

## References

---

1. Samadi, M., Mohammadshahi, M., & Haidari, F. (2015). Green coffee bean extract as a weight loss supplement. *J Nutr Disorders Ther*, 5(4), 1388-1394.
2. Semwal, R. B., Semwal, D. K., Vermaak, I., & Viljoen, A. (2015). A comprehensive scientific overview of *Garcinia cambogia*. *Fitoterapia*, 102, 134-148.
3. Fassina, P., Adami, F. S., Zani, V. T., Machado, I. C. K., Garavaglia, J., Grave, M. T. Q., ... & Dal Bosco, S. M. (2015). The effect of *Garcinia cambogia* as coadjuvant in the weight loss process. *Nutricion hospitalaria*, 32(6), 2400-2408.
4. Jena, B. S., Jayaprakasha, G. K., Singh, R. P., & Sakariah, K. K. (2002). Chemistry and biochemistry of (-)-hydroxycitric acid from *Garcinia*. *Journal of agricultural and food chemistry*, 50(1), 10-22.
5. Pastusiak, K., Dudek, M., Kręgielska-Narożna, M., Walczak-Gałęzewska, M., Suliburska, J., & Bogdański, P. (2016). Zielona kawa a parametry gospodarki węglowodanowej oraz wartości ciśnienia tętniczego. In *Forum Zaburzeń Metabolicznych* (Vol. 7, No. 4, pp. 170-175).
6. Vinson, J. A., Burnham, B. R., & Nagendran, M. V. (2012). Randomized, double-blind, placebo-controlled, linear dose, crossover study to evaluate the efficacy and safety of a green coffee bean extract in overweight subjects. *Diabetes, metabolic syndrome and obesity: targets and therapy*, 5, 21.
7. Jeszka-Skowron, M., Sentkowska, A., Pyrzyńska, K., & De Peña, M. P. (2016). Chlorogenic acids, caffeine content and antioxidant properties of green coffee extracts: influence of green coffee bean preparation. *European Food Research and Technology*, 242(8), 1403-1409.
8. Westerterp-Plantenga, M. S., Lejeune, M. P., & Kovacs, E. M. (2005). Body weight loss and weight maintenance in relation to habitual caffeine intake and green tea supplementation. *Obesity research*, 13(7), 1195-1204.
9. Ulbricht, C., Brigham, A., Burke, D., Costa, D., Giese, N., Iovin, R., ... & Windsor, R. (2012). An evidence-based systematic review of acai (*Euterpe oleracea*) by the Natural Standard Research Collaboration. *Journal of dietary supplements*, 9(2), 128-147.
10. Kulczyński, B., & Gramza-Michałowska, A. (2014). Kompleks polisacharydowy jagód Goji (*Lycium barbarum*) jako element fitoterapii—przeгляд literatury. *Postępy fitoterapii*, 4, 247-251.
11. Bhavna, D., & Jyoti, K. (2011). *Centella asiatica*: the elixir of life. *IJRAP*, 2(2), 431-438.
12. Arora, D., Kumar, M., & Dubey, S. D. (2002). *Centella asiatica*—A Review of its Medicinal Uses and Pharmacological Effects. *Journal of Natural remedies*, 2(2), 143-149.
13. Zou, Z., Xi, W., Hu, Y., Nie, C., & Zhou, Z. (2016). Antioxidant activity of Citrus fruits. *Food chemistry*, 196, 885-896.
14. Ruchel, J. B., Rezer, J. F. P., Thorstenberg, M. L., Dos Santos, C. B., Cabral, F. L., Lopes, S. T. A., ... & Gonçalves, J. F. (2016). Hypercholesterolemia and ecto-enzymes of purinergic system: effects of *Paullinia cupana*. *Phytotherapy research*, 30(1), 49-57.
15. Hamerski, L., Somner, G. V., & Tamaio, N. (2013). *Paullinia cupana* Kunth (Sapindaceae): A review of its ethnopharmacology, phytochemistry and pharmacology. *J Med Plants Res*, 7(30), 2-221.
16. Marwat, S., Hashimi, M., & Khan, K. (2012). Barley (*Hordeum vulgare* L.) A prophetic food mentioned in Ahadith and its ethnobotanical importance. *American-Eurasian J Agric Environ Sci*, 12(7), 835-41.
17. Plaami, S. P. (1997). Content of dietary fiber in foods and its physiological effects. *Food Reviews International*, 13(1), 29-76.
18. Kolida S., Gibson G.R. 2007. Prebiotic capacity of inulin-type fructans. *Journal Nutrition*, 137 (11 Suppl), 2503S–2506S.
19. Rogala, D., Kulik-Kupka, K., Spychała, A., Śnieżek, E., Janicka, A., & Moskalenko, O. (2016). Bisfenol A—niebezpieczny związek ukryty w tworzywach sztucznych. *Probl Hig Epidemiol*, 97, 213-219.