Scientific References

1) Age-related changes in AMP-activated protein kinase after stroke

https://pmc.ncbi.nlm.nih.gov/articles/PMC3260368/

2) AMP-activated protein kinase (AMPK) controls the aging process via an integrated signaling network

https://pubmed.ncbi.nlm.nih.gov/22186033/

3) AMPK as Target for Intervention in Childhood and Adolescent Obesity

https://pmc.ncbi.nlm.nih.gov/articles/PMC3034972/

4) Optimal body weight for health and longevity: bridging basic, clinical, and population research

https://pubmed.ncbi.nlm.nih.gov/24628815/

5) AMPK: a key regulator of energy balance in the single cell and the whole organism

https://pubmed.ncbi.nlm.nih.gov/18719601/

6) Regulation and function of AMPK in physiology and diseases

https://pubmed.ncbi.nlm.nih.gov/27416781/

7) Antiobesity effect of Gynostemma pentaphyllum extract (actiponin): A randomized, double-blind, placebo-controlled trial

https://onlinelibrary.wiley.com/doi/full/10.1002/oby.20539

8) Citrus polyphenol hesperidin stimulates production of nitric oxide in endothelial cells while improving endothelial function and reducing inflammatory markers in patients with metabolic syndrome

https://pubmed.ncbi.nlm.nih.gov/21346065/

9) Overweight & Obesity Statistics

https://www.niddk.nih.gov/health-information/health-statistics/overweight-obesity

10) Overweight & Obesity Statistics

https://pubmed.ncbi.nlm.nih.gov/19734871/

11) Pathophysiology of human visceral obesity: an update

https://pubmed.ncbi.nlm.nih.gov/23303913/

12) Divergent effects of obesity on bone health

https://pubmed.ncbi.nlm.nih.gov/24063845/

13) Pathogenic potential of adipose tissue and metabolic consequences of adipocyte hypertrophy and increased visceral adiposity

https://pubmed.ncbi.nlm.nih.gov/18327995/

14) Macrophage infiltration into omental versus subcutaneous fat across different populations: effect of regional adiposity and the comorbidities of obesity

https://pubmed.ncbi.nlm.nih.gov/17374712/

15) Central obesity and increased risk of dementia more than three decades later

https://pubmed.ncbi.nlm.nih.gov/18367704/

16) Abdominal obesity and the risk of all-cause, cardiovascular, and cancer mortality: sixteen years of follow-up in US women

https://pubmed.ncbi.nlm.nih.gov/18362231/

17) Abdominal adiposity through adipocyte secretion products, a risk factor for endometrial cancer

https://pubmed.ncbi.nlm.nih.gov/23544715/

18) The effects of gliclazide, metformin, and acarbose on body composition in patients with newly diagnosed type 2 diabetes mellitus

https://pubmed.ncbi.nlm.nih.gov/24465050/

19) Insulin sensitive and resistant obesity in humans: AMPK activity, oxidative stress, and depot-specific changes in gene expression in adipose tissue

https://pubmed.ncbi.nlm.nih.gov/22323564/

20) Heat-processed Gynostemma pentaphyllum extract improves obesity in ob/ob mice by activating AMP-activated protein kinase

https://pubmed.ncbi.nlm.nih.gov/22576281/

21) Chinese herbal extracts (SK0506) as a potential candidate for the therapy of the metabolic syndrome

https://pubmed.ncbi.nlm.nih.gov/20950275/

22) Metabonomics Study of the Therapeutic Mechanism of Gynostemma pentaphyllum and Atorvastatin for Hyperlipidemia in Rats

https://pmc.ncbi.nlm.nih.gov/articles/PMC3815346/

23) New dammarane-type glucosides as potential activators of AMP-activated protein kinase (AMPK) from Gynostemma pentaphyllum

https://pubmed.ncbi.nlm.nih.gov/21978948/

24) Vascular generation of tumor necrosis factor- α reduces nitric oxide availability in small arteries from visceral fat of obese patients

https://pubmed.ncbi.nlm.nih.gov/21737013/

25) Modest visceral fat gain causes endothelial dysfunction in healthy humans

https://pubmed.ncbi.nlm.nih.gov/20705223/

26) The vascular endothelium and human diseases

https://pubmed.ncbi.nlm.nih.gov/24250251/

27) Opening a New Lipid "Apo-thecary": Incorporating Apolipoproteins as Potential Risk Factors and Treatment Targets to Reduce Cardiovascular Risk

https://pmc.ncbi.nlm.nih.gov/articles/PMC3146376/

28) VLDL, apolipoproteins B, CIII, and E, and risk of recurrent coronary events in the Cholesterol and Recurrent Events (CARE) trial

https://pubmed.ncbi.nlm.nih.gov/11034934/

29) Oral intake of a combination of glucosyl hesperidin and caffeine elicits an anti-obesity effect in healthy, moderately obese subjects: a randomized double-blind placebo-controlled trial

https://pubmed.ncbi.nlm.nih.gov/26786000/

30) Autophagy fights disease through cellular self-digestion

https://www.nature.com/articles/nature06639

31) Autophagy and aging

https://pubmed.ncbi.nlm.nih.gov/21884931/

32) Essential role for autophagy in life span extension

https://pmc.ncbi.nlm.nih.gov/articles/PMC4382258/

33) Autophagy: a druggable process that is deregulated in aging and human disease

https://pubmed.ncbi.nlm.nih.gov/25654544/

34) Autophagy, polyphenols and healthy ageing

https://pubmed.ncbi.nlm.nih.gov/22504405/

35) AMPK activation--protean potential for boosting healthspan

https://pubmed.ncbi.nlm.nih.gov/24248330/

36) AMPK at the nexus of energetics and aging

https://pubmed.ncbi.nlm.nih.gov/24726383/

37) AMPK: a key regulator of energy balance in the single cell and the whole organism

https://pubmed.ncbi.nlm.nih.gov/18719601/

38) Is activating AMPk the key to weight loss?

https://www.newhope.com/industry-insights/is-activating-ampk-the-key-to-weight-loss-

39) Health effects of metabolic 'magic bullet' protein

https://www.sciencedaily.com/releases/2019/01/190115111944.htm

40) Boost AMPK To Reduce Abdominal Fat

https://www.lifeextension.com/magazine/2017/ss/boost-ampk-to-reduce-abdominal-fat

41) The New Role of AMP-Activated Protein Kinase in Regulating Fat Metabolism and Energy Expenditure in Adipose Tissue

https://pmc.ncbi.nlm.nih.gov/articles/PMC8698496/

42) Health effects of metabolic 'magic bullet' protein

https://www.sciencedaily.com/releases/2019/01/190115111944.htm

43) The importance of AMPK in obesity and chronic diseases and the relationship of AMPK with nutrition: a literature review

https://www.tandfonline.com/doi/full/10.1080/10408398.2022.2087595

44) AMPK activation with glabridin ameliorates adiposity and lipid dysregulation in obesity

https://www.sciencedirect.com/science/article/pii/S0022227520345041