

Scientific References

[Baci D, Bruno A, Bassani B, Tramacere M, Mortara L, Albini A, Noonan DM. Acetyl-l-carnitine is an anti-angiogenic agent targeting the VEGFR2 and CXCR4 pathways. Cancer Letters. 2018 Aug 10;429:100-116. doi:10.1016/j.canlet.2018.04.018.](#)

[Birketvedt GS, Shimshi M, Erling T, Florholmen J. Experiences with three different fiber supplements in weight reduction. Medical Science Monitor. 2005 Jan 1;11\(1\):15-18.](#)

[Çakır I, Lining Pan P, Hadley CK, El-Gamal A, Fadel A, Elsayegh D, Mohamed O, Rizk NM, Ghamari-Langroudi M. Sulforaphane reduces obesity by reversing leptin resistance. Elife. 2022 Mar 24;11:e67368. doi:10.7554/eLife.67368.](#)

[Carla Eisenstein P. What is pine pollen? \[Internet\]. Verywell health; 2023 \[cited 2023 Aug 24\].](#)

[Chen L, Zhu Y, Hu Z, Wu S, Jin C. Beetroot as a functional food with huge health benefits: Antioxidant, antitumor, physical function, and chronic metabolomics activity. Food Science & Nutrition. 2021 Nov;9\(11\):6406-6420. doi:10.1002/fsn3.2577.](#)

[Cheng Y, Wang Z, Quan W, Xue C, Qu T, Wang T, Chen Q, Wang Z, Zeng M, Qin F, Chen J. Pine pollen: A review of its chemical composition, health effects, processing, and food applications. Trends in Food Science & Technology. 2023 Jul 12; 138: 599-614. doi:10.1016/j.tifs.2023.07.004.](#)

[Choi EM. Antinociceptive and antiinflammatory activities of pine \(Pinus densiflora\) pollen extract. Phytotherapy Research: An International Journal Devoted to Pharmacological and Toxicological Evaluation of Natural Product Derivatives. 2007 May;21\(5\):471-475. doi:10.1002/ptr.2103.](#)

[Kucio C, Jonderko K, Piskorska D. Does yohimbine act as a slimming drug?. Israel journal of medical sciences. 1991 Oct 1;27\(10\):550-556.](#)

[Kumar R, Gupta YK, Singh S, Arunraja S. Cissus quadrangularis attenuates the adjuvant induced arthritis by down regulating pro-inflammatory cytokine and inhibiting angiogenesis. Journal of Ethnopharmacology. 2015 Dec 4;175:346-355. doi:10.1016/j.jep.2015.08.058.](#)

[Liang SB, Liang N, Bu FL, Lai BY, Zhang YP, Cao HJ, Fei YT, Robinson N, Liu JP. The potential effects and use of Chinese herbal medicine pine pollen \(Pinus pollen\): A bibliometric analysis of pharmacological and clinical studies. World journal of traditional Chinese medicine. 2020;6\(2\):163-170. doi:10.4103/wjtc.wjtc 4 20.](#)

[Liu P, Atkinson SJ, Akbareian SE, Zhou Z, Munsterberg A, Robinson SD, Bao Y. Sulforaphane exerts anti-angiogenesis effects against hepatocellular carcinoma through inhibition of STAT3/HIF-1 \$\alpha\$ /VEGF signalling. Scientific Reports. 2017 Oct 4;7\(1\):12651. doi:10.1038/s41598-017-12855-w.](#)

[Mawer R. L-carnitine - a review of benefits, side effects and dosage \[Internet\]. Healthline Media; 2023 \[cited 2023 Aug 24\].](#)

[Oben J, Kuate D, Agbor G, Momo C, Talla X. The use of a Cissus quadrangularis formulation in the management of weight loss and metabolic syndrome. Lipids in Health and Disease. 2006 Dec;5:1-7. doi:10.1186/1476-511X-5-24.](#)

[Quan S. Too little sleep and too much weight: A dangerous duo \[Internet\]. Harvard Health Publishing; 2015 \[cited 2023 Aug 24\].](#)

University Of Texas M. D. Anderson Cancer Center. Obesity Reversed In Mice By Destroying Blood Vessels That Service Fat Cells. ScienceDaily [Internet]. 2010 [cited 2023 Aug 24];

Winslow R. A New Tactic Against Obesity: Starve Fat Cells of Blood Supply [Internet]. The Wall Street Journal; 2004 [cited 2023 Aug 24].