



Protocols

Product & Ingredient	Dosage	Features	Reference
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Products listed in the individual Basic Nutritional Support protocols (**Clinical Nutrients™** multivitamin, **Eskimo-3®** fish oil, and **Probiotic Pearls™** active cultures) support the body's regulation of sugar metabolism.*
Eskimo-3® is a registered trademark of Cardinova Aktiebolag.

<p>Clinical Nutrients™ for Glucose Regulation* 70129 – 90 tablets</p> <p>Magnesium Zinc Chromium (<i>Momordica Charantia</i>) Bitter Melon Gymnema sylvestre Bilberry (<i>Vaccinium myrtillus</i>)</p>	<p>Two tablets twice daily. Can be taken with meals. Two tablets contain:</p> <p>100 mg 7.5 mg 200 mcg</p> <p>200 mg 200 mg 40 mg</p>	<p>Blood Glucose Support*</p> <ul style="list-style-type: none"> Provides important vitamins, minerals, and botanicals to support healthy glucose metabolism^{*1-5} 	<ol style="list-style-type: none"> Yokota K, et al. Clinical efficacy of magnesium supplementation in patients with type 2 diabetes. <i>J Am Coll Nutr.</i> 2004 Oct;23(5):506S-509S. Virdi J, et al. Antihyperglycemic effects of three extracts from <i>Momordica charantia</i>. <i>J Ethnopharmacol.</i> 2003 Sep;88(1):107-11. Shanmugsundaram ERB, et al. Use of <i>Gymnema sylvestre</i> leaf extract in the control of blood glucose in insulin-dependent diabetes mellitus. <i>J Ethnopharmacol.</i> 1990;30:281-294. Rabinovitz H, et al. Effect of chromium supplementation on blood glucose and lipid levels in type 2 diabetes mellitus elderly patients. <i>Int J Vitam Nutr Res.</i> 2004 May;74(3):178-82. Fursova AZh, et al. Dietary supplementation with bilberry extract prevents macular degeneration and cataracts in senesce-accelerated OXYS rats. <i>Adv Gerontol.</i> 2005;16:76-9.
<p>Vitaline® CoQ10 76183 – 30 chewable wafers, Maple Nut flavor 76186 – 60 chewable wafers, Maple Nut flavor 76196 – 60 chewable wafers, Maple Nut flavor</p> <p>Coenzyme Q10 (CoQ10) (ubiquinone) High purity Natural form</p>	<p>Adults chew four wafers twice daily. Four wafers contain:</p> <p>300 mg</p>	<p>Cardiovascular Support*</p> <ul style="list-style-type: none"> Improved long-term glucose metabolism in a clinical study^{*1} Increases both serum and mitochondrial (cell) levels of CoQ10[*] 	<ol style="list-style-type: none"> Hodgson JM, et al. Coenzyme Q10 improves blood pressure and glycaemic control: a controlled trial in subjects with type 2 diabetes <i>Eur J Clin Nutr.</i> 2002 Nov;56(11):1137-42.

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<p>UBQH™ ubiquinol 770026 – 60 softgels</p> <p>QH (ubiquinol) (reduced form coenzyme Q10)</p>	<p>1-3 softgels with a glass of water, twice daily. Each softgel contains:</p> <p>50 mg</p>	<ul style="list-style-type: none"> • Supports healthy blood glucose levels that are already within the normal limits* • CoQ10 levels naturally diminish as we age • 30-50% of population have gene that impairs conversion of ubiquinone to ubiquinol*¹ <p>Ubiquinol:</p> <ul style="list-style-type: none"> • Statically, UBQH increases total CoQ10 serum levels 2 times higher than ubiquinone (CoQ10) alone² • Ratio of QH to CoQ10 in human plasma is 95:5³ • A scientific study showed UBQH to be of greater blood glucose metabolism support than CoQ10 or placebo*² 	<ol style="list-style-type: none"> 1. Miles MV, et al. LPL and NQO1 genotypes are associated with decreased Coenzyme Q10 redox ratio. International Congress of Clinical Chemistry and American Association for Clinical Chemistry Annual Meeting, July, 2005. 2. Unpublished data. Kaneka Corporation. October 22, 2003. † 3. Yamamoto Y, et al. Plasma Ratio of ubiquinol and ubiquinone as a marker of oxidative stress. <i>Molec Aspects Med.</i> 1997;18(Suppl):79-84.
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels</p> <p>Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<p>Additional Essential Fatty Acids</p> <ul style="list-style-type: none"> • Clinically studied to support cardiovascular health*¹ • Maintains healthy levels of blood lipids already within normal limits* • Does not interfere with glucose regulation 	<ol style="list-style-type: none"> 1. Connor WE, et al. N-3 fatty acids from fish oil. Effects on plasma lipoproteins and hypertriglyceridemic patients. <i>Ann NY Acad Sci.</i> 1993;683:16-34.

