

1	Références générales.....	2
2	LE CERVEAU ET L'ART DE MANGER.....	6
	2.1.1 Une bonne vitesse pour manger	6
	2.1.2 Démolir la cadence : le jeûne, l'alimentation en conditions particulières	8
	2.2 La flamme et la chaleur : cuire avant de manger	12
	2.3 Le cerveau doit apprendre le plaisir de manger, et l'entretenir	13
	2.3.1 Mastication	17
3	QUE MANGER POUR NOURRIR LE CERVEAU ?	20
	3.1 Associer ou dissocier les aliments	20
	3.2 Les graisses : huiler le cerveau et la chronologie des évènements	22
	3.2.1 Mercure et poissons	27
	3.2.2 D'abord nourrir les animaux, afin d'assurer la qualité pour le mangeur	27
	3.2.3 Cholestérol	30
	3.3 Protéines.....	30
	3.4 Sucres et glucides.....	34
	3.5 Les vitamines pour le cerveau : synergie et antagonisme, une question de séquençage dans le temps	36
	3.5.1 Vitamine A (retinol)	38
	3.5.2 B1 (thiamine)	39
	3.5.3 B2 (riboflavine)	39
	3.5.4 B3 (niacine, PP)	40
	3.5.5 B6 (pyridoxine)	41
	3.5.6 B9 (folates)	41
	3.5.7 B12 (cobalamine)	42
	3.5.8 Vitamine C.....	43
	3.6 La santé vue à travers les minéraux et oligo-éléments	45
	3.6.1 Cuivre	45
	3.6.2 Fer	45
	3.6.3 Magnésium.....	47
	3.6.4 Manganèse.....	49
	3.6.5 Sélénium	49
	3.6.6 Phosphore	51
	3.6.7 Zinc.....	51
	3.6.8 Sodium et potassium	53
4	MANGER ET BOIRE : RYTHMES ET CIRCONSTANCES	53
	4.1 Les rythmes de notre corps.....	53
	4.1.1 Biologie chronologique, rythmes et hormones.....	56
	4.1.2 Synchronisation et santé	58
	4.1.3 Trois 8	63
	4.1.4 La mélatonine, une horloge directrice ?.....	63
	4.1.5 Chronobiologie d'apparition des maladies.....	73
	4.2 Chronobiologie pluri-décennale de la prise alimentaire. Histoire de rachitiques et de crétins.	75
	4.2.1 Iode	75
	4.2.2 Vitamine D.....	78
	4.2.3 Calcium, pierre après pierre	85
	4.3 Pour éviter les chronokilos : prendre le temps de dormir !	89
	4.4 La grossesse commence bien avant la conception.....	92

4.5	Rester jeune à temps pour ne pas vieillir vieux et fou	92
4.6	Boire de l'eau protège le cerveau	92
4.6.1	L'eau de vie. Un autre sympathique liquide de bon goût : le vin.....	94
5	Divers	95

1 RÉFÉRENCES GÉNÉRALES

- Apfelbaum M. Risques et peurs alimentaires. Odile Jacob, 1998.
- Barrau J. Les hommes et leurs aliments. Eds Temps Actuel, 1983.
- Bourre J-M. La vérité sur les oméga-3. Eds Odile Jacob, 2004.
- Bourre J-M. La nouvelle diététique du cerveau. Eds Odile Jacob, 2006.
- Bourre J-M. Bien manger, vrais et faux dangers. Eds Odile Jacob, 2008.
- Bourre J-M. Le lait, vrais et faux dangers. Eds Odile Jacob, 2010.
- Bourre JM La chrono-diététique. Edi Odile Jacob. 2012.
- Brand-Miller J., Foster-Powell K., Colagiuri C., Slama G. Index glycémique. Ed Marabout. 319. 2006.
- Branlard J-P. La gastronomie. Une approche juridique. Editions ESKA, 2009.
- Brillat-Savarin : Physiologie du goût, Collection Savoir, 1975.
- Bronner G. La démocratie des crédules. PUF. 2013.
- Brunet M. D'Abel à Toumaï. Nomade, chercheur d'os. Eds Odile Jacob. 2006.
- Cachera MF., Péneau S. Bellisle F. Les apports nutritionnels au début de la vie, conséquence à long terme. Médecine et Nutrition. 2009, 45, 49-56.
- Cambier J. Du temps et des hommes. Editions de l'Infini. 2011.
- Charpak G, Broch H. Devenez sorciers, devenez savants. Editions Odile Jacob, 2002.
- Chiva M. : Le doux et l'amer, Editions Puf, 1985.
- Changeux J.P. : L'homme neuronal, Editions Fayard, le Temps des Sciences, 1983.
- Cocaul Arnaud. Le régime mastication. Thierry Souccar éditions. 2009.
- Coffe JP. Ce que nous devons savoir sur le lait. Plon. 2009.
- Cohen JM., Serog P. Savoir manger. La vérité sur nos aliments. Flammarion. 2011.
- Contreras J. (2006). Les aliments modifiés... l'omnivore déculturelisé ? OCL. 13. 315-321.
- Copens Yves. Le genou de Lucy. Odile Jacob. 1999.
- Coppens Y. Pré-textes. L'homme préhistorique en morceaux. Eds Odile Jacob. 2011.
- Costentin J., Delaveau P. Café, thé, chocolat, les bons effets sur le cerveau et pour le corps. Editions Odile Jacob. 2010.

Crawford M., Marsh D. The driving force : food in human evolution and the future. William Heinemann, London, 1989.

Cunnane S. Survival of the fattest. World scientifique, 2005.

Darmon N. (2008). Le gradient social de l'obésité se creuse en France. Sait-on pourquoi ? 15. 46-52.

Debry G. (2001). Lait, nutrition et santé. Tec et Doc Lavoisier.

Delabos Alain. Mincir sur mesure grâce à la chrononutrition. Albin Michel. 2005.

Delaveau P. : les épices, histoire, description, et usage des différents épices, aromates et condiments, Albin Michel, 1987

Delaveau P. : la mémoire des mots, en médecine, pharmacie et science. Editions Louis Pariente, 1992.

Doré Thierry, Réchauchère O., Schmidely P. (2008). La clef des champs. L'agriculture en question. Editions Quae.

Dortous de Mairan, JJ. Observation botanique, Histoire de l'Académie royale des sciences, 1729, p. 35-36.

Dunlap J.C., Loros J.J., DeCoursey P.J. dir., Chronobiology, biological time keeping, Sinauer Associates Inc., 2004, Sunderland,

Eck André. (1986). Le fromage. Tec. Et Doc Lavoisier. CNIEL.

Edward S. Ayensu, Whitfield P. The Rhythms of life, Marshall Publishing Limited, 1982.

Ennès P., Mabilhe G., Thiébaud P. Histoire de la table. Eds Flammarion, 1994.

