

Scientific References

Citrus Peel References

1. Berthiaume M, Laplante M, Festuccia WT, Cianflone K, Turcotte LP, Joannis DR, Olivecrona G, Thieringer R, Deshaies Y. 11beta-HSD1 inhibition improves triglyceridemia through reduced liver VLDL secretion and partitions lipids toward oxidative tissues. *Am J Physiol Endocrinol Metab*. 2007 Oct;293(4):E1045-52. Epub 2007 Jul 31.
2. Delaney B, Phillips K, Buswell D, Mowry B, Nickels D, Cox D, Wang HB, Manthey J. Immunotoxicity of a standardized citrus polymethoxylated flavone extract. *Food Chem Toxicol*. 2001 Nov;39(11):1087-94.
3. Delaney B, Phillips K, Vasquez C, Wilson A, Cox D, Wang HB, Manthey J. Genetic toxicity of a standardized mixture of citrus polymethoxylated flavones. *Food Chem Toxicol*. 2002 May;40(5):617-24.
4. Desbriere R, Vuaroqueaux V, Achard V, Boullu-Ciocca S, Labuhn M, Dutour A, Grino M. 11beta-hydroxysteroid dehydrogenase type 1 mRNA is increased in both visceral and subcutaneous adipose tissue of obese patients. *Obesity (Silver Spring)*. 2006 May;14(5):794-8.
5. Kawaii S, Tomono Y, Katase E, Ogawa K, Yano M. Antiproliferative activity of flavonoids on several cancer cell lines. *Biosci Biotechnol Biochem*. 1999 May;63(5):896-9.
6. Kurowska EM, Manthey JA, Casaschi A, Theriault AG. Modulation of HepG2 cell net apolipoprotein B secretion by the citrus polymethoxyflavone, tangeretin. *Lipids*. 2004 Feb;39(2):143-51.
7. Kurowska EM, Manthey JA. Hypolipidemic effects and absorption of citrus polymethoxylated flavones in hamsters with diet-induced hypercholesterolemia. *J Agric Food Chem*. 2004 May 19;52(10):2879-86.
8. Lee MJ, Fried SK, Mundt SS, Wang Y, Sullivan S, Stefanni A, Daugherty BL, Hermanowski-Vosatka A. Depot-specific regulation of the conversion of cortisone to cortisol in human adipose tissue. *Obesity (Silver Spring)*. 2008 Jun;16(6):1178-85. Epub 2008 Apr 3.
9. Manthey JA, Grohmann K, Montanari A, Ash K, Manthey CL. Polymethoxylated flavones derived from citrus suppress tumor necrosis factor-alpha expression by human monocytes. *J Nat Prod*. 1999 Mar;62(3):441-4.
10. Manthey JA, Grohmann K. Phenols in citrus peel byproducts. Concentrations of hydroxycinnamates and polymethoxylated flavones in citrus peel molasses. *J Agric Food Chem*. 2001 Jul;49(7):3268-73.
11. Manthey JA, Guthrie N. Antiproliferative activities of citrus flavonoids against six human cancer cell lines. *J Agric Food Chem*. 2002 Oct 9;50(21):5837-43.
12. Mora A, Paya M, Rios JL, Alcaraz MJ. Structure-activity relationships of polymethoxyflavones and other flavonoids as inhibitors of non-enzymic lipid peroxidation. *Biochem Pharmacol*. 1990 Aug 15;40(4):793-7.
13. Paulsen SK, Pedersen SB, Fisker S, Richelsen B. 11Beta-HSD type 1 expression in human adipose tissue: impact of gender, obesity, and fat localization. *Obesity (Silver Spring)*. 2007 Aug;15(8):1954-60.
14. Schnackenberg CG. 11beta-hydroxysteroid dehydrogenase type 1 inhibitors for metabolic syndrome. *Curr Opin Investig Drugs*. 2008 Mar;9(3):295-300.
15. Schuster D, Maurer EM, Laggner C, Nashev LG, Wilckens T, Langer T, Odermatt A. The discovery of new 11beta-hydroxysteroid dehydrogenase type 1 inhibitors by common feature pharmacophore modeling and virtual screening. *J Med Chem*. 2006 Jun 15;49(12):3454-66.
16. Schweizer RA, Atanasov AG, Frey BM, Odermatt A. A rapid screening assay for inhibitors of 11beta-hydroxysteroid dehydrogenases (11beta-HSD): flavanone selectively inhibits 11beta-HSD1 reductase activity. *Mol Cell Endocrinol*. 2003 Dec 30;212(1-2):41-9.

