

Irodalmi hivatkozások, forrásanyagok:

(1) Hempseed as a nutritional resource: An overview

[J. C. Callaway](#)

[Euphytica](#) volume 140, pages65–72(2004)

(2) Chem Cent J. 2012 Oct 23;6(1):122.

Nutritive quality of romanian hemp varieties (Cannabis sativa L.) with special focus on oil and metal contents of seeds

[Marcela Mihoc¹](#), [Georgeta Pop](#), [Ersilia Alexa](#), [Isidora Radulov](#)

PMID: 23088580

<https://pubmed.ncbi.nlm.nih.gov/23088580/>

(3) <https://www.who.int/en/news-room/fact-sheets/detail/the-top-10-causes-of-death>

(4) Nitric oxide and pathogenic mechanisms involved in the development of vascular diseases

[Claudio Napoli¹](#), [Louis J Ignarro](#)

PMID: 19727602

<https://pubmed.ncbi.nlm.nih.gov/19727602/>

(5) Dietary nitrates, nitrites, and cardiovascular disease

[Norman G Hord¹](#)

PMID: 21968645

<https://pubmed.ncbi.nlm.nih.gov/21968645/>

(6) Association between dietary arginine and C-reactive protein

[Brian J Wells¹](#), [Arch G Mainous 3rd](#), [Charles J Everett](#)

PMID: 15723738

<https://pubmed.ncbi.nlm.nih.gov/15723738/>

(7) Inflammation, aspirin, and the risk of cardiovascular disease in apparently healthy men

[P M Ridker¹](#), [M Cushman](#), [M J Stampfer](#), [R P Tracy](#), [C H Hennekens](#)

PMID: 9077376

<https://pubmed.ncbi.nlm.nih.gov/9077376/>

(8) Gamma-linolenic acid inhibits inflammatory responses by regulating NF-kappaB and AP-1 activation in lipopolysaccharide-induced RAW 264.7 macrophages

[Cheng-Sue Chang¹](#), [Hai-Lun Sun](#), [Chong-Kuei Lij](#), [Haw-Wen Chen](#), [Pei-Yin Chen](#), [Kai-Li Liu](#)

PMID: 19842026

<https://pubmed.ncbi.nlm.nih.gov/19842026/>

(9) Comparison of stearidonic acid and alpha-linolenic acid on PGE2 production and COX-2 protein levels in MDA-MB-231 breast cancer cell cultures

[Eva Horia¹](#), [Bruce A Watkins](#)

PMID: 15741054

<https://pubmed.ncbi.nlm.nih.gov/15741054/>

(10) Effect of dietary hempseed intake on cardiac ischemia-reperfusion injury

[A Al-Khalifa¹](#), [T G Maddaford](#), [M N Chahine](#), [J A Austria](#), [A L Edel](#), [M N Richard](#), [B P Ander](#), [N Gavel](#), [M Kopilas](#), [R Ganguly](#), [P K Ganguly](#), [G N Pierce](#)

PMID: 17122327

<https://pubmed.ncbi.nlm.nih.gov/17122327/>

(11) Preventive and treatment effects of a hemp seed (Cannabis sativa L.) meal protein hydrolysate against high blood pressure in spontaneously hypertensive rats

[Abraham T Girgih¹](#), [Adeola Alashi](#), [Rong He](#), [Sunday Malomo](#), [Rotimi E Aluko](#)

PMID: 24292743

<https://pubmed.ncbi.nlm.nih.gov/24292743/>

(12) Cholesterol-induced stimulation of platelet aggregation is prevented by a hempseed-enriched diet

[M A Prociuk¹](#), [A L Edel](#), [M N Richard](#), [N T Gavel](#), [B P Ander](#), [C M C Dupasquier](#), [G N Pierce](#)

PMID: 18418423

<https://pubmed.ncbi.nlm.nih.gov/18418423/>

(13) Fatty acids, the immune response, and autoimmunity: a question of n-6 essentiality and the balance between n-6 and n-3

[Laurence S Harbige¹](#)

PMID: 12848277

<https://pubmed.ncbi.nlm.nih.gov/12848277/>

(14) **Dietary n-6 and n-3 fatty acids in immunity and autoimmune disease**

[L S Harbige¹](#)

PMID: 10096116

<https://pubmed.ncbi.nlm.nih.gov/10096116/>

(15) **Metabolism of polyunsaturated fatty acids by skin epidermal enzymes: generation of antiinflammatory and antiproliferative metabolites**

[V A Ziboh¹](#), [C C Miller](#), [Y Cho](#)

PMID: 10617998

<https://pubmed.ncbi.nlm.nih.gov/10617998/>

(16) **Isolation and Primary Structure of a Methionine- and Cystine-rich Seed Protein of *Cannabis sativa***

[Sumiko ODANI](#) & [Shoji ODANI](#)

<https://doi.org/10.1271/bbb.62.650>

(17) **Evaluating the quality of protein from hemp seed (*Cannabis sativa* L.) products through the use of the protein digestibility-corrected amino acid score method**

[James D House¹](#), [Jason Neufeld](#), [Gero Leson](#)

PMID: 20977230

<https://pubmed.ncbi.nlm.nih.gov/20977230/>

(18) **ACOG committee opinion. Premenstrual syndrome. Number 155--April 1995 (replaces no. 66, January 1989) Committee on Gynecologic Practice. American College of Obstetricians and Gynecologists**

No authors listed

PMID: 7556868

<https://pubmed.ncbi.nlm.nih.gov/7556868/>

(19) **Prevalence, impacts and medical managements of premenstrual syndrome among female students: cross-sectional study in College of Health Sciences, Mekelle University, Mekelle, northern Ethiopia**

[Fikru Wakjira Tolossa](#), [Mebratu Legesse Bekele¹](#)

PMID: 24678964

<https://pubmed.ncbi.nlm.nih.gov/24678964/>

(20) Essential fatty acids for premenstrual syndrome and their effect on prolactin and total cholesterol levels: a randomized, double blind, placebo-controlled study

[Edilberto A Rocha Filho¹](#), [José C Lima](#), [João S Pinho Neto](#), [Ulisses Montarroyos](#)

PMID: 21241460

<https://pubmed.ncbi.nlm.nih.gov/21241460/>

(21) The effects of Cannabis sativa L. seed (hempseed) in the ovariectomized rat model of menopause

[A Saberivand¹](#), [I Karimi](#), [L A Becker](#), [A Moghaddam](#), [S Azizi-Mahmoodjigh](#), [M Yousefi](#), [S Zavareh](#)

PMID: 21069097

<https://pubmed.ncbi.nlm.nih.gov/21069097/>

(22) Calcium, gamma-linolenic acid and eicosapentaenoic acid supplementation in senile osteoporosis

[M C Kruger¹](#), [H Coetzer](#), [R de Winter](#), [G Gericke](#), [D H van Papendorp](#)

PMID: 9932142

<https://pubmed.ncbi.nlm.nih.gov/9932142/>

(23) Fiber and prebiotics: mechanisms and health benefits

[Joanne Slavin¹](#)

PMID: 23609775

<https://pubmed.ncbi.nlm.nih.gov/23609775/>

(24) Health benefits of dietary fiber

[James W Anderson¹](#), [Pat Baird](#), [Richard H Davis Jr](#), [Stefanie Ferreri](#), [Mary Knudtson](#), [Ashraf Koraym](#), [Valerie Waters](#), [Christine L Williams](#)

PMID: 19335713

<https://pubmed.ncbi.nlm.nih.gov/19335713/>