Eppelbaum J. Le vieillissement : rythmes biologiques et hormonaux. Tec et Doc Lavoisier. 2009.

Faubert G., Crépon P. La chronobiologie chinoise. Albin Michel. 2003.

Favier J.C., Ireland-Ripert J., Toque C., Feionberg M. : Répertoire général des aliments, table de composition, Tec et doc Lavoisier, 1995.

Feillet P. (2007). La nourriture des français. De la maîtrise du feu... aux années 2030. Quae. 2007.

Fishler C. 1990). L'Homnivore. Editions Odile Jacob, 1990.

Flandrin J-L., Montanari M. (1996). Histoire de l'alimentation. Fayard.

Froment A. Anatomie impertinente. Le corps humain et l'évolution. O. Jacob. 2013.

Garnier Delamare 2002. Dictionnaire des termes de médecine. Maloine.

Gaillard D., Pasily-Degrace P., Laugerette F., Besnard P. Sur la piste du goût du gras. OCL. 2007 ; 13 : 309-314

Godeau P., Herson S. Piette JC. ((2004). Traité de médecine interne. Flammarion.

Goldbeter A., La Vie oscillatoire. Au cœur des rythmes du vivant, éditions Odile Jacob, 2010.

Hercberg S., Dupin H., Papoz L., Galan P. (1985). Nutrition et santé publique. TEC et DOC Lavoisier.

Hercberg S, Chat-Yung S, Chaulia M. (2008). The French National Nutrition and Health Program: 2001-2006-2010. Int. J. Public Health. 53, 68-77.

Holley A. : Eloge de l'odorat, ed. O. Jacob. 1999.

Junien C. Les gènes à l'épreuve de l'environnement et du temps. Médecine et Nutrition. 2009. 45, 9-17.

Khodorowsky K., Robert H. Tout sur le chocolat. 2009. Editions Odile Jacob

Klarsfeld. Les horloges du vivant. Editions Odile Jacob. 2009.

Kleitman N., Sleep and wakefulness, University of Chicago Press, 1963.

Kreitzman L. et coll, Rhythms of life: the biological clocks that control the daily lives of every living thing, Yale University Press, 2004

Legrand P. Coup de pied dans le plat. N'avez plus tout ce qu'on vous dit sur l'alimentation. Marabout. 2015.

Leniaud L, Levy R. (2008). Nutrition et infertilité masculine : revue de la littérature. 43. 198-208.

Lhironde J., Lhironde JL. Les nitrates et l'homme. Toxiques, inoffensifs ou bénéfiques ? Ed Institut scientifique et technique de l'environnement. 2004.

MacLeod P., Sauvageot F, Chevalier G. : Bases neurophysiologiques de l'évaluation sensorielle des produits alimentaires, Les cahiers de l'ENSBANA, Editions TEC et DOC, 1986.

Martin A. (2001). Apports nutritionnels conseillés pour la population française. AFSSA, CNERNA-CNRS. Editions Tech et Doc Lavoisier.

Messing B., Billaux M.S. : Biodisponibilité des glucides et des aliments. Arnette Blackwell, 1995

Munnich A., Ogier H. et Saudubray J.M. : Les vitamines, Aspects métaboliques, génétiques, nutritionnels et thérapeutiques, Editions Masson, 1987.

Paillet G., Rousset D. (1999). Tais-toi et mange ! L'agriculteur, le scientifique et le consommateur. Bayard.

Paillet Guy. (2007). L'expertise en appui à la décision publique. OCL. 14, 85

Pathou-Mathis M. Le sauvage et le préhistorique, miroir de l'homme occidental. Eds Odile Jacob. 2011.

Pathou-Mathis M. Mangeurs de viande. De la préhistoire à nos jours. Perrin. 2009.

Picq P. Lucy et l'obscurantisme. Eds Odile Jacob. 2007.

Pilet Ch. Avec Priollaud N. L'animal médecin. Actes sud, 2005.

Poirel C., Les rythmes circadiens en psychopathologie (Perspectives neurobiologiques sur les structures de rythmes temporelité), Masson Ed., Paris, 1975.

Poulain J-P. (1999). L'espace social et alimentaire. Cah. Nutr. Diet. 34, 271-280.

Poulain J-P. : Manger aujourd'hui. Ed. Privat, 2002

Puisais J. : Le goût de l'enfant, Eds Flammarion, 1987.

Pyrame de Candolle A. Physiologie Végétale, Bechet Jeune, 1832.

Raoult Didier. Dépasser Darwin. L'évolution comme vous ne l'aviez jamais imaginée. Plon.2010.

Rapin JR. Interactions alimentaires. NAFAS, 2001, 4, 6875.

Rapin JR., Delabos A., Gouyon A. Renouf V., NAFAS, 2003, 2, 23-27.

Reinberg, A., (1991), Chronobiologie médicale, chronothérapeutique, Flammarion, coll. Médecine Sciences, 2^e édition (2003).

Reinberg, A., L'art et les secrets du temps, une approche biologique, Editions du Rocher, Monaco, 2001.

Rérat Alain. Production alimentaire mondiale et environnement. Tec et Doc Lavoisier. 1994.

Ricard M. Plaidoyer pour les animaux. Allary Editions. 2014.

Risse J. Bien nourrir les bêtes pour mieux nourrir les hommes. Vigot frères Paris. 1968.

Risse J. L'alimentation du bétail. La Terre Flammarion. 1969.

Risse J. (1994). Histoire de l'élevage français. L'Harmattan.

Risse Jacques. L'élevage français. Evolutions et perspectives. L'Harmattan. 2010

Robert L., Les temps de la vie, Flammarion, 2002, p. 129

Saldmann F. Omega-3. Ramsay, 1995.

Saldmann F. Prenez votre santé en main ! Albin Mihel, 2015...

Saldmann F. Le meilleur médicament, c'est vous ! Albin Michel, 2013.

Schlienger JL, Monnier L. Heurs et malheurs de l'alimentation. De Lucy à McDonald's. Armand Colin, 2013.

Schwob M. La Chronobiologie. 1991. Françoise Bourin.

Sechter, D. et Poirel, C., Chronobiologie et psychiatrie, Masson Publ., Paris et New York, 1985

Serog P. Borys JM. Les kilos des ados. NIL 1998.

Serog P. Perez S. Les enfants, à table ! Flammarion, 2012.

Serres Michel : Les cinq sens. Grasset. 1988.

Souci S., Fachmann W., Kraut H. : *Food composition and nutrition tables*, Medpharm scientific publisher Stuttgart, CRC press, 2000

Testu F., Rythmes de vie et rythmes scolaires : aspects chronobiologiques et chronopsychologiques, Masson, 2008,

This H. La cuisine c'est de l'art, de l'amour, de la technique. Eds Odile Jacob, 2007.

This H. Construisons un repas. Ed Odile Jacob, 2007.

Touitou Y. Pharmacologie. Masson. 2007.

