

My Blood Moja Krew

Библиография

1. Majewski, J., Orylski, M., Całkosiński, A., & Majewski, M. (2018). Acerola—tropikalny owoc z ogromną dawką witaminy C.
2. Mezadri, T., Villaño, D., Fernández-Pachón, M. S., García-Parrilla, M. C., & Troncoso, A. M. (2008). Antioxidant compounds and antioxidant activity in acerola (*Malpighia emarginata* DC.) fruits and derivatives. *Journal of Food Composition and analysis*, 21(4), 282-290.
3. Karmańska, A., Bał-Sypień, I., Panek, M., & Karwowski, B. Badanie Zawartości Związków Polifenolowych Oraz Aktywności Przeciwwutleniającej Szpinaku (*Spinacia Oleracea* L.).
4. Grossman, S., Reznik, R., Tamari, T., & Albeck, M. (1994, January). New plant water soluble antioxidant (NAO) from spinach. In *Excerpta Medica International Congress Series* (Vol. 1058, No. 1, pp. 343-343). Elsevier.
5. Maheshwari, R. K., Parmar, V., & Joseph, L. (2013). Latent therapeutic gains of beetroot juice. *World Journal of Pharmaceutical Research*, 2(4), 804-820.
6. Kanner, J., Harel, S., & Granit, R. (2001). Betalains a new class of dietary cationized antioxidants. *Journal of Agricultural and Food chemistry*, 49(11), 5178-5185.
7. Cai, Y., Sun, M., & Corke, H. (2003). Antioxidant activity of betalains from plants of the Amaranthaceae. *Journal of agricultural and food chemistry*, 51(8), 2288-2294.
8. Szajdek, A., & Borowska, J. (2004). Właściwości przeciwutleniające żywności pochodzenia roślinnego. *Żywność Nauka Technologia Jakość*, 11(4 Spec.).
9. Slimestad, R., & Solheim, H. (2002). Anthocyanins from black currants (*Ribes nigrum* L.). *Journal of Agricultural and Food Chemistry*, 50(11), 3228-3231.
10. Tabart, J., Kevers, C., Evers, D., & Dommes, J. (2011). Ascorbic acid, phenolic acid, flavonoid, and carotenoid profiles of selected extracts from *Ribes nigrum*. *Journal of agricultural and food chemistry*, 59(9), 4763-4770.
11. Finné Nielsen, I. L., Elbøl Rasmussen, S., Mortensen, A., Ravn Haren, G., Ping Ma, H., Knuthsen, P., ... & Frandsen, H. (2005). Anthocyanins increase low density lipoprotein and plasma cholesterol and do not reduce atherosclerosis in Watanabe Heritable Hyperlipidemic rabbits. *Molecular nutrition & food research*, 49(4), 301-308.
12. Mazza, G. (2007). Anthocyanins and heart health. *Annali-Istituto Superiore Di Sanita*, 43(4), 369.
13. Bonarska-Kujawa, D., Cyboran, S., Żyłka, R., Oszmiański, J., & Kleszczyńska, H. (2014). Biological activity of blackcurrant extracts (*Ribes nigrum* L.) in relation to erythrocyte membranes. *BioMed research international*, 2014.
14. Gopalan, A., Reuben, S. C., Ahmed, S., Darvesh, A. S., Hohmann, J., & Bishayee, A. (2012). The health benefits of blackcurrants. *Food & function*, 3(8), 795-809.
15. Kopeć, A., Piątkowska, E., Leszczyńska, T., & Biezanowska-Kopeć, R. (2011). Prozdrowotne właściwości resweratrolu. *Żywność Nauka Technologia Jakość*, 18(5).
16. Li, S. H., Zhao, P., Tian, H. B., Chen, L. H., & Cui, L. Q. (2015). Effect of grape polyphenols on blood pressure: a meta-analysis of randomized controlled trials. *PLoS One*, 10(9), e0137665.
17. Vitamin A in health and disease R Blomhoff - 1994 - books.google.com
18. Wimalawansa, S. J. (2018). Non-musculoskeletal benefits of vitamin D. *The Journal of steroid biochemistry and molecular biology*, 175, 60-81.
19. Boshtam, M., Rafiei, M., Sadeghi, K., & Sarraf-Zadegan, N. (2002). Vitamin E can reduce blood pressure in mild hypertensives. *International Journal for Vitamin and Nutrition Research*, 72(5), 309-314.
20. OSKI, F. A., & BARNES, L. A. (1968). Hemolytic anemia in vitamin E deficiency. *The American journal of clinical nutrition*, 21(1), 45-50.
21. Simon, J. A. (1992). Vitamin C and cardiovascular disease: a review. *Journal of the American College of Nutrition*, 11(2), 107-125.
22. Morris, M. S., Jacques, P. F., Rosenberg, I. H., & Selhub, J. (2007). Folate and vitamin B-12 status in relation to anemia, macrocytosis, and cognitive impairment in older Americans in the age of folic acid fortification. *The American journal of clinical nutrition*, 85(1), 193-200.
23. Pasricha, S. R. S., Flecknoe Brown, S. C., Allen, K. J., Gibson, P. R., McMahon, L. P., Olynyk, J. K., ... & Wood, E. M. (2010). Diagnosis and management of iron deficiency anaemia: a clinical update. *Medical Journal of Australia*, 193(9), 525-532.
24. Berger, A. (2002). What does zinc do?. *Bmj*, 325(7372), 1062.
25. DUNLAP, W. M., JAMES, G. W., & HUME, D. M. (1974). Anemia and neutropenia caused by copper deficiency. *Annals of Internal Medicine*, 80(4), 470-476.
26. Leung, F. Y. (1998). Trace elements that act as antioxidants in parenteral micronutrition. *The Journal of Nutritional Biochemistry*, 9(6), 304-307.