

## Bibliografia

1. Kumar, S., Sugihara, F., Suzuki, K., Inoue, N., & Venkateswarathirukumara, S. (2015). A double-blind, placebo-controlled, randomised, clinical study on the effectiveness of collagen peptide on osteoarthritis. *Journal of the Science of Food and Agriculture*, 95(4), 702-707.
2. Chojnacki, M., Kwapisz, A., Synder, M., & Szemraj, J. (2014). Osteoartroza: etiologia, czynniki ryzyka, mechanizmy molekularne. *Advances in Hygiene & Experimental Medicine/Postępy Higieny i Medycyny Doswiadczalnej*, 68.
3. Asserin, J., Lati, E., Shioya, T., & Prawitt, J. (2015). The effect of oral collagen peptide supplementation on skin moisture and the dermal collagen network: evidence from an ex vivo model and randomized, placebo-controlled clinical trials. *Journal of cosmetic dermatology*, 14(4), 291-301.
4. Cieślík, I., Cieślík, E., Mentel, I., & Bartyzel, K. (2017). Działanie lecznicze owoców mangostanu właściwego (*Garcinia mangostana* L.). *Post. Fitoter*, 18(1), 66-70.
5. Cui J, Hu W, Cai Z i wsp. New medicinal properties of mangostins: Analgesic activity and pharmacological characterization of active ingredients from the fruit hull of *Garcinia mangostana* L. *Pharmacol Biochem Behav* 2010; 95:166-72.
6. Tran, Q. H. (2014). Mumio: natural pharmaceutical material.
7. Wydro, D. Adaptogeny przydatne suplementy – alternatywa dla leków.
8. Zielonka, A., Łoniewski, I., SAMOCHO-WIEC, L., & Juźwiak, S. (2000). Właściwości farmakologiczne standaryzowanego wyciągu z kory wierzby (*Cortex salicis*). *Postępy Fitoterapii*, 2, 23-30.
9. Cameron, M., Gagnier, J. J., Little, C. V., Parsons, T. J., Blümle, A., & Chrubasik, S. (2009). Evidence of effectiveness of herbal medicinal products in the treatment of arthritis. *Phytotherapy Research*, 23(11), 1497-1515.
10. Vlachojannis, J. E., Cameron, M., & Chrubasik, S. (2009). A systematic review on the effectiveness of willow bark for musculoskeletal pain. *Phytotherapy Research: An International Journal Devoted to Pharmacological and Toxicological Evaluation of Natural Product Derivatives*, 23(7), 897-900.
11. Lis, K. (2010). The devilish power of devil's claw. *Reumatologia/Rheumatology*, 48(2), 128-132.
12. Gagnier, J. J., Chrubasik, S., & Manheimer, E. (2004). Harpgophytum procumbens for osteoarthritis and low back pain: a systematic review. *BMC Complementary and Alternative Medicine*, 4(1), 13.
13. Bhavna, D., & Jyoti, K. (2011). Centella asiatica: the elixir of life. *IJRAP*, 2(2), 431-438.
14. Ratz-Łyko, A., & Arct, J. (2015). Kosmetyczne i dermatologiczne właściwości Centella asiatica. *Polish Journal of Cosmetology*, 18(1), 25-30.
15. Arora, D., Kumar, M., & Dubey, S. D. (2002). Centella asiatica-A Review of it's Medicinal Uses and Pharmacological Effects. *Journal of Natural remedies*, 2(2), 143-149.
16. Sarker, S. D., & Nahar, L. (2004). Natural medicine: the genus Angelica. *Current medicinal chemistry*, 11(11), 1479-1500.
17. Bhat, Z. A., Kumar, D., & Shah, M. Y. (2011). Angelica archangelica Linn. is an angel on earth for the treatment of diseases. *International Journal of Nutrition, Pharmacology, Neurological Diseases*, 1(1), 36.
18. Krivoy, N., Pavlotzky, E., Chrubasik, S., Eisenberg, E., & Brook, G. (2001). Effect of salicis cortex extract on human platelet aggregation. *Planta medica*, 67(03), 209-212.
19. McEwen, B. J. (2015, April). The influence of herbal medicine on platelet function and coagulation: a narrative review. In *Seminars in thrombosis and hemostasis* (Vol. 41, No. 03, pp. 300-314). Thieme Medical Publishers.
20. Rogala, D., Kulik-Kupka, K., Sychała, A., Śnieżek, E., Janicka, A., & Moskalenko, O. (2016). Bisfenol A – niebezpieczny związek ukryty w tworzywach sztucznych. *Probl Hig Epidemiol*, 97, 213-219.
21. Kolida S., Gibson G.R. 2007. Prebiotic capacity of inulin-type fructans. *Journal Nutrition*, 137 (11 Suppl), 2503S–2506S.