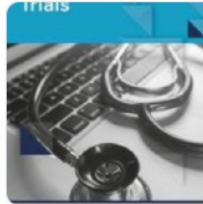




## 7./ Pycnogenol from French Maritime Pine Bark Extract neuroprotection inhibit $\beta$ -amyloid-induced

apoptosis of neurons diminished the choline acetyl transferase activity in the hippocampus. Prevents neurodegeneration.

[sciencedirect.com/topics/pharmac...](https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/pycogenol)



### Evaluation of the effects of pycnogenol (French maritime pine bark extract) s...

Background Traumatic brain injury (TBI) is one of the major health and socioeconomic problems in the world. Immune-enhancing enteral formula has been proven to...

<https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-019-4008-x>

## 8./Curcumin / Turmeric Benefits

[ncbi.nlm.nih.gov/pmc/articles/P...](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/)



### Curcumin: A Review of Its' Effects on Human Health

Turmeric, a spice that has long been recognized for its medicinal properties, has received interest from both the medical/scientific world and from culinary enthusiast...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>



### Does Too Much Turmeric Have Side Effects?

Turmeric is a popular spice that contains curcumin, a powerful bioactive compound. This article explores whether it has any side effects at high doses.

<https://www.healthline.com/nutrition/turmeric-side-effects>

## 9./ Vitamin C Possible application of high-dose vitamin C in the prevention and therapy of coronavirus infection



### Possible application of high-dose vitamin C in the prevention and therapy of...

Coronaviruses such as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and influenza viruses increase oxidative stress in the body leading...

<https://www.sciencedirect.com/science/article/pii/S2213716520302587>

## 10./ Grapeseed extract

[europepmc.org/article/cba/57...](https://europepmc.org/article/cba/57...)

## 11./Melatonin




### What to Know About That Study Claiming Melatonin Can Treat COVID-19

New research suggests melatonin may protect against COVID-19 by increasing tolerance to the virus, but randomized controlled trials are needed before we'll know...


<https://www.healthline.com/health-news/what-to-know-about-that-study-claiming-mel...>

12./ Cannabinoid-Induced Immunomodulation during Viral Infections: A Focus on Mitochondria Impacts of cannabinoids on viral infections these include effects on the inflammatory response as well as neuroprotective effects



**Cannabinoid-Induced Immunomodulation during Viral Infections: A Focus o...**  
This review examines the impact of cannabinoids on viral infections, as well as its effects on the mitochondria of the nervous and immune system. The paper conveys...  
<https://pubmed.ncbi.nlm.nih.gov/32796517/>

13./Vitamin D Immune Modulatory Effects of Vitamin D on Viral Infections




**Immune Modulatory Effects of Vitamin D on Viral Infections – PubMed**  
Viral infections have been a cause of mortality for several centuries and continue to endanger the lives of many, specifically of the younger population. Vitamin D has lo...  
<https://pubmed.ncbi.nlm.nih.gov/32967126/>

14./ Extract of thunder god vine root ameliorates inflammation in patients with RA  
[nature.com/articles/nrrhe...](https://www.nature.com/articles/nrrhe...)



**Extract of thunder god vine root ameliorates inflammation in patients with RA**  
<https://www.nature.com/articles/nrrheum.2009.192>



**15 Potential Thunder God Vine Benefits – SelfHacked**  
Thunder god vine is used in traditional Chinese medicine for inflammatory conditions such as arthritis. Discover Thunder God Vine's interesting benefits.  
<https://selfhacked.com/blog/15-promising-thunder-god-vine-benefits/>

Additional

A./ Anthocyanins

menaquinone-4 MK-4 (K2) is found in animal products such as eggs, meat, and liver. Long chain enaquinones are found in fermented foods such as cheese, curd, and sauerkraut.

[frontiersin.org/articles/10.33...%](https://frontiersin.org/articles/10.33...%)



**The Signaling Pathways, and Therapeutic Targets of Antiviral Agents: Focusi...**  
As the leading cause of death worldwide, viruses significantly affect global health. Despite the rapid progress in human healthcare, there are few viricidal and antiviral...  
<https://www.frontiersin.org/articles/10.3389/fphar.2019.01207/full#:~:text=The%20anti...>

B./ This grows in my garden. Niacin for DNA repair, cancer prevention, high Atherogenicity (AI) and thrombogenicity indices (TI)for heart disease.

[ncbi.nlm.nih.gov/pmc/articles/P...](https://ncbi.nlm.nih.gov/pmc/articles/P...)



**Phytoconstituents and stability of betalains in fruit extracts of Malabar spina...**

This study aimed to assess the nutrient composition, minerals, and stability of betalains pigment from fruit extracts of *Basella rubra*. The proximate composition...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5156645/>

C./ Malabar spinach the active component has radical-scavenging activity (anti-oxidant). Plant Betalains: Safety, Antioxidant Activity, Clinical Efficacy, and Bioavailability



**Plant Betalains: Safety, Antioxidant Activity, Clinical Efficacy, and Bioavailabil...**

Betalains are accepted food additives derived from vacuoles of plants belonging to about 17 families in the order Caryophyllales. These pigments are composed of a...

<https://pubmed.ncbi.nlm.nih.gov/33371594/>