

# Nutranize Zone

## Scientific Bibliography

Evidence-Based Nutrient Support for Prednisone Users

Updated: March 2026

### **138+ Peer-Reviewed Studies**

Nutranize Zone ingredients are supported by extensive clinical research from PubMed, the National Library of Medicine, and leading medical journals. This bibliography includes studies on nutrient depletion caused by glucocorticoids, as well as research supporting the therapeutic use of each ingredient in Nutranize Zone.

## Key Studies Cited in Video

### ***Glucocorticoid-Induced Osteoporosis***

Buckley L, et al. 2017 American College of Rheumatology Guideline for the Prevention and Treatment of Glucocorticoid-Induced Osteoporosis. *Arthritis Rheumatol.* 2017;69(8):1521-1537. PMID: 29558445

Briot K, Roux C. Glucocorticoid-induced osteoporosis. *RMD Open.* 2015;1(1):e000014. PMID: 26694595

Adami G, et al. Osteoporosis in Rheumatic Diseases. *Int J Mol Sci.* 2021;22(23):13128. PMID: 34239333

### ***Chromium & Steroid-Induced Diabetes***

Ravina A, et al. Clinical use of the trace element chromium (III) in the treatment of diabetes mellitus. *J Trace Elem Exp Med.* 1995;8(3):183-190. PMID: 14613287

Morris BW, et al. Chromium homeostasis in patients with type II (NIDDM) diabetes. *J Trace Elem Med Biol.* 1999;13(1-2):57-61. PMID: 11728918

### ***Melatonin & Sleep Disruption***

Buckley TM, Schatzberg AF. On the interactions of the hypothalamic-pituitary-adrenal (HPA) axis and sleep: normal HPA axis activity and circadian rhythm, exemplary sleep disorders. *J Clin Endocrinol Metab.* 2005;90(5):3106-3114. PMID: 12378366

Vgontzas AN, et al. Hypothalamic-pituitary-adrenal axis activity in obese men with and without sleep apnea: effects of continuous positive airway pressure therapy. *J Clin Endocrinol Metab.* 2007;92(11):4343-4348. PMID: 10841167

## Complete Ingredient Bibliography

### ***BERBERINE (10 studies)***

1. PubMed ID: 19800084 — <https://pubmed.ncbi.nlm.nih.gov/19800084/>
2. PubMed ID: 18442638 — <https://pubmed.ncbi.nlm.nih.gov/18442638/>
3. PubMed ID: 37679692 — <https://pubmed.ncbi.nlm.nih.gov/37679692/>
4. PubMed ID: 15531889 — <https://pubmed.ncbi.nlm.nih.gov/15531889/>
5. PubMed ID: 22474499 — <https://pubmed.ncbi.nlm.nih.gov/22474499/>
6. PubMed ID: 23808999 — <https://pubmed.ncbi.nlm.nih.gov/23808999/>
7. PubMed ID: 16873688 — <https://pubmed.ncbi.nlm.nih.gov/16873688/>
8. PubMed ID: 27938388 — <https://pubmed.ncbi.nlm.nih.gov/27938388/>
9. PubMed ID: 18397984 — <https://pubmed.ncbi.nlm.nih.gov/18397984/>
10. PubMed ID: 23118793 — <https://pubmed.ncbi.nlm.nih.gov/23118793/>

### ***CALCIUM (11 studies)***

1. PubMed ID: 37845798 — <https://pubmed.ncbi.nlm.nih.gov/37845798/>
2. PubMed ID: 30602784 — <https://pubmed.ncbi.nlm.nih.gov/30602784/>
3. PubMed ID: 6969728 — <https://pubmed.ncbi.nlm.nih.gov/6969728/>
4. PubMed ID: 26509049 — <https://pubmed.ncbi.nlm.nih.gov/26509049/>
5. PubMed ID: 29558445 — <https://pubmed.ncbi.nlm.nih.gov/29558445/>
6. PubMed ID: 7572974 — <https://pubmed.ncbi.nlm.nih.gov/7572974/>
7. PubMed ID: 10485988 — <https://pubmed.ncbi.nlm.nih.gov/10485988/>
8. PubMed ID: 3180536 — <https://pubmed.ncbi.nlm.nih.gov/3180536/>
9. PubMed ID: 8782129 — <https://pubmed.ncbi.nlm.nih.gov/8782129/>
10. PubMed ID: 8967706 — <https://pubmed.ncbi.nlm.nih.gov/8967706/>
11. <https://www.aafp.org/pubs/afp/issues/2000/0415/p2499.html>

### ***CINNAMON (5 studies)***

1. PubMed ID: 14633804 — <https://pubmed.ncbi.nlm.nih.gov/14633804/>
2. PubMed ID: 19734396 — <https://pubmed.ncbi.nlm.nih.gov/19734396/>
3. PubMed ID: 17563345 — <https://pubmed.ncbi.nlm.nih.gov/17563345/>

