

ACTIVATION OF SYSTEMIC OXYGENATION

If, for whatever reason, the blood does not circulate correctly, oxygenation is not adequate or there is not enough oxygen, the producing organs do not perform their function optimally, causing an imbalance in the functioning of the immune system in the first phase and then in other organs if the problem persists over time.

Gamma interferon is regulated by adequate oxygenation, in the presence of O2 and oxygen radicals, and acts in the immune response against viruses and other intracellular pathogens. Through the internal **oxygenation of our body, using derivatives of the ozonation of fatty acids, we achieve:**

- **Cleanse the lymphatic system**
- **Oxygenate the producing organs to a greater extent**

Therefore, for the organs to function correctly, they must capture sufficient energy for their operation. This primary energy, in the form of oxygen, is captured by the erythrocytes and transported to the target organs. For the transport to occur normally, the blood vessels and the erythrocytes themselves must be in an adequate state. [1, 2, 3, 4]

1. Cho KH, Kim JE, Bahuguna A, Kang DJ. Long-Term Supplementation of Ozonated Sunflower Oil Improves Dyslipidemia and Hepatic Inflammation in Hyperlipidemic Zebrafish: Suppression of Oxidative Stress and Inflammation against Carboxymethyllysine Toxicity. *Antioxidants* (Basel). 2023 Jun 8;12(6):1240. doi:10.3390/antiox12061240. PMID: 37371970; PMCID: PMC10294983.

Supplementation with ozonized sunflower oil (OSO) improves dyslipidemia and hepatic inflammation in hyperlipidemic zebrafish: suppression of oxidative stress and inflammation in the face of ozone toxicity. *carboxymethyllysine*.

CONCLUSION: Short-term treatment of OSO by injection exhibited potent anti-inflammatory activity against acute neurotoxicity of CML in zebrafish and its embryo. Long-term dietary supplementation of OSO also revealed enhanced survival capacity and blood lipid-lowering effect through potent antioxidant and anti-inflammatory activity.

2. Cho KH, Kim JE, Lee MS, Bahuguna A. Oral Supplementation of Ozonated Sunflower Oil Augments Plasma Antioxidant and Anti-inflammatory Abilities with Enhancement of High-Density Lipoproteins Functionality in Rats. *Antioxidants* (Basel). 2024 Apr 26;13(5):529. doi:10.3390/antiox13050529. PMID: 38790634; PMCID: PMC1117701.

Supplementation with ozonized sunflower oil increases the antioxidant and anti-inflammatory capacities of plasma and improves the functionality of high-density lipoproteins in rats.

CONCLUSION: OSO supplementation showed no toxic effects in rats, improved plasma antioxidant status and positively influenced HDL stability and functionality, leading to a protective effect against CML-induced toxicity in zebrafish.

3. Cho KH, Bahuguna A, Kang DJ, Kim JE. Prolonged Supplementation of Ozonated Sunflower Oil Improves an Antiaging Effect, Improves Blood Lipid Profile and Spinal Deformities, and Protects Vital Organs of Zebrafish (Danio rerio) against Age-Related Degeneration: Two-Years Consumption Study. *Antioxidants* (Basel). 2024 Jan 19;13(1):123. doi:10.3390/antiox13010123. PMID: 38275648; PMCID: PMC10812828.

Long-term supplementation with Ozonated sunflower oil provides an anti-aging effect, improves blood lipid profile and spinal deformities, and protects vital organs of zebrafish (Danio rerio) against degeneration related to age: two-year consumer study.

CONCLUSION: Long-term consumption of OSO showed no adverse effects on vital organ morphology and functionality; in fact, OSO supplementation showed a protective effect against age-associated detrimental effects on spinal deformities, vital organ functionality, cellular senescence, and survival capacity of zebrafish.

4. Cho KH, Kim JE, Bahuguna A, Kang DJ. Ozonated Sunflower Oil Exerted Potent Anti-inflammatory Activities with Enhanced Wound Healing and Tissue Regeneration Abilities against Acute Toxicity of Carboxymethyllysine in Zebrafish with Improved Blood Lipid Profile. *Antioxidants* (Basel). 2023 Aug 17;12(8):1625. doi:10.3390/antiox12081625. PMID: 37627620; PMCID: PMC10451717.

Ozonized sunflower oil exerts potent anti-inflammatory activities with enhanced wound healing and tissue regeneration capacity against acute carboxymethyllysine toxicity in zebrafish with improved blood lipid profile.

