Scientific References

1) Relationship between the gut microbiome and brain function

https://academic.oup.com/nutritionreviews/article/76/7/481/4985887

2) How gut microbes could drive brain disorders

https://www.nature.com/articles/d41586-021-00260-3

3) The Gut Microbiome and the Brain

https://magazine.publichealth.jhu.edu/2021/gut-microbiome-and-brain

4) The Gut Microbiome and Mental Health: How to Better Support the Brain-Gut Connection

https://www.rtor.org/2021/08/09/the-gut-microbiome-and-mental-health/

5) The Gut Microbiome and Brain Health

https://depts.washington.edu/mbwc/news/article/the-gut-microbiome-and-brain-health

6) Beyond the brain: The gut microbiome and Alzheimer's disease

https://www.nia.nih.gov/news/beyond-brain-gut-microbiome-and-alzheimers-disease

7) The gut microbiome in Alzheimer's disease: what we know and what remains to be explored

https://molecularneurodegeneration.biomedcentral.com/articles/10.1186/s13024-023-00595-7

8) Diet and Dementia: Study Uncovers Gut-Brain Link to Alzheimer's

https://neurosciencenews.com/alzheimers-microbiome-diet-23227/

9) Medicinal Secrets of the Amazon Rainforest

https://amazonaid.org/medicinal-secrets-amazon-rainforest/

10) The Neurocognitive Effects of Bacopa monnieri and Cognitive Training on Markers of Brain Microstructure in Healthy Older Adults

https://www.frontiersin.org/journals/agingneuroscience/articles/10.3389/fnagi.2021.638109/full

11) Huperzine A: Benefits, Uses, Dosage, and Side Effects

https://evidencelive.org/huperzine-a-benefits/

12) Huperzia serrata Extract 'NSP01' With Neuroprotective Effects-Potential Synergies of Huperzine A and Polyphenols

https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2021.681532 /full

13) Rhodiola rosea L. Improves Learning and Memory Function: Preclinical Evidence and Possible Mechanisms

https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2018.01415/f ull

14) The Effectiveness of Rhodiola rosea L. Preparations in Alleviating Various Aspects of Life-Stress Symptoms and Stress-Induced Conditions—Encouraging Clinical Evidence

https://www.mdpi.com/1420-3049/27/12/3902

15) Coffee as a Naturally Beneficial and Sustainable Ingredient in Personal Care Products: A Systematic Scoping Review of the Evidence

https://www.frontiersin.org/journals/sustainability/articles/10.3389/frsus.2021.697092/f ull

16) Coffea arabica: A Plant with Rich Content in Caffeine

https://www.intechopen.com/chapters/54771

17) Chemical Composition and Potential Biological Activity of Melanoidins From Instant Soluble Coffee and Instant Soluble Barley: A Comparative Study

https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2022.825584/full

18) What Is L-Tyrosine?

https://www.braintropic.com/nootropics/l-tyrosine/

19) How Tyrosine Benefits Mood, Mental Performance & Stress

https://bebrainfit.com/tyrosine-benefits/