

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

Publications in Peer-reviewed Journals 2008 – present

- 1. Amagase H and Nance DM.** “Lycium Barbarum Fruit (Goji) Attenuates the Adrenal Steroid Response to an Exercise Challenge and the Feeling of Tiredness: A Randomized, Double-blind, Placebo-controlled Human Clinical Study” *Journal of Food Research* 1(2): 3-12.
- 2. Amagase H.** “A Combination of Various Functional Food Ingredients as a Weight Management Program (TAIslim® Total Body System): Randomized, Placebo-controlled, Double-blind Human Clinical Studies” *Journal of Functional Foods in Health and Disease*, 12:555-573, 2011.
- 3. Amagase H and Nance DM.** “Lycium Barbarum Increases Caloric Expenditure and Decreases Waist Circumference in Healthy Overweight Men and Women: Pilot Study” *Journal of the American College of Nutrition* 30(5): 304–309, 2011.
- 4. 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.
- 5. 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.
- 6. 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.
- 7. 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.
- 8. 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” *Functional Food Components in Health and Disease, Science and Practice*, Volume 9 edited by Martirosyan DM and Nicolson GL. pp. 268-270, Proceedings of the 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.”

FASEB J. March 17, 2011 25:776.15.

- 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.” FASEB J. March 17, 2011 25:774.4.

- 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* (Jiaoquan) 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; 24:1b334.
- 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; 24:1b336.
- 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, TAIslim™ 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; 22:1b776.
- 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; 22:1b781.
- 31. Amagase H.** "A controlled clinical study showed waist circumference reduction by a standardized Lycium barbarum (goji) juice, GoChi®" FASEB J. 2008; 22:1b771.
- 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; 22:1b722.
- 33. Amagase H.** "Acute Hematological and Biochemical Effects of a Standardized Lycium barbarum (Goji) Juice, GoChi® in Rodents" FASEB J. 2008; 22:889.17.

