

PART 1.
PHYTOBOX
STUDIES
TRADEMARK



PhytoBox 1 – Support for *Borrelia* and intracellular infective pathogens

INGREDIENTS (4 CAPSULES):	DAILY DOSAGE	%RQ*
Monolaurine.....	900 mg	-
Baikal skullcap extract.....	1000 mg	-

*RQ = Reference quantity for daily intake

Studies on Baikal skullcap (*Scutellaria baicalensis*):

- » *Scutellaria baicalensis* Inhibits Coxsackievirus B3-Induced Myocarditis Via AKT and p38 Pathways
<https://pubmed.ncbi.nlm.nih.gov/31370111/>
- » Antiviral Activity of Oroxylin A against Coxsackievirus B3 Alleviates Virus-Induced Acute Pancreatic Damage in Mice
<https://pubmed.ncbi.nlm.nih.gov/27195463/>
- » Potential therapeutic and pharmacological effects of Wogonin: an updated review
<https://pubmed.ncbi.nlm.nih.gov/33165817/>
- » Baicalin ameliorates *Mycoplasma gallisepticum*-induced lung inflammation in chicken by inhibiting TLR6-mediated NF- κ B signalling
<https://pubmed.ncbi.nlm.nih.gov/33252265/>
- » Effect of Baicalin on Bacterial Secondary Infection and Inflammation Caused by H9N2 AIV Infection in Chickens
<https://pubmed.ncbi.nlm.nih.gov/33294434/>
- » Baicalin Liposome Alleviates Lipopolysaccharide-Induced Acute Lung Injury in Mice via Inhibiting TLR4/JNK/ERK/NF- κ B Pathway
<https://pubmed.ncbi.nlm.nih.gov/33223957/>
- » Neuroprotective Effects of Baicalein, Wogonin, and Oroxylin A on Amyloid Beta-Induced Toxicity via NF- κ B/MAPK Pathway Modulation
<https://pubmed.ncbi.nlm.nih.gov/33147823/>
- » *Scutellaria baicalensis* Georgi. (Lamiaceae): a review of its traditional uses, botany, phytochemistry, pharmacology and toxicology
<https://pubmed.ncbi.nlm.nih.gov/33294434/>
- » The anti-rotavirus effect of baicalin via the gluconeogenesis-related p-JNK-PDK1-AKT-SIK2 signaling pathway
<https://pubmed.ncbi.nlm.nih.gov/33567320/>

Studies on Monolaurine:

- » In vitro activity of lauric acid or myristylamine in combination with six antimicrobial agents against methicillin-resistant *Staphylococcus aureus* (MRSA)
<https://pubmed.ncbi.nlm.nih.gov/16318911/>
- » Glycerol monolaurate inhibits the effects of Gram-positive select agents on eukaryotic cells
<https://pubmed.ncbi.nlm.nih.gov/16475828/>
- » In vitro inactivation of *Chlamydia trachomatis* by fatty acids and monoglycerides
<https://pubmed.ncbi.nlm.nih.gov/9736551/>
- » Glycerol monolaurate antibacterial activity in broth and biofilm cultures
<https://pubmed.ncbi.nlm.nih.gov/22808139/>
- » Inhibition of Bacterial Spore Growth by Fatty Acids and Their Sodium Salts
<https://pubmed.ncbi.nlm.nih.gov/31084102/>
- » Novel antibacterial activity of monolaurin compared with conventional antibiotics against organisms from skin infections: an in vitro study
<https://pubmed.ncbi.nlm.nih.gov/17966176/>
- » In vitro evaluation of antibacterial activity of phytochemicals and micronutrients against *Borrelia burgdorferi* and *Borrelia garinii*
<https://pubmed.ncbi.nlm.nih.gov/26457476/>
- » Antibacterial Free Fatty Acids and Monoglycerides: Biological Activities, Experimental Testing, and Therapeutic Applications
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5979495/>
- » Investigation of the selective bactericidal effect of several decontaminating solutions on bacterial biofilms including useful, spoilage and/or pathogenic bacteria
<https://www.sciencedirect.com/science/article/abs/pii/S0740002003000510>
- » Inactivation of enveloped viruses in human bodily fluids by purified lipids
<https://pubmed.ncbi.nlm.nih.gov/8030973/>

PhytoBox 1

- » Antibacterial study of the medium chain fatty acids and their 1-monoglycerides: individual effects and synergistic relationships
<https://pubmed.ncbi.nlm.nih.gov/19469285/>
- » In vitro effects of monolaurin compounds on enveloped rna and dna viruses
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7166675/>
- » Virucidal activities of medium- and long-chain fatty alcohols, fatty acids and monoglycerides against herpes simplex virus types 1 and 2: comparison at different pH levels
<https://pubmed.ncbi.nlm.nih.gov/15676016/>
- » Inactivation of enveloped viruses and killing of cells by fatty acids and monoglycerides
<https://pubmed.ncbi.nlm.nih.gov/3032090/>
- » Inactivation of visna virus and other enveloped viruses by free fatty acids and monoglycerides
<https://pubmed.ncbi.nlm.nih.gov/8030974/>
- » Fatty acids and derivatives as antimicrobial agents
<https://pubmed.ncbi.nlm.nih.gov/4670656/>
- » In Vitro Antimicrobial Activities of Organic Acids and Their Derivatives on Several Species of Gram-Negative and Gram-Positive Bacteria
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6832434/>
- » In vitro killing of *Candida albicans* by fatty acids and monoglycerides
<https://pubmed.ncbi.nlm.nih.gov/11600381/>
- » Bactericidal effects of fatty acids and monoglycerides on *Helicobacter pylori*
<https://pubmed.ncbi.nlm.nih.gov/12385681/>
- » Inhibitory activity of monoacylglycerols on biofilm formation
<https://pubmed.ncbi.nlm.nih.gov/27652099/>
- » In Vivo Antifungal Activity of Monolaurin against *Candida albicans* Biofilms
<https://pubmed.ncbi.nlm.nih.gov/30068882/>
- » The Clinical Use of Monolaurin as a Dietary Supplement: A Review of the Literature
<https://pubmed.ncbi.nlm.nih.gov/32952476/>
- » The 1-monolaurin inhibit growth and eradicate the biofilm formed by clinical isolates of *Staphylococcus epidermidis*
<https://pubmed.ncbi.nlm.nih.gov/31890012/>
- » Bactericidal effect of glycerol monolaurate complex disinfectants on *Salmonella* of chicken
<https://pubmed.ncbi.nlm.nih.gov/33294434/>

