NIH Published Studies Showing the Positive Effects of the Trace Minerals in pH Thrive™ Mineral Concentrate

This 2008 study shows the connection between magnesium deficiency and accelerated aging. (pH Thrive’s highest-content alkaline mineral is magnesium)

Magnes Res. 2008 Jun;21(2):77-82. A connection between magnesium deficiency and aging: new insights from cellular studies. Killilea DW, Maier IA
Nutrition and Metabolism Center, Children’s Hospital Oakland Research Institute, 5700 Martin Luther King Jr. Way, Oakland, CA, USA.

This 2010 study conclusively shows that alkaline mineral water consumption has positive effects on acid-alkaline balance in the body and hydration status.

Movement Science/Human Performance Laboratory, Department of Health & Human Development, H&PE Complex, Hoseaus Rm 121, Montana State University, Bozeman, MT USA. dheil@montana.edu.

This 2011 review study shows evidence that an alkaline diet could reduce morbidity and mortality from chronic diseases and that further studies are warranted in this area of medicine.

The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?
Gerry K. Schwalfenberg
University of Alberta, Suite No. 301, 9509-156 Street, Edmonton, AB, Canada T5P 4J5

This 2001 study demonstrated that the simple and safe addition of an alkaline multi-mineral preparate was able to reduce the pain symptoms in study patients with chronic low back pain.

Vormann J, Worlitschek M, Goedecke T, Silver B.
Institut für Prävention und Ernährung, Ismaning, Germany. vormann@ipev.de
NIH Published Studies Showing the Positive Effects of the Nutrients in pH Thrive Supplements

**pH Thrive™ 360° Multi-vitamin/Multi-mineral with Aquamin™ minerals**

This 2012 study published by Phytotherapy Research shows Aquamin to be beneficial for inflammation.


This 2009 study published in the Biomed Nutrition Journal shows Aquamin to clearly benefit knee osteoarthritis symptoms.


This important 2012 study published in the Journal of Cancer Research and Clinical Oncology demonstrates the preventative properties of green tea extracts in relation to cancers of the general population, as well as its synergistic effects exerted with anticancer drugs.


This 2012 study published in Continuum by the New York Headache Center showed the efficacy of Coenzyme Q10, Vitamins B12 with B6 and folic acid, and magnesium supplementation in the treatment of migraine headaches.


This 2012 study published in the American Journal of Clinical Nutrition, completed at Johns Hopkins School of Medicine, shows improvement of systolic and diastolic blood pressure with ascorbic acid (Vitamin C) supplementation.

This 2011 study, published in Lipids showed that krill oil supplied the same benefit of fish oil supplementation on oxidative stress and inflammation, but at much lower dosages of EPA and DHA fatty acids present in the krill oil.

Lipids. 2011 Jan;46(1):37-46. Epub 2010 Nov 2. **Metabolic effects of krill oil are essentially similar to those of fish oil but at lower dose of EPA and DHA, in healthy volunteers.** Ulven SM, Kirkhus B, Lamglait A, Basu S, Elind E, Haider T, Berge K, Vik H, Pedersen JI. Source Faculty of Health, Nutrition, and Management, Akershus University College, Lillestrøm, Norway. stinemarie.ulven@hiak.no

This 2007 study, published in the Journal of the American College of Nutrition, conclusively showed an improvement in markers of chronic inflammation and arthritis by supplementing with 300 mg. of Antarctic-based krill oil (Neptune). (Azantis™ krill oil has routinely tested as a higher quality krill oil than the Neptune brand)

J Am Coll Nutr. 2007 Feb;26(1):39-48. **Evaluation of the effect of Neptune Krill Oil on chronic inflammation and arthritic symptoms.** Deutsch L. Source: Sciopsis Inc. Evidence Based NutraMedicine, 18 Corso Court, Richmond Hill, Ontario L4S 1H4, CANADA. ldschiopsis@yahoo.ca

This Swiss 2010 study showed krill oil to be a very useful intervention strategy against inflammatory arthritis.


This 2007 study, using only a 300 mg. daily dose of Antarctic-sourced krill oil (NKO), significantly inhibited inflammation and reduced arthritic symptoms within a short treatment period of 7 and 14 days.

J Am Coll Nutr. 2007 Feb;26(1):39-48. **Evaluation of the effect of Neptune Krill Oil on chronic inflammation and arthritic symptoms.** Deutsch L. Source: Sciopsis Inc. Evidence Based NutraMedicine, 18 Corso Court, Richmond Hill, Ontario L4S 1H4, CANADA. ldschiopsis@yahoo.ca

This 2008 study group’s conclusion was that krill oil was a worthwhile functional food and nutraceutical due to their findings that krill oil may provide benefits to control serum lipid levels in certain diseases and inhibit growth of colon cancer cells.

Lipids Health Dis. 2008 Aug 29;7:30. **Effects of krill oil on serum lipids of hyperlipidemic rats and human SW480 cells.** Zhu JJ, Shi JH, Qian WB, Cai ZZ, Li D. Source: Department of Food Science and Nutrition, Zhejiang University, Hangzhou, PR China. jjzhu@zju.edu.cn
**pH Thrive™** **Think with Smart PS™** **Phosphatidylserine Complex**

Phosphatidylserine is the only brain health supplement that has been allowed to make a limited health claim under the FDA’s guidelines. The FDA allows manufacturers to say that "Consumption of phosphatidylserine may reduce the risk of cognitive dysfunction in the elderly."

This 2012 study showed phosphatidylserine supplementation to benefit chronic stress levels in men.

Hellhammer J, Hero T, Franz N, Contreras C, Schubert M. **Source:** Diagnostic Assessment and Clinical Research Organization-Daacro, Science Park Trier, Max-Planck-Str. 22, D-54296 Trier, Germany. hellhammer@daacro.de

This 2010 study, published in the Clinical Interventions in Aging journal, showed phosphatidylserine supplementation (PS-omega 3) displayed a favorable effect on memory in subjects with subjective memory complaints.

**Clin Interv Aging.** 2010 Nov 2;5:313-6. **The effect of phosphatidylserine-containing omega-3 fatty acids on memory abilities in subjects with subjective memory complaints: a pilot study.**  
Richter Y, Herzog Y, Cohen T, Steinhart Y. **Source:** Enzymotec LTD, Migdal-HaEmeq, Israel.

This 2008 study, published in the Journal of the International Society of Sports Nutrition, showed that phosphatidylserine can lower cortisol levels during moderate exercise. This could indicate the potential for lowering cortisol levels during times of stress.

Starks MA, Starks SL, Kingsley M, Purpura M, Jäger R. **Source:** The University of Mississippi, 215 Turner, University, MS 38655, USA. mstarts@olemiss.edu

This 2010 study conclusively showed that cognitive function markers were improved with phosphatidylserine supplementation in elderly (50-69) subjects with mild cognitive impairment.

Kato-Kataoka A, Sakai M, Ebina R, Nonaka C, Asano T, Miyamori T. **Source:** Yakult Central Institute for Microbiological Research, 1796 Yaho, Kunitachi, Tokyo 186-8650, Japan.
This 2012 study shows the association of higher magnesium intakes with increased bone density and lean muscle mass in swimming subjects.

Matias CN, Santos DA, Monteiro CP, Vasco AM, Baptista F, Sardinha LB, Laires MJ, Silva AM. 
Source: Exercise and Health Laboratory, Faculty Human Kinetics, Technical University of Lisbon, Estrada da Costa, 1499-002 Cruz-Quebrada, Portugal, CIPER - Interdisciplinary Center for the Study of Human Performance, Faculty Human Kinetics, Technical University of Lisbon, Estrada da Costa, 1499-002 Cruz-Quebrada, Portugal.

This 1995 study explains that responsible sunlight exposure and supplemental Vitamin D intake can be preventative in deficiency of Vitamin D which can exacerbate osteoporosis, cause osteomalacia, and increase the risk of skeletal fractures.

Holick MF. Source: Department of Medicine, Boston University Medical Center, MA 02118.

This 2011 large meta-analysis study revealed a substantial amount of evidence, and concluded that 700 iu of Vitamin D daily greatly reduced fracture risk and other symptomatic issues of osteoporosis, and increased value were present when combined with calcium supplementation.

Curr Osteoporos Rep. 2011 Mar;9(1):36-42. Optimal use of vitamin D when treating osteoporosis. van den Bergh JP, Bours SP, van Geel TA, Geusens PP. Source: Department of Internal Medicine, VieCuri Medical Centre Noord-Limburg, PO Box 1926, 5900 BX, Venlo, The Netherlands. jvdbergh@hetnet.nl

This study, reaching back to 1993, conclusively showed improvements in bone density when supplemental magnesium was given over a one and two year period; from 250 mg. to 750 mg. per day lifted bone density from 1-8% respectively.

Magnes Res. 1993 Jun;6(2):155-63. Trabecular bone density in a two year controlled trial of peroral magnesium in osteoporosis. Stendig-Lindberg G, Tepper R, Leichter I. Source: Department of Physiology and Pharmacology, Sackler Faculty of Medicine, Tel Aviv University, Israel.