

## Scientific References

- 1)** Thomas SS, Kim M, Lee SJ, Cha YS. Antiobesity Effects of Purple Perilla (*Perilla frutescens* var. *acuta*) on Adipocyte Differentiation. 2018;83(9):2384-2393. doi:10.1111/1750-3841.14288
- 2)** Zhang X, Zhang QX, Wang X, et al. Dietary luteolin activates browning and thermogenesis in mice through an AMPK/PGC1 $\alpha$  pathway-mediated mechanism. 2016;40(12):1841-1849. doi:10.1038/ijo.2016.108
- 3)** Pasupuleti VR, Sammugam L, Ramesh N, Gan SH. Honey, Propolis, and Royal Jelly: A Comprehensive Review of Their Biological Actions and Health Benefits. 2017;2017:1259510. doi:10.1155/2017/1259510
- 4)** Zhou SS, Auyeung KK, Yip KM, et al. Stronger anti-obesity effect of white ginseng over red ginseng and the potential mechanisms involving chemically structural/compositional specificity to gut microbiota. 2020;74:152761. doi:10.1016/j.phymed.2018.11.021
- 5)** Mu Q, Fang X, Li X, et al. Ginsenoside Rb1 promotes browning through regulation of PPAR $\gamma$  in 3T3-L1 adipocytes. 2015;466(3):530-535. doi:10.1016/j.bbrc.2015.09.064
- 6)** Kamiya T, Nagamine R, Sameshima-Kamiya M, Tsubata M, Ikeguchi M, Takagaki K. The isoflavone-rich fraction of the crude extract of the *Puerariae* flower increases oxygen consumption and BAT UCP1 expression in high-fat diet-fed mice. 2012;4(5):147-155. Published 2012 Aug 12. doi:10.5539/gjhs.v4n5p147
- 7)** Kamiya T, Takano A, Matsuzuka Y, et al. Consumption of *Pueraria* flower extract reduces body mass index via a decrease in the visceral fat area in obese humans. 2012;76(8):1511-1517. doi:10.1271/bbb.120235
- 8)** Xu JH, Liu XZ, Pan W, Zou DJ. Berberine protects against diet-induced obesity through regulating metabolic endotoxemia and gut hormone levels. 2017;15(5):2765-2787. doi:10.3892/mmr.2017.6321
- 9)** Wu L, Xia M, Duan Y, et al. Berberine promotes the recruitment and activation of brown adipose tissue in mice and humans. 2019;10(6):468. Published 2019 Jun 13. doi:10.1038/s41419-019-1706-y
- 10)** Kunkel SD, Elmore CJ, Bongers KS, et al. Ursolic acid increases skeletal muscle and brown fat and decreases diet-induced obesity, glucose intolerance and fatty liver disease. 2012;7(6):e39332. doi:10.1371/journal.pone.0039332
- 11)** Jung YC, Kim HW, Min BK, et al. Inhibitory Effect of Olive Leaf Extract on Obesity in High-fat Diet-induced Mice. 2019;33(3):707-715. doi:10.21873/in vivo.11529

**12)** Oi-Kano Y, Kawada T, Watanabe T, et al. Oleuropein, a phenolic compound in extra virgin olive oil, increases uncoupling protein 1 content in brown adipose tissue and enhances noradrenaline and adrenaline secretions in rats. 2008;54(5):363-370. doi:10.3177/jnsv.54.363

**13)** Sohn EJ, Kim JM, Kang SH, et al. Restoring Effects of Natural Anti-Oxidant Quercetin on Cellular Senescent Human Dermal Fibroblasts. 2018;46(4):853-873. doi:10.1142/S0192415X18500453

**14)** Arias N, Picó C, Teresa Macarulla M, et al. A combination of resveratrol and quercetin induces browning in white adipose tissue of rats fed an obesogenic diet. 2017;25(1):111-121. doi:10.1002/oby.21706