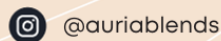
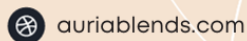
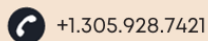




Auria Health, LLC
2645 SW 37th Ave STE 601, Miami, FL 33133



Science Library · Well-being Studies

Introduction

Welcome to the Well-being section of our Science Library! Here, we delve into clinical studies related to the connections between lifestyle practices that are central to holistic health. This curated selection provides access to a range of studies, research, and reviews that explore and expand the scientific foundations of well-being.

Purpose: This library serves as a resource to demystify the complex interactions between lifestyle choices and health outcomes. Gain insights into practices like functional foods, meditation, and microbiota while understanding their scientific backing and relevance with our brand approach and blend formulations.

Access: Browse through a collection of articles and studies, directly linked for in-depth reading. For source materials not readily available online, we offer PDFs upon request at care@auriablends.com.

Disclaimer: *This library is for informational purposes only and not a substitute for professional medical advice. Consult healthcare professionals for personal health concerns. Auria Health, LLC presents these studies for educational value and does not endorse them.*

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 · Well-being Studies.....	1
Introduction.....	1
Table of Contents.....	2
Reference Listing of auria™ Ingredients & Blends Inspired by Functional Food Studies.....	4
Functional & Medicinal Food Studies · Index.....	4
1. Fact Sheet: National Institutes of Health (NIH) <i>Office of Dietary Supplements</i> · Botanical Dietary Supplements.....	4
2. Study: <i>Medicinal Mushrooms: Their Bioactive Components, Nutritional Value and Application in Functional Food Production – A Review</i>	4
3. Study: <i>Three Different Types of β-Glucans Enhance Cognition: The Role of the Gut-Brain Axis</i>	4
4. Study: <i>Mushrooms as future generation healthy foods</i>	4
5. Study: <i>Fungal Mushrooms: A Natural Compound With Therapeutic Applications</i>	4
6. Study: <i>Edible Mushrooms and Beta-Glucans: Impact on Human Health</i>	4
7. Study: <i>Insight in the Recent Application of Polyphenols From Biomass</i>	5
8. Study: <i>Differential Immune Activating, Anti-Inflammatory, and Regenerative Properties of the Aqueous, Ethanol, and Solid Fractions of a Medicinal Mushroom Blend</i>	5
Reference Listing of auria™ Ingredients & Blends Inspired by Microbiota Studies.....	6
Microbiota Studies · Index.....	6
1. Study: <i>The Interaction between Mushroom Polysaccharides and Gut Microbiota and Their Effect on Human Health: A Review</i>	6
2. Study: <i>Microbiota medicine: towards clinical revolution</i>	6
3. Study: <i>Microbiota in health and diseases</i>	6
4. Study: <i>Role of Dietary Edible Mushrooms in the Modulation of Gut Microbiota</i>	6
5. Study: <i>A Review of the Effects of Natural Compounds, Medicinal Plants, and Mushrooms on the Gut Microbiota in Colitis and Cancer</i>	6
6. Study: <i>A Critical Review on Health Promoting Benefits of Edible Mushrooms through Gut Microbiota</i>	6
Reference Listing of auria™ Ingredients & Blends Inspired by Multivitamin, Multimineral, and Phytonutrient Studies.....	7
Multivitamin, Multimineral and Phytonutrient Studies · Index.....	7
1. Fact Sheet: National Institutes of Health (NIH) <i>Office of Dietary Supplements</i> · Multivitamin/mineral Supplements.....	7
2. Study: <i>Investigating the Effects of a Multinutrient Supplement on Cognition, Mood and Biochemical Markers in Middle-Aged Adults with ‘Optimal’ and ‘Sub-Optimal’ Diets: A Randomized Double Blind Placebo Controlled Trial</i>	7
3. Study: <i>Clinical Evidence of the Benefits of Phytonutrients in Human Healthcare</i>	7



