**Samento - ANXIETY**

Bigliani, M. C., Rosso, M. C., Zunino, P. M., Baiardi, G., & Ponce, A. A. (2013). **Anxiogenic-like effects of Uncaria tomentosa (Willd.) DC. aqueous extract in an elevated plus maze test in mice: a preliminary study.** Natural product research, 27(18), 1682-1685.

**AMANTILLA - ANXIETY**

Saki, K. (2018). **Treatment of anxiety disorders with plants and herbs**. *International Journal of Green Pharmacy (IJGP)*, *12*(03).

**AMANTILLA - SLEEP**

Abdellah, S. A., Berlin, A., Blondeau, C., Guinobert, I., Guilbot, A., Beck, M., & Duforez, F. (2019). **A combination of Eschscholtzia californica Cham. and Valeriana officinalis L. extracts for adjustment insomnia: A prospective observational study.** *Journal of Traditional and Complementary Medicine*.

Aliakbari, F., & Rafieian, M. (2018). **The effectiveness of Valeriana officinalis on sleep disturbance in patients with chronic heart failure.** *International Journal of Pharmaceutical Investigation*, *8*(3), 145-150.

**AMANTILLA – STRESS**

Rajendran, A., Sudeshraj, R., & Sureshkumar, S. (2019)**. Phytonutrients: Stress and relaxation dietary health food supplements.**

**AMANTILLA – RELAXANT**

Gordan, A., Taheri, E., & Saeidi, J. (2019). **Comparison of Anxiolytic Effect of Aqueous Extract of Root of Valeriana officinalis with Buspirone in Mature Male Mice**. *Journal of Pharmaceutical Research International*, 1-10.

Farah, G. J., Ferreira, G. Z., Danieletto-Zanna, C. F., Luppi, C. R., & Jacomacci, W. P. (2019). **Assessment of Valeriana officinalis l.(Valerian) for Conscious Sedation of Patients During the Extraction of Impacted Mandibular Third Molars: A Randomized, Split-Mouth, Double-Blind, Crossover Study**. *Journal of Oral and Maxillofacial Surgery*.

**Avea – Depression**

Fan, C., Song, Q., Wang, P., Li, Y., Yu, S. Y., & Yang, M. (2018). **Neuroprotective effects of curcumin on IL-1β-induced neuronal apoptosis and depression-like behaviors caused by chronic stress in rats.** *Frontiers in cellular neuroscience*, *12*, 516.

Ashraf, K. (2018). **A comprehensive review on Curcuma longa Linn.: Phytochemical, pharmacological, and molecular study**. *International Journal of Green Pharmacy (IJGP)*, *11*(04).

Fusar-Poli, L., Vozza, L., Gabbiadini, A., Vanella, A., Concas, I., Tinacci, S., ... & Aguglia, E. (2019). **Curcumin for depression: a meta-analysis**. *Critical reviews in food science and nutrition*, 1-11.

**Avea – Mood Altering**

Ross, S. M. (2018). **Curcuma longa (Theracumin®): A Bioavailable Form of Curcumin and Its Cognitive Benefits.** *Holistic nursing practice*, *32*(4), 217-220.