17. Su X, Vicker N, Trusselle M, Halem H, Culler MD, Potter BV. Discovery of novel inhibitors of human 11beta-hydroxysteroid dehydrogenase type 1. *Mol Cell Endocrinol*. 2008 Aug 15.
18. Takanaga H, Ohnishi A, Yamada S, Matsuo H, Morimoto S, Shoyama Y, Ohtani H, Sawada Y. Polymethoxylated flavones in orange juice are inhibitors of P-glycoprotein but not cytochrome P450 3A4. *J Pharmacol Exp Ther*. 2000 Apr;293(1):230-6.
19. Tomlinson JW, Sherlock M, Hughes B, Hughes SV, Kilvington F, Bartlett W, Courtney R, Rejto P, Carley W, Stewart PM. Inhibition of 11beta-hydroxysteroid dehydrogenase type 1 activity in vivo limits glucocorticoid exposure to human adipose tissue and decreases lipolysis. *J Clin Endocrinol Metab*. 2007 Mar;92(3):857-64. Epub 2007 Jan 2.
20. Walker BR. Cortisol--cause and cure for metabolic syndrome? *Diabet Med*. 2006 Dec;23(12):1281-8.

Eurycoma References

1. Cyranoski D. Malaysian researchers bet big on home-grown Viagra. *Nat Med*. 2005 Sep;11(9):912.
2. Bedir E, Abou-Gazar H, Ngwendson JN, Khan IA. Eurycomaoside: a new quassinoid-type glycoside from the roots of *Eurycoma longifolia*. *Chem Pharm Bull (Tokyo)*. 2003 Nov;51(11):1301-3.
3. Jiwajinda S, Santisopasri V, Murakami A, Sugiyama H, Gasquet M, Riad E, Balansard G, Ohigashi H. In vitro anti-tumor promoting and anti-parasitic activities of the quassinoids from *Eurycoma longifolia*, a medicinal plant in Southeast Asia. *J Ethnopharmacol*. 2002 Sep;82(1):55-8. Erratum in: *J Ethnopharmacol*. 2003 Mar;85(1):173.
4. Chan KL, Choo CY. The toxicity of some quassinoids from *Eurycoma longifolia*. *Planta Med*. 2002 Jul;68(7):662-4.
5. Ueda JY, Tezuka Y, Banskota AH, Le Tran Q, Tran QK, Harimaya Y, Saiki I, Kadota S. Antiproliferative activity of Vietnamese medicinal plants. *Biol Pharm Bull*. 2002 Jun;25(6):753-60.
6. Choo CY, Chan KL. High performance liquid chromatography analysis of canthinone alkaloids from *Eurycoma longifolia*. *Planta Med*. 2002 Apr;68(4):382-4.
7. Ang HH, Hitotsuyanagi Y, Fukaya H, Takeya K. Quassinoids from *Eurycoma longifolia*. *Phytochemistry*. 2002 Apr;59(8):833-7.
8. Ang HH, Ikeda S, Gan EK. Evaluation of the potency activity of aphrodisiac in *Eurycoma longifolia* Jack. *Phytother Res*. 2001 Aug;15(5):435-6.
9. Adimoelja A. Phytochemicals and the breakthrough of traditional herbs in the management of sexual dysfunctions. *Int J Androl*. 2000;23 Suppl 2:82-4.
10. Chaing HS, Merino-chavez G, Yang LL, Wang FN, Hafez ES. Medicinal plants: conception / contraception. *Adv Contracept Deliv Syst*. 1994;10(3-4):355-63.
11. Le-Van-Thoi, Nguyen-Ngoc-Suong. Constituents of *Eurycoma longifolia* Jack. *J Org Chem*. 1970 Apr;35(4):1104-9.