PhytoBox 2 – Support for neuroborreliosis and neuropathic dysfunctions

INGREDIENTS (2 CAPSULES):	DAILY DOSAGE	%RQ*
Andrographis paniculata extract 4:1.....	400 mg	-
Uncaria rhyunchophylla.....	320 mg	-
Thereof Ginsenosides	256 mg	-
Polygonum cuspidatum.....	168,4 mg	-
Thereof trans-Resveratrol.....	159,8 mg	-
Grapefruit seed extract	60 mg	-
Thereof Bioflavonoids.....	27 mg	-

*RQ = Reference quantity for daily intake

Studies on Andrographis paniculata:

- » Andrographolide, an Anti-Inflammatory Multitarget Drug: All Roads Lead to Cellular Metabolism
<https://pubmed.ncbi.nlm.nih.gov/33374961/>
- » Andrographis paniculata and Its Bioactive Diterpenoids Against Inflammation and Oxidative Stress in Keratinocytes
<https://pubmed.ncbi.nlm.nih.gov/32560449/>
- » Polyphenolic-rich extracts of Andrographis paniculata mitigate hyperglycemia via attenuating β -cell dysfunction, pro-inflammatory cytokines and oxidative stress in alloxan-induced diabetic Wistar albino rat
<https://pubmed.ncbi.nlm.nih.gov/33553038/>
- » Andrographis paniculata (Burm.f.) Nees and its major constituent andrographolide as potential antiviral agents
<https://pubmed.ncbi.nlm.nih.gov/33610706/>
- » Effect of Andrographis paniculata leaves extract on neurobehavioral and biochemical indices in scopolamine-induced amnesic rats
<https://pubmed.ncbi.nlm.nih.gov/32441354/>

Studies on grapefruit - Citrus paradisi:

- » NQO1 mediates the anti-inflammatory effects of nootkatone in lipopolysaccharide-induced neuroinflammation by modulating the AMPK signaling pathway
<https://pubmed.ncbi.nlm.nih.gov/33460769/>
- » Potentiating and synergistic effect of grapefruit juice on the antioxidant and anti-inflammatory activity of aripiprazole against hydrogen peroxide induced oxidative stress in mice
<https://pubmed.ncbi.nlm.nih.gov/29566693/>

Studies on Resveratrol:

- » Nanoparticles of resveratrol attenuates oxidative stress and inflammation after ischemic stroke in rats
<https://pubmed.ncbi.nlm.nih.gov/33676175/>
- » Pterostilbene Improves Stress-Related Behaviors and Partially Reverses Underlying Neuroinflammatory and Hormonal Changes in Stress-Challenged Mice
<https://pubmed.ncbi.nlm.nih.gov/33739881/>

Studies on Uncaria rhynchophylla:

- » Isorhynchophylline Ameliorates Cerebral Ischemia/Reperfusion Injury by Inhibiting CX3CR1-Mediated Microglial Activation and Neuroinflammation
<https://pubmed.ncbi.nlm.nih.gov/33643044/>
- » Protection by rhynchophylline against MPTP/MPP +-induced neurotoxicity via regulating PI3K/Akt pathway
<https://pubmed.ncbi.nlm.nih.gov/33188898/>
- » Rhynchophylline attenuates migraine in trigeminal nucleus caudalis in nitroglycerin-induced rat model by inhibiting MAPK/NF- κ B signaling
<https://pubmed.ncbi.nlm.nih.gov/31420791/>

PhytoBox 3 – Break down of pleomorphic forms and support of detoxification & purification

INGREDIENTS (4 CAPSULES):	DAILY DOSAGE	%RQ*
Chlorella pyrenoides	800 mg	-
Stinging Nettle extract 10:1.....	160 mg	-
Bilberry extract.....	160 mg	-
Thereof Anthocyanidins.....	40 mg	-
Cranberry extract	160 mg	-
Thereof Polyphenols.....	40 mg	-
Lingonberry fruit powder	160 mg	-
Artichoke extract 12:1.....	160 mg	-
Thereof Cynarin.....	4 mg	-
Sage leaf extract 4:1.....	100 mg	-
Wild garlic herb extract 4:1	50 mg	-
Cistus incanus.....	50 mg	-
Thereof Polyphenols.....	32,4 mg	-

*RQ = Reference quantity for daily intake

Studies on Chlorella pyrenoides:

- » Evaluation of antioxidant and anticancer activity of crude extract and different fractions of Chlorella vulgaris axenic culture grown under various concentrations of copper ions
<https://pubmed.ncbi.nlm.nih.gov/33546663/>
- » Effect of Chlorella vulgaris on Liver Function Biomarkers: a Systematic Review and Meta-Analysis
<https://pubmed.ncbi.nlm.nih.gov/33564655/>
- » Evaluation of the simultaneous effect of Chlorella vulgaris supplementation and high intensity interval training on resting levels of oxidative stress markers and aerobic fitness in overweight healthy men
https://www.researchgate.net/publication/337952135_Evaluation_of_the_simultaneous_effect_of_Chlorella_vulgaris_supplementation_and_high_intensity_interval_training_on_resting_levels_of_oxidative_stress_markers_and_aerobic_fitness_in_overweight_healthy
- » Physicochemical characterization and antioxidant effects of green microalga Chlorella pyrenoidosa polysaccharide by regulation of microRNAs and gut microbiota in Caenorhabditis elegans
<https://pubmed.ncbi.nlm.nih.gov/33301848/>

Studies on Stinging Nettle - Urtica dioica:

- » Metagenomic insights into the effects of Urtica dioica vegetable on the gut microbiota of C57BL/6J obese mice, particularly the composition of Clostridia
<https://pubmed.ncbi.nlm.nih.gov/33545322/>
- » Ameliorative effect of cotreatment with the methanolic leaf extract of Urtica dioica on acute kidney injury induced by gentamicin in rats
<https://pubmed.ncbi.nlm.nih.gov/32523882/>
- » Urtica Dioica Root Extract on Clinical and Biochemical Parameters in Patients with Benign Prostatic Hyperplasia, Randomized Controlled Trial
<https://pubmed.ncbi.nlm.nih.gov/32981268/>
- » Screening of pharmacological uses of Urtica dioica and others benefits
<https://pubmed.ncbi.nlm.nih.gov/31163183/>

Studies on blueberries - Vaccinium myrtillus:

- » Whole Blueberry and Isolated Polyphenol-Rich Fractions Modulate Specific Gut Microbes in an In Vitro Colon Model and in a Pilot Study in Human Consumers
<https://pubmed.ncbi.nlm.nih.gov/32932733/>
- » Bilberry anthocyanin extracts enhance anti-PD-L1 efficiency by modulating gut microbiota
<https://pubmed.ncbi.nlm.nih.gov/32211663/>

PhytoBox 3

- » Stability and Antglycoxidant Potential of Bilberry Anthocyanins in Simulated Gastrointestinal Tract Model
<https://pubmed.ncbi.nlm.nih.gov/33228062/>
- » Blueberry Prevents the Bladder Dysfunction in Bladder Outlet Obstruction Rats by Attenuating Oxidative Stress and Suppressing Bladder Remodeling
<https://pubmed.ncbi.nlm.nih.gov/32369959/>

Studies on Cranberry - *Vaccinium macrocarpon*:

- » Cranberry Extract for Symptoms of Acute, Uncomplicated Urinary Tract Infection: A Systematic Review
<https://pubmed.ncbi.nlm.nih.gov/33375566/>
- » Cranberry Powder Attenuates Benign Prostatic Hyperplasia in Rats
<https://pubmed.ncbi.nlm.nih.gov/33136465/>
- » Efficacy of Daily Intake of Dried Cranberry 500 mg in Women with Overactive Bladder: A Randomized, Double-Blind, Placebo Controlled Study
<https://pubmed.ncbi.nlm.nih.gov/32945735/>

Studies on Lingonberry - *Vaccinium vitis idaea*:

- » Supplementing diet with Manitoba lingonberry juice reduces kidney ischemia-reperfusion injury
<https://pubmed.ncbi.nlm.nih.gov/28074603/>
- » Phenolic compounds and antioxidant activity of lingonberry (*Vaccinium vitis-idaea* L.) leaf, stem and fruit at different harvest periods
<https://pubmed.ncbi.nlm.nih.gov/29478554/>

Studies on Artichoke - *Cynara scolymus*:

- » Bioaccessibility of *Tudela* artichoke (*Cynara scolymus* cv. Blanca de Tudela) (poly)phenols: the effects of heat treatment, simulated gastrointestinal digestion and human colonic microbiota
<https://pubmed.ncbi.nlm.nih.gov/33537693/>
- » Study on literature of artichoke and properties of traditional Chinese medicine
<https://pubmed.ncbi.nlm.nih.gov/32726065/>
- » Preventive effect of Artichoke (*Cynara scolymus* L.) in kidney dysfunction against high fat-diet induced obesity in rats
<https://pubmed.ncbi.nlm.nih.gov/31855072/>
- » Effect of fosfomycin, *Cynara scolymus* extract, deoxynivalenol and their combinations on intestinal health of weaned piglets
<https://pubmed.ncbi.nlm.nih.gov/31890916/>
- » Intestinal anti-inflammatory effects of artichoke pectin and modified pectin fractions in the dextran sulfate sodium model of mice colitis. Artificial neural network modelling of inflammatory markers
<https://pubmed.ncbi.nlm.nih.gov/31781703/>

Studies on Sage leaf - *Salvia officinalis*:

- » Anti-oxidant and hepatoprotective effects of *Salvia officinalis* essential oil against vanadium-induced oxidative stress and histological changes in the rat liver
<https://pubmed.ncbi.nlm.nih.gov/33106906/>
- » The effect of common sage extracts on the intestinal microbiota in experimental infectious colitis
<https://pubmed.ncbi.nlm.nih.gov/32535583/>
- » Current State of the Art on the Antioxidant Activity of Sage (*Salvia* spp.) and Its Bioactive Components
<https://pubmed.ncbi.nlm.nih.gov/31975363/>
- » The protective effects of *Salvia officinalis* essential oil compared to simvastatin against hyperlipidemia, liver, and kidney injuries in mice submitted to a high-fat diet
<https://pubmed.ncbi.nlm.nih.gov/32010989/>

Studies on Wild garlic herb - *Allium ursinum*

- » *Allium ursinum* and *Allium oschaninii* against *Klebsiella pneumoniae* and *Candida albicans* Mono- and Polymicrobial Biofilms in In Vitro Static and Dynamic Models
<https://pubmed.ncbi.nlm.nih.gov/32120894/>
- » Study on the antioxidant and antimicrobial activities of *Allium ursinum* L. pressurised-liquid extract
<https://pubmed.ncbi.nlm.nih.gov/24895887/>

PhytoBox 4 - Anti-inflammatory and pain relieving

INGREDIENTS (4 CAPSULES):	DAILY DOSAGE	%RQ*
OPC Grape seed extract.....	200 mg.....	-
Thereof Polyphenols.....	190 mg.....	-
Thereof OPC.....	100 mg.....	-
Curcuma Extract.....	200 mg.....	-
Thereof Curcuminoids.....	180 mg.....	-
Thereof Curcumin.....	140 mg.....	-
Rutin Powder.....	189,4 mg.....	-
Thereof Rutin.....	179,8 mg.....	-
Polygonum cuspidatu.....	147,4 mg.....	-
Thereof trans-Resveratrol.....	140 mg.....	-

*RQ = Reference quantity for daily intake

Studies on Resveratrol:

- » Resveratrol rescued the pain related hypersensitivity for Cntnap2-deficient mice
<https://pubmed.ncbi.nlm.nih.gov/33137333/>
- » Resveratrol mediates mechanical allodynia through modulating inflammatory response via the TREM2-autophagy axis in SNI rat model
<https://pubmed.ncbi.nlm.nih.gov/33081801/>
- » Anti-Inflammatory Action and Mechanisms of Resveratrol
<https://pubmed.ncbi.nlm.nih.gov/33466247/>
- » Preparation of resveratrol dry suspension and its immunomodulatory and anti-inflammatory activity in mice
<https://pubmed.ncbi.nlm.nih.gov/31847682/>
- » Resveratrol Confers Vascular Protection by Suppressing TLR4/Syk/NLRP3 Signaling in Oxidized Low-Density Lipoprotein-Activated Platelets
<https://pubmed.ncbi.nlm.nih.gov/33728029/>
- » Pterostilbene Improves Stress-Related Behaviors and Partially Reverses Underlying Neuroinflammatory and Hormonal Changes in Stress-Challenged Mice
<https://pubmed.ncbi.nlm.nih.gov/33739881/>
- » Resveratrol-enhanced SIRT1-mediated osteogenesis in porous endplates attenuates low back pain and anxiety behaviors
<https://pubmed.ncbi.nlm.nih.gov/33583095/>

Studies on Curcuma longa:

- » Efficacy of a Standardized Turmeric Extract Comprised of 70% Bisdemethoxy-Curcumin (REVERC3) Against LPS-Induced Inflammation in RAW264.7 Cells and Carrageenan-Induced Paw Edema
<https://pubmed.ncbi.nlm.nih.gov/33737826/>
- » Anti-inflammatory and Antioxidant Activity of Nanoencapsulated Curcuminoids Extracted from Curcuma longa L. in a Model of Cutaneous Inflammation
<https://pubmed.ncbi.nlm.nih.gov/33164160/>
- » Curcumin and its Multi-target Function Against Pain and Inflammation: An Update of Pre-clinical Data
<https://pubmed.ncbi.nlm.nih.gov/32981501/>
- » Curcumin: an inflammasome silencer
<https://pubmed.ncbi.nlm.nih.gov/32464325/>
- » Biochemistry, Safety, Pharmacological Activities, and Clinical Applications of Turmeric: A Mechanistic Review
<https://pubmed.ncbi.nlm.nih.gov/32454872/>

Studies on OPC Grape seed extract:

- » The suppression of IL-17 production from T cells by gallate-type procyanidin is mediated by selectively inhibiting cytokine production from dendritic cells
<https://pubmed.ncbi.nlm.nih.gov/33556876/>
- » Evaluation of Anti-Inflammatory, Anti-Platelet and Anti-Oxidant Activity of Wine Extracts Prepared from Ten Different Grape Varieties
<https://pubmed.ncbi.nlm.nih.gov/33143291/>

PhytoBox 4

- » The Effect of Grape Products Containing Polyphenols on C-reactive protein Levels: A Systematic Review and Meta-analysis of Randomized Controlled Trials
<https://pubmed.ncbi.nlm.nih.gov/32921322/>
- » Antioxidant, Anti-Inflammatory and Antiproliferative Effects of the *Vitis vinifera* L. var. Fetească Neagră and Pinot Noir Pomace Extracts
<https://pubmed.ncbi.nlm.nih.gov/32719600/>
- » Red Grape Polyphenol Oral Administration Improves Immune Response in Women Affected by Nickel-Mediated Allergic Contact Dermatitis
<https://pubmed.ncbi.nlm.nih.gov/32167433/>
- » Effect of grape polyphenols on selected inflammatory mediators: A systematic review and meta-analysis randomized clinical trials
<https://pubmed.ncbi.nlm.nih.gov/32327953/>
- » Phenolic profiles and anti-inflammatory activities of sixteen table grape (*Vitis vinifera* L.) varieties
<https://pubmed.ncbi.nlm.nih.gov/30778463/>