Tubiana M : Les chemins d'Esculape, histoire de la pensée médicale. 1995.

Tubiana M. : La prévention des cancers. Flammarion. 1998.

Tubiana M. N'oublions pas demain. Editions de Fallois, 2007.

Valin C. Variabilité individuelle de la perception des odeurs et des saveurs. C.R. Acad. Agri. Fr. séance du 4 mars 2009.

Verdon J. : Boire au Moyen Age. Perrin, 2002.

Vidailhet M., Garabédian M., Bocquet A., Bresson JL., Chouraqui JP. Darmaun D., Dupont C., Frelut ML., Ghisolfi J., Girardet JP. Goulet O., Rieu D., Rigo J. Turck D. (2008). Le lait de vache est-il dangereux pour la santé des enfants ? Would cows'milk be harmful for children health ? Archives de Pédiatrie. 15, 1621-1624.

Vincent JD. Biologie des passions. Odile Jacob. 1986.

Watier B. : Influence des traitements sur la stabilité vitaminique, Actualités en Diététique. 1994, 592-596.

Weill P. Tous gros demain ? Plon, 2007.

2 LE CERVEAU ET L'ART DE MANGER

2.1.1 Une bonne vitesse pour manger

Alonso-Alonso M, Pascual-Leone A. The right brain hypothesis for obesity. JAMA. 2007 Apr 25;297(16):1819-1822.

Armstrong RG, Kenny GP, Green G, Seely AJ. Diurnal variation in heart rate variability before and after maximal exercise testing. Chronobiol Int. 2011 May;28(4):344-351.

Avraham Y, Hao S, Mendelson S, Berry EM. Tyrosine improves appetite, cognition, and exercise tolerance in activity anorexia. Med Sci Sports Exerc. 2001 Dec;33(12):2104-2110.

Bray MS, Young ME. The role of cell-specific circadian clocks in metabolism and disease. Obes Rev. 2009 Nov;10 Suppl 2:6-13.

Bray MS, Tsai JY, Villegas-Montoya C, Boland BB, Blasier Z, Egbejimi O, Kueht M, Young ME. Time-of-day-dependent dietary fat consumption influences multiple cardiometabolic syndrome parameters in mice. Int J Obes (Lond). 2010 Nov;34(11):1589-1598.

Castel H, Shahar D, Harman-Boehm I. Gender differences in factors associated with nutritional status of older medical patients. J Am Coll Nutr. 2006 Apr;25(2):128-134.

Ciarleglio CM, Axley JC, Strauss BR, Gamble KL, McMahon DG. Perinatal photoperiod imprints the circadian clock. Nat Neurosci. 2011 Jan;14(1):25-27.

de Vasconcelos AP, Bartol-Munier I, Feillet CA, Gourmelen S, Pevet P, Challet E. Modifications of local cerebral glucose utilization during circadian food-anticipatory activity. Neuroscience. 2006 May 12;139(2):741-748.

Durgan DJ, Young ME. The cardiomyocyte circadian clock: emerging roles in health and disease. Circ Res. 2010 Mar 5;106(4):647-658.

Durgan DJ, Tsai JY, Grenett MH, Pat BM, Ratcliffe WF, Villegas-Montoya C, Garvey ME, Nagendran J, Dyck JR, Bray MS, Gamble KL, Gimble JM, Young ME. Evidence suggesting that the cardiomyocyte circadian clock modulates responsiveness of the heart to hypertrophic stimuli in mice. Chronobiol Int. 2011 Apr;28(3):187-203.

Dulong S, Delaunay F, Lévi F. [Circadian control of muscle transcriptome]. Med Sci (Paris). 2008 Apr;24(4):372-374.

Focan C, Lévi F, Innominato P. [Circadian behaviour of host versus tumour outcome. A review]. Pathol Biol (Paris). 2007 Apr-May;55(3-4):178-80.

Filipski E, Lévi F. Circadian disruption in experimental cancer processes. Integr Cancer Ther. 2009 Dec;8(4):298-302.

- Filipski E, Subramanian P, Carrière J, Guettier C, Barbason H, Lévi F. Circadian disruption accelerates liver carcinogenesis in mice. *Mutat Res*. 2009 Nov-Dec;680(1-2):95-105.
- Gimble JM, Bray MS, Young A; Pennington Symposium. Circadian biology and sleep: missing links in obesity and metabolism? *Obes Rev*. 2009 Nov;10 Suppl 2:1-5.
- Grunert KG, Scholderer J, Rogeaux M. Determinants of consumer understanding of health claims. *Appetite*. 2011 Apr;56(2):269-277.
- Hao S, Avraham Y, Mechoulam R, Berry EM. Low dose anandamide affects food intake, cognitive function, neurotransmitter and corticosterone levels in diet-restricted mice. *Eur J Pharmacol*. 2000 Mar 31;392(3):147-156.
- Hoyland A, Dye L, Lawton CL. A systematic review of the effect of breakfast on the cognitive performance of children and adolescents. *Nutr Res Rev*. 2009 Dec;22(2):220-243.
- Innominato PF, Focan C, Gorlia T, Moreau T, Garufi C, Waterhouse J, Giacchetti S, Coudert B, Iacobelli S, Genet D, Tampellini M, Chollet P, Lentz MA, Mormont MC, Lévi F, Bjarnason GA; Chronotherapy Group of the European Organization for Research and Treatment of Cancer. Circadian rhythm in rest and activity: a biological correlate of quality of life and a predictor of survival in patients with metastatic colorectal cancer. *Cancer Res*. 2009 Jun 1;69(11):4700-4707.
- Innominato PF, Mormont MC, Rich TA, Waterhouse J, Lévi FA, Bjarnason GA. Circadian disruption, fatigue, and anorexia clustering in advanced cancer patients: implications for innovative therapeutic approaches. *Integr Cancer Ther*. 2009 Dec;8(4):361-370.
- Innominato PF, Paless O, Dhabhar FS, Lévi F, Spiegel D. Regulation of circadian rhythms and hypothalamic-pituitary-adrenal axis: an overlooked interaction in cancer. *Lancet Oncol*. 2010 Sep;11(9):816-817.
- Innominato PF, Lévi FA, Bjarnason GA. Chronotherapy and the molecular clock: Clinical implications in oncology. *Adv Drug Deliv Rev*. 2010 Jul 31;62(9-10):979-1001.
- Lévi F, Okyar A, Dulong S, Innominato PF, Clairambault J. Circadian timing in cancer treatments. *Annu Rev Pharmacol Toxicol*. 2010;50:377-421.
- Lévi F. [The circadian-timing system: a determinant of drug activity and a target of anticancer treatments]. *Ann Pharm Fr*. 2008 Jun;66(3):175-184.
- Lévi F, Altinok A, Clairambault J, Goldbeter A. Implications of circadian clocks for the rhythmic delivery of cancer therapeutics. *Philos Transact A Math Phys Eng Sci*. 2008 Oct 13;366(1880):3575-98. Review. Erratum in: *Philos Transact A Math Phys Eng Sci*. 2008 Dec 28;366(1885):4665-4666.
- Li XM, Lévi F. Circadian physiology is a toxicity target of the anticancer drug gemcitabine in mice. *J Biol Rhythms*. 2007 Apr;22(2):159-166.
- Li XM, Delaunay F, Dulong S, Claustrat B, Zampera S, Fujii Y, Teboul M, Beau J, Lévi F. Cancer inhibition through circadian reprogramming of tumor transcriptome with meal timing. *Cancer Res*. 2010 Apr 15;70(8):3351-60. PubMed PMID: 20395208.
- McMahon G, Zayats T, Chen YP, Prashar A, Williams C, Guggenheim JA. Season of birth, daylight hours at birth, and high myopia. *Ophthalmology*. 2009 Mar;116(3):468-473.
- Mortola JP. Hypoxia and circadian patterns. *Respir Physiol Neurobiol*. 2007 Sep 30;158(2-3):274-9.
- Polack PO, Mahon S, Chavez M, Charpier S. Inactivation of the somatosensory cortex prevents paroxysmal oscillations in cortical and related thalamic neurons in a genetic model of absence epilepsy. *Cereb Cortex*. 2009 Sep;19(9):2078-2091.