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

+1.305.928.7421

auriablends.com

@auriablends

4. Study: *Meta-Analysis of Randomized Clinical Trials Evaluating Effectiveness of a Multivitamin Supplementation against Oxidative Stress in Healthy Subjects* 7

5. Study: *The effect of consuming multivitamin/mineral supplements on elderly quality of life: Based on randomized control trial*..... 7

6. Study: *The Effect of Multivitamin and Mineral Supplement on Immune Function in Healthy Older Adults: A Double-Blind, Randomized, Controlled Trial* 8

7. Study: *Multivitamin and Mineral Supplementation Containing Phytonutrients Scavenges Reactive Oxygen Species in Healthy Subjects: A Randomized, Double-Blinded, Placebo-Controlled Trial* 8

8. Study: *Effects of Multivitamin, Multimineral and Phytonutrient Supplementation on Nutrient Status and Biomarkers of Heart Health Risk in a Russian Population: A Randomized, Double Blind, Placebo Controlled Study*..... 8

9. Study: *Multivitamins and minerals modulate whole-body energy metabolism and cerebral blood-flow during cognitive task performance: a double-blind, randomised, placebo-controlled trial*..... 8

Reference Listing of auria™ Ingredients & Blends Inspired by Meditation Studies..... 9

Meditation & Well-being Studies · Index..... 9

1. Study: *The Association between Well-being Behaviors and Resilience in Health Care Workers*..... 9

2. Study: *The effects of mindfulness training on the level of happiness and blood sugar in diabetes patients*. 9

3. Study: *Association Between Life Purpose and Mortality Among US Adults Older Than 50 Years*..... 9

4. Study: *Meditation is associated with increased brain network integration* 9

5. Study: *Meditation leads to reduced default mode network activity beyond an active task*..... 9

6. Study: *Mindfulness training for stress management: a randomised controlled study of medical and psychology students*..... 9

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

Reference Listing of auria™ Ingredients & Blends Inspired by Functional Food Studies

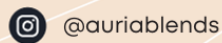
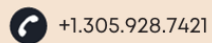
Ingredient Type	Ingredient Name	Referenced in Study #	Ingredient Used in Blend(s)
Mushroom	Antrodia	5	Boost & Immunity*
Mushroom	Chaga	2, 4, 5 & 8	Boost & Immunity*
Mushroom	Cordyceps	2, 4, 5 & 8	Align, Elevate & Revive
Mushroom	Himematsutake	3, 4, 5, 6 & 8	Align & Revive
Mushroom	King Trumpet	4, 5 & 6	Revive
Mushroom	Lion's Mane	2, 4, 5 & 8	Align, Elevate, Focus* & Immunity*
Mushroom	Red Reishi	2, 3, 4, 5 & 8	Elevate
Mushroom	Turkey Tail	2, 4, 5 & 8	Boost
Isolated Ingredients	Resveratrol	7	Boost & Focus*

Functional & Medicinal Food Studies · Index

- 1. Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements · Botanical Dietary Supplements](#)
- 2. Study:** [Medicinal Mushrooms: Their Bioactive Components, Nutritional Value and Application in Functional Food Production – A Review](#)
 - **Source:** Molecules
 - **Type:** Review · Web Based PDF
 - **Year:** 2023
- 3. Study:** [Three Different Types of \$\beta\$ -Glucans Enhance Cognition: The Role of the Gut-Brain Axis](#)
 - **Source:** Frontiers in Nutrition
 - **Type:** Research · Web Based PDF
 - **Year:** 2022
- 4. Study:** [Mushrooms as future generation healthy foods](#)
 - **Source:** Frontiers in Nutrition
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
- 5. Study:** [Fungal Mushrooms: A Natural Compound With Therapeutic Applications](#)
 - **Source:** Frontiers in Pharmacology
 - **Type:** Review · Web Based PDF
 - **Year:** 2022
- 6. Study:** [Edible Mushrooms and Beta-Glucans: Impact on Human Health](#)
 - **Source:** Nutrients
 - **Type:** Review · Web Based PDF
 - **Year:** 2021



