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Research Article

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Comparative Efficacy of 5-Hydroxytryptophan Delivered via Capsule or Functional Food Bar on Mood, Sleep, and Salivary Cortisol: A Randomised, Double-Blind, Placebo-Controlled Trial

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Author(s): Rachel Nye Venter, Robert EC Wildman, Mark Haub, Melissa Kirby Riddell* and Divya Chandradhara

Objective: Poor sleep quality and elevated psychological distress are highly prevalent in young adults. This randomised, double-blind, placebo-controlled, four-arm parallel group clinical trial evaluated the comparative efficacy of 5-hydroxytryptophan (5-HTP) derived from organic Griffonia simplicifolia delivered via a traditional capsule versus a functional food snack ...

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Review Article

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Addressing the Impact of Pesticides on the Food Chain for Human and Ecosystem Health

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Author(s): Felix Kwabena Donkor*

The SDGs of “zero hunger” (SDG 2) as well as “good health and wellbeing” (SDG 3) are two cross-cutting themes that are vital for humanity to thrive. However, a confluence of factors such as rapid population growth, urbanisation, and poor land use/ agricultural practices has compromised efforts at these noble goals. As the timeline for attaining the SDGs draws closer, ...

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