Scheer FA, Hu K, Evoniuk H, Kelly EE, Malhotra A, Hilton MF, Shea SA. Impact of the human circadian system, exercise, and their interaction on cardiovascular function. *Proc Natl Acad Sci U S A*. 2010 Nov 23;107(47):20541-20546.

Shimizu M, Payne CR, Wansink B. When snacks become meals: How hunger and environmental cues bias food intake. *Int J Behav Nutr Phys Act*. 2010 Aug 25;7:63.

Shimizu M, Wansink B. Watching food-related television increases caloric intake in restrained eaters. *Appetite*. 2011 Aug 16.

Smith KJ, Gall SL, McNaughton SA, Blizzard L, Dwyer T, Venn AJ. Skipping breakfast: longitudinal associations with cardiometabolic risk factors in the Childhood Determinants of Adult Health Study *Am J Clin Nutr*. 2010 Dec;92(6):1316-1325.

Tsai JY, Kienesberger PC, Pulinilkunnit T, Sailors MH, Durgan DJ, Villegas-Montoya C, Jahoor A, Gonzalez R, Garvey ME, Boland B, Blasier Z, McElfresh TA, Nannegari V, Chow CW, Heird WC, Chandler MP, Dyck JR, Bray MS, Young ME. Direct regulation of myocardial triglyceride metabolism by the cardiomyocyte circadian clock. *J Biol Chem*. 2010 Jan 29;285(5):2918-2929.

van Kleef E, Shimizu M, Wansink B. Food compensation: do exercise ads change food intake? *Int J Behav Nutr Phys Act*. 2011 Jan 28;8:6.

Wansink B, Payne CR, Shimizu M. "Is this a meal or snack?" Situational cues that drive perceptions. *Appetite*. 2010 Feb;54(1):214-216.

Wansink B, Wansink CS. The largest Last Supper: depictions of food portions and plate size increased over the millennium. *Int J Obes (Lond)*. 2010 May;34(5):943-944.

Welsh JA, Sharma A, Abramson JL, Vaccarino V, Gillespie C, Vos MB. Caloric sweetener consumption and dyslipidemia among US adults. *JAMA*. 2010 Apr 21;303(15):1490-1497.

Welsh JA, Sharma A, Cunningham SA, Vos MB. Consumption of added sugars and indicators of cardiovascular disease risk among US adolescents. *Circulation*. 2011 Jan 25;123(3):249-257.

Welsh JA, Sharma AJ, Grellinger L, Vos MB. Consumption of added sugars is decreasing in the United States. *Am J Clin Nutr*. 2011 Sep;94(3):726-734.

Yehuda S, Rabinovitz S, Carasso RL, Mostofsky DI. Essential fatty acids preparation (SR-3) improves Alzheimer's patients quality of life. *Int J Neurosci*. 1996 Nov;87(3-4):141-149.

Zampollo F, Kniffin KM, Wansink B, Shimizu M. Food plating preferences of children: the importance of presentation on desire for diversity. *Acta Paediatr*. 2011 Jul 18. doi: 10.1111/j.1651-2227.

2.1.2 Démolir la cadence : le jeûne, l'alimentation en conditions particulières

Al Suwaidi J, Bener A, Gehani AA, Behair S, Al Mohanadi D, Salam A, Al Binali HA. Does the circadian pattern for acute cardiac events presentation vary with fasting? *J Postgrad Med*. 2006 Jan-Mar;52(1):30-33.

Bahammam A. Does Ramadan fasting affect sleep? *Int J Clin Pract*. 2006 Dec;60(12):1631-1637.

BaHammam A, Alrajeh M, Albabtain M, Bahammam S, Sharif M. Circadian pattern of sleep, energy expenditure, and body temperature of young healthy men during the intermittent fasting of Ramadan. *Appetite*. 2010 Apr;54(2):426-429.

Ben Salem L, Bchir S, Bouguerra R, Ben Slama C. [Cortisol rhythm during the month of Ramadan]. *East Mediterr Health J*. 2003 Sep-Nov;9(5-6):1093-1098.