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<p>Lipoic Acid 236004 – 60 <i>UltraCaps™</i></p> <p>Alpha Lipoic Acid</p>	<p>Take 1 to 2 UltraCaps twice daily between meals. Two UltraCaps contain:</p> <p>200 mg</p>	<p>Antioxidant Support*</p> <ul style="list-style-type: none"> Highly bioavailable antioxidant; provides significant protection against reactive oxygen species^{**1} Functions in both hydrophilic and lipophilic compartments of cell¹ Acts synergistically with other antioxidants, such as Vitamin E and C, to protect vital cell structures from free radical damage and oxidative stress[*] Provides support for neurological health, glucose metabolism, and liver function²⁻⁵ 	<ol style="list-style-type: none"> Packer L, et al. Alpha-lipoic acid as a biological antioxidant. <i>Free Rad Biol Med</i> 1995;19(2):227-250. Ruhe RC, et al. Use of antioxidant nutrients in the prevention and treatment of type 2 diabetes. <i>J Am Coll Nutrition</i>. 2001;20:363S-369S. Jacob S, et al. Oral administration of RAC-alpha-Lipoic acid modulates insulin sensitivity in patients with type-2 diabetes mellitus: A placebo-controlled pilot trial. <i>Radical Biol & Med</i>. 1999;27:309-314. Hager K, et al. Alpha-lipoic acid as a new treatment option for Alzheimer-type dementia. <i>Arch Gerontol & Geriatrics</i>. 2001;32:275-282. Bustamante J, et al. Alpha-Lipoic acid in liver metabolism and disease. <i>Free Rad Biol Med</i>. 1998;24(6):1023-1039.
<p>Fiber Formula 78452 – 120 <i>UltraCaps</i></p> <p>Dietary Fiber Encapsulated Fiber Blend of: Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar Gum (<i>Cyamopsis tetragonoloba</i>) Pectin (from citrus fruit) Marshmallow (<i>Althaea officinalis</i>)</p>	<p>Four UltraCaps daily with eight ounces of water. If desired, may be taken as two UltraCaps in the morning and two UltraCaps at night with eight ounces of water. Four UltraCaps contain: 2 g 1727 mg daily</p>	<p>Glucose Support*</p> <ul style="list-style-type: none"> Moderates absorption of dietary sugar to support a balanced insulin response^{**1} Psyllium husk supports healthy serum lipid levels and healthy blood pressure levels that are already within normal limits, healthy immune function, and intestinal microflora health^{**1} In a clinical study, all participants found psyllium to be beneficial in support of healthy blood sugar metabolism^{**1} 	<ol style="list-style-type: none"> Ylonen K, et al. Associations of dietary fiber with glucose metabolism in nondiabetic relatives of subjects with type 2 diabetes: the Botnia Dietary Study. <i>Diabetes Care</i>. 2003 Jul;26(7):1979-85.

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Additional Considerations			
<p>Chromium 214037 – 90 tablets</p> <p>Chromium (from chromium chelate)</p>	<p>Adults take 1 tablet daily. Each tablet contains:</p> <p>1 mg</p>	<p>High Dose Chromium Alternative¹</p>	<p>1. Rabinovitz H, et al. Effect of chromium supplementation on blood glucose and lipid levels in type 2 diabetes mellitus elderly patients. <i>Int J Vitam Nutr Res.</i> 2004 May;74(3):178-82.</p>
<p>Ginkgo Phytosome™ 78426 – 60 UltraCaps™ 78422 – 120 UltraCaps 78420 – 240 UltraCaps</p> <p>Ginkgo biloba extract bound to phosphatidylcholine for enhanced absorption and bioavailability</p>	<p>Take one UltraCap three times daily. Each UltraCap contains:</p> <p>80 mg</p>	<p>Eye Health*</p> <ul style="list-style-type: none"> • Supports capillary circulation* • Improved retinal capillary blood flow rate *¹ 	<p>1. Huang SY, et al. Improved haemorrhheological properties by Ginkgo biloba extract (Egb 761) in type 2 diabetes mellitus complicated with retinopathy. <i>Clin Nutr.</i> 2004 Aug;23(4):615-21.</p>

