

## Natural Pharmacy Business October 2018 – REFERENCES

---

### **SOLGAR CPD**

1. Schwartz SR, Park J. Ingestion of BioCell Collagen((R)), a novel hydrolysed chicken sternal cartilage extract; enhanced blood microcirculation and reduced facial aging signs. *Clin Interv Aging*. 2012;7:267-73.
2. Lopez HL, Ziegenfuss TN, Park J. Evaluation of the Effects of BioCell Collagen, a Novel Cartilage Extract, on Connective Tissue Support and Functional Recovery From Exercise. *Integrative medicine (Encinitas, Calif)*. 2015;14(3):30-8.
3. Wickett RR, Visscher MO. Structure and function of the epidermal barrier. *American Journal of Infection Control*. 2006;34(10, Supplement):S98-S110.
4. Krutmann J1, Bouloc A2, Sore G3, Bernard BA4, Passeron T5. The skin aging exposome. *J Dermatol Sci*. 2017 Mar;85(3):152-161
5. D'Orazio J, Jarrett S, Amaro-Ortiz A, Scott T. UV radiation and the skin. *International journal of molecular sciences*. 2013;14(6):12222-48.
6. Kawada C, Yoshida T, Yoshida H, Sakamoto W, Odanaka W, Sato T, et al. Ingestion of hyaluronans (molecular weights 800 k and 300 k) improves dry skin conditions: a randomized, double blind, controlled study. *Journal of clinical biochemistry and nutrition*. 2015;56(1):66-73.
7. Nutten S. Atopic Dermatitis: Global Epidemiology and Risk Factors. *Annals of Nutrition and Metabolism*. 2015;66(suppl 1)(Suppl. 1):8-16.
8. Ronca F, Palmieri L, Panicucci P, Ronca G. Anti-inflammatory activity of chondroitin sulfate. *Osteoarthritis and cartilage / OARS, Osteoarthritis Research Society*. 1998;6 Suppl A:14-21.
9. Kavasi RM, Berdiaki A, Spyridaki I, Corsini E, Tsatsakis A, Tzanakakis G, et al. HA metabolism in skin homeostasis and inflammatory disease. *Food and chemical toxicology : an international journal published for the British Industrial Biological Research Association*. 2017;101:128-38.
10. Papakonstantinou E, Roth M, Karakiulakis G. Hyaluronic acid: A key molecule in skin aging. *Dermato-endocrinology*. 2012;4(3):253-8.
11. Michels AJ, Frei B. Myths, Artifacts, and Fatal Flaws: Identifying Limitations and Opportunities in Vitamin C Research. *Nutrients*. 2013; 5(12):5161-92.
12. Schagen SK, Zampeli VA, Makrantonaki E, Zouboulis CC. Discovering the link between nutrition and skin aging. *Dermato-endocrinology*. 2012;4(3):298-307.
13. Eberlein-Konig B, Placzek M, Przybilla B. Protective effect against sunburn of combined systemic ascorbic acid (vitamin C) and d-alpha-tocopherol (vitamin E). *Journal of the American Academy of Dermatology*. 1998;38(1):45-8.
14. Cosgrove MC, Franco OH, Granger SP, Murray PG, Mayes AE. Dietary nutrient intakes and skin-aging appearance among middle-aged American women. *The American journal of clinical nutrition*. 2007;86(4):1225-31.
15. Rostan EF, DeBuys HV, Madey DL, Pinnell SR. Evidence supporting zinc as an important antioxidant for skin. *International journal of dermatology*. 2002;41(9):606-11.
16. Gupta M, Mahajan V, S Mehta K, S Chauhan P. Zinc Therapy in Dermatology: A Review 2014.

17. Hillstrom L, Pettersson L, Hellbe L, Kjellin A, Leczinsky CG, Nordwall C. Comparison of oral treatment with zinc sulphate and placebo in acne vulgaris. *The British journal of dermatology*. 1977;97(6):681-4.
  18. Passi S, De Pita O, Puddu P, Littarru GP. Lipophilic antioxidants in human sebum and aging. *Free radical research*. 2002;36(4):471-7.
  19. Hoppe U, Bergemann J, Diembeck W, Ennen J, Gohla S, Harris I, *et al*. Coenzyme Q10, a cutaneous antioxidant and energizer. *BioFactors* (Oxford, England). 1999; 9(2-4):371-8.
  20. Latreille J, Kesse-Guyot E, Malvy D, Andreeva V, Galan P, Tschachler E, *et al*. Association between dietary intake of n-3 polyunsaturated fatty acids and severity of skin photoaging in a middle-aged Caucasian population. *Journal of dermatological science*. 2013;72(3):233-9.
  21. Mostafa WZ, Hegazy RA. Vitamin D and the skin: Focus on a complex relationship: A review. *Journal of Advanced Research*. 2015;6(6):793-804.
- 