- Bertolucci C, Fazio F, Piccione G. Daily rhythms of serum lipids in dogs: influences of lighting and fasting cycles. *Comp Med*. 2008 Oct;58(5):485-489.
- Bogdan A, Bouchareb B, Touitou Y. Ramadan fasting alters endocrine and neuroendocrine circadian patterns. Meal-time as a synchronizer in humans? *Life Sci*. 2001 Feb 23;68(14):1607-1615.
- Bogdan A, Bouchareb B, Touitou Y. Response of circulating leptin to Ramadan daytime fasting: a circadian study. *Br J Nutr*. 2005 Apr;93(4):515-518.
- Bouhlef E, Salhi Z, Bouhlef H, Mdella S, Amamou A, Zaouali M, Mercier J, Bigard X, Tabka Z, Zbidi A, Shephard RJ. Effect of Ramadan fasting on fuel oxidation during exercise in trained male rugby players. *Diabetes Metab*. 2006 Dec;32(6):617-624.
- Boulamery-Velly A, Simon N, Vidal J, Mouchet J, Bruguerolle B. Effects of three-hour restricted food access during the light period on circadian rhythms of temperature, locomotor activity, and heart rate in rats. *Chronobiol Int*. 2005;22(3):489-498.
- Bowen DJ, Beresford SA, Christensen CL, Kuniyuki AA, McLerran D, Feng Z, Hart A Jr, Tinker L, Campbell M, Satia J. Effects of a multilevel dietary intervention in religious organizations. *Am J Health Promot*. 2009 Sep-Oct;24(1):15-22.
- Burke L. Fasting and recovery from exercise. *Br J Sports Med*. 2010 Jun;44(7):502-508.
- Bur IM, Zouaoui S, Fontanaud P, Coutry N, Molino F, Martin AO, Mollard P, Bonnefont X. The comparison between circadian oscillators in mouse liver and pituitary gland reveals different integration of feeding and light schedules. *PLoS One*. 2010 Dec 15;5(12):e15316.
- Challet E, Mendoza J, Dardente H, Pévet P. Neurogenetics of food anticipation. *Eur J Neurosci*. 2009 Nov;30(9):1676-1687.
- Cooper R, Allen A, Goldberg R, Trevisan M, Van Horn L, Liu K, Steinhauer M, Rubenstein A, Stamler J. Seventh-Day Adventist adolescents--life-style patterns and cardiovascular risk factors. *West J Med*. 1984 Mar;140(3):471-477.
- de Garine I. [Food prohibitions of social and religious origin]. *Rev Prat*. 1991 Apr 11;41(11):973-976.
- Duez H, Staels B. Nuclear receptors linking circadian rhythms and cardiometabolic control. *Arterioscler Thromb Vasc Biol*. 2010 Aug;30(8):1529-1534.
- Duguay D, Cermakian N. The crosstalk between physiology and circadian clock proteins. *Chronobiol Int*. 2009 Dec;26(8):1479-1513.
- Dunnigan MG, Henderson JB, Hole DJ, Barbara Mawer E, Berry JL. Meat consumption reduces the risk of nutritional rickets and osteomalacia. *Br J Nutr*. 2005 Dec;94(6):983-991.
- Durgan DJ, Trexler NA, Egbejimi O, McElfresh TA, Suk HY, Petterson LE, Shaw CA, Hardin PE, Bray MS, Chandler MP, Chow CW, Young ME. The circadian clock within the cardiomyocyte is essential for responsiveness of the heart to fatty acids. *J Biol Chem*. 2006 Aug 25;281(34):24254-24269.
- El-Mitwalli A, Zaher AA, El Menshawi E. Circadian rhythm of stroke onset during the month of Ramadan. *Acta Neurol Scand*. 2010 Aug;122(2):97-101.
- Froy O, Chapnik N, Miskin R. Effect of intermittent fasting on circadian rhythms in mice depends on feeding time. *Mech Ageing Dev*. 2009 Mar;130(3):154-160.
- Froy O, Miskin R. Effect of feeding regimens on circadian rhythms: implications for aging and longevity. *Aging (Albany NY)*. 2010 Dec 11;2(1):7-27.

- Gilbert MR, Douris N, Tongjai S, Green CB. Nocturnin expression is induced by fasting in the white adipose tissue of restricted fed mice. *PLoS One*. 2011 Feb 10;6(2):e17051.
- Gómez-Santos C, Gómez-Abellán P, Madrid JA, Hernández-Morante JJ, Lujan JA, Ordovas JM, Garaulet M. Circadian rhythm of clock genes in human adipose explants. *Obesity (Silver Spring)*. 2009 Aug;17(8):1481-1485.
- Gómez-Abellán P, Gómez-Santos C, Madrid JA, Milagro FI, Campion J, Martínez JA, Ordovás JM, Garaulet M. Circadian expression of adiponectin and its receptors in human adipose tissue. *Endocrinology*. 2010 Jan;151(1):115-122.
- Gupta AK, Greenway FL, Cornelissen G, Pan W, Halberg F. Prediabetes is associated with abnormal circadian blood pressure variability. *J Hum Hypertens*. 2008 Sep;22(9):627-633.
- Hart A Jr, Tinker LF, Bowen DJ, Satia-Abouta J, McLerran D. Is religious orientation associated with fat and fruit/vegetable intake? *J Am Diet Assoc*. 2004 Aug;104(8):1292-1296.
- Hjeltnes N, De Groot P, Birkeland KI, Falch JA, Iversen PO. Tetraplegic subjects have hyperleptinaemia with marked circadian variation. *Clin Endocrinol (Oxf)*. 2005 Feb;62(2):223-227.
- Iraki L, Bogdan A, Hakkou F, Amrani N, Abkari A, Touitou Y. Ramadan diet restrictions modify the circadian time structure in humans. A study on plasma gastrin, insulin, glucose, and calcium and on gastric pH. *J Clin Endocrinol Metab*. 1997 Apr;82(4):1261-1273.
- Kawamoto T, Noshiro M, Furukawa M, Honda KK, Nakashima A, Ueshima T, Usui E, Katsura Y, Fujimoto K, Honma S, Honma K, Hamada T, Kato Y. Effects of fasting and re-feeding on the expression of Dec1, Per1, and other clock-related genes. *J Biochem*. 2006 Sep;140(3):401-408.
- Korhonen T, Saarela S. Role of adiposity hormones in the mouse during fasting and winter-acclimatization. *Comp Biochem Physiol A Mol Integr Physiol*. 2005 Feb;140(2):217-223.
- Kirkendall DT, Leiper JB, Bartagi Z, Dvorak J, Zerguini Y. The influence of Ramadan on physical performance measures in young Muslim footballers. *J Sports Sci*. 2008 Dec;26 Suppl 3:S15-27.
- Klerman EB. Clinical aspects of human circadian rhythms. *J Biol Rhythms*. 2005 Aug;20(4):375-386.
- Korhonen T, Saarela S. Role of adiposity hormones in the mouse during fasting and winter-acclimatization. *Comp Biochem Physiol A Mol Integr Physiol*. 2005 Feb;140(2):217-223.
- Lamia KA, Storch KF, Weitz CJ. Physiological significance of a peripheral tissue circadian clock. *Proc Natl Acad Sci U S A*. 2008 Sep 30;105(39):15172-1517.
- Lamine F, Bouguerra R, Jabrane J, Marrakchi Z, Ben Rayana MC, Ben Slama C, Gaigi S. Food intake and high density lipoprotein cholesterol levels changes during ramadan fasting in healthy young subjects. *Tunis Med*. 2006 Oct;84(10):647-650.
- Lee C, Raffaghello L, Brandhorst S, Safdie FM, Bianchi G, Martin-Montalvo A, Pistoia V, Wei M, Hwang S, Merlino A, Emionite L, de Cabo R, Longo VD. Fasting cycles retard growth of tumors and sensitize a range of cancer cell types to chemotherapy. *Sci Transl Med*. 2012 Mar 7;4(124):124ra27.
- Leiper JB, Molla AM, Molla AM. Effects on health of fluid restriction during fasting in Ramadan. *Eur J Clin Nutr*. 2003 Dec;57 Suppl 2:S30-38.
- Levi F, Schibler U. Circadian rhythms: mechanisms and therapeutic implications. *Annu Rev Pharmacol Toxicol*. 2007;47:593-628.
- Lotfi S, Madani M, Tazi A, Boumahmaza M, Talbi M. [Variation of cognitive functions and glycemia during physical exercise in Ramadan fasting]. *Rev Neurol (Paris)*. 2010 Aug-Sep;166(8-9):721-726.