CONCLUSION: OSO, due to its antioxidant and anti-inflammatory potential, counteracts CML-induced toxicity and promotes wound healing, tissue regeneration, hepatoprotection, improvement of blood lipid profile and survival capacity of zebrafish.



IMPROVES INTESTINAL SYMPTOMS

Bibliographic evidence suggests that this formula manages to stabilize the functional integrity of the intestine, acting at the mucosa and microbiota level.

PATHOLOGY	INMUNE CAPS DOSAGE	K- BUTYRATE DOSAGE
CROHN'S DISEASE	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
ULCERATIVE COLITIS	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
SIBO	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
IRRITABLE BOWELS SYNDROME	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
DIVERTICULITIS	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
CONSTIPATION	0-0-0	1-1-0 (BREAKFAST AND LUNCH)
DYSBIOSIS	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
CELIAC DISEASE	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)
INTESTINAL CANDIDIASIS	1-1-1 (WITH OR WITHOUT FOOD)	1-0-0 (WITH BREAKFAST)

ANNEX: ARTICLE Dr. Freddy Acevedo Ruiz

INMUNE CAPS:

An Innovative Supplement to Strengthen the Immune System And Improve Overall Health

By: Dr. Freddy Acevedo Ruiz
Director Biocentro Acevedo - VIGO.
Specialist in Integrative Medicine, Emotional Technique, Human and cellular nutrition, Vegan Nutrition, Doctor of Traditional Chinese Medicine and Acupuncture.

1. Introduction

Inmune Caps is a dietary supplement formulated to boost the immune system and improve overall health. Its composition includes organic extra virgin olive oil (rich in active oxygen), vitamin K, vitamin D and vitamin B6. These ingredients, each with well-documented benefits, combine to offer a comprehensive approach to promoting well-being. We will review here the individual properties of these components and their possible synergistic effects, based on existing scientific research.

The immune system is essential to protect the human body against infections, chronic diseases, and other disorders. In a world where health threats are constant, from emerging pathogens to autoimmune conditions, the need to maintain a robust immune system is more important than ever. Immunity is a critical system that protects us against diseases and pathologies as is well known. Nowadays, the presence of stressors such as pollution, poor nutrition, stress and lack of physical activity can weaken our immune system, which increases our risk of suffering from various medical conditions. It is in this context that Inmune Caps is introduced, which has proven to be effective in strengthening our immune system and improving overall health.

Inmune Caps, with its blend of carefully selected ingredients, presents itself as an effective tool for those looking to improve their immune health and gain overall strength.

2. Active Components

2.1. PeroxiBiokey® Organic Extra Virgin Olive Oil (active oxygen)

PeroxiBiokey® organic extra virgin olive oil is derived from olive oil, which leads to the formation of medium and long chain fatty acids, compounds with unique biological properties. Studies have shown that these fatty acids possess potent antimicrobial activities, capable of inactivating a wide range of pathogens, including bacteria, viruses and fungi. In addition, the fatty acids in PeroxiBiokey® olive oil can improve microcirculation and stimulate tissue regeneration, which contributes to cardiovascular health and wound healing. These compounds have also been suggested to act as antioxidants, reducing oxidative stress, a process involved in aging and various chronic diseases.

2.2. Vitamin K

Vitamin K is crucial for blood clotting and bone health. There are two main forms of vitamin K: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone). K2, in particular, has been the subject of numerous studies for its role in regulating calcium metabolism, helping to maintain bone and cardiovascular health. Vitamin K is best known for its role in bone health, as it facilitates the integration of calcium into bone tissue. However, its role goes far beyond bones. This vitamin is involved in regulating calcium management in the body and preventing vascular and soft tissue calcifications. Remember, vitamin K2 plays a crucial role in preventing osteoporosis by improving bone mineral density, a vital aspect of maintaining strong bones, especially in aging populations.

2.3. Vitamin D

Vitamin D is best known for its role in bone health by facilitating calcium absorption in the gut and is essential for proper growth, development, and immune function. It also contributes to the regulation of cancer, type 2 diabetes, heart disease, and several autoimmune conditions. This vitamin plays a crucial role in modulating the immune system. Vitamin D receptors are present on many immune cells, including macrophages and dendritic cells, suggesting that vitamin D may influence both innate and adaptive immune responses. Vitamin D deficiency has been associated with an increased risk of respiratory infections, autoimmune diseases, and chronic inflammatory conditions. Therefore, vitamin D supplementation is essential, especially in individuals with low levels, to strengthen the immune response and protect against various diseases.