Studies on Rutin (*Styphnolobium japonicum*):

- » Troxerutin suppresses the inflammatory response in advanced glycation end-product-administered chondrocytes and attenuates mouse osteoarthritis development
<https://pubmed.ncbi.nlm.nih.gov/31359010/>
- » Sophoricoside isolated from *Sophora japonica* ameliorates contact dermatitis by inhibiting NF- κ B signaling in B cells
<https://pubmed.ncbi.nlm.nih.gov/23415872/>
- » Sophoricoside from *Styphnolobium japonicum* improves experimental atopic dermatitis in mice
<https://pubmed.ncbi.nlm.nih.gov/33545490/>

PhytoBox 5 - Synbiotic with prebiotic

INGREDIENTS (4 CAPSULES):	DAILY DOSAGE	%RQ*
Acacia fibre	1.400 mg	
thereof dietary fibre	1.260 mg	
Bacterial cultures	ca. $1,2 \cdot 10^{10}$ KBE**	
Biotin	50 µg	100
Niacin	16 mg	100
Riboflavin	1,4 mg	100

*RQ = Reference quantity for daily intake

**KBE = colony forming units

Studies on Resveratrol:

- » Resveratrol rescued the pain related hypersensitivity for Cntnap2-deficient mice
<https://pubmed.ncbi.nlm.nih.gov/33137333/>

PhytoBox 6 – Support in chronic opportunistic virus infection, especially herpes veridiae

INGREDIENTS (3 CAPSULES):	DAILY DOSAGE	%RQ*
Zinc	10mg	100%
Triphala extract	600mg	-
thereof tannins	240mg	-
Propolis extract.....	120mg	-
thereof flavonoids	17mg	-
Lemon balm extract.....	100mg	-
thereof rosmarinic acid	3mg	-
Pomegranate extract	100mg	-
thereof ellagic acid.....	40mg	-
Thyme extract	80mg	-
thereof essential oil	1,6mg	-
Ginger extract	50mg	-

*RQ = Reference quantity for daily intake

Studies on Ginger:

- » Reduktion Expression: TNF- α , IL-6, c-fos, c-jun, Bax, Caspase-3, TLR4, NF- κ B, p38, p-p38, ERK1/2, p-ERK1/2, JNK, and p-JNK, and increased Bcl-2 protein expression.
https://pubmed.ncbi.nlm.nih.gov/32438504/?from_single_result=32438504%5Bpmid%5D
- » Ätherische Öle des Ingwer weisen hemmende Wirkung auf HSV Type 2 auf
<https://www.sciencedirect.com/science/article/abs/pii/S0944711307002206>

Studies on Triphala:

- » Entzündungsmediatoren Level im serum (TNF- α ~75.5%, IL-1 β ~99%, VEGF ~75.2%, MCP-1 ~76.4%, and PGE2 ~69.9%) wurden unterdrückt
https://pubmed.ncbi.nlm.nih.gov/25289531/?from_single_result=25289531%5Bpmid%5D

Studies on Terminalia chebula:

- » Hemmung der Überproduktion von NO, iNOS, TNF- α , and IL-6 in Makrophagen
https://pubmed.ncbi.nlm.nih.gov/25587343/?from_single_result=25587343%5Bpmid%5D
- » Hemmung HSV Typ 1 Eintritt + Ausbreitung
<https://pubmed.ncbi.nlm.nih.gov/21307190/>

Studies on Phyllanthus emblica:

- » In vitro Anti-herpes simplex virus Aktivität von 1,2,4,6-tetra-O-galloyl- β -D-glucose (Phyllanthus emblica)
<https://pubmed.ncbi.nlm.nih.gov/21213355/>
- » Anti-coxsackie virus B3 norsesquiterpenoide aus der Wurzel von Phyllanthus emblica
<https://pubmed.ncbi.nlm.nih.gov/19374435/>

Studies on Pomegranatel:

- » Signifikante Reduktion der Expression von proinflammatorischer Zytokine interleukin (IL)-1 β , tumor necrosis factor (TNF)- α , and interferon (IFN)- γ
https://pubmed.ncbi.nlm.nih.gov/27422638/?from_single_result=27422638%5Bpmid%5D
- » MPO Aktivität und TNF- α levels wurden signifikant reduziert
https://pubmed.ncbi.nlm.nih.gov/22677088/?from_single_result=22677088%5Bpmid%5D
- » Antivirale Aktivität von Punicalagin bei Humanen Enterovirus 71 in vitro und in vivo
<https://pubmed.ncbi.nlm.nih.gov/23146421/>

PhytoBox 6

Studies on Thyme:

- » Hemmung TNF-alpha
https://pubmed.ncbi.nlm.nih.gov/29019091/?from_single_result=29019091%5Bpmid%5D
- » Review zu antioxidativen, antiinflammatorischen und antiviralen Eigenschaften von Thymian
https://www.researchgate.net/profile/Prasanth_Reddy/publication/306885675_Review_on_Thymus_vulgaris_Traditional_Uses_and_Pharmacological_Properties/links/5858b62108ae64cb3d47efc6/Review-on-Thymus-vulgaris-Traditional-Uses-and-Pharmacological-Properties.pdf