- Marlow HJ, Hayes WK, Soret S, Carter RL, Schwab ER, Sabaté J. Diet and the environment: does what you eat matter? *Am J Clin Nutr.* 2009 May;89(5):1699S-1703S.
- Maughan RJ, Fallah J, Coyle EF. The effects of fasting on metabolism and performance. *Br J Sports Med.* 2010 Jun;44(7):490-494.
- Merl V, Peters A, Oltmanns KM, Kern W, Hubold C, Hallschmid M, Born J, Fehm HL, Schultes B. Preserved circadian rhythm of serum insulin concentration at low plasma glucose during fasting in lean and overweight humans. *Metabolism.* 2004 Nov;53(11):1449-14453.
- Mulder H, Nagorny CL, Lyssenko V, Groop L. Melatonin receptors in pancreatic islets: good morning to a novel type 2 diabetes gene. *Diabetologia.* 2009 Jul;52(7):1240-1249.
- Musaiger AO. Diet and prevention of coronary heart disease in the Arab Middle East countries. *Med Princ Pract.* 2002;11 Suppl 2:9-16. Fraser GE. Diet as primordial prevention in Seventh-Day Adventists. *Prev Med.* 1999 Dec;29(6 Pt 2):S18-23.
- Ogita K, Ai M, Tanaka A, Ito Y, Hirano T, Yoshino G, Shimokado K. Circadian rhythm of serum concentration of small dense low-density lipoprotein cholesterol. *Clin Chim Acta.* 2007 Feb;376(1-2):96-100.
- Papadaki A, Vardavas C, Hatzis C, Kafatos A. Calcium, nutrient and food intake of Greek Orthodox Christian monks during a fasting and non-fasting week. *Public Health Nutr.* 2008 Oct;11(10):1022-1029.
- Persson L, Cao G, Ståhle L, Sjöberg BG, Troutt JS, Konrad RJ, Gälman C, Wallén H, Eriksson M, Hafström I, Lind S, Dahlin M, Amark P, Angelin B, Rudling M. Circulating proprotein convertase subtilisin kexin type 9 has a diurnal rhythm synchronous with cholesterol synthesis and is reduced by fasting in humans. *Arterioscler Thromb Vasc Biol.* 2010 Dec;30(12):2666-2672.
- Rashid H. Ramadan fasting and breast milk. *Breastfeed Med.* 2007 Apr;2(1):59-60.
- Ramadan: health effects of fasting. *Lancet.* 2009 Aug 22;374(9690):588.
- Robeva R, Kirilov G, Tomova A, Kumanov P. Melatonin-insulin interactions in patients with metabolic syndrome. *J Pineal Res.* 2008 Jan;44(1):52-56.
- Roe DA. History of promotion of vegetable cereal diets. *J Nutr.* 1986 Jul;116(7):1355-1363.
- Sabaté J. Religion, diet and research. *Br J Nutr.* 2004 Aug;92(2):199-201.
- Sarri K, Linardakis M, Codrington C, Kafatos A. Does the periodic vegetarianism of Greek Orthodox Christians benefit blood pressure? *Prev Med.* 2007 Apr;44(4):341-348.
- Schiedermaier P, Koch L, Mojón A, Hermida R, Layer G, Sauerbruch T. Circadian rhythm of fasting and postprandial portal blood flow in cirrhosis. *Scand J Gastroenterol.* 2006 Jul;41(7):826-832.
- Scheer FA, Hilton MF, Mantzoros CS, Shea SA. Adverse metabolic and cardiovascular consequences of circadian misalignment. *Proc Natl Acad Sci U S A.* 2009 Mar 17;106(11):4453-4458.
- Schwarz D. [Jewish dietary laws and health education]. *Z Gesamte Hyg.* 1990 Dec;36(12):641-644.
- Shariatpanahi ZV, Shariatpanahi MV, Shahbazi S, Hossaini A, Abadi A. Effect of Ramadan fasting on some indices of insulin resistance and components of the metabolic syndrome in healthy male adults. *Br J Nutr.* 2008 Jul;100(1):147-151.
- Schiedermaier P, Koch L, Mojón A, Hermida R, Layer G, Sauerbruch T. Circadian rhythm of fasting and postprandial portal blood flow in cirrhosis. *Scand J Gastroenterol.* 2006 Jul;41(7):826-832.
- Silver R, Balsam P. Oscillators entrained by food and the emergence of anticipatory timing behaviors. *Sleep Biol Rhythms.* 2010 Apr 1;8(2):120-136.

Stollar CA. Seated at the Sabbath table with Rashi and Rambam. *Nutr Rev.* 2009 Mar;67(3):147-154.

Subhan MM, Siddiqui QA, Khan MN, Sabir S. Does Ramadan fasting affect expiratory flow rates in healthy subjects? *Saudi Med J.* 2006 Nov;27(11):1656-1660.

Tahara Y, Otsuka M, Fuse Y, Hirao A, Shibata S. Refeeding after fasting elicits insulin-dependent regulation of Per2 and Rev-erba with shifts in the liver clock. *J Biol Rhythms.* 2011 Jun;26(3):230-240.

Torelli P, Evangelista A, Bini A, Castellini P, Lambru G, Manzoni GC. Fasting headache: a review of the literature and new hypotheses. *Headache.* 2009 May;49(5):744-752.

Trepanowski JF, Bloomer RJ. The impact of religious fasting on human health. *Nutr J.* 2010 Nov 22;9:57.

Vered R. Prescribing pork in Israel. *Gastronomica (Berkeley Calif).* 2010;10(3):19-22.

Vollmers C, Gill S, DiTacchio L, Pulivarthy SR, Le HD, Panda S. Time of feeding and the intrinsic circadian clock drive rhythms in hepatic gene expression. *Proc Natl Acad Sci U S A.* 2009 Dec 15;106(50):21453-21458.

Waterhouse J. Effects of Ramadan on physical performance: chronobiological considerations. *Br J Sports Med.* 2010 Jun;44(7):509-515.

Willett W. Lessons from dietary studies in Adventists and questions for the future. *Am J Clin Nutr.* 2003 Sep;78(3 Suppl):539S-543S.

Yu H, Xia F, Lam KS, Wang Y, Bao Y, Zhang J, Gu Y, Zhou P, Lu J, Jia W, Xu A. Circadian rhythm of circulating fibroblast growth factor 21 is related to diurnal changes in fatty acids in humans. *Clin Chem.* 2011 May;57(5):691-700.

Zerguini Y, Dvorak J, Maughan RJ, Leiper JB, Bartagi Z, Kirkendall DT, Al-Riyami M, Junge A. Influence of Ramadan fasting on physiological and performance variables in football players: summary of the F-MARC 2006 Ramadan fasting study. *J Sports Sci.* 2008 Dec;26 Suppl 3:S3-6.