2.4. Vitamin B6

Vitamin B6 is essential for many biological functions, including amino acid metabolism, neurotransmitter synthesis, and hemoglobin production. In the context of the immune system, vitamin B6 is necessary for the synthesis of cytokines, which are key molecules in the regulation of the immune response. In addition, vitamin B6 is crucial for the production and maturation of T lymphocytes, a type of white blood cell that plays a central role in defending against infections. Vitamin B6 deficiency has been linked to weakened immunity, underscoring the importance of maintaining adequate levels of this vitamin.

3. Combined Benefits of Inmune Caps

The combination of these ingredients in Inmune Caps offers a comprehensive approach to improving health on several levels:

- **Strengthening the immune system:** The synergistic effects of PeroxiBiokey® extra virgin olive oil, vitamin D and vitamin B6 can strengthen the body's defenses against pathogens, reducing the incidence and severity of infections. This is especially important during times of high risk for infectious diseases, such as during seasonal changes (spring and fall), flu times or in situations of exposure to emerging viruses.
- **Cardiovascular health:** Due to the synergy of its ingredients such as fatty acids and vitamin K, they help the person maintain a cardiovascular system in optimal conditions.
- **Bone health:** Due to its joint benefit with vitamin D and K, whose function is to provide excellent bone health.
- **Reduction of oxidative stress:** Oxidative stress is a key factor in the development of many chronic diseases, including cancer, neurodegenerative diseases and premature aging. Inmune Caps, with its antioxidant components, such as fatty acids from PeroxiBiokey® organic extra virgin olive oil and vitamin B6, can help neutralize free radicals, protecting cells from oxidative damage and improving overall cellular health.
- **Prevention of Chronic Diseases:** By improving overall health, Inmune Caps can prevent or reduce the risk of various chronic diseases such as type 2 diabetes, high blood pressure and cardiovascular disease.
- **Improved Cognitive Function:** The presence of Vitamin D and Vitamin B6 in Inmune Caps can contribute to proper cognitive function, which helps prevent dementia and other ailments related to aging.

4. Conclusion

Inmune Caps is an innovative supplement that offers a synergistic combination of scientifically supported ingredients to improve immune, cardiovascular, brain, bone health and reduce oxidative stress. Its formulation is designed to address multiple aspects of health, providing comprehensive support for those looking to improve their overall well-being. Based on the available evidence, Inmune Caps represents a promising and effective option for supplementation in people of all ages.

References:

1. Bocci, V. (2011). "Therapy with oxygen and ozone: a critical evaluation." *Springer Science+Business Media*.
2. Traragli, V., et al. (2010). "Physicochemical characterization and antimicrobial activity of ozonized sunflower oil." *Journal of Applied Microbiology*, 109(5), 1276-1284.
3. Smith, L.L. (2003). "Lipid peroxidation." *Biology and medicine of free radicals*.
4. Rasekhi, S., et al. (2011). "The role of menaquinone-7 (vitamin K2) in arterial calcification and bone health." *Journal of Nutritional Biochemistry*, 22(3), 237-243.
5. Schurgers, L.J., et al. (2007). "Vitamin K: key nutrient for bone health and the prevention of osteoporosis." *Clinical Nutrition*, 26(6), 694-703.
6. Aronow, C. (2011). "Vitamin D and the immune system." *Journal of Investigative Medicine*, 59(2), 268-274.
7. Gombani, A.F., et al. (2020). "A review of micronutrients and the immune system: working in harmony to reduce risk of infection." *Nutrients*, 12(3), 755.
8. Meyskens, S.N., et al. (1990). "Pyridoxine deficiency alters interleukin-2 and lymphocyte proliferation in elderly humans." *American Journal of Clinical Nutrition*, 51(3), 553-558.
9. Qian, B., et al. (2001). "Effect of vitamin B6 deficiency on the composition and functional properties of splenic lymphocytes in mice." *Journal of Nutrition*, 131(2), 3663-3625.
10. Fernández-Ballesteros, J., et al. (2019). Effects of olive oil on the immune system. *Hospital Nutrition*, 36(2), 277-284.
11. Booth, S.L., et al. (2017). Vitamin K in human health. *Nutrients*, 9(8), 852.
12. Holick, M. F., et al. (2011). Vitamin D assessment: Definition of nutritional status and recommendations for supplementation. *Journal of Nutrition*, 141(1), 266-268.
13. Lonsdale, D., et al. (2002). Vitamin B6

*Information for the exclusive use of professionals, which should not be understood as advertising. Delivery to the general public is prohibited.