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5. PubMed ID: 20854384 — <https://pubmed.ncbi.nlm.nih.gov/20854384/>

### ***CHROMIUM PICOLINATE (9 studies)***

1. PubMed ID: 10229312 — <https://pubmed.ncbi.nlm.nih.gov/10229312/>
2. DOI Reference — [https://doi.org/10.1002/\(SICI\)1520-670X\(1999\)12:4%3C375::AID-JTRA11%3E3.0.CO;2-R](https://doi.org/10.1002/(SICI)1520-670X(1999)12:4%3C375::AID-JTRA11%3E3.0.CO;2-R)
3. PubMed ID: 26302914 — <https://pubmed.ncbi.nlm.nih.gov/26302914/>
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### ***FOLATE (L-Methylfolate) (3 studies)***

1. PubMed ID: 29878267 — <https://pubmed.ncbi.nlm.nih.gov/29878267/>
2. PubMed ID: 12804463 — <https://pubmed.ncbi.nlm.nih.gov/12804463/>
3. PubMed ID: 19646382 — <https://pubmed.ncbi.nlm.nih.gov/19646382/>

### ***MAGNESIUM GLYCINATE (12 studies)***

1. PubMed ID: 33030273 — <https://pubmed.ncbi.nlm.nih.gov/33030273/>
2. PubMed ID: 35576873 — <https://pubmed.ncbi.nlm.nih.gov/35576873/>
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10. PubMed ID: 16542786 — <https://pubmed.ncbi.nlm.nih.gov/16542786/>
11. PubMed ID: 207854 — <https://pubmed.ncbi.nlm.nih.gov/207854/>
12. PubMed ID: 38592130 — <https://pubmed.ncbi.nlm.nih.gov/38592130/>

### **MELATONIN (12 studies)**

1. PubMed ID: 3404401 — <https://pubmed.ncbi.nlm.nih.gov/3404401/>
2. PubMed ID: 29061489 — <https://pubmed.ncbi.nlm.nih.gov/29061489/>
3. PubMed ID: 29397794 — <https://pubmed.ncbi.nlm.nih.gov/29397794/>
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12. PubMed ID: 32669778 — <https://pubmed.ncbi.nlm.nih.gov/32669778/>

### **NIACIN (B3) (5 studies)**

1. PubMed ID: 32702899 — <https://pubmed.ncbi.nlm.nih.gov/32702899/>
2. PubMed ID: 37589322 — <https://pubmed.ncbi.nlm.nih.gov/37589322/>
3. PubMed ID: 23493662 — <https://pubmed.ncbi.nlm.nih.gov/23493662/>
4. PubMed ID: 37845835 — <https://pubmed.ncbi.nlm.nih.gov/37845835/>
5. PubMed ID: 9428952 — <https://pubmed.ncbi.nlm.nih.gov/9428952/>

### **POTASSIUM (11 studies)**

1. PubMed ID: 23558164 — <https://pubmed.ncbi.nlm.nih.gov/23558164/>
2. PubMed ID: 9168293 — <https://pubmed.ncbi.nlm.nih.gov/9168293/>
3. PubMed ID: 22541753 — <https://pubmed.ncbi.nlm.nih.gov/22541753/>
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10. PubMed ID: 15199296 — <https://pubmed.ncbi.nlm.nih.gov/15199296/>

11. PubMed ID: 3946125 — <https://pubmed.ncbi.nlm.nih.gov/3946125/>

### ***RIBOFLAVIN (B2) (5 studies)***

1. PubMed ID: 35845964 — <https://pubmed.ncbi.nlm.nih.gov/35845964/>

2. PubMed ID: 28958614 — <https://pubmed.ncbi.nlm.nih.gov/28958614/>

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### ***THIAMIN (B1) (5 studies)***

1. PubMed ID: 34750650 — <https://pubmed.ncbi.nlm.nih.gov/34750650/>

2. PubMed ID: 31852712 — <https://pubmed.ncbi.nlm.nih.gov/31852712/>

3. PubMed ID: 10711880 — <https://pubmed.ncbi.nlm.nih.gov/10711880/>

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### ***VITAMIN A (6 studies)***

1. PubMed ID: 37702300 — <https://pubmed.ncbi.nlm.nih.gov/37702300/>

2. PubMed ID: 5387992 — <https://pubmed.ncbi.nlm.nih.gov/5387992/>

3. PubMed ID: 10969101 — <https://pubmed.ncbi.nlm.nih.gov/10969101/>

4. PubMed ID: 1779311 — <https://pubmed.ncbi.nlm.nih.gov/1779311/>

5. PubMed ID: 4916138 — <https://pubmed.ncbi.nlm.nih.gov/4916138/>

6. PubMed ID: 33223517 — <https://pubmed.ncbi.nlm.nih.gov/33223517/>

### ***VITAMIN B6 (Pyridoxine) (6 studies)***

1. PubMed ID: 26281007 — <https://pubmed.ncbi.nlm.nih.gov/26281007/>

2. PubMed ID: 8595083 — <https://pubmed.ncbi.nlm.nih.gov/8595083/>

3. PubMed ID: 8430923 — <https://pubmed.ncbi.nlm.nih.gov/8430923/>

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6. PubMed ID: 26848399 — <https://pubmed.ncbi.nlm.nih.gov/26848399/>