Studies on Zinc:

- » Reduktion von oxidativem Stress and Erzeugung von inflammatorischen Zytokinen wie TNF- α and IL-1 β
https://pubmed.ncbi.nlm.nih.gov/19710611/?from_single_result=19710611%5Bpmid%5D
- » Erzeugung von tumor necrosis factor α und oxidative stress markers signifikant niedriger
<https://academic.oup.com/ajcn/article/85/3/837/4633003>
- » Antivirale Eigenschaften von Zink
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6628855/>

Studies on Propolis:

- » Antivirale Aktivität von Hatay Propolis gegen Replikation von Herpes Simplex Virus Typ 1 and Typ 2
<https://pubmed.ncbi.nlm.nih.gov/26856414/>
- » Chemische Zusammensetzung von Propolis Extract ACF® und Aktivität gegen Herpes simplex virus
<https://pubmed.ncbi.nlm.nih.gov/25022206/>
- » Vergleich antiviraler Wirkung von Olivenblatt Extrakt und Propolis mit Acyclovir auf Herpes Simplex Virus Typ 1
<https://pubmed.ncbi.nlm.nih.gov/32050880/>
- » Immunmodulierendes Potential von Propolis
<https://pubmed.ncbi.nlm.nih.gov/30697106/>
- » Antivirale (Enteroviren) Wirkung von brasilian. roten und grünen Propolis Extrakt
<https://link.springer.com/article/10.1007/s11356-019-07458-z>

Studies on Lemon balm :

- » Hemmende Wirkung von Melissa officinalis L. Extract auf Herpes simplex virus Typ 2 Replikation
<https://pubmed.ncbi.nlm.nih.gov/19023806/>
- » Melisse und enthaltene Rosmarinsäure zeigen anti-EV71-virus Eigenschaften
<https://www.nature.com/articles/s41598-017-12388-2>

PhytoBox 7 – Support in cytokine storms

INGREDIENTS (4 CAPSULES):	DAILY DOSAGE	%RQ*
Licorice root extract	880mg	-
thereof glycyrrhizin.....	26mg	-
Shiitake extract.....	650mg.....	-
Black cumin extract	600mg.....	-
Astaxanthin.....	4mg.....	-

*RQ = Reference quantity for daily intake

Studies on Astaxanthin:

- » Zytokinsturm Linderung
https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3579738

Studies on Licorice root:

- » Reduktion Chemokin Produktion
<https://www.sciencedirect.com/science/article/pii/S1567576904002498>
- » Hemmung TNF alpha, MME, PGE
https://pubmed.ncbi.nlm.nih.gov/27650551/?from_single_result=27650551%5Bpmid%5D&expanded_search_query=27650551%5Bpmid%5D
- » Hemmung IL-1β
<http://inforesights.com/phytopharmacology/files/pp4v1i13.pdf>

Studies on Shiitake:

- » Senkung Cytokine
https://pubmed.ncbi.nlm.nih.gov/32413619/?from_single_result=32413619%5Bpmid%5D&expanded_search_query=32413619%5Bpmid%5D

Studies on Black cumin:

- » Modulierung der NF-κB Expression bei Sepsis
<https://onlinelibrary.wiley.com/doi/full/10.1002/ptr.6793>
- » Immunmodulierende und antiinflammatorische Wirkung (TNF Alpha Senkung)
<https://pubmed.ncbi.nlm.nih.gov/29437018/>

PhytoBox 8 – Support in bartonella infection

Expected to be available from October 2021!

PhytoBox 9- Support in Chlamydia Pneumoniae infection

INGREDIENTS (3 CAPSULES):	DAILY DOSAGE	%RQ*
Vitamin C	200mg	250
Nasturtium extract	500mg	-
Horseradish root extract	500mg	-
Chinese Lime Tree Extract	300mg	-
White mustard extract	120mg	-
of which Sinalbin	7,2mg	-
Barberry extract	85mg	-

*RQ = Reference quantity for daily intake

Studies on Nasturtium - Tropaeolum majus:

- » Nasturtium (Indian cress, Tropaeolum majus nanum) dually blocks the COX and LOX pathway in primary human immune cells
<https://pubmed.ncbi.nlm.nih.gov/27161402/>

Studies on Horseradish root - Armoracia rusticana:

- » Thiohydantoin and Hydantoin Derivatives from the Roots of Armoracia rusticana and Their Neurotrophic and Anti-neuroinflammatory Activities
<https://pubmed.ncbi.nlm.nih.gov/31625742/>
- » The antioxidant power of horseradish, Armoracia rusticana, underlies antimicrobial and antiradical effects, exerted in vitro
<https://pubmed.ncbi.nlm.nih.gov/30461310/>

Studies on White mustard - Sinapis alba L:

- » Mustard seed (Sinapis Alba Linn) attenuates imiquimod-induced psoriasiform inflammation of BALB/c mice
<https://pubmed.ncbi.nlm.nih.gov/23682616/>
- » Growth-inhibiting activities of phenethyl isothiocyanate and its derivatives against intestinal bacteria
<https://pubmed.ncbi.nlm.nih.gov/19799675/>

Studies on Chinese Lime Tree - Schisandra chinensis:

- » Antifatigue Activity of Glycoprotein from Schisandra chinensis Functions by Reducing Oxidative Stress
<https://pubmed.ncbi.nlm.nih.gov/32802125/>
- » Dibenzocyclooctadiene lignans from Schisandra spp. selectively inhibit the growth of the intracellular bacteria Chlamydia pneumoniae and Chlamydia trachomatis
<https://pubmed.ncbi.nlm.nih.gov/25944533/>

