

PUBLICATIONS IN PEER-REVIEWED SCIENTIFIC JOURNALS AND SCIENTIFIC PRESENTATIONS 2008 – PRESENT

Publications in Peer-review Journals 2008 – present

1. **Amagase H and Farnsworth NR.** “A Review of Botanical Characteristics, Phytochemistry, Clinical Relevance in Efficacy and Safety of *Lycium barbarum* Fruit (Goji)” *Food Research International* 44: 1702-1717, 2011 doi: 10.1016/j.foodres.2011.03.027.
2. **Reeve VE, Allanson M, Arun SJ, Domanski D and Painter N.** “Mice drinking goji berry juice (*Lycium barbarum*) are protected from UV radiation-induced skin damage via antioxidant pathways” *Photochemical & Photobiological Sciences*, 9: 601-607, 2010.
3. **Amagase H, Sun B, and Nance, DM.** “Immunomodulatory Effects of a Standardized *Lycium barbarum* Fruit Juice in Chinese Older Healthy Human Subjects” *Journal of Medicinal Foods* 12(5): 1159-1165, 2009.
4. **Amagase H, Sun B, Borek C.** “*Lycium barbarum* (goji) juice shows significant *in vivo* antioxidant effects in human serum in a randomized, double-blind, placebo-controlled clinical study” *Nutrition Research* 29: 19-25, 2009.
5. **Amagase, H and Nance, DM.** “A Randomized, Double-blind, Placebo-controlled, Clinical Study of the General Effects of a Standardized *Lycium barbarum* (Goji) Juice, GoChi™” *Journal of Alternative and Complementary Medicine* 14 (4): 403-412, 2008.

List of Scientific Presentations at the various international scientific meetings during 2008 – present

1. **Amagase H and Handel R.** “Fruit- and Vegetable-based Condiments Increased Taste Preference and Stimulated Postprandial Energy Expenditure More Than Meal Replacement Alone when Combined with Liquid Dietary Supplement TAIslim®, a Combination of *Lycium Barbarum* Fruit (Goji) Juice, Indigestible Dietary Fiber, Phenylalanine, N-Acetyl Tyrosine, and Tea Extract” Abstract #629-P, OBESITY 2011, 29th Annual Scientific Meeting of The Obesity Society, Orlando, FL, October 1-5, 2011.
2. **Amagase H and Handel R.** “*Lycium Barbarum*, Fiber and Functional Food-Containing Weight Management System: Randomized, Placebo-Controlled, Double-Blind Human Clinical Studies” 9th International Conference - Functional Food Components in Health and Disease, San Diego, August 16-18, 2011.
3. **Amagase H and Handel R.** “Body Weight Reduction, Appetite Suppression and Caloric Expenditure Stimulation” by TAIslim® Total Body System*: Randomized, Placebo-controlled, Double-blind Human Clinical Studies.
*A Combination of Liquid Dietary Supplement Containing Indigestible Soluble Dietary Fiber, L-Phenylalanine, N-Acetyl-L-Tyrosine, Tea Extract with Polyphenols plus Caffeine and *Lycium barbarum* (TAIslim®) with Glucomannan Fiber-containing Meal Replacement Shake (TAIslim® SHAKE) and Chew (TAIslim® SKINNY) under Exercise and Diet Control.
Abstract #18, at Experimental Biology Meeting 2011 in Washington, DC, April 9-13, 2011.
4. **Amagase, H and Nance, DM.** “Resting Metabolic Rate is Synergistically Stimulated by a Single Bolus *Lycium barbarum* Fruit



Juice Intake Combined with Indigestible Dietary Fiber in Healthy Human Adults.” Abstract #1729, at Experimental Biology Meeting 2011 in Washington, DC, April 9-13, 2011.

