

Quellen

1. Fernandez D, Protect yourself against the effects air pollution with these 5 micronutrients, Dezember 2019, Natural News
2. Zhong J et al., B vitamins attenuate the epigenetic effects of ambient fine particles in a pilot human intervention trial, PNAS March 28, 2017 114 (13) 3503-3508; first published March 13, 2017
3. McGrath M, B vitamins may have 'protective effect' against air pollution, BBC News, 4. März 2017
4. Umweltbundesamt, Feinstaub, abgerufen am 5.2.2020
5. Canova Christina et al., PM10-induced Hospital Admissions for Asthma and Chronic Obstructive Pulmonary Disease: The Modifying Effect of Individual Characteristics, Epidemiology: July 2012 - Volume 23 - Issue 4 - p 607-615
6. King's College London, Link between vitamin E, exposure to air pollution, ScienceDaily, 15. Mai 2015
7. Zhijing Lin et al., Cardiovascular Benefits of Fish-Oil Supplementation Against Fine Particulate Air Pollution in China, Journal of the American College of Cardiology, Volume 73, Issue 16, 30 April 2019, Pages 2076-2085

8. McLoughlin RF, Vitamin E and Air Pollution, First Online: 02 April 2019, Vitamin E in Human Health pp 385-403
9. Egnor PA, Kensler TW et al., Rapid and Sustainable Detoxication of Airborne Pollutants by Broccoli Sprout Beverage: Results of a Randomized Clinical Trial in China. Cancer Prevention Research, 2014
10. Johns Hopkins Bloomberg School of Public Health, Broccoli sprout beverage enhances detoxification of air pollutants in clinical trial, ScienceDaily, 16. Juni 2014
11. Whyand T et al., Pollution and respiratory disease: can diet or supplements help? A review, Respir Res. 2018; 19: 79. Published online 2018 May 2. doi: 10.1186/s12931-018-0785-0