Studies on Barberry - Berberis vulgaris:

- » Berberine inhibits Chlamydia pneumoniae infection-induced vascular smooth muscle cell migration through downregulating MMP3 and MMP9 via PI3K
<https://www.sciencedirect.com/science/article/abs/pii/S0014299915001582>
- » Anti-Inflammatory and Immunomodulatory Effects of Barberry (Berberis vulgaris) and Its Main Compounds
<https://pubmed.ncbi.nlm.nih.gov/31827685/>
- » Antifungal, Antileishmanial, and Cytotoxicity Activities of Various Extracts of Berberis vulgaris (Berberidaceae) and Its Active Principle Berberine
<https://pubmed.ncbi.nlm.nih.gov/24977052/>

PhytoBox 10 – NK Cell support

INGREDIENTS (4 CAPSULES):	DAILY DOSAGE	%RQ*
Vitamin C	40 mg	50
Reishi Extract	600 mg	-
Shiitake extract	600 mg	-
Spirulina Powder	350 mg	-
Cordyceps Extract	300 mg	-
Maitake extract	300 mg	-
Ginseng root extract	35 mg	-
thereof ginsenosides	2,8 mg	-

*RQ = Reference quantity for daily intake

Studies on Cordyceps (*Cordyceps sinensis*):

- » Anti-Inflammatory Effects of a *Cordyceps sinensis* Mycelium Culture Extract (Cs-4) on Rodent Models of Allergic Rhinitis and Asthma
<https://pubmed.ncbi.nlm.nih.gov/32899766/>
- » Anti-inflammation activity of exopolysaccharides produced by a medicinal fungus *Cordyceps sinensis* Cs-HK1 in cell and animal models
<https://pubmed.ncbi.nlm.nih.gov/32035153/>
- » Immunomodulatory effects of a mycelium extract of *Cordyceps* (*Paecilomyces hepiali*; CBG-CS-2): a randomized and double-blind clinical trial
<https://pubmed.ncbi.nlm.nih.gov/30925876/>

Studies on Maitake (*Grifola frondosa*)

- » A (1→6)-Branched (1→4)-β-d-Glucan from *Grifola frondosa* Inhibits Lipopolysaccharide-Induced Cytokine Production in RAW264.7 Macrophages by Binding to TLR2 Rather than Dectin-1 or CR3 Receptors
<https://pubmed.ncbi.nlm.nih.gov/31967822/>
- » Meta-analysis on effect of *Grifola frondosa* polysaccharide in regulating in vivo immunoregulatory function on animal disease models
<https://pubmed.ncbi.nlm.nih.gov/32237355/>
- » Water-soluble polysaccharides from *Grifola Frondosa* fruiting bodies protect against immunosuppression in cyclophosphamide-induced mice via JAK2/STAT3/SOCS signal transduction pathways
<https://pubmed.ncbi.nlm.nih.gov/31355400/>

Studies on Reishi (*Ganoderma lucidum*):

- » Anti-inflammatory effects of *Ganoderma lucidum* sterols via attenuation of the p38 MAPK and NF-κB pathways in LPS-induced RAW 264.7 macrophages
<https://pubmed.ncbi.nlm.nih.gov/33631283/>
- » *Ganoderma lucidum* Rhodiola compound preparation prevent D-galactose-induced immune impairment and oxidative stress in aging rat model
<https://pubmed.ncbi.nlm.nih.gov/33159105/>
- » Surface-Engineered Cubosomes Serve as a Novel Vaccine Adjuvant to Modulate Innate Immunity and Improve Adaptive Immunity in vivo
<https://pubmed.ncbi.nlm.nih.gov/33177820/>

Studies on Shiitake (*Lentinus edodes*):

- » β-Glucan extracts from the same edible shiitake mushroom *Lentinus edodes* produce differential in-vitro immunomodulatory and pulmonary cytoprotective effects - Implications for coronavirus disease (COVID-19) immunotherapies
<https://pubmed.ncbi.nlm.nih.gov/32413619/>
- » The Effects of AHCC®, a Standardized Extract of Cultured *Lentinura edodes* Mycelia, on Natural Killer and T Cells in Health and Disease: Reviews on Human and Animal Studies
<https://pubmed.ncbi.nlm.nih.gov/31930148/>

PhytoBox 10

Studies on Ginseng root:

- » Immuno-enhancement effects of Korean Red Ginseng in healthy adults: a randomized, double-blind, placebo-controlled trial
<https://pubmed.ncbi.nlm.nih.gov/33437171/>
- » Ginseng, the Immunity Boost: The Effects of Panax ginseng on Immune System
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659612/>
- » Protective Effect of Panax notoginseng Root Water Extract against Influenza A Virus Infection by Enhancing Antiviral Interferon-Mediated Immune Responses and Natural Killer Cell Activity
<https://pubmed.ncbi.nlm.nih.gov/29181006/>

Studies on Spirulina:

- » Enhancement of natural killer cell activity in healthy subjects by Immulina®, a Spirulina extract enriched for Braun-type lipoproteins
<https://pubmed.ncbi.nlm.nih.gov/20560112/>
- » Immunostimulatory Effects of Polysaccharides from Spirulina platensis In Vivo and Vitro and Their Activation Mechanism on RAW246.7 Macrophages
<https://pubmed.ncbi.nlm.nih.gov/33126624/>
- » Enhancement of antitumor natural killer cell activation by orally administered Spirulina extract in mice
<https://pubmed.ncbi.nlm.nih.gov/19432881/>

