

PURE SCIENCE

At Pure Encapsulations, we know research is essential. That's why we are committed to leading and supporting clinical research initiatives, which have helped us build a robust and growing body of published research that helps further the science behind nutritional supplements.

Our commitment to research helps to fuel significant discoveries in the field and has led to new publications every year in top scientific journals.**

Product	Study Title	Institution
Acetyl-L-Carnitine Alpha Lipoic Acid	A Placebo-Controlled Trial of Acetyl-L-Carnitine and Alpha-Lipoic Acid in the Treatment of Bipolar Depression P	Biological Psychiatry Laboratory, McLean Hospital, an affiliate of Harvard Medical School
Alpha Lipoic Acid R-Lipoic Acid	Comparing the gastrointestinal tolerability and absorption of racemic lipoic acid and R-lipoic acid in progressive multiple sclerosis: a cross-over trial	MS Center of Oregon, Oregon Health & Science University
Alpha Lipoic Acid	Lipoic Acid for Treatment of Progressive Multiple Sclerosis	MS Center of Oregon, Oregon Health & Science University
	Lipoic acid in secondary progressive MS: A randomized controlled pilot trial P	
	Lipoic Acid Pharmacokinetics at Baseline and 1 year in Secondary Progressive Multiple Sclerosis P	
	Evaluation of Alpha Lipoic Acid as a Potential Treatment for Geographic Atrophy in subjects with Age-related Macular Degeneration	Perelman School of Medicine, University of Pennsylvania
CurcumaSorb Vitamin D₃ O.N.E. Omega	Correlative Analysis of the Genomics of Vitamin D, Omega-3 Fatty Acid Intake and Turmeric Curcumin in Men Managed with Active Surveillance of Prostate Cancer	Cleveland Clinic
DHA Ultimate	Effect of DHA-rich fish oil on PPAR γ target genes related to lipid metabolism in type 2 diabetes: A randomized, double-blind, placebo-controlled clinical trial P	Tehran University of Medical Sciences, Iran
Ginger Extract	Pilot Trial to Examine the Effect of Ginger on the Gut Microbiome	University of Minnesota College of Pharmacy
	Phase II trial of encapsulated ginger as a treatment for chemotherapy-induced nausea and vomiting P	University of Michigan Medical Center
	Phase II study of the effects of ginger root extract on eicosanoids in colon mucosa in patients at normal risk for colorectal cancer P	
Magnesium Glycinate	Magnesium and Blood Pressure Trial	Brigham and Women's Hospital, an affiliate of Harvard Medical School

P = Published Trial

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Melatonin Strontium (citrate) Vitamin D₃ Vitamin K₂ (MK7)	Melatonin-micronutrients Osteopenia Treatment Study (MOTS): a translational study assessing melatonin, strontium (citrate), vitamin D ₃ and vitamin K ₂ (MK7) on bone density, bone marker turnover and health related quality of life in postmenopausal osteopenic women following a one-year double-blind RCT and on osteoblast-osteoclast co-cultures P	Duquesne University School of Pharmacy
Pregnenolone	An Open-Label Study of the Neurosteroid Pregnenolone in Adults with Autism Spectrum Disorder P	Department of Psychiatry & Behavioral Sciences, Stanford University
	Randomized Controlled Pilot Trial of Pregnenolone in Autism	
Resveratrol	An anti-inflammatory and reactive oxygen species suppressive effect of an extract of <i>Polygonum cuspidatum</i> containing resveratrol P	Division of Endocrinology, Diabetes and Metabolism, State University of New York at Buffalo, and Kaleida Health
	Effects of <i>Polygonum cuspidatum</i> Containing Resveratrol on Inflammation in Male Professional Basketball Players P	
Resveratrol EXTRA Teavigo®	Combined epigallocatechin-3-gallate and resveratrol supplementation for 12 weeks increases mitochondrial capacity and fat oxidation, but not insulin sensitivity, in obese humans: an RCT P	Maastricht University, Maastricht, Netherlands
	Gut microbiota composition in relation to the metabolic response to 12-week combined polyphenol supplementation in overweight men and women P	
	Short-term supplementation with a specific combination of dietary polyphenols increases energy expenditure and alters substrate metabolism in overweight subjects P	
Saccharomyces boulardii	Effect of the Probiotic <i>Saccharomyces boulardii</i> on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot Study P	National University of Natural Medicine, Portland, Oregon
Saw Palmetto	Saw Palmetto for Symptom Management During Radiation Therapy for Prostate Cancer P	Michigan State University
Vitamin D₃	The effects of oral vitamin D ₃ on markers of immune system regulation: an RCT	University of Aberdeen, Aberdeen, Scotland
	A randomized, comparative study of the effects of winter supplementation with ultraviolet light versus oral vitamin D to assess the effects on immune tolerance	
	Hipbone loss is attenuated with 25 mcg (1000 IU) but not 10 mcg (400 IU) daily vitamin D ₃ : a 1-year double-blind RCT in postmenopausal women P	
	Effects of Vitamin D Supplementation on Endometrial Receptivity in Infertile Women	University of Hong Kong

**Independent studies conducted by independent, academic researchers. Pure Encapsulations has no influence on study results. Study titles are provided for informational purposes only and are not intended as product claims or to imply a positive outcome.

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