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7-KETO® Lean* 75163 – 30 UltraCaps™ 7-Keto DHEA Acetate L-Tyrosine	Take one or two UltraCaps daily. Each UltraCap contains: 100 mg 100 mg	Weight Management Support* <ul style="list-style-type: none"> Research shows 7-keto DHEA increases thermogenic enzyme (enzymes related to generating heat) activity and normalizes thyroid function*¹ In a clinical study, participants who combined 7-KETO with a sensible diet and exercise lost three times as much weight*¹ 	1. Colker CM, et al. Double-blind study evaluation the effects of exercise plus 3-acetyl-7-oxo-dehydroepiandrosterone on body composition and the endocrine system in overweight adults. <i>J Exerc Physiol.</i> 1999;2:1-2.†
BMR Complex 156003 – 60 capsules 156004 – 180 capsules Iodine Zinc Copper Thyroid (thyroxin-free) L-Tyrosine Blue Flag (<i>Iris versicolor</i>) Root	Take between meals, 3 times daily. 300 mcg 15 mg 1 mg 300 mg 300 mg 65 mg	Thyroid Support* <ul style="list-style-type: none"> Supports healthy thyroid function*¹⁻³ 	1. Lind P, et al. Iodine supplementation in Austria: methods and results. <i>Thyroid.</i> 2002 Oct;12(10):903-7. 2. Goldstein AL, et al. Current status of thymosin and other hormones of the thymus gland. <i>Recent Prog Hormone Res.</i> 1981;37:369-412. 3. Low TLK, et al. The thymic hormones: an overview. <i>Methods Enzymol.</i> 1985;16:213-90.
Fiber Formula 78452 – 120 UltraCaps Fiber Blend containing: Psyllium Husk Oat Bran Guar Gum Pectin (from citrus fruit) Marshmallow Root	Four UltraCaps daily with eight ounces of water. If desired, may be taken as two UltraCaps in the morning and two UltraCaps at night with eight ounces of water. Four UltraCaps contain: 1727 mg	Weight Management Support* <ul style="list-style-type: none"> Fiber provides a feeling of fullness, assisting with healthier food choices*¹ 	1. Grodner M, et al. Fiber. In: <i>Foundations and Clinical Applications of Nutrition: A Nursing Approach.</i> St. Louis, Mo: Mosby; 2000: 103.

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Additional Considerations			
Bio-Zyme® systemic enzymes 74251 – 100 tablets 74250 – 200 tablets Blend of: Pancreatic Enzymes 10X full strength, undiluted) Protease Amylase Lipase Trypsin Papain Bromelain Amylase Lipase Lysozyme Chymotrypsin	Two tablets before each meal. Two tablets contain: 325 mg 81,250 USP 81,250 USP 6,500 USP 75 mg 50 mg 50 mg 10 mg 10 mg 10 mg 2 mg	Digestive Support* <ul style="list-style-type: none"> • Taken with meals to support GI function*¹ 	1. Haas EM. Accessory nutrients. In: <i>Staying Healthy with Nutrition: The Complete Guide to Diet and Nutritional Medicine</i> . Berkeley, Ca: Celestial Arts; 1992: 255-291.
Chromium Forte 206002 – 90 UltraCaps™ Chromium Gymnema sylvestre (75% gymnemic acid) Bitter Melon (<i>Momordica Charantia</i>)	Take 1 UltraCap 2-3 times daily with meals. Each UltraCap contains: 100 mcg 150 mg 50 mg	Additional Glucose Support* <ul style="list-style-type: none"> • Supplies key herbs, such as bitter melon, Jambolan and gymnema, with chromium, niacin and vanadyl sulfate to support healthy glucose metabolism*¹ 	1. Vincent JB. The potential value and toxicity of chromium picolinate as a nutritional supplement, weight loss agent and muscle development agent. <i>Sports Med.</i> 2003;33(3):213-30.
Chromium 214037 – 90 tablets Chromium (from chromium chelate)	Adults take 1 tablet daily. Each tablet contains: 1 mg	High Dose Chromium Alternative	