2.2 La flamme et la chaleur : cuire avant de manger

Bassett MN, Sarmán NC. Folate content and retention in selected raw and processed foods. *Arch Latinoam Nutr.* 2010 Sep;60(3):298-305.

Carvalho LM, Corrêa MM, Pereira EJ, Nutti MR, Carvalho JL, Ribeiro EM, Freitas SC. Iron and zinc retention in common beans (*Phaseolus vulgaris* L.) after home cooking. *Food Nutr Res.* 2012;56.

Czerwonka M, Szterk A, Waszkiewicz-Robak B. Vitamin B12 content in raw and cooked beef. *Meat Sci.* 2014 Mar;96(3):1371-5.

Daley CA, Abbott A, Doyle PS, Nader GA, Larson S. A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. *Nutr J.* 2010 Mar 10;9:10.

Deb-Choudhury S, Haines S, Harland D, Clerens S, van Koten C, Dyer J. Effect of cooking on meat proteins: mapping hydrothermal protein modification as a potential indicator of bioavailability. *J Agric Food Chem.* 2014 Aug 13;62(32):8187-96.

Delchier N, Ringling C, Le Grandois J, Aoudé-Werner D, Galland R, Georgé S, Rychlik M, Renard CM. Effects of industrial processing on folate content in green vegetables. *Food Chem.* 2013 Aug 15;139(1-4):815-24.

Domínguez-Perles R, Mena P, García-Viguera C, Moreno DA. Brassica foods as a dietary source of vitamin C: a review. *Crit Rev Food Sci Nutr.* 2014;54(8):1076-91.

Dos Reis LC, de Oliveira VR, Hagen ME, Jablonski A, Flôres SH, de Oliveira Rios A. Effect of cooking on the concentration of bioactive compounds in broccoli (*Brassica oleracea* var. Avenger) and cauliflower (*Brassica oleracea* var. Alphina F1) grown in an organic system. *Food Chem.* 2015 Apr 1;172:770-7.

García-Casal MN, Pereira AC, Leets I, Ramírez J, Quiroga MF. High iron content and bioavailability in humans from four species of marine algae. *J Nutr.* 2007 Dec;137(12):2691-5.

Jakobsen J, Knuthsen P. Stability of vitamin D in foodstuffs during cooking. *Food Chem.* 2014 Apr 1;148:170-5.

Kim JE, Gordon SL, Ferruzzi MG, Campbell WW. Effects of egg consumption on carotenoid absorption from co-consumed, raw vegetables. *Am J Clin Nutr.* 2015 Jul;102(1):75-83.

Lachman J, Hamouz K, Musilová J, Hejtmánková K, Kotíková Z, Pazderů K, Domkářová J, Pivec V, Cimr J. Effect of peeling and three cooking methods on the content of selected phytochemicals in potato tubers with various colour of flesh. *Food Chem.* 2013 Jun 1;138(2-3):1189-97.

López-Berenguer C, Carvajal M, Moreno DA, García-Viguera C. Effects of microwave cooking conditions on bioactive compounds present in broccoli inflorescences. *J Agric Food Chem.* 2007 Nov 28;55(24):10001-7.

Moraes FA, Cota AM, Campos FM, Pinheiro-Sant'Ana HM. [Vitamin C loss in vegetables during storage, preparation and distribution in restaurants]. *Cien Saude Colet.* 2010 Jan;15(1):51-62.

Nassu RT, Dugan ME, Juárez M, Basarab JA, Baron VS, Aalhus JL. Effect of α -tocopherol tissue levels on beef quality. *Animal.* 2011 Dec;5(12):2010-8.

Nishioka M, Kanosue F, Yabuta Y, Watanabe F. Loss of vitamin B(12) in fish round herring) meats during various cooking treatments. *J Nutr Sci Vitaminol (Tokyo).* 2011;57(6):432-6.

Watanabe F, Yabuta Y, Tanioka Y, Bito T. Biologically active vitamin B12 compounds in foods for preventing deficiency among vegetarians and elderly subjects. *J Agric Food Chem.* 2013 Jul 17;61(28):6769-75.

Yuan GF, Sun B, Yuan J, Wang QM. Effects of different cooking methods on health-promoting compounds of broccoli. *J Zhejiang Univ Sci B.* 2009 Aug;10(8):580-8.

Zhang B, Deng Z, Tang Y, Chen PX, Liu R, Ramdath DD, Liu Q, Hernandez M, Tsao R. Effect of domestic cooking on carotenoids, tocopherols, fatty acids, phenolics, and antioxidant activities of lentils (*Lens culinaris*). *J Agric Food Chem.* 2014 Dec 31;62(52):12585-94.

2.3 Le cerveau doit apprendre le plaisir de manger, et l'entretenir

Ådén E, Carlsson M, Poortvliet E, Stenlund H, Linder J, Edström M, Forsgren L, Håglin L. Dietary intake and olfactory function in patients with newly diagnosed Parkinson's disease: a case-control study. *Nutr Neurosci.* 2011 Jan;14(1):25-31.

Baba T, Takeda A, Kikuchi A, Nishio Y, Hosokai Y, Hirayama K, Hasegawa T, Sugeno N, Suzuki K, Mori E, Takahashi S, Fukuda H, Itoyama Y. Association of olfactory dysfunction and brain. *Metabolism in Parkinson's disease. Mov Disord.* 2011 Mar;26(4):621-628.:

Berteretche MV, Eloit C, Dumas H, Talmain G, Herman P, Tran Ba Huy P, Faurion A. Taste deficits after middle ear surgery for otosclerosis: taste somatosensory interactions. *Eur J Oral Sci.* 2008 Oct;116(5):394-404.

Bolz J, Gilbert CD, Wiesel TN. Pharmacological analysis of cortical circuitry. *Trends Neurosci.* 1989 Aug;12(8):292-6.

Boucher Y, Simons CT, Faurion A, Azérad J, Carstens E. Trigeminal modulation of gustatory neurons in the nucleus of the solitary tract. *Brain Res.* 2003 May 30;973(2):265-274.

Boucher Y, Berteretche MV, Farhang F, Arvy MP, Azérad J, Faurion A. Taste deficits related to dental deafferentation: an electrogustometric study in humans. *Eur J Oral Sci.* 2006 Dec;114(6):456-464..

Boucher Y, Berteretche MV, Farhang F, Arvy MP, Azérad J, Faurion A. Taste deficits related to dental deafferentation: an electrogustometric study in humans. *Eur J Oral Sci.* 2006 Dec;114(6):456-64.

Briand L, Nespoulous C, Perez V, Rémy JJ, Huet JC, Pernollet JC. Ligand-binding properties and structural characterization of a novel rat odorant-binding protein variant. *Eur J Biochem.* 2000 May;267(10):3079-3089.