KEY OXY GEN PRODUCTS THAT TAKE CARE OF YOU
ADVANCED BIOTECHNOLOGY

NANAKO GOODS

Via Dos Castillas, 33, Atica 4 Building, 1st floor, Pozuelo de Alarcon SPAIN
+34 911430376 • info@nanakogoods.com

NANAKOGOODS.COM

KEY OXYGEN INMUNE CAPS

HORMONAL BALANCE • ENERGY RECOVERY • MUSCLE SUPPORT



OLIVE OIL + VITAMINS K + D & B6

INTESTINAL RELEASE CAPSULES
FOOD SUPPLEMENT

NANAKOGOODS.COM

NANAKOGOODS.COM

INMUNE CAPS

FOOD SUPPLEMENT

WITH OLIVE OIL + VITAMINS K+D & B6

INTESTINAL RELEASE CAPSULES

FORMULATION DESIGNED BY DOCTORS
SPECIALIZED IN NUTRITION:

Dr. Isabel Sanchez Claros. Integrative doctor specialist in family and community medicine. Expert in microbiota and clinical nutrition. Col: 131305167

DAILY DOSE

RECOMMENDED: 3 CAPSULES

INSTRUCTIONS FOR USE: TAKE 3 CAPSULES A DAY

WARNINGS:

Food supplements should not be used as substitutes for a balanced diet.

Do not exceed the recommended daily dose. Keep out of reach of small children. Product for adults. It is not recommended to take this product if you are pregnant or breastfeeding. A varied and balanced diet and a healthy lifestyle are important. **Store in a cool and dry place, protected from sunlight.**

VITAMIN B6 helps regulate hormonal activity and normal energy metabolism.

VITAMIN D contributes to normal muscle function.

VITAMIN D and B6 contribute to the normal functioning of the immune system.

INGREDIENTS:

PEROXIBIOKEY (TAPIOCA STARCH, OLIVE OIL, DEXTROSE MONOHYDRATE, ANTI-CAKING AGENT (SILICON DIOXIDE), NATURAL FLAVOURS), BULKING AGENTS (MICROCRYSTALLINE CELLULOSE, CALCIUM HYDROGEN PHOSPHATE), CAPSULE (GLAZING AGENT (HYDROXYPROPYL METHYLCELLULOSE)), ANTI-CAKING AGENT (SILICON DIOXIDE), MENAQUINONE-7 (VITAMIN K), ANTI-CAKING AGENT (MAGNESIUM SALTS OF FATTY ACIDS), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CHOLECALCIFEROL (VITAMIN D).

CELLULAR NUTRITION

BIOTECHNOLOGY APPLIED TO THE INGREDIENT
PEROXIBIOKEY®

PeroxiBiokey® · Unique manufacturing process, organic Extra Virgin Olive Oil (EVOO) (production that respects natural resources, contributing to the sustainability of the environment and the agricultural environment), obtained at low temperatures and in stable and controlled conditions, avoiding the degradation of the ingredient and respecting its properties.