Theanine References

1. Kakuda T, Yanase H, Utsunomiya K, Nozawa A, Unno T, Kataoka K. Protective effect of gamma-glutamylethylamide (theanine) on ischemic delayed neuronal death in gerbils. *Neurosci Lett*. 2000 Aug 11;289(3):189-92.
2. Sadzuka Y, Sugiyama T, Hirota S. Modulation of cancer chemotherapy by green tea. *Clin Cancer Res*. 1998 Jan;4(1):153-6.

3. Sadzuka Y, Sugiyama T, Miyagishima A, Nozawa Y, Hirota S. The effects of theanine, as a novel biochemical modulator, on the antitumor activity of adriamycin. *Cancer Lett.* 1996 Aug 2;105(2):203-9.
4. Sadzuka Y, Sugiyama T, Sonobe T. Efficacies of tea components on doxorubicin induced antitumor activity and reversal of multidrug resistance. *Toxicol Lett.* 2000 Apr 3;114(1-3):155-62.
5. Sadzuka Y, Sugiyama T, Sonobe T. Improvement of idarubicin induced antitumor activity and bone marrow suppression by theanine, a component of tea. *Cancer Lett.* 2000 Oct 1;158(2):119-24.
6. Sadzuka Y, Sugiyama T, Suzuki T, Sonobe T. Enhancement of the activity of doxorubicin by inhibition of glutamate transporter. *Toxicol Lett.* 2001 Sep 15;123(2-3):159-67.
7. Sadzuka Y, Yamashita Y, Sugiyama T, Sonobe T. Effect of dihydrokainate on the antitumor activity of doxorubicin. *Cancer Lett.* 2002 May 28;179(2):157-63.
8. Sugiyama T, Sadzuka Y, Tanaka K, Sonobe T. Inhibition of glutamate transporter by theanine enhances the therapeutic efficacy of doxorubicin. *Toxicol Lett.* 2001 Apr 30;121(2):89-96.
9. Sugiyama T, Sadzuka Y. Combination of theanine with doxorubicin inhibits hepatic metastasis of M5076 ovarian sarcoma. *Clin Cancer Res.* 1999 Feb;5(2):413-6.
10. Sugiyama T, Sadzuka Y. Enhancing effects of green tea components on the antitumor activity of adriamycin against M5076 ovarian sarcoma. *Cancer Lett.* 1998 Nov 13;133(1):19-26.

