

# NEURAVIE™

## SCIENTIFIC STUDIES

### Secades JJ, Frontera G.

CDP-choline: pharmacological and clinical review. *Methods Find Exp Clin Pharmacol*. 1995 Oct;17 Suppl B:1-54. PMID: 8709678.

### Zanelli SA, Solenski NJ, Rosenthal RE, Fiskum G.

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### Lampariello LR, Cortelazzo A, Guerranti R, Sticozzi C, Valacchi G.

The Magic Velvet Bean of *Mucuna pruriens*. *J Tradit Complement Med*. 2012 Oct;2(4):331-9. doi: 10.1016/s2225-4110(16)30119-5. PMID: 24716148; PMCID: PMC3942911.

### White DJ, de Klerk S, Woods W, Gondalia S, Noonan C, Scholey AB.

Anti-Stress, Behavioural and Magnetoencephalography Effects of an L-Theanine-Based Nutrient Drink: A Randomised, Double-Blind, Placebo-Controlled, Crossover Trial. *Nutrients*. 2016 Jan 19;8(1):53. doi: 10.3390/nu8010053. PMID: 26797633; PMCID: PMC4728665.

**Sabaratham V, Kah-Hui W, Naidu M, Rosie David P.** Neuronal health - can culinary and medicinal mushrooms help? *J Tradit Complement Med*. 2013 Jan;3(1):62-8. doi: 10.4103/2225-4110.106549. PMID: 24716157; PMCID: PMC3924982.

### Martinez-Pinilla E, Oñatibia-Astibia A, Franco R.

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### Probiotics

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### Kennedy DO.

B Vitamins and the Brain: Mechanisms, Dose and Efficacy--A Review. *Nutrients*. 2016 Jan 27;8(2):68. doi: 10.3390/nu8020068. PMID: 26828517; PMCID: PMC4772032.

**Kim HY, Huang BX, Spector AA.** Phosphatidylserine in the brain: metabolism and function. *Prog Lipid Res*. 2014 Oct;56:1-18. doi: 10.1016/j.plipres.2014.06.002. Epub 2014 Jun 30. PMID: 24992464; PMCID: PMC4258547.

### Institute of Medicine (US) Committee on Military Nutrition Research.

The Role of Protein and Amino Acids in Sustaining and Enhancing Performance. Washington (DC): National Academies Press (US); 1999. 14, Amino Acid and Protein Requirements: Cognitive Performance, Stress, and Brain Function.

### Dringen R, Hirrlinger J.

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### Parker AG, Byars A, Purpura M, Jäger R.

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### Khazdair MR, Boskabady MH, Hosseini M, Rezaee R, M Tsatsakis A.

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### Ashwagandha

<https://brainmd.com/blog/brain-boosting-ingredients-series-ashwagandha/>