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



7. **Study:** [*Insight in the Recent Application of Polyphenols From Biomass*](#)

- **Source:** Frontiers in Bioengineering and Biotechnology
- **Type:** Review · Web Based PDF
- **Year:** 2021

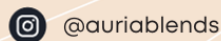
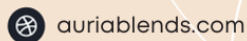
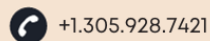
8. **Study:** [*Differential Immune Activating, Anti-Inflammatory, and Regenerative Properties of the Aqueous, Ethanol, and Solid Fractions of a Medicinal Mushroom Blend*](#)

- **Source:** Journal of Inflammation Research
- **Type:** Research · Web Based PDF
- **Year:** 2020

REST OF PAGE INTENTIONALLY LEFT BLANK



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



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

Ingredient Type	Ingredient Name	Referenced in Study #	Ingredient Used in Blend(s)
Mushroom	Antrodia	1 & 4	Boost & Immunity*
Mushroom	Chaga	1 & 5	Boost & Immunity*
Mushroom	King Trumpet	1 & 4	Revive
Mushroom	Lion's Mane	1, 4 & 5	Align, Elevate, Focus* & Immunity*
Mushroom	Red Reishi	1, 4, 5 & 6	Elevate
Mushroom	Turkey Tail	4 & 6	Boost

Microbiota Studies · Index

- Study:** [The Interaction between Mushroom Polysaccharides and Gut Microbiota and Their Effect on Human Health: A Review](#)
 - Source:** Biology
 - Type:** Review · Web Based PDF
 - Year:** 2023
- Study:** [Microbiota medicine: towards clinical revolution](#)
 - Source:** Journal of Translational Medicine
 - Type:** Review · Web Based PDF
 - Year:** 2022
- Study:** [Microbiota in health and diseases](#)
 - Source:** Signal Transduction and Targeted Therapy
 - Type:** Review · Web Based PDF
 - Year:** 2022
- Study:** [Role of Dietary Edible Mushrooms in the Modulation of Gut Microbiota](#)
 - Source:** Journal of Functional Foods
 - Type:** Review · Web Based PDF
 - Year:** 2021
- Study:** [A Review of the Effects of Natural Compounds, Medicinal Plants, and Mushrooms on the Gut Microbiota in Colitis and Cancer](#)
 - Source:** Frontiers in Pharmacology
 - Type:** Review · Web Based PDF
 - Year:** 2020
- Study:** [A Critical Review on Health Promoting Benefits of Edible Mushrooms through Gut Microbiota](#)
 - Source:** International Journal of Molecular Science
 - 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

Reference Listing of auria™ Ingredients & Blends Inspired by Multivitamin, Multimineral, and Phytonutrient Studies

Ingredient Type	Ingredient Name	Referenced in Study #	Ingredient Used in Blend(s)
Plant Extract	Ginkgo biloba	2	Align & Focus*
Isolated Ingredients	CoQ10	9	Align+ & Focus*
Isolated Ingredients	Magnesium	2, 4, 5, 7, 8 & 9	Revive+
Isolated Ingredients	Nicotinamide	2	Focus* & Immunity*
Isolated Ingredients	Resveratrol	9	Boost & Focus*
Isolated Ingredients	Vitamin Bs	2, 4, 5, 8 & 9	Focus* & Immunity*
Isolated Ingredients	Vitamin D	3, 5, 6 & 9	Boost+ & Immunity*
Isolated Ingredients	Zinc	2, 3, 5, 6, 7, 8 & 9	Boost+ & Immunity*