Briand L, Eloit C, Nespoulous C, Bézirard V, Huet JC, Henry C, Blon F, Trotier D, Pernollet JC. Evidence of an odorant-binding protein in the human olfactory mucus: location, structural characterization, and odorant-binding properties. *Biochemistry.* 2002 Jun 11;41(23):7241-7252.

Briand L, Blon F, Trotier D, Pernollet JC. Natural ligands of hamster aphrodisin. *Chem Senses.* 2004 Jun;29(5):425-430.

Buck L, Axel R. A novel multigene family may encode odorant receptors: a molecular basis for odor recognition. *Cell.* 1991 Apr 5;65(1):175-87.

Buck L, Stein R, Palazzolo M, Anderson DJ, Axel R. Gene expression and the diversity of identified neurons. *Cold Spring Harb Symp Quant Biol.* 1983;48 Pt 2:485-92.

Chevrot M, Passilly-Degrace P, Ancel D, Bernard A, Enderli G, Gomes M, Robin I, Issanchou S, Vergès B, Nicklaus S, Besnard P. Obesity interferes with the orosensory detection of long-chain fatty acids in humans. *Am J Clin Nutr.* 2014 May;99(5):975-83.

Erickson KI, Prakash RS, Voss MW, Chaddock L, Hu L, Morris KS, White SM, Wójcicki TR, McAuley E, Kramer AF. Aerobic fitness is associated with hippocampal volume in elderly humans. *Hippocampus.* 2009 Oct;19(10):1030-1039.

Erickson KI, Voss MW, Prakash RS, Basak C, Szabo A, Chaddock L, Kim JS, Heo S, Alves H, White SM, Wojcicki TR, Mailey E, Vieira VJ, Martin SA, Pence BD, Woods JA, McAuley E, Kramer AF. Exercise training increases size of hippocampus and improves memory. *Proc Natl Acad Sci U S A.* 2011 Feb 15;108(7):3017-3022.

Faurion A, Kobayakawa T, Cerf-Ducastel B. Cerebral imaging in taste. *Chem Senses.* 2005 Jan;30 Suppl 1:i230-1.

Faurion A. Sensory interactions through neural pathways. *Physiol Behav.* 2006 Aug 30;89(1):44-6. Epub 2006 Jun 27.

Froloff N, Faurion A, Leod PM. Multiple human taste receptor sites: a molecular modeling approach. *Chem Senses.* 1996 Aug;21(4):425-45.

Froloff N, Lloret E, Martinez JM, Faurion A. Cross-adaptation and molecular modeling study of receptor mechanisms common to four taste stimuli in humans. *Chem Senses.* 1998 Apr;23(2):197-206.

Gaillard, OCL

Gilbert CD, Wiesel TN. Intrinsic connectivity and receptive field properties in visual cortex. *Vision Res.* 1985;25(3):365-74.

Grangeard C, Le corps et la tête... Mais où est la personne ? *Pratiques en Nutrition.* 2015, 43, 42-45

Greenspan P, Heinz G, Hargrove JL. Lives of the artists: differences in longevity between old master sculptors and painters. *Age Ageing.* 2008 Jan;37(1):102-104.

Hubel DH, Wiesel TN, Stryker MP. Orientation columns in macaque monkey visual cortex demonstrated by the 2-deoxyglucose autoradiographic technique. *Nature.* 1977 Sep 22;269(5626):328-330

Hubel DH, Wiesel TN. Ferrier lecture. Functional architecture of macaque monkey visual cortex. *Proc R Soc Lond B Biol Sci.* 1977 Jul 28;198(1130):1-59.

Hubel DH, Wiesel TN. Brain mechanisms of vision. *Sci Am.* 1979 Sep;241(3):150-62.

Hubel DH. Exploration of the primary visual cortex, 1955-78. *Nature.* 1982 Oct 7;299(5883):515-24..

Hubel DH, Wiesel TN. Republication of *The Journal of Physiology* (1959) 148, 574-591: Receptive fields of single neurones in the cat's striate cortex. 1959. *J Physiol.* 2009 Jun 15;587(Pt 12):2721-32.

Hubel DH. Recordings from the striate cortex in awake behaving animals. *Adv Neurol.* 1998;77:219-26; discussion 226-7.

Hubel DH, Wiesel TN. Early exploration of the visual cortex. *Neuron.* 1998 Mar;20(3):401-412.

Hubel D. A big step along the visual pathway. *Nature.* 1996 Mar 21;380(6571):197-8.

Jellinger KA. Synuclein deposition and non-motor symptoms in Parkinson disease. *J Neurol Sci.* 2011 May 11.

Labbe D, Almiron-Roig E, Hudry J, Leathwood P, Schifferstein HN, Martin N. Sensory basis of refreshing perception: role of psychophysiological factors and food experience. *Physiol Behav.* 2009 Aug 4;98(1-2):1-9.

Labbe D, Martin N. Impact of novel olfactory stimuli at supra and subthreshold concentrations on the perceived sweetness of sucrose after associative learning. *Chem Senses.* 2009 Oct;34(8):645-651.

Lawless HT, Stevens DA. Responses by humans to oral chemical irritants as a function of locus of stimulation. *Percept Psychophys.* 1988 Jan;43(1):72-8. PubMed PMID: 3340502.

Lawless HT, Stevens DA, Chapman KW, Kurtz A. Metallic taste from electrical and chemical stimulation. *Chem Senses.* 2005 Mar;30(3):185-194.

Lelan F, Boyer C, Thinard R, Rémy S, Usal C, Tesson L, Anegon I, Neveu I, Damier P, Naveilhan P, Lescaudron L. Effects of Human Alpha-Synuclein A53T-A30P Mutations on SVZ and Local Olfactory Bulb Cell Proliferation in a Transgenic Rat Model of Parkinson Disease. *Parkinsons Dis.* 2011;2011:987084.

Lenfant F, Loret C, Pineau N, Hartmann C, Martin N. Perception of oral food breakdown. The concept of sensory trajectory. *Appetite.* 2009 Jun;52(3):659-67.

Livingstone MS, Hubel DH. Anatomy and physiology of a color system in the primate visual cortex. *J Neurosci.* 1984 Jan;4(1):309-356.

Livingstone MS, Hubel DH. Spatial relationship and extrafoveal vision. *Nature.* 1985 May 23-29;315(6017):285.

Livingstone MS, Hubel DH. Connections between layer 4B of area 17 and the thick cytochrome oxidase stripes of area 18 in the squirrel monkey. *J Neurosci.* 1987 Nov;7(11):3371-3377.

Loret C, Walter M, Pineau N, Peyron MA, Hartmann C, Martin N. Physical and related sensory properties of a swallowable bolus. *Physiol Behav.* 2011 May 17.

MacLeod P. [Nobel Prize 2004 for Medicine. Richard Axel and Linda B. Buck