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<p>Optimal metabolic function throughout the body requires attention to several measures. These include:</p> <ul style="list-style-type: none"> • Lipid profile • Blood pressure • Blood sugar metabolism • Abdominal fat <p>Products listed in the individual Basic Nutritional Support protocols (Clinical Nutrients™ multivitamin, Eskimo-3® fish oil, and Probiotic Pearls™ active cultures) help maintain healthy metabolic function in the body.* The following products can be included for additional support. <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>			
<p>BASIC SUPPORT</p>			
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable</p> <p>**EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<ul style="list-style-type: none"> • Helps block the absorption of dietary cholesterol and inhibits cholesterol biosynthesis*^{1,2} • Helps support a healthy lipid profile*¹⁻³ • Increases HDL by 21%*³ • Supports the body's natural anti-inflammatory response*⁴ 	<ol style="list-style-type: none"> 1. Nestel PJ. Fish oil and cardiovascular disease: lipids and arterial function (abstract). <i>Am J Clin Nutr.</i> 2000;71:228S-31S. 2. Juturu V, Gormley JJ. Nutritional supplements modulating metabolic syndrome risk factors and the prevention of cardiovascular disease. <i>Curr Nutr Food Sci.</i> 2005;1:1-11. 3. Haglund O, Luostarinen R, Wallin R, Saldeen T. Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure. <i>J Intern Med.</i> 1990 May;227(5):347-53.† 4. Carpentier YA, Portois L, Malaisse WJ. N-3 fatty acids and the metabolic syndrome. <i>Am J Clin Nutr.</i> 2006 Jun;83(6 Suppl):1499S-1504S.
<p>Vitaline® CoQ10 76183 – 30 chewable wafers, Maple Nut flavor 76186 – 60 chewable wafers, Maple Nut flavor 76196 – 60 chewable wafers, Maple Nut flavor</p> <p>Coenzyme Q10 (CoQ10) (ubiquinone) High Purity Natural Form</p>	<p>Take 2 wafers daily.</p> <p>Each wafer contains:</p> <p>300 mg</p>	<ul style="list-style-type: none"> • Supports healthy blood pressure levels already within normal limits*¹ • Enhances glycemic control*² 	<ol style="list-style-type: none"> 1. Burke BE, et al. Randomized, double-blind, placebo-controlled trial of coenzyme Q10 in isolated systolic hypertension. <i>South Med J.</i> 2001 Nov;94(11):1112-7. 2. Hodgson JM, et al. Coenzyme Q10 improves blood pressure and glycaemic control: a controlled trial in subjects with type 2 diabetes. <i>Eur J Clin Nutr.</i> 2002 Nov;56(11):1137-42.

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<p>UBQH™ ubiquinol 770026 – 60 softgels</p> <p>QH (Ubiquinol) (reduced form coenzyme Q10)</p>	<p>Take one softgel daily. Each softgel contains:</p> <p>100 mg</p>	<p>CoQ10 Alternative</p> <ul style="list-style-type: none"> • Approximately 30-50% of the population have the gene that impairs conversion of ubiquinone to ubiquinol*¹ • Increases total CoQ10 serum levels 2 times higher than ubiquinone alone*² • Ratio of QH to CoQ10 in human plasma is 95:5³ • Provides greater blood glucose metabolism support than CoQ10 or placebo*² 	<ol style="list-style-type: none"> 1. Miles MV, Morrison JA, Horn PS, et al. LPL and NQO1 genotypes are associated with decreased Coenzyme Q10 redox ratio. International Congress of Clinical Chemistry and American Association for Clinical Chemistry Annual Meeting, July, 2005. 2. Unpublished data. Kaneka Corporation. October 22, 2003.† 3. Yamamoto Y, Yamashita S. Plasma Ratio of ubiquinol and ubiquinone as a marker of oxidative stress. <i>Molec Aspects Med.</i> 1997;18(Suppl):79-84.