## **JOINTS AND BONES**

### **References:**

- 1-3. *Current Osteoporosis Rep*. 2015 Apr;13(2): 125-130 doi: 10.1007/s11914-015-0257-0.
  4. *Current Osteoporosis Rep*. 2015 Dec; 13(6):363-371 doi: 10.1007/s11914-015-0292-x
  5. *Nat Med*. 2015 Jul; 21 (8): 895-905 doi: 10.1038/nm.3914. Epub 2015 Jul 27.
  6. *Journal of Food Sci. Technol*. 2015 Dec; 52 (12):7577-7587doi: 10.1007/s13197-015-1921-1. Epub 2015 Jul 22.
  7. *Nutrients*. 2017 Sep; 9(9):1021 doi: 10.3390/nu9091021
  8. *Tohoku J Exp Med*. 2009Jun;218(2):149-54 (Pubmed)
  9. *J Bone Mine Res*. 2015 Nov;30(11):1945-55 (Pubmed)
  10. *Nutritional Outlook*. 2015 Sep; 8(7) Digital Edition
  11. *Cochrane Database Systematic Reviews*. 2014 Apr;14(4):CD000227.pub4.
  12. *Linus Pauling Inst. MIC*. Accessed Aug 2018.
  13. *J Clin Endocrinol Metab*. 2015 May;100(5)2046-54. (Pubmed)
  - 14-16. *Nutrients*. 2013 Aug; 5(8):3022-3033. doi:10.3390/nu5083022
  - 17 *J Vasc Res*. 2008; 45(5): 427-36 Epub 2008 Apr 10.
  18. *Osteoporosis Int*. 2015 Mar, 26(3):1175-86. Epub 2014 Dec 17.
  19. *Dietary supplements-Encyclopedias*. 1996 Jul, p55.
  20. *Menopause*.2013 Nov;20(11):1184-93. doi: 10.1097/GME.0b013e31828a7f4e
  21. *Int J Vitam Nutr Res*. 2011 Mar;81(2-3):134-42. doi: 10.1024/0300-9831/a000063
  22. *J Nutr*. 1998 Jun;128(6):1051-3. (Pubmed)
  23. *Perm J*. 2013 Spring; 17(2): 61–66. doi:10.7812/TPP/12-085.
  24. *Eatwell guide,NHS*.2017 Jul. Accessed online Aug 2018.
  25. *Science Daily*. University of Exeter. 2017 Jul,18 Accessed online Aug 2018.
  26. *Prescription for Nutritional Healing*. 2000 Jan; (3): p550.
- 

## **IMMUNITY**

### **References**

1. [Hao Q](#), [Dong BR](#), [Wu T](#). Probiotics for preventing acute upper respiratory tract infections. *Cochrane Database Syst Rev* 2015, Issue 2

2. [Yagoob P.](#) Ageing, immunity and influenza: a role for probiotics? *Proc Nutr Soc* 2014; 73(2): 309-17.
  3. [King S](#), [Glanville J](#), [Sanders ME](#), [Fitzgerald A](#), [Varley D](#). Effectiveness of probiotics on the duration of illness in healthy children and adults who develop common acute respiratory infectious conditions: a systematic review and meta-analysis. *British Journal of Nutrition*. 2014; 112(1):41-54
  4. [Aspinall R](#), [Del Giudice G](#), [Effros R](#), [Grubeck-Loebenstein B](#), [Sambhara S](#). Challenges for vaccination in the elderly. *Immun Ageing*. 2007; 4: 9.
  5. Aubin J, Remigy M, Verseil L, *et al.* A probiotic fermented dairy product improves immune response to influenza vaccination in the elderly. *Proceedings of the Nutrition Society* 2008; 67
  6. MacDonald T, Bell I. Probiotics in the defence and metabolic balance of the organism Probiotics and the immune response to vaccines; *Proceedings of the Nutrition Society*. 2010; 69, 442–446
  7. Zimmermann P, Curtis N. The influence of probiotics on vaccine responses – A systematic review; *Vaccine*. 2018; 36; 207-213
- 

## **PHARMANORD PROMOTIONAL FEATURE**

### **References:**

1. Auinger A, Riede L, Bothe G, Busch R, Gruenwald J. Yeast (1,3)-(1,6)-beta-glucan helps to maintain the body's defence against pathogens: a double-blind, randomized, placebo-controlled, multicentric study in healthy subjects. *European Journal of Nutrition*. 2013;52(8):1913-1918.
2. Stier H, Ebbeskotte V, Gruenwald J. Immune-modulatory effects of dietary Yeast Beta-1,3/1,6-D-glucan. *Nutrition Journal*. 2014;13(1).
3. Kim M, Pfothenauer, Jay H. Shubrook. **Vitamin D Deficiency, Its Role in Health and Disease, and Current Supplementation Recommendations.** *The Journal of the American Osteopathic Association*, 2017; 117 (5): 301 DOI: [10.7556/jaoa.2017.055](https://doi.org/10.7556/jaoa.2017.055)
4. Martineau A, Jolliffe D, Hooper R, Greenberg L, Aloia J, Bergman P et al. Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data. 2017.
5. Bischoff-Ferrari H, Dawson-Hughes B, Staehelin H, Orav J, Stuck A, Theiler R et al. Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials. *BMJ*. 2009;339(oct01 1):b3692-b3692.
6. McKenzie, R. C., Rafferty, T. S., Arthur, J. R. & Beckett, G. J. (2001) Effects of selenium on immunity and ageing. In: *Selenium: Its Molecular Biology and Role in Human Health* (Hatfield, D. L., ed.), pp. 258–272. Kluwer Academic Publishers, Boston, MA.
7. Derbyshire, E. (2018). Micronutrient Intakes of British Adults Across Mid-Life: A Secondary Analysis of the UK National Diet and Nutrition Survey. *Frontiers in Nutrition*, 5.
8. Safety and efficacy of SELSAF (Selenium enriched yeast from *Saccharomyces cerevisiae* CNCM I-3399) as feed additive for all species. *EFSA Journal*. 2009;7(4):992.