Scientific References

1) Standarized Tribulus terrestris extract protects against rotenone-induced oxidative damage and nigral dopamine neuronal loss in mice

https://pubmed.ncbi.nlm.nih.gov/30898986/

2) Ginger components as new leads for the design and development of novel multi-targeted anti-Alzheimer's drugs: a computational investigation

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4211852/

3) Neuroprotective effects of the antiparkinson drug Mucuna pruriens

https://pubmed.ncbi.nlm.nih.gov/15478206/

4) Medicinal species as MTDLs: Turnera diffusa Willd. Ex Schult inhibits CNS enzymes and delays glutamate excitotoxicity in SH-SY5Y cells via oxidative damage

https://pubmed.ncbi.nlm.nih.gov/28606766/

5) Trichilia catigua and Turnera diffusa extracts: In vitro inhibition of tyrosinase, antiglycation activity and effects on enzymes and pathways engaged in the neuroinflammatory process

https://www.sciencedirect.com/science/article/abs/pii/S037887412100091X

6) A Standardized Extract of Asparagus officinalis Stem (ETAS®) Ameliorates Cognitive Impairment, Inhibits Amyloid β Deposition via BACE-1 and Normalizes Circadian Rhythm Signaling via MT1 and MT2

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6683278/

7) Preclinical evaluation of Trichilia catigua extracts on the central nervous system of mice

https://www.sciencedirect.com/science/article/pii/S037887411100508 3?via%3Dihub

8) The neuroprotective effects of icariin on ageing, various neurological, neuropsychiatric disorders, and brain injury induced by radiation exposure

https://www.aging-us.com/article/203893/text

9) The Effect of Astragalus Membranaceus and Angelica Sinensis on Grafted Cochlea Stem Cells Apoptosis in Hearing Impaired Rats

https://pesquisa.bvsalud.org/portal/resource/pt/wpr-533998

10) Efficacy and Safety of Ashwagandha (Withania somnifera (L.) Dunal) Root Extract in Improving Memory and Cognitive Functions

https://pubmed.ncbi.nlm.nih.gov/28471731/

11) Promnesic effects of Ptychopetalum olacoides in aversive and non-aversive learning paradigms

https://pubmed.ncbi.nlm.nih.gov/17023132/

12) Evaluation of the antioxidant activity of asparagus, broccoli and their juices

https://www.sciencedirect.com/science/article/abs/pii/S0308814607002956

13) Acetylcholinesterase inhibition in cognition-relevant brain areas of mice treated with a nootropic Amazonian herbal (Marapuama)

https://pubmed.ncbi.nlm.nih.gov/20833520/

14) Effects of a standardized extract of Withania somnifera (Ashwagandha) on depression and anxiety symptoms in persons with schizophrenia participating in a randomized, placebo-controlled clinical trial

https://pubmed.ncbi.nlm.nih.gov/31046033/

15) Role of maca (Lepidium meyenii) consumption on serum interleukin-6 levels and health status in populations living in the Peruvian central Andes over 4000 m of altitude

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3856628/

16) Acceptability, Safety, and Efficacy of Oral Administration of Extracts of Black or Red Maca (Lepidium meyenii) in Adult Human Subjects: A Randomized, Double-Blind, Placebo-Controlled Study

https://pubmed.ncbi.nlm.nih.gov/27548190/

17) Preservation of Cognitive Function by Lepidium meyenii (Maca) Is Associated with Improvement of Mitochondrial Activity and Upregulation of Autophagy-Related Proteins in Middle-Aged Mouse Cortex

https://pubmed.ncbi.nlm.nih.gov/27648102/

18) Withania somnifera (L.) Dunal ameliorates neurodegeneration and cognitive impairments associated with systemic inflammation

https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-019-2635-0

19) Scientists Make Breakthrough With Potential New Tinnitus Cure

https://www.ladbible.com/news/news-scientists-make-breakthrough-with-potential-new-tinnitus-cure-20190619

20) Tinnitus causes changes in the brain

https://www.hear-it.org/tinnitus-causes-changes-brain

21) Trichilia catigua (Catuaba) bark extract exerts neuroprotection against oxidative stress induced by different neurotoxic agents in rat hippocampal slices

https://www.sciencedirect.com/science/article/abs/pii/S0926669013003701

22) Catuaba (Trichilia catigua) Prevents Against Oxidative Damage Induced by In Vitro Ischemia–Reperfusion in Rat Hippocampal Slices

https://link.springer.com/article/10.1007/s11064-012-0876-0

23) Efficacy and Tolerability of Ashwagandha Root Extract in the Elderly for Improvement of General Well-being and Sleep: A Prospective, Randomized, Double-blind, Placebo-controlled Study

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7096075/

24) Herbal Medicine in the Management of Tinnitus

https://www.researchgate.net/publication/330688419_Herbal_Medicine_in_the_Management_of_Tinnitus

25) Coumarins from Angelica archangelica Linn. and their effects on anxiety-like behavior

https://pubmed.ncbi.nlm.nih.gov/22960104/

26) Anti-anxiety activity of successive extracts of Angelica archangelica Linn. on the elevated T-maze and forced swimming tests in rats

https://pubmed.ncbi.nlm.nih.gov/23297567/

27) Pharmacological evaluation of Bioactive Principle of Turnera aphrodisiaca

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3040867/

28) Does Tinnitus Affect the Brain?