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Comprehensive Support			
Pantethine Plus™ 75519 – 90 tablets Pantethine Phytosterols	One tablet three times daily, with or immediately before each meal. Each tablet contains: 200 mg 400 mg	LDL Cholesterol <ul style="list-style-type: none"> Helps retain healthy cholesterol levels that are already within normal limits*^{1,2} Pantethine (600 mg) acts at the synthesis stage in the liver to help support healthy cholesterol production*¹ Phytosterols (1,200 mg) work in the intestines to help impede the body's ability to absorb cholesterol from foods*² 	<ol style="list-style-type: none"> Arsenio L, et al. Effectiveness of long-term treatment with pantethine in patients with dyslipidemia. <i>Clin Ther.</i> 1986;8:537-544. Moruisi KG, et al. Phytosterols/stanols lower cholesterol concentrations in familial hypercholesterolemic subjects: a systematic review with meta-analysis. <i>J Am Coll Nutr.</i> 2006 Feb;25(1):41-8.
HDL Rx™* 72922 – 120 tablets Niacin Blend of Hawthorn, Taurine, Garlic, Grape, N-Acetylcysteine (NAC), Soy, Alpha Lipoic Acid, and Tocotrienols CoQ10 Policosanol	Take 2 tablets twice daily. Two tablets contain: 20 mg 388 mg 25 mg 7 mg	HDL (“Good”) Cholesterol <ul style="list-style-type: none"> Policosanol supplementation increases HDL cholesterol by up to 14 percent over an 8-week period (clinical study)*¹ Shown in a clinical study conducted at Scripps Memorial Hospital to raise HDL (good cholesterol) levels by up to 23%*² Shown to reduce homocysteine levels, which is important for heart health*² By reducing C-reactive protein levels, HDL Booster helps support the body's natural anti-inflammatory response*² 	<ol style="list-style-type: none"> Varady, KA, et al. Role of policosanols in the prevention and treatment of cardiovascular disease. <i>Nutr Rev.</i> 2003 Nov;61(11):376-83. Goodman DA. A novel nutraceutical formula raises HDL and lowers triglycerides. Poster Presentation. Scripps Integrative Medical Center's 4th Annual Natural Supplement Conference. La Jolla, CA. January 19, 2007.†
Cal-Mag-K Chela-Max™ 206007 – 90 UltraCaps™ Magnesium Potassium Calcium	Take 1 to 2 UltraCaps three times daily with meals. Two UltraCaps contain: 117 mg 140 mg 65 mg	Blood Pressure <ul style="list-style-type: none"> Magnesium, Potassium, and Calcium support health systolic and diastolic blood pressure levels already within normal ranges*¹⁻⁴ 	<ol style="list-style-type: none"> He K, et al. Magnesium intake and incidence of metabolic syndrome among young adults. <i>Circulation.</i> 2006 Apr 4;113(13):1675-82. Motoyama T, et al. Oral magnesium supplementation in patients with essential hypertension. <i>Hypertension.</i> 1989 Mar;13(3):227-32. Haddy FJ, et al. Role of potassium in regulating blood flow and blood pressure. <i>Am J Physiol Regul Integr Comp Physiol.</i> 2006 Mar;290(3):R546-52. Whelton PK, et al. Efficacy of nonpharmacologic interventions in adults with high-normal blood pressure: results from phase 1 of the trials of hypertension prevention (TOHP). Trials of Hypertension Prev (TOHP) Collab Res Group. <i>Am J Clin Nutr.</i> 1997;65:652S-60S.

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<p>Clinical Nutrients™ for Glucose Regulation* 70129 – 90 tablets</p> <p>Magnesium Zinc Chromium Bitter Melon (<i>Momordica Charantia</i>) Gymnema sylvestre Bilberry</p>	<p>Two tablets twice daily. Can be taken with meals. Two tablets contain:</p> <p>100 mg 7.5 mg 200 mcg 200 mg</p> <p>200 mg 40 mg</p>	<p>Blood Sugar</p> <ul style="list-style-type: none"> Provides important vitamins, minerals, and botanicals to support healthy glucose metabolism*¹⁻⁵ 	<ol style="list-style-type: none"> Yokota K, et al. Clinical efficacy of magnesium supplementation in patients with type 2 diabetes. <i>J Am Coll Nutr.</i> 2004 Oct;23(5):506S-509S. Virdi J, et al. Antihyperglycemic effects of three extracts from <i>Momordica charantia</i>. <i>J Ethnopharmacol.</i> 2003 Sep;88(1):107-11. Shanmugsundaram ERB, et al. Use of <i>Gymnema sylvestre</i> leaf extract in the control of blood glucose in insulin-dependent diabetes mellitus. <i>J Ethnopharmacol.</i> 1990;30:281-294. Rabinovitz H, et al. Effect of chromium supplementation on blood glucose and lipid levels in type 2 diabetes mellitus elderly patients. <i>Int J Vitam Nutr Res.</i> 2004 May;74(3):178-82. Fursova AZh, et al. Dietary supplementation with bilberry extract prevents macular degeneration and cataracts in senesce-accelerated OXYS rats. <i>Adv Gerontol.</i> 2005;16:76-9.
<p>DHEA-25 75026 – 60 <i>UltraCaps™</i></p> <p>DHEA (dehydroepiandrosterone)</p>	<p>Take one UltraCaps daily. Each UltraCap contains: 25 mg</p>	<p>Abdominal Fat</p> <ul style="list-style-type: none"> Clinically shown to support healthy fat metabolism*^{1,2} Also supports healthy insulin levels*¹ 	<ol style="list-style-type: none"> Villareal DT, et al. Effect of DHEA on abdominal fat and insulin action in elderly women and men: a randomized controlled trial. <i>JAMA.</i> 2004 Nov 10;292(18):2243-8. Hernandez-Morante JJ, et al. Effect of DHEA-sulfate on adiponectin gene expression in adipose tissue from different fat depots in morbidly obese humans. <i>Eur J Endocrinol.</i> 2006 Oct;155(4):593-600.

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