

PURE SCIENCE

Scientific research is a top priority for Pure Encapsulations®. We continuously invest in studying both our ingredients and finished products. Learn more about some of the ongoing and completed trials involving Pure Encapsulations products below.**

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	McLean Hospital, Belmont, Massachusetts
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 P	Oregon Health & Science University, Portland, Oregon
Alpha Lipoic Acid	Lipoic Acid for Treatment of Progressive Multiple Sclerosis	
	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	
Ashwagandha	A Randomized Placebo Controlled Trial of Ashwagandha for Cognitive Dysfunction Associated with Breast Cancer Chemotherapy	Sutter Institute for Medical Research, Sacramento, California
CurcumaSorb Vitamin D₃	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, Cleveland, Ohio
Magnesium Glycinate	Randomized Trial of Magnesium Glycinate Supplementation and Blood Pressure in Middle-Aged Adults P	Brigham and Women's Hospital, Boston, Massachusetts
Melatonin	High-Dose Melatonin Potentially Mediates Anti-Inflammatory and Immune-Related Factors and Outcomes	Cleveland Clinic, Cleveland, Ohio
N-Acetyl-Cysteine (NAC)	Assessment of N-Acetylcysteine as Therapy for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (NAC ME/CFS)	Weill Cornell Medicine, New York, New York
Melatonin Strontium (citrate) Vitamin D₃	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, Pittsburgh, Pennsylvania

**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.

Product	Study Title	Institution
Probiotic 50B	Effects of Probiotic Supplementation on Gastrointestinal Symptoms in Patients in the Late Postoperative Period of Roux-en-Y Gastric Bypass: A Randomized, Double-blind, Crossover, Placebo-Controlled Study	Federal University of Paraná, Curitiba, Brazil
Resveratrol	An Anti-inflammatory and Reactive Oxygen Species Suppressive Effect of an Extract of <i>Polygonum Cuspidatum</i> Containing Resveratrol P	State University of New York at Buffalo, Buffalo, New York
	Effects of <i>Polygonum cuspidatum</i> Containing Resveratrol on Inflammation in Male Professional Basketball Players P	Tehran University of Medical Sciences, Tehran, Iran
Resveratrol EXTRA	Combined Epigallocatechin-3-gallate and Resveratrol Supplementation for 12 Weeks Increases Mitochondrial Capacity and Fat Oxidation, but not Insulin Sensitivity, in Obese Humans: A Randomized Controlled Trial 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, East Lansing, Michigan
Vitamin C	Hmong Microbiome And Gout, Obesity, Vitamin C (HMANGO-C) Study	University of Minnesota, Minneapolis, Minnesota
Vitamin D₃	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	University of Aberdeen, Aberdeen, Scotland
Various	The Impact of Functional Medicine on Wound Healing From Delayed Autologous Breast Reconstruction - A Feasibility Study	Cleveland Clinic, Cleveland, Ohio
Various	Assessment of Diabetes Control, Cost of Care, and Quality of Life Utilizing a Functional Medicine Approach in Addition to Usual Care vs. Usual Care Alone	
Various	Interventional: Functional Medicine in Asthma (FAst) Study	