Green Tea References

1. Ahn WS, Yoo J, Huh SW, Kim CK, Lee JM, Namkoong SE, Bae SM, Lee IP. Protective effects of green tea extracts (polyphenon E and EGCG) on human cervical lesions. *Eur J Cancer Prev.* 2003 Oct;12(5):383-90.
2. August DA, Landau J, Caputo D, Hong J, Lee MJ, Yang CS. Ingestion of green tea rapidly decreases prostaglandin E2 levels in rectal mucosa in humans. *Cancer Epidemiol Biomarkers Prev.* 1999 Aug;8(8):709-13.
3. Benzie IF, Szeto YT, Strain JJ, Tomlinson B. Consumption of green tea causes rapid increase in plasma antioxidant power in humans. *Nutr Cancer.* 1999;34(1):83-7.
4. Chantre P, Lairon D. Recent findings of green tea extract AR25 (Exolise) and its activity for the treatment of obesity. *Phytomedicine.* 2002 Jan;9(1):3-8.
5. Chow HH, Cai Y, Alberts DS, Hakim I, Dorr R, Shahi F, Crowell JA, Yang CS, Hara Y. Phase I pharmacokinetic study of tea polyphenols following single-dose administration of epigallocatechin gallate and polyphenon E. *Cancer Epidemiol Biomarkers Prev.* 2001 Jan;10(1):53-8.
6. Dulloo AG, Duret C, Rohrer D, Girardier L, Mensi N, Fathi M, Chantre P, Vandermander J. Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *Am J Clin Nutr.* 1999 Dec;70(6):1040-5.
7. Dulloo AG, Seydoux J, Girardier L, Chantre P, Vandermander J. Green tea and thermogenesis: interactions between catechin-polyphenols, caffeine and sympathetic activity. *Int J Obes Relat Metab Disord.* 2000 Feb;24(2):252-8.
8. Elmets CA, Singh D, Tubesing K, Matsui M, Katiyar S, Mukhtar H. Cutaneous photoprotection from ultraviolet injury by green tea polyphenols. *J Am Acad Dermatol.* 2001 Mar;44(3):425-32.
9. Gupta S, Ahmad N, Mohan RR, Husain MM, Mukhtar H. Prostate cancer chemoprevention by green tea: in vitro and in vivo inhibition of testosterone-mediated induction of ornithine decarboxylase. *Cancer Res.* 1999 May 1;59(9):2115-20.

10. Hakim IA, Harris RB, Brown S, Chow HH, Wiseman S, Agarwal S, Talbot W. Effect of increased tea consumption on oxidative DNA damage among smokers: a randomized controlled study. *J Nutr.* 2003 Oct;133(10):3303S-3309S.
11. Hakim IA, Harris RB, Chow HH, Dean M, Brown S, Ali IU. Effect of a 4-month tea intervention on oxidative DNA damage among heavy smokers: role of glutathione S-transferase genotypes. *Cancer Epidemiol Biomarkers Prev.* 2004 Feb;13(2):242-9.
12. Hodgson JM, Puddey IB, Croft KD, Burke V, Mori TA, Caccetta RA, Beilin LJ. Acute effects of ingestion of black and green tea on lipoprotein oxidation. *Am J Clin Nutr.* 2000 May;71(5):1103-7.
13. Komatsu T, Nakamori M, Komatsu K, Hosoda K, Okamura M, Toyama K, Ishikura Y, Sakai T, Kunii D, Yamamoto S. Oolong tea increases energy metabolism in Japanese females. *J Med Invest.* 2003 Aug;50(3-4):170-5.
14. Kovacs EM, Lejeune MP, Nijs I, Westerterp-Plantenga MS. Effects of green tea on weight maintenance after body-weight loss. *Br J Nutr.* 2004 Mar;91(3):431-7.
15. Lin JK, Liang YC, Lin-Shiau SY. Cancer chemoprevention by tea polyphenols through mitotic signal transduction blockade. *Biochem Pharmacol.* 1999 Sep 15;58(6):911-5.
16. Maron DJ, Lu GP, Cai NS, Wu ZG, Li YH, Chen H, Zhu JQ, Jin XJ, Wouters BC, Zhao J. Cholesterol-lowering effect of a theaflavin-enriched green tea extract: a randomized controlled trial. *Arch Intern Med.* 2003 Jun 23;163(12):1448-53.
17. Pisters KM, Newman RA, Coldman B, Shin DM, Khuri FR, Hong WK, Glisson BS, Lee JS. Phase I trial of oral green tea extract in adult patients with solid tumors. *J Clin Oncol.* 2001 Mar 15;19(6):1830-8.
18. Weisburger JH, Rivenson A, Aliaga C, Reinhardt J, Kelloff GJ, Boone CW, Steele VE, Balentine DA, Pittman B, Zang E. Effect of tea extracts, polyphenols, and epigallocatechin gallate on azoxymethane-induced colon cancer. *Proc Soc Exp Biol Med.* 1998 Jan;217(1):104-8.