https://www.news-medical.net/health/Does-Tinnitus-Affect-the-Brain.aspx#

29) Polysaccharides from Angelica sinensis alleviate neuronal cell injury caused by oxidative stress

https://journals.lww.com/nrronline/Fulltext/2014/09030/Polysaccharides_from_Angelica_sinensis_alleviate.7.aspx

30) The neuroprotective effects of icariin on aging, various neurological, neuropsychiatric disorders, and brain injury induced by radiation exposure

https://www.aging-us.com/article/203893/text

31) Tinnitus dopaminergic pathway. Ear noises treatment by dopamine modulation

https://pubmed.ncbi.nlm.nih.gov/15922111/

32) Neuroprotective effects of the antiparkinson drug Mucuna pruriens

https://pubmed.ncbi.nlm.nih.gov/15478206/

33) Neurobehavioral and toxicological effects of an aqueous extract of Turnera diffusa Willd (Turneraceae) in mice

https://www.sciencedirect.com/science/article/abs/pii/S0378874118316428

34) Effect of Lepidium meyenii (maca) on spatial memory and brain oxidative damage of ovariectomized-rats exposed to mobile phone

https://revistas.udea.edu.co/index.php/vitae/article/view/342472

35) Antioxidant, anticholinesterase and antifatigue effects of Trichilia catigua (catuaba)

https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-018-2222-9

36) A systematic review of the clinical use of Withania somnifera (Ashwagandha) to ameliorate cognitive dysfunction

https://pubmed.ncbi.nlm.nih.gov/31742775/

37) Asparagus recemosus enhances memory and protects against amnesia in rodent models

https://www.sciencedirect.com/science/article/abs/pii/S0278262610000692

38) New breakthrough pill could cure Tinnitus

https://metro.co.uk/2019/06/18/new-breakthrough-pill-could-cure-tinnitus-10006638/

39) Neuroprotective Effects of Asparagus officinalis Stem Extract in Transgenic Mice Overexpressing Amyloid Precursor Protein

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8128539/

40) Improvement of parkinsonian features correlate with high plasma levodopa values after broad bean (Vicia faba) consumption.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC489215/

41) Mucuna pruriens Protects against MPTP Intoxicated Neuroinflammation in Parkinson's Disease through NF-κB/pAKT Signaling Pathways

https://www.frontiersin.org/articles/10.3389/fnagi.2017.00421/full

42) Zingiber officinale Improves Cognitive Function of the Middle-Aged Healthy Women

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3253463/

43) Determination of the Antioxidant Activity of Plants from Northeast Mexico

https://www.tandfonline.com/doi/full/10.1080/13880200701498952?scroll=top&needAccess=true

44) Anti-Parkinson's Activity of Tribulus terrestris via Modulation of AChE, α-Synuclein, TNF-α, and IL-1β

https://pubs.acs.org/doi/10.1021/acsomega.0c03375

45) Adaptogenic and Anxiolytic Effects of Ashwagandha Root Extract in Healthy Adults: A Double-blind, Randomized, Placebo-controlled Clinical Study

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6979308/

46) Withania somnifera Extract Protects Model Neurons from In Vitro Traumatic Injury

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5657733/

47) Icariin Attenuates Synaptic and Cognitive Deficits in an Aβ1–42-Induced Rat Model of Alzheimer's Disease

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5625750/

48) Ptychopetalum olacoides, a traditional Amazonian "nerve tonic", possesses anticholinesterase activity

https://www.researchgate.net/publication/10631750_Ptychopetalum_olacoides_a_traditional_Amazonian_nerve_tonic_possesses_anticholinesterase_activity

49) Antioxidant activities of Ptychopetalum olacoides ("muirapuama") in mice brain

https://pubmed.ncbi.nlm.nih.gov/17433649/

50) Why do humans hear so well? You can thank the tiny Jell-o violin in your ear.

https://www.livescience.com/64781-jello-membrane-tunes-your-ear.html

51) Evaluation of the antioxidant activity of asparagus, broccoli and their juices

https://www.sciencedirect.com/science/article/abs/pii/S0308814607002956

52) Noises in the deaf of the night

https://www.bbc.co.uk/ouch/features/noises-in-the-deaf-of-night.shtml

53) Relaxed people heal twice as quickly

https://www.telegraph.co.uk/news/science/science-news/7814571/Relaxed-people-heal-twice-as-quickly.html

54) Zingiber officinale Mitigates Brain Damage and Improves Memory Impairment in Focal Cerebral Ischemic Rat

https://www.hindawi.com/journals/ecam/2011/429505/

55) Inhibitory Effects of the Aerial Parts of Epimedium koreanum on TPA-Induced Inflammation and Tumour Promotion in Two-Stage Carcinogenesis in Mouse Skin

https://setpublisher.com/pms/index.php/jpans/article/download/1922/1716

56) The Effect of Astragalus Membranaceus and Angelica Sinensis on Grafted Cochlea Stem Cells Apoptosis in Hearing Impaired Rats

https://pesquisa.bvsalud.org/portal/resource/pt/wpr-533998