

Supplements that help to lower IL-6 (ProWellness product number)

- Zinc (**should we add part number for bulk powder**)
 - J Cell Biochem. 2002;85(3):621-8.
Zinc suppresses IL-6 synthesis by prostaglandin F2alpha in osteoblasts: inhibition of phospholipase C and phospholipase D.
Hatakeyama D, Kozawa O, Otsuka T, Shibata T, Uematsu T.
PMID: 11968002
- Magnesium (80-8014 or 80-8014-1)
 - Diabetes Care. 2010 Dec;33(12):2604-10. doi: 10.2337/dc10-0994. Epub 2010 Aug 31.
Magnesium intake in relation to systemic inflammation, insulin resistance, and the incidence of diabetes.
Kim DJ, Xun P, Liu K, Loria C, Yokota K, Jacobs DR Jr, He K.
PMID: 20807870
- Probiotics: (80-1002 or 80-1002-1)
 - Neuroscience. 2010 Nov 10;170(4):1179-88. Effects of the probiotic Bifidobacterium infantis in the maternal separation model of depression.
Desbonnet L, et al.
PMID: 20696216
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2673744/>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1391937/>
 - J Cardiovasc Pharmacol Ther. 2015 May;20(3):289-98.
Effect of Probiotic Lactobacillus salivarius UBL S22 and Prebiotic Fructo-oligosaccharide on Serum Lipids, Inflammatory Markers, Insulin Sensitivity, and Gut Bacteria in Healthy Young Volunteers: A Randomized Controlled Single-Blind Pilot Study.
Rajkumar H, et al.
PMID: 25331262
- EGCG (**PCCA Part#: 30-3876 for bulk powder**)
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2567200/>
- Vitamin D3 (80-1000 or 80-1000-1)
 - J Cell Biochem. 2003 Jul 1;89(4):663-73.
1,25-Dihydroxyvitamin D3 inhibits ultraviolet B-induced apoptosis, Jun kinase activation, and interleukin-6 production in primary human keratinocytes.
De Haes P, et al.
PMID: 12858333
- Curcumin (80-1008 SpecOrd)
 - Drugs R D. 2008;9(4):243-50.
Effect of NCB-02, atorvastatin and placebo on endothelial function, oxidative stress and inflammatory markers in patients with type 2 diabetes mellitus: a randomized, parallel-group, placebo-controlled, 8-week study.
Usharani P, et al.
PMID: 18588355
 - https://ard.bmj.com/content/71/Suppl_1/A90.2
- Fish oil/DHA (80-1013 or 80-1013-1)

- Am J Clin Nutr. 2008 Jun;87(6):1616-22.
Effects of docosahexaenoic acid-rich n-3 fatty acid supplementation on cytokine release from blood mononuclear leukocytes: the OmegAD study.
Vedin I, et al.
PMID: 18541548
- Quercetin (**PCCA Part#: 30-2308 for bulk powder**)
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6273625/>
- Resveratrol (no PCCA product available)
 - <https://www.sciencedirect.com/science/article/abs/pii/S0024320505007046>
- Red Yeast Rice (**PCCA Part#: 30-2308 for bulk powder**)
 - <https://www.frontiersin.org/articles/10.3389/fphar.2019.01449/full>