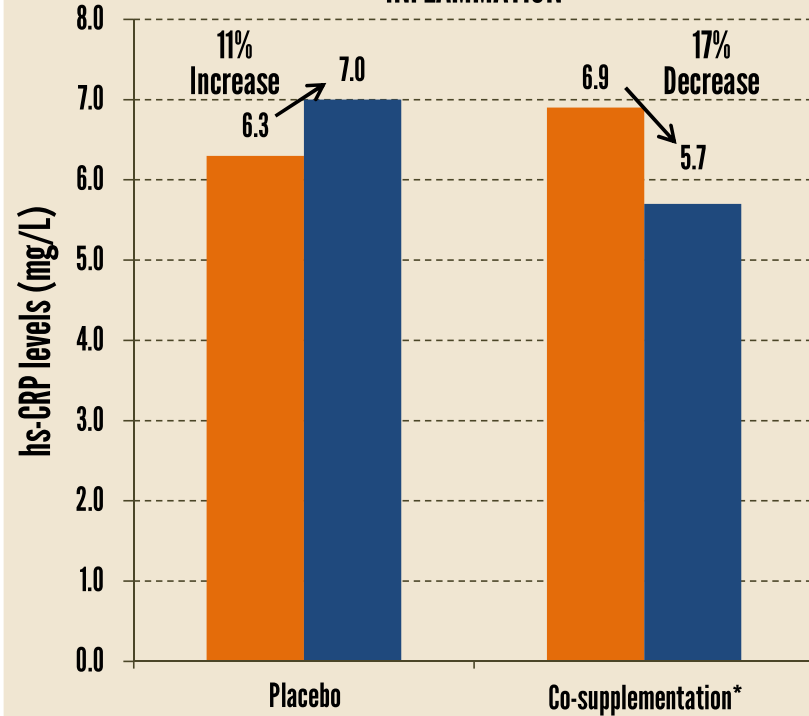


# Inflammation and Oxidative Stress Levels by Treatment Group (N=60)

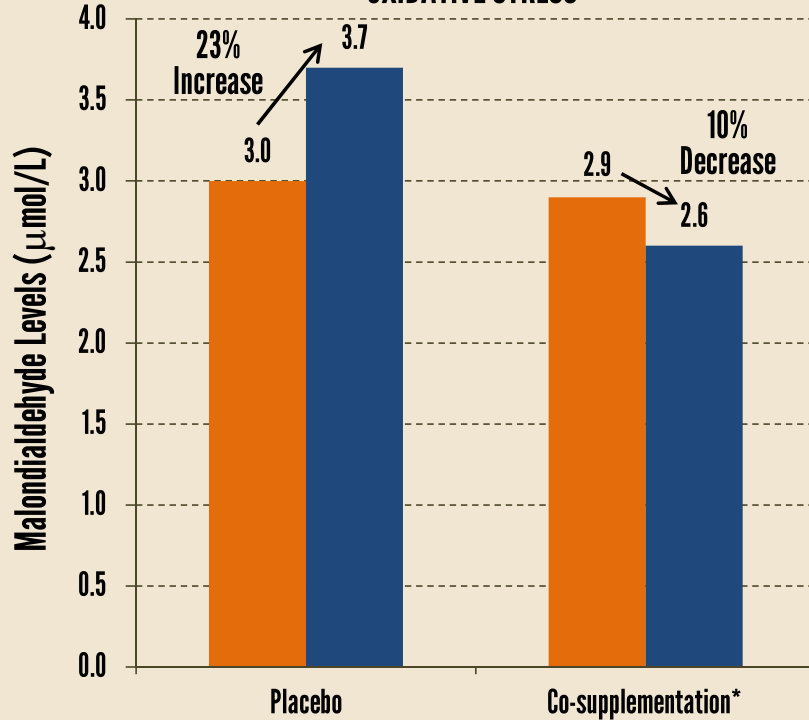
■ Baseline ■ After 6 Weeks

P ≤ 0.01

## INFLAMMATION



## OXIDATIVE STRESS



\*Co-supplementation with magnesium, zinc, calcium, and vitamin D

Chart Date 8/2/2019

©2019 GrassrootsHealth

Jamilian et al., BMC Pregnancy Childbirth, 2019



**GrassrootsHealth**

Moving Research into Practice  
www.grassrootshealth.net