● VEGAN PRODUCT, FREE OF INGREDIENTS OF ANIMAL ORIGIN



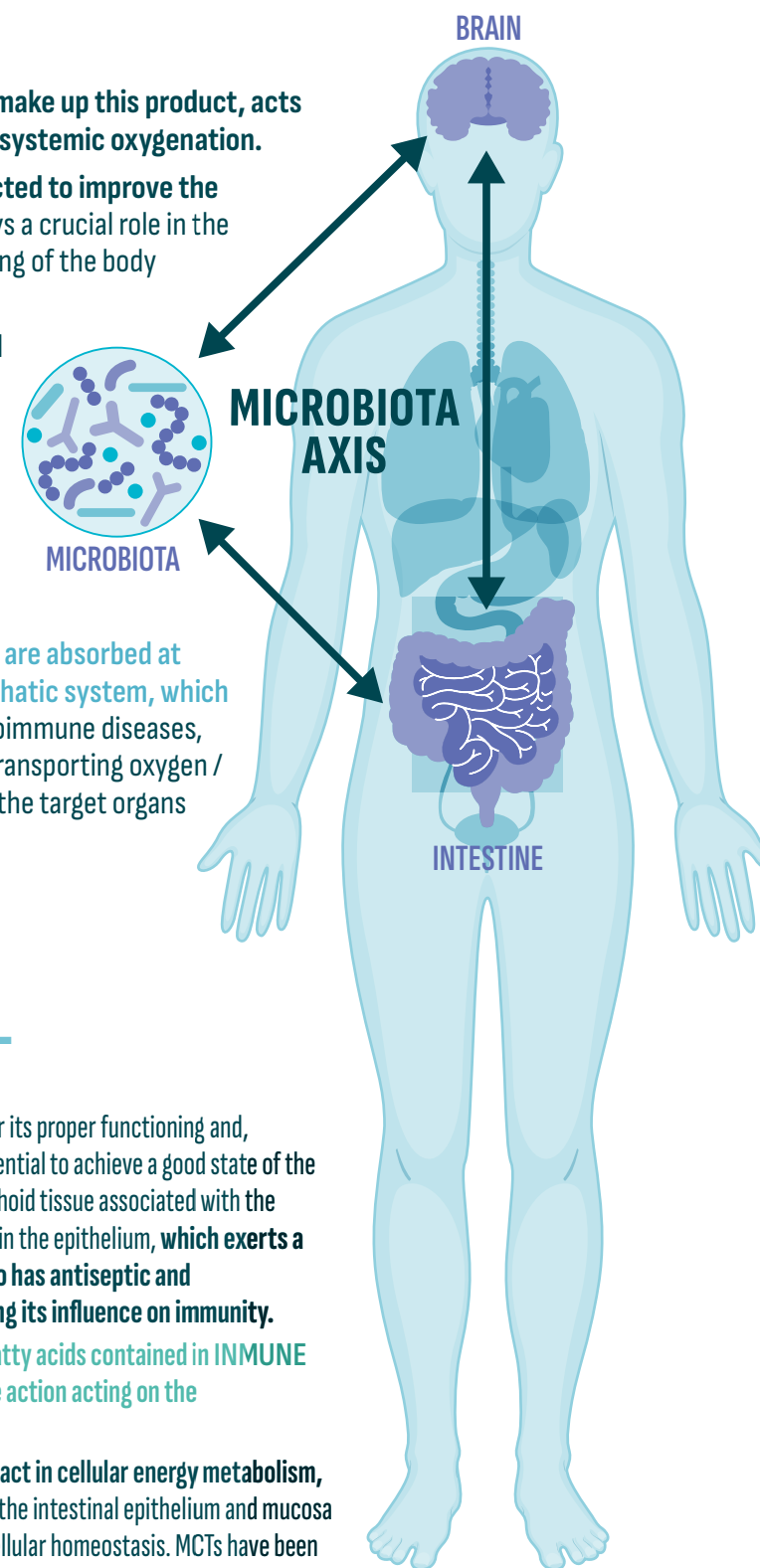
DESCRIPCIÓN:

INMUNE CAPS, thanks to the availability of the fatty acids that make up this product, acts at three levels in the body: small intestine, immune system and systemic oxygenation.

It is made up of the appropriate ingredients specifically selected to improve the pathologies that develop in the small intestine, which plays a crucial role in the absorption of nutrients and water for the normal functioning of the body and represents a key part of the Immune System.

Among the most common diseases that affect the small intestine are Crohn's disease, inflammatory bowel disease (IBD), lactose intolerance, celiac disease, SIBO or Candidiasis, among others. These problems occur with damage to the mucosa, inflammation or dysbiosis, causing diarrhea or constipation, vomiting, abdominal pain, weight loss and/or appetite, and bloating.

The short-chain fatty acids contained in INMUNE CAPS are absorbed at the duodenal level, accessing the body through the lymphatic system, which improves the response of the immune system, even in autoimmune diseases, regulating homeostasis, pH and general oxidative stress, and transporting oxygen / energy to the body at a systemic level, improving the response of the target organs most needed/affected by each patient.