PhytoBox 11 – Support in Coxsackie and Echoviruses infection

INGREDIENTS (3 CAPSULES):	DAILY DOSAGE	%RQ*
Elderflower extract	500 mg	-
thereof Rutin	25 mg	-
Rhodiola rosea extract.....	250 mg	-
thereof Salidroside.....	7,5 mg	-
Astragalus membranaceus root extractt.....	250 mg	-
Oregano extract	180 mg	-
thereof Rosmarinic acid.....	3,6 mg	-
Barberry extract.....	150 mg	-
Mint, Tibetan	150 mg	-
Ginkgo biloba.....	80 mg	-
thereof Flavone glycoside	19 mg	-
thereof ginkgolides.....	4,8 mg	-
St. John's wort extract.....	50 mg	-
thereof Hypericin	0,15 mg	-

*RQ = Reference quantity for daily intake

Studies on Black elderberry (Sambucus nigra):

- » Elderberry for prevention and treatment of viral respiratory illnesses: a systematic review
<https://pubmed.ncbi.nlm.nih.gov/33827515/>
- » Further Evidence of Possible Therapeutic Uses of Sambucus nigra L. Extracts by the Assessment of the In Vitro and In Vivo Anti-Inflammatory Properties of Its PLGA and PCL-Based Nanoformulations
<https://pubmed.ncbi.nlm.nih.gov/33291738/>
- » A systematic review on the sambuci fructus effect and efficacy profiles
<https://pubmed.ncbi.nlm.nih.gov/19548290/>
- » Antiviral potential of medicinal plants against HIV, HSV, influenza, hepatitis, and coxsackievirus: A systematic review
<https://pubmed.ncbi.nlm.nih.gov/29356205/>

Studies on St. John's wort (Hypericum connatum):

- » Hypericum perforatum extract and hyperforin inhibit the growth of neurotropic parasite Toxoplasma gondii and infection-induced inflammatory responses of glial cells in vitro
<https://pubmed.ncbi.nlm.nih.gov/33129946/>
- » In Vitro Effects of St. John's Wort Extract Against Inflammatory and Oxidative Stress and in the Phagocytic and Migratory Activity of Mouse SIM-A9 Microglia
<https://pubmed.ncbi.nlm.nih.gov/33628177/>
- » Effects of Hypericum perforatum (St John's wort) on the pharmacokinetics and pharmacodynamics of rivaroxaban in humans
<https://pubmed.ncbi.nlm.nih.gov/32959922/>
- » Hypericin-glucamine antimicrobial photodynamic therapy in the progression of experimentally induced periodontal disease in rats
<https://pubmed.ncbi.nlm.nih.gov/30399457/>
- » Antiviral potential of medicinal plants against HIV, HSV, influenza, hepatitis, and coxsackievirus: A systematic review
<https://pubmed.ncbi.nlm.nih.gov/29356205/>

Studies on Berberin:

- » Berberine Restricts Coxsackievirus B Type 3 Replication via Inhibition of c-Jun N-Terminal Kinase (JNK) and p38 MAPK Activation In Vitro
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5389531/>
- » Phyto-mediated synthesis of zinc oxide nanoparticles of Berberis aristata: Characterization, antioxidant activity and antibacterial activity with special reference to urinary tract pathogens
<https://pubmed.ncbi.nlm.nih.gov/31146992/>

PhytoBox 11

Studies on Rose Root (*Rhodiola rosea*):

- » The in vitro and in vivo antiviral effects of salidroside from *Rhodiola rosea* L. against coxsackievirus B3
<https://www.sciencedirect.com/science/article/abs/pii/S0944711308001487>
- » *Rhodiola rosea* extract inhibits the biofilm formation and the expression of virulence genes of cariogenic oral pathogen *Streptococcus mutans*
<https://pubmed.ncbi.nlm.nih.gov/32474211/>
- » Immunomodulatory and Antiproliferative Properties of *Rhodiola* Species
<https://pubmed.ncbi.nlm.nih.gov/27224273/>
- » The in vitro and in vivo antiviral effects of salidroside from *Rhodiola rosea* L. against coxsackievirus B3
<https://pubmed.ncbi.nlm.nih.gov/18818064/>

Studies on *Astragalus membranaceus*:

- » Total *Astragalus* saponins attenuates CVB3-induced viral myocarditis through inhibiting expression of tumor necrosis factor α and Fas ligand
<https://pubmed.ncbi.nlm.nih.gov/31555538/>
- » In vivo and in vitro antiviral activities of calycosin-7-O-beta-D-glucopyranoside against coxsackie virus B3
<https://pubmed.ncbi.nlm.nih.gov/19122283/>

Studies on *Ginkgo biloba* :

- » *Ginkgo biloba* extract may alleviate viral myocarditis by suppression of S100A4 and MMP-3
<https://pubmed.ncbi.nlm.nih.gov/31359441/>

Studies on *Origanum vulgare*:

- » Phenolic compounds from *Origanum vulgare* and their antioxidant and antiviral activities
<https://pubmed.ncbi.nlm.nih.gov/24444941/>

Studies on Mint, Tibetan (*Mentha haplocalyx*):

- » A Laboratory Evaluation of Medicinal Herbs Used in China for the Treatment of Hand, Foot, and Mouth Disease
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3608275/>