5. **Amagase, H and Nance, DM.** “Resting Metabolic Rate (RMR) is Increased Synergistically by Single Bolus Intake of *Lycium barbarum* Fruit (Goji) Juice When Combined with Indigestible Dietary Fiber and/or Caffeine, but not by Fiber or Caffeine alone” *Advances and Controversies in Clinical Nutrition* 2011, San Francisco, CA, February 25-27, 2011.
6. **Amagase H and Handel R.** “Clinical Effects of Combining A Liquid Dietary Supplement Containing A Combination of Indigestible Soluble Fiber, Phenylalanine, N-Acetyl-L-Tyrosine, Tea Extract with Polyphenols and Caffeine and *Lycium barbarum* (TAIslim®), Glucomannan fiber-Containing Chew (TAIslim® SKINNY) and Meal Replacement Shake (TAIslim® SHAKE) on Appetite and Gastrointestinal Parameters: A Randomized, Placebo-controlled, Blinded Human Clinical Study” Abstract #213403, OBESITY 2010, 28th Annual Scientific Meeting of The Obesity Society, San Diego, October 8-12, 2010.
7. **Amagase H and Handel R.** “Caloric Expenditure is Stimulated by a Single Bout of *Lycium barbarum* Combined With Indigestible Fiber, or Combination of These in Various Food Forms Indicated by Resting Metabolic Rate in Healthy Human Adults” Abstract #213380, OBESITY 2010, 28th Annual Scientific Meeting of The Obesity Society, San Diego, October 8-12, 2010.
8. **Amagase H and Handel R.** “Sub-Chronic Effects of Orally Taken Liquid Dietary Supplement, TAIslim® Containing A Combination of Indigestible Soluble Dietary Fiber, Phenylalanine, N-Acetyl-Tyrosine, Caffeine, Tea Polyphenols and *Lycium barbarum* on Body Weight and Other Anthropometric Parameters in a Controlled Cross-over Human Clinical Study” *FASEB J.* 2010; 24:936.13.
9. **Amagase H.** “Comparison of *Lycium barbarum*-containing Liquid Dietary Supplements to Caffeinated Beverages on Energy/Caloric Metabolism Activity and Salivary Adrenocortical Hormone levels in Healthy Human Adults” *FASEB J.* 2010; 24:540.13.
10. **Amagase H.** “Impact of Orally Consumed *Lycium barbarum* on Various Urinary Neurotransmitter Levels in Healthy Human Male Adults” *FASEB J.* 2010; 24:540.12.
11. **Amagase H and Handel R.** “Comparison of Various Preparations of *Gynostemma pentaphyllum* (Jiaogulan) and its Main Active Constituents, Gypenoside Saponins, on Resting Metabolic Rate: Controlled Human Clinical Study” *FASEB J.* 2010; 24:1b264.

12. Amagase H and Campbell J. "Kinetic Analysis of the Impact of A Single Bolus Intake of *Gynostemma pentaphyllum* (Jiaoquan)-containing Liquid Dietary Supplement, JULE of the Orient™ on Human Peripheral Blood Circulation" FASEB J. 2010; 24:lb334.

13. Amagase H and Nance DM. "Impact of 2-week Oral Consumption of *Gynostemma pentaphyllum* (Jiaoquan)-containing Liquid Dietary Supplement, JULE of the Orient™ on Various Subjective Symptoms, Blood Circulation, Blood Pressure and Other Anthropometric Parameters: A Randomized, Placebo-controlled, Double-blind Human Clinical Study" FASEB J. 2010; 24:lb336.

14. Amagase H and Handel R. "Acute Clinical Effects of A Liquid Dietary Supplement Containing A Combination of Indigestible Soluble Fiber, Phenylalanine, N-Acetyl-Tyrosine, Caffeine, Tea Polyphenols and *Lycium barbarum* on Anthropometric Parameters and Resting Metabolic Rate" Abstract #166261, OBESITY 2009, 27th Annual Scientific Meeting of The Obesity Society, Washington, DC, October 24-28, 2009.

15. Amagase H and Handel R. "Kinetic Analysis of Energy/Caloric Metabolism Activity of a Single Bout of Consuming Various Beverages and Dietary Supplements in Healthy Human Adults: Comparison of *Lycium barbarum*-containing Liquid Dietary Supplements to Caffeinated Beverages" Abstract #166262, OBESITY 2009, 27th Annual Scientific Meeting of The Obesity Society, Washington, DC, October 24-28, 2009.

16. Nance DM, Amagase H and Luczy-Bachman G: 94. Effects of *Lycium barbarum* on basal and lps-induced cytokine production. Brain, Behavior, and Immunity 23(Suppl 2):S51, 2009. PNIRS 2009, PsychoNeuroImmunology Research Society Annual Meeting 2009.

17. Amagase H and Handel R. "Acute Effects of A Liquid Dietary Supplement, TAlslim™ Containing A Combination of Indigestible Soluble Dietary Fiber, Phenylalanine, N-Acetyl-Tyrosine, Caffeine, Tea Polyphenols and *Lycium barbarum* on Resting Metabolic Rate: A Randomized, Double-Blind, Placebo-Controlled Study" FASEB J. 2009; 23:LB474.