RECOVERY OF INTESTINAL BALANCE

The INMUNE CAPS formula aims to achieve the intestinal balance necessary for its proper functioning and, consequently, a general positive effect on the body; to do this, it is essential to achieve a good state of the mucosa, intestinal eubiosis and adequate functioning of the lymphoid tissue associated with the mucosa. PeroxiBiokey® allows the release of active oxygen in the epithelium, which exerts a restorative and anti-inflammatory effect and also has antiseptic and flora-regulating properties, without forgetting its influence on immunity.

Due to the molecular composition of the fatty acids contained in INMUNE CAPS (MCT and LCFA) we obtain a triple action acting on the microbiota-gut-brain axis:

Medium-chain triglycerides (MCTs) act in cellular energy metabolism, contributing to the improvement of the intestinal epithelium and mucosa and influencing the regulation of cellular homeostasis. MCTs have been shown to suggest benefits for the microbiome and intestinal health.1 MCT administration increases intestinal transit time. Additionally, a recent review suggested that MCT supplements may have a beneficial effect on the intestinal microbiota, thereby beneficially modifying metabolic parameters in obese individuals.1

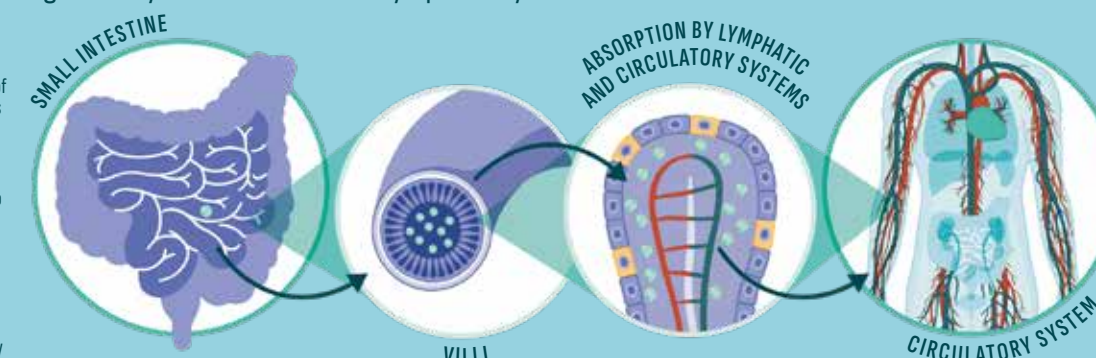
Long-chain fatty acids (LCFA), the products resulting from the digestion of these lipids, need to be solubilized in the intestinal lumen, unlike short- and medium-chain fatty acids that do not need to be solubilized and pass directly into the blood capillary. This leads to intestinal processing, enzymatic activation and general biochemical processes, which mobilizes intestinal biochemistry and its transformation into shorter - chain fatty acids useful for oxygenation, energy activation and regulation of intestinal microbiota biomass.

1. GAS. Referencias R CIA LUNA, PP and LOPEZ GALLARDO, G. Evaluation of intestinal absorption and metabolism. Nutr. Hosp. [online]. 2007, vol.22, suppl.2 [cited 2024-09-18], pp.05-13. Available at: http://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S0212-16112007000500002&lng=es&nrm=iso >. ISSN 1699-5198.

INTESTINAL ABSORPTION AND ACCESS TO THE CIRCULATORY SYSTEM

The ingredient PeroxiBiokey® olive oil present in INMUNE CAPS is subjected to a drying and encapsulation process in a dextrose matrix. The phospholipids in the oil, having a polar head, gather inside the vesicles formed when they come into contact with the tapioca starch, organizing themselves into microspheres with the oil inside. The use of gastro-resistant hard gelatin vegetable capsules allows the release of the product in the intestine. Upon reaching the small intestine, the microencapsulated active ingredient is released from the dextrose matrix upon contact with the moist medium of the epithelium, exerting a local effect on the mucosa and flora, also producing absorption via the lymphatic system and subsequent arrival at the circulatory system. The short - chain fatty acids present in PeroxiBiokey® oil are metabolized by the action of lipases, which facilitates their absorption through the chyloferous ducts of the lymphatic system.