Multivitamin, Multimineral and Phytonutrient Studies · Index

- Fact Sheet:** [National Institutes of Health \(NIH\) Office of Dietary Supplements : Multivitamin/mineral Supplements](#)
- Study:** [Investigating the Effects of a Multinutrient Supplement on Cognition, Mood and Biochemical Markers in Middle-Aged Adults with 'Optimal' and 'Sub-Optimal' Diets: A Randomized Double Blind Placebo Controlled Trial](#)
 - Source:** Nutrients
 - Type:** Research · Web Based PDF
 - Year:** 2022
- Study:** [Clinical Evidence of the Benefits of Phytonutrients in Human Healthcare](#)
 - Source:** Nutrients
 - Type:** Review · Web Based PDF
 - Year:** 2022
- Study:** [Meta-Analysis of Randomized Clinical Trials Evaluating Effectiveness of a Multivitamin Supplementation against Oxidative Stress in Healthy Subjects](#)
 - Source:** Nutrients
 - Type:** Review · Web Based PDF
 - Year:** 2022
- Study:** [The effect of consuming multivitamin/mineral supplements on elderly quality of life: Based on randomized control trial](#)
 - Source:** Journal of Education and Health Promotion
 - Type:** Research · Web Based PDF
 - Year:** 2021



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

+1.305.928.7421

auriablends.com

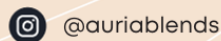
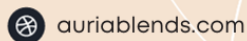
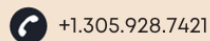
@auriablends

6. **Study:** [The Effect of Multivitamin and Mineral Supplement on Immune Function in Healthy Older Adults: A Double-Blind, Randomized, Controlled Trial](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
7. **Study:** [Multivitamin and Mineral Supplementation Containing Phytonutrients Scavenges Reactive Oxygen Species in Healthy Subjects: A Randomized, Double-Blinded, Placebo-Controlled Trial](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
8. **Study:** [Effects of Multivitamin, Multiminerals and Phytonutrient Supplementation on Nutrient Status and Biomarkers of Heart Health Risk in a Russian Population: A Randomized, Double Blind, Placebo Controlled Study](#)
 - **Source:** Nutrients
 - **Type:** Research · Web Based PDF
 - **Year:** 2018
9. **Study:** [Multivitamins and minerals modulate whole-body energy metabolism and cerebral blood-flow during cognitive task performance: a double-blind, randomised, placebo-controlled trial](#)
 - **Source:** Nutrition & Metabolism
 - **Type:** Research · Web Based PDF
 - **Year:** 2016

REST OF PAGE INTENTIONALLY LEFT BLANK



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



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

None. However, these studies have greatly influenced auria™ as a brand and its focus on holistic health and overall well-being.

Meditation & Well-being Studies · Index

- 1. Study:** [*The Association between Well-being Behaviors and Resilience in Health Care Workers*](#)
 - **Source:** Western Journal of Nursing Research
 - **Type:** Research · Web Based PDF
 - **Year:** 2021
- 2. Study:** [*The effects of mindfulness training on the level of happiness and blood sugar in diabetes patients*](#)
 - **Source:** Journal of Diabetes & Metabolic Disorders
 - **Type:** Research · Web Based PDF
 - **Year:** 2020
- 3. Study:** [*Association Between Life Purpose and Mortality Among US Adults Older Than 50 Years*](#)
 - **Source:** Journal of the American Medical Association Network
 - **Type:** Research · Web Based PDF
 - **Year:** 2019
- 4. Study:** [*Meditation is associated with increased brain network integration*](#)
 - **Source:** NeuroImage
 - **Type:** Research · Web Based PDF
 - **Year:** 2018
- 5. Study:** [*Meditation leads to reduced default mode network activity beyond an active task*](#)
 - **Source:** Cognitive, Affective, & Behavioral Neuroscience
 - **Type:** Research · Web Based PDF
 - **Year:** 2015
- 6. Study:** [*Mindfulness training for stress management: a randomised controlled study of medical and psychology students*](#)
 - **Source:** BMC Medical Education
 - **Type:** Research · Web Based PDF
 - **Year:** 2013