

Список ссылок на исследования ингредиентов в составе продуктов BotaniQ

1. Гиалуроновая кислота

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1.2. Mariko Oe et al., Oral hyaluronan relieves wrinkles: a double-blinded, placebo-controlled study over a 12-week period, *Clinical, Cosmetic and Investigational Dermatology* 2017; 10:267-273.

1.3. Kim HK, Moon TK, Kim NS. [Effect of hyaluronan on wrinkle]. *Food Style* 21. 2007; 11:42-46. Japanese.

2. Коллагеновые пептиды

2.1. Влияние на эластичность кожи

E. Proksch et al., Oral Supplementation of Specific Collagen Peptides Has Beneficial Effects on Human Skin Physiology: a Double-Blind, Placebo-Controlled Study, *Skin Pharmacol Physiol* 2014, 27:47-55.

2.2. Влияние на ногти

Doris Hexsel et al, Oral supplementation with specific bioactive collagen peptides improves nail growth and reduces symptoms of brittle nails. *J Cosmet Dermatol* 2017; 1-7.

2.3. Влияние на волосы

Steffen Oesser, The oral intake of specific Bioactive Collagen Peptides has a positive effect on hair thickness, *Nutrafoods* 2020; 1:134-138.

3. Витамин В1

3.1. Влияние на утомление и усталость, психологические функции

Scientific Opinion on the substantiation of health claims related to thiamin and reduction of tiredness and fatigue (ID 23) and contribution to normal psychological functions (ID 205) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, *EFSA Journal* 2010; 8(10):1755.

4. Витамин В6

4.1. Влияние на метаболизм, нервную систему, иммунитет, ментальные функции, кроветворение

Scientific Opinion on the substantiation of health claims related to vitamin B6 and protein and glycogen metabolism (ID 65, 70, 71), function of the nervous system (ID 66), red blood cell formation (ID 67, 72, 186), function of the immune system (ID 68), regulation of hormonal activity (ID 69) and mental performance (ID 185) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, *EFSA Journal* 2009; 7(9):1225.

5. Витамин В2

5.1. Влияние на метаболизм, энергию

Scientific Opinion on the substantiation of a health claim related to riboflavin (vitamin B2) and contribution to normal energy-yielding metabolism pursuant to Article 14 of Regulation (EC) No 1924/2006, EFSA Journal 2013; 11(10):3410.

5.2. Влияние на обмен железа, кожу и слизистые, кроветворение, антиоксидантные свойства, усталость и утомляемость, поддержку нервной системы

Scientific Opinion on the substantiation of health claims related to riboflavin (vitamin B2) and contribution to normal energy-yielding metabolism (ID 29, 35, 36, 42), contribution to normal metabolism of iron (ID 30, 37), maintenance of normal skin and mucous membranes (ID 31, 33), contribution to normal psychological functions (ID 32), maintenance of normal bone (ID 33), maintenance of normal teeth (ID 33), maintenance of normal hair (ID 33), maintenance of normal nails (ID 33), maintenance of normal vision (ID 39), maintenance of normal red blood cells (ID 40), reduction of tiredness and fatigue (ID 41), protection of DNA, proteins and lipids from oxidative damage (ID 207), and maintenance of the normal function of the nervous system (ID 213) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, EFSA Journal 2010; 8(10):1814.

6. Витамин В3 (ниацин)

6.1. Влияние на метаболизм, энергию

Niacin and contribution to normal energy-yielding metabolism: evaluation of a health claim pursuant to Article 14 of Regulation (EC) No 1924/2006, EFSA Journal 2015; 13(7):4180

6.2. Влияние на утомление и усталость, психологические функции

Scientific Opinion on the substantiation of health claims related to niacin and reduction of tiredness and fatigue (ID 47), contribution to normal energy-yielding metabolism (ID 51), contribution to normal psychological functions (ID 55), maintenance of normal blood flow (ID 211), and maintenance of normal skin and mucous membranes (ID 4700) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, EFSA Journal 2010; 8(10):1757.

7. Витамин В12

7.1. Поддержка нервной системы, влияние на психологические функции, кроветворение, усталость и утомление

Scientific Opinion on the substantiation of health claims related to vitamin B12 and contribution to normal neurological and psychological functions (ID 95, 97, 98, 100, 102, 109), contribution to normal homocysteine metabolism (ID 96, 103, 106), maintenance of normal bone (ID 104), maintenance of normal teeth (ID 104), maintenance of normal hair (ID 104), maintenance of normal skin (ID 104), maintenance of normal nails (ID 104), reduction of tiredness and fatigue (ID 108), and cell division (ID 212) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, EFSA Journal 2010; 8(10):1756.

8. Витамин D

8.1. Влияние на иммунитет

Scientific Opinion on the substantiation of health claims related to vitamin D and normal function of the immune system and inflammatory response (ID 154, 159), maintenance of normal muscle function (ID 155) and maintenance of normal cardiovascular function (ID 159) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, EFSA Journal 2010; 8(2):1468.

9. Витамин В9 (фолиевая кислота)

9.1. Влияние на кроветворение, иммунную систему

Scientific Opinion on the substantiation of health claims related to folate and blood formation (ID 79), homocysteine metabolism (ID 80), energy-yielding metabolism (ID 90), function of the immune system

(ID 91), function of blood vessels (ID 94, 175, 192), cell division (ID 193), and maternal tissue growth during pregnancy (ID 2882) pursuant to Article 13(1) of Regulation (EC) No 1924/2006, EFSA Journal 2009; 7(9):1213.

10. Биотин

10.1. Влияние на ногти

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11. Имбирь

11.1. Обзор эффектов

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12. Гранат

12.1. Противовирусный эффект

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16. Хвощ

16.1. Ali Esmail Al-Snafi, The pharmacology of *Equisetum arvense*- A review, *IOSR Journal of Pharmacy*, Volume 7, Issue 2 Version. 1 (Feb 2017), PP. 31-42.

17. Спирулина

17.1. Finamore A et al., Antioxidant, Immunomodulating, and Microbial-Modulating Activities of the Sustainable and Ecofriendly Spirulina, *Oxidative Medicine and Cellular Longevity*, 2017, ID 3247528.

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