FIGURE: The villi lining the walls of the small intestine absorb fatty acids into the capillaries of the circulatory system and the chyloferous ducts of the lymphatic system. Medium-chain triglycerides (MCTs) are taken up directly into the bloodstream and travel directly to the liver first (portal circulation, where they are easily metabolized¹. The products resulting from lipid digestion need to be solubilized in the intestinal lumen, so they bind with bile acids, which are amphipathic with a water-soluble and a fat-soluble domain) and form mixed micelles. Although it was thought that the absorption of fatty acids was by passive diffusion, recent studies indicate that active transporters participate in the absorption of fatty acids. A fatty acid transporter, the FATP4 protein, has been identified, which belongs to a large family of fatty acid transport proteins present in the apical membrane of the mature enterocyte of the small intestine. The characterization of this protein has opened new fields in the research of treatment lines for obesity and insulin resistance². Once inside the cell, they bind to proteins and head to the smooth endoplasmic reticulum where the resynthesis of triglycerides, phospholipids and cholesterol esters occurs. These bind to apoproteins (apo B, C and A) and form chylomicrons that leave the enterocyte by exocytosis and pass into the lymphatic capillaries. Short and medium chain fatty acids do not need to be solubilized and pass directly into the blood capillary.



1. Schönfeld, P. and L. Woitczak. "Short and medium chain fatty acids in energy metabolism: the cellular perspective." Journal of Lipid Research, Vol. 57, no. 6 (2016): 943 - 954.
2. Bueno, N.B., et al. "Dietary medium-chain triacylglycerols versus long-chain triacylglycerols for body composition in adults: a systematic review and meta-analysis of randomized controlled trials." Journal of the American College of Nutrition, Vol. 34, No. 2 (2015): 175-183.

REGULATION OF THE IMMUNE SYSTEM PEROXIBIOKEY® OLIVE OIL AND THE IMMUNE SYSTEM

The use of oils orally has been tested on several occasions, achieving among its effects actions on the immune system. In its use in infectious diseases, such as tuberculosis (Thompson T. Observation on the Medical Administration of Ozonized Oils. Med Chir Trans. 1859;42:349-60), good clinical results were obtained; in addition, in this type of patients with infectious diseases, a correction in the immunological parameters was observed. Among the improvements, a normalization of T and B lymphocytes was obtained, an increase in phagocytosis, which led to an increase in non-specific humoral defense and an increase in lysozymes in blood serum (Schwartz A, Martinez-Sanchez G, Re L. Guide for the medical use of ozone. Therapeutic foundations and indications. Madrid; 2011.)

Our immune system is made up of organs, cells and synthesized and static molecules, the production of macrophages, eosinophils, basophils ... depends on the immune response and the state of the producing organs. The correct functioning of these organs is determined by several factors and one of them, the main one, is the energy capacity available to perform their functions.

This energy is generated through the Krebs cycle, which is part of the catabolic pathway that carries out the oxidation of carbohydrates, fatty acids and amino acids to produce CO2. Oxidation occurs through the presence of O2 in the blood, transported by eosinophils, and this acts as a key for the entire process to occur.

The cleansing and oxygenation of the lymphatic vessels through short - chain fatty acids improves the synthesis of antibodies, receptors and cytokines that modify the good immune response.

The regulation of the functioning of the Interleukins through the ROS achieves to perfect the development of the adequate production in response to the different moments of the immune action, when the organism has the adequate energetic and regulatory mechanisms the response to the infections is more controlled, fast and effective. The synthesis of antibodies, receptors and cytokines modify the good immune response. [1, 2]

The PeroxiBiokey® olive oil formula is enhanced by the presence of Vitamin B6, an essential nutrient for the normal functioning of the immune system and nervous system, also allowing for normal protein and glycofen metabolism. Various publications also suggest that patients with autoimmune diseases may have difficulty obtaining enough vitamin B6 (<https://ods.od.nih.gov/factsheets/VitaminB6-DatosEnEspañol/>). Vitamin K2 and D3 reinforce the formula with their effect on maintaining Bone Health, Cardiovascular Health and a good state of the Immune System.

1. Bocci, V. and Paulesu, L. Studies on the biological effects of ozone 1. Induction of interferon gamma on human leukocytes. Haematologica, 1990, 75: 510-515.
2. Bocci, V., Luzzi, E., Corradeschi, F. and Paulesu, L. Studies on the biological effects of ozone: 5. Evaluation of immunological parameters and tolerability in normal volunteers receiving ambulatory autohaemotherapy. Biotherapy, 1993, 7: 83-90.
3. Vitamin B6 also intervenes in hormonal regulation in women, with some studies indicating that it could reduce premenstrual symptoms (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC278787/>) and regulate estrogen and progesterone levels.