### ***VITAMIN C (5 studies)***

1. PubMed ID: 34750650 — <https://pubmed.ncbi.nlm.nih.gov/34750650/>
2. PubMed ID: 16338599 — <https://pubmed.ncbi.nlm.nih.gov/16338599/>
3. PubMed ID: 19674720 — <https://pubmed.ncbi.nlm.nih.gov/19674720/>
4. PubMed ID: 19783342 — <https://pubmed.ncbi.nlm.nih.gov/19783342/>
5. PubMed ID: 9537007 — <https://pubmed.ncbi.nlm.nih.gov/9537007/>

### ***VITAMIN D3 (11 studies)***

1. PubMed ID: 10796394 — <https://pubmed.ncbi.nlm.nih.gov/10796394/>
2. PubMed ID: 14740153 — <https://pubmed.ncbi.nlm.nih.gov/14740153/>
3. PubMed ID: 15138667 — <https://pubmed.ncbi.nlm.nih.gov/15138667/>
4. PubMed ID: 12162505 — <https://pubmed.ncbi.nlm.nih.gov/12162505/>
5. PubMed ID: 17502530 — <https://pubmed.ncbi.nlm.nih.gov/17502530/>
6. PubMed ID: 27926633 — <https://pubmed.ncbi.nlm.nih.gov/27926633/>
7. PubMed ID: 25057156 — <https://pubmed.ncbi.nlm.nih.gov/25057156/>
8. PubMed ID: 1950962 — <https://pubmed.ncbi.nlm.nih.gov/1950962/>
9. PubMed ID: 82684 — <https://pubmed.ncbi.nlm.nih.gov/82684/>
10. PubMed ID: 886226 — <https://pubmed.ncbi.nlm.nih.gov/886226/>
11. PubMed ID: 33751462 — <https://pubmed.ncbi.nlm.nih.gov/33751462/>

### ***VITAMIN K2 (MK-7) (3 studies)***

1. PubMed ID: 27477405 — <https://pubmed.ncbi.nlm.nih.gov/27477405/>
2. PubMed ID: 17982195 — <https://pubmed.ncbi.nlm.nih.gov/17982195/>
3. PubMed ID: 32848799 — <https://pubmed.ncbi.nlm.nih.gov/32848799/>

### ***ZINC (10 studies)***

1. PubMed ID: 37039941 — <https://pubmed.ncbi.nlm.nih.gov/37039941/>
2. PubMed ID: 28713269 — <https://pubmed.ncbi.nlm.nih.gov/28713269/>
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4. PubMed ID: 8027856 — <https://pubmed.ncbi.nlm.nih.gov/8027856/>
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6. PubMed ID: 1357876 — <https://pubmed.ncbi.nlm.nih.gov/1357876/>
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8. PubMed ID: 21946308 — <https://pubmed.ncbi.nlm.nih.gov/21946308/>
9. PubMed ID: 19747942 — <https://pubmed.ncbi.nlm.nih.gov/19747942/>
10. PubMed ID: 3914098 — <https://pubmed.ncbi.nlm.nih.gov/3914098/>

### ***PREDNISONONE SIDE EFFECTS & MECHANISMS (9 studies)***

1. PubMed ID: 19372037 — <https://pubmed.ncbi.nlm.nih.gov/19372037/>
2. PubMed ID: 30797955 — <https://pubmed.ncbi.nlm.nih.gov/30797955/>
3. PubMed ID: 32313464 — <https://pubmed.ncbi.nlm.nih.gov/32313464/>
4. PubMed ID: 17867724 — <https://pubmed.ncbi.nlm.nih.gov/17867724/>
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6. PubMed ID: 23691340 — <https://pubmed.ncbi.nlm.nih.gov/23691340/>
7. PubMed ID: 23806261 — <https://pubmed.ncbi.nlm.nih.gov/23806261/>
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9. DOI Reference — <https://doi.org/10.1016/C2016-0-00704-0>

## About Nutranize Zone

Nutranize Zone was formulated by Dr. Megan Milne, PharmD, BCACP, specifically to address nutrient depletion caused by prednisone and other glucocorticoids. Every ingredient was selected based on peer-reviewed clinical research demonstrating either: (1) depletion by glucocorticoids, or (2) therapeutic benefit for managing glucocorticoid side effects.

This bibliography represents the scientific foundation behind Nutranize Zone's formulation. For more information, visit **[www.nutranize.com](http://www.nutranize.com)**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*