18. Amagase H and Nance DM. "Effect of Standardized *Lycium barbarum* (Goji) Juice, GoChi® Intake on Resting Metabolic Rate and Waist Circumference: Randomized, Placebo-controlled, Double-blind Clinical Studies" FASEB J. 2009; 23:LB419.

19. Amagase H and Nance DM. "*Lycium barbarum* Attenuates Increased Plasma Stress Hormone Levels Induced by a Short and Intense Exercise Challenge. A Randomized, Double-blind, Placebo-controlled Human Clinical Study" FASEB J. 2009; 23:104.6

20. Amagase H and Nance DM. "Effects of *Lycium barbarum* on Feelings of General Well-being, Neurological/Psychological Traits and Plasma Levels of Catecholamines. A Randomized, Double-blind, Placebo-controlled Human Clinical Study" FASEB J. 2009; 23:716.2.

21. Amagase H and Hsu CHP. "Meta-analysis of the General Effects of a Standardized *Lycium barbarum* Fruit Juice Shown in Randomized, Double-blind, Placebo-controlled Human Clinical Studies" FASEB J. 2009; 23:716.1.

22. Amagase H and Handel R. "Randomized, blind, placebo-controlled human clinical studies showed waist circumference reduction by an intake of standardized *Lycium barbarum* fruit juice" at the 26th Annual Scientific Meeting of Obesity Society in Phoenix, AZ, October 3-7, 2008.

23. Amagase H and Nance DM. "Improvement of Sleep Quality by a Standardized *Lycium barbarum* Fruit Juice Shown in a Randomized, Double-blind, Placebo-controlled Human Clinical Study" at 7th Joint Meeting of GA, AFERP, ASP, PSI & SIF in Athens, Greece, August 3-8, 2008.

24. Amagase H, Sun B and Nance DM. "Immune Modulation by a Standardized *Lycium barbarum* Fruit (Goji) Juice in Randomized, Double-blind, Placebo-controlled Clinical Studies" at 7th Joint Meeting of GA, AFERP, ASP, PSI & SIF in Athens, Greece, August 3-8, 2008.

25. Amagase H, Sun B and Nance DM. "Clinical Studies of Improving General Well-Being by a Standardized *Lycium barbarum* Fruit Juice" at 7th Joint Meeting of GA, AFERP, ASP, PSI & SIF in Athens, Greece, August 3-8, 2008.

26. Farnsworth NR, Amagase H, Sun B and Nance DM. "Botanical Characteristics, Chemical Constituents and Clinical Relevance of *Lycium barbarum*" at 7th Joint Meeting of GA, AFERP, ASP, PSI & SIF in Athens, Greece, August 3-8, 2008.

27. Reeve VE, Allanson M, Domanski D. "Mice drinking goji berry juice are protected against photoimmune suppression via haem oxygenase induction." Abstract #WAM1-1, at ASP2008, Annual meeting of the American Society for Photobiology, Burlingame, CA, June 20-25, 2008

28. Amagase, H. and Nance, DM. "A Randomized, Double-blind, Placebo-controlled, Clinical Study of the General Effects of GoChi™, a standardized *Lycium barbarum* (goji) juice" FASEB J. 2008; 22:889.16.

29. Amagase, H. and Sun, B. "Immunomodulation, General Effects and Safety of a Standardized *Lycium barbarum* (Goji) Juice, GoChi™ shown in a Randomized, Double-blind, Placebo-controlled Clinical Study" FASEB J. 2008; 22:lb776.

30. Amagase, H. and Sun, B. "GoChi™, a standardized *Lycium barbarum* (goji) juice, shows significant in vivo antioxidant effects in human serum in a randomized, double-blind, placebo-controlled clinical study" FASEB J. 2008; 22:lb781.

31. Amagase, H. "A controlled clinical study showed waist circumference reduction by a standardized *Lycium barbarum* (goji) juice, GoChi™" FASEB J. 2008; 22:lb771.

32. Amagase, H. "General Toxicity and Histological Analysis from Acute Toxicological Study of a Standardized *Lycium barbarum* (Goji) juice (GoChi™) in Rodents" FASEB J. 2008; 22:lb722.

33. Amagase, H. "Acute Hematological and Biochemical Effects of a Standardized *Lycium barbarum* (Goji) Juice, GoChi™ in Rodents" FASEB J. 2008; 22:889.17.

