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
8. **Study:** [The Role of Zinc in Antiviral Immunity](#)
 - **Source:** Advances in Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2019
9. **Study:** [Zinc in Human Health: Effect of Zinc on Immune Cells](#)
 - **Source:** Molecular Medicine
 - **Type:** Review · Web Based PDF
 - **Year:** 2008



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



+1.305.928.7421



auriablends.com



@auriablends

Discontinued Blends/Ingredients

NMN (*Nicotinamide Mononucleotide*) · Blend(s): Focus* & Immunity*

1. **Study:** [*The Safety and Antiaging Effects of Nicotinamide Mononucleotide in Human Clinical Trials: an Update*](#)
 - **Source:** Advances in Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
2. **Study:** [*Nicotinamide adenine dinucleotide metabolism and arterial stiffness after long-term nicotinamide mononucleotide supplementation: a randomized, double-blind, placebo-controlled trial*](#)
 - **Source:** Scientific Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2023
3. **Study:** [*Potential Synergistic Supplementation of NAD+ Promoting Compounds as a Strategy for Increasing Healthspan*](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
4. **Study:** [*Safety evaluation of \$\beta\$ -nicotinamide mononucleotide oral administration in healthy adult men and women*](#)
 - **Source:** Scientific Reports
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
5. **Study:** [*A Multicentre, Randomised, Double Blind, Parallel Design, Placebo Controlled Study to Evaluate the Efficacy and Safety of Uthever \(NMN Supplement\), an Orally Administered Supplementation in Middle Aged and Older Adults*](#)
 - **Source:** Frontiers in Aging
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
6. **Study:** [*Oral Administration of Nicotinamide Mononucleotide Is Safe and Efficiently Increases Blood Nicotinamide Adenine Dinucleotide Levels in Healthy Subjects*](#)
 - **Source:** Frontiers in Nutrition
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
7. **Study:** [*Nicotinamide mononucleotide \(NMN\) as an anti-aging health product - Promises and safety concerns*](#)
 - **Source:** Journal of Advanced Research
 - **Type:** Review · Web Based PDF
 - **Year:** 2022



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

+1.305.928.7421

auriablends.com

@auriablends

NMN (*Nicotinamide Mononucleotide*) · Blend(s): Focus* & Immunity* (cont.)

8. **Study:** [*Nicotinamide Mononucleotide: Exploration of Diverse Therapeutic Applications of a Potential Molecule*](#)

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

REST OF PAGE INTENTIONALLY LEFT BLANK



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



+1.305.928.7421



auriablends.com



@auriablends

Vitamin B1 (*Thiamine hydrochloride*) · Blend(s): Focus*

1. **Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Vitamin B1 \(Thiamin\)](#)
2. **Study:** [Efficacy of vitamins B1 and B6 as an adjunctive therapy to lithium in bipolar-I disorder: A double-blind, randomized, placebo-controlled, clinical trial](#)
 - **Source:** Journal of Affective Disorders
 - **Type:** Research · Web Based PDF
 - **Year:** 2024
3. **Study:** [Thiamine and benofotiamine: Focus on their therapeutic potential](#)
 - **Source:** Heliyon
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
4. **Study:** [The importance of thiamine \(vitamin B1\) in humans](#)
 - **Source:** Bioscience Reports
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
5. **Study:** [Effect of vitamin B1 supplementation on blood creatinine and lactate levels and clinical outcomes in patients in intensive care units: a systematic review and meta-analysis of randomized controlled trials](#)
 - **Source:** Nutrition Reviews
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
6. **Study:** [Biological Properties of Vitamins of the B-Complex, Part 1: Vitamins B1, B2, B3, and B5](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
7. **Study:** [Hiding in Plain Sight: Modern Thiamine Deficiency](#)
 - **Source:** Cells
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
8. **Study:** [Update on Safety Profiles of Vitamin B1, B6, and B12: A Narrative Review](#)
 - **Source:** Therapeutics and Clinical Risk Management
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
9. **Study:** [Pharmacokinetics of high-dose oral thiamine hydrochloride in healthy subjects](#)
 - **Source:** BMC Clinical Pharmacology
 - **Type:** Research · Web Based PDF
 - **Year:** 2012



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



+1.305.928.7421



auriablends.com



@auriablends

Vitamin B6 (Pyridoxine hydrochloride) · Blend(s): Focus*

1. **Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Vitamin B6 \(Pyridoxine\)](#)
2. **Study:** [High-dose Vitamin B6 supplementation reduces anxiety and strengthens visual surround suppression](#)
 - **Source:** Human Psychopharmacology
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
3. **Study:** [Vitamin B6 in Health and Disease](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
4. **Study:** [Assessment of The Effect of Pyridoxine Hydrochloride Supplementation on Anthropometric Measurements, Body Composition, Visceral Adiposity Index and Metabolic Status in Obese and Overweight Women](#)
 - **Source:** Research Square
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
5. **Study:** [Update on Safety Profiles of Vitamin B1, B6, and B12: A Narrative Review](#)
 - **Source:** Therapeutics and Clinical Risk Management
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
6. **Study:** [A Randomized Pilot Trial to Evaluate the Bioavailability of Natural versus Synthetic Vitamin B Complexes in Healthy Humans and Their Effects on Homocysteine, Oxidative Stress, and Antioxidant Levels](#)
 - **Source:** Hindawi Oxidative Medicine and Cellular Longevity
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
7. **Study:** [Prospective cohort studies of dietary vitamin B6 intake and risk of cause-specific mortality](#)
 - **Source:** Clinical Nutrition
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
8. **Study:** [Superiority of magnesium and vitamin B6 over magnesium alone on severe stress in healthy adults with low magnesemia: A randomized, single-blind clinical trial](#)
 - **Source:** PLOS One
 - **Type:** Research · Web Based PDF
 - **Year:** 2018
9. **Study:** [Vitamin B6 and Its Role in Cell Metabolism and Physiology](#)
 - **Source:** Cells
 - **Type:** Review · Web Based PDF
 - **Year:** 2018



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

+1.305.928.7421

auriablends.com

@auriablends

Vitamin B12 (Cyanocobalamin) · Blend(s): Focus* & Immunity*

1. **Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Vitamin B12 \(Cyanocobalamin\)](#)
2. **Study:** [The Impact of Vitamin B12 Supplementation on Clinical Outcomes in Patients With Diabetic Neuropathy: A Meta-Analysis of Randomized Controlled Trials](#)
 - **Source:** Cureus
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
3. **Study:** [The role of vitamin B12 in viral infections: a comprehensive review of its relationship with the muscle-gut-brain axis and implications for SARS-CoV-2 infection](#)
 - **Source:** Nutrition Reviews
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
4. **Study:** [A Brief Review on Vitamin B12 Deficiency Looking at Some Case Study Reports in Adults](#)
 - **Source:** International Journal of Molecular Sciences
 - **Type:** Review · Web Based PDF
 - **Year:** 2021
5. **Study:** [Update on Safety Profiles of Vitamin B1, B6, and B12: A Narrative Review](#)
 - **Source:** Therapeutics and Clinical Risk Management
 - **Type:** Review · Web Based PDF
 - **Year:** 2020
6. **Study:** [Oral versus intramuscular administration of vitamin B12 for vitamin B12 deficiency in primary care: a pragmatic, randomised, non-inferiority clinical trial \(OB12\)](#)
 - **Source:** BMJ Open
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
7. **Study:** [Oral Cyanocobalamin is Effective in the Treatment of Vitamin B12 Deficiency in Crohn's Disease](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2017
8. **Study:** [A randomized controlled trial investigating the effect of vitamin B12 supplementation on neurological function in healthy older people: the Older People and Enhanced Neurological function](#)
 - **Source:** Nutrition Journal
 - **Type:** Research · Web Based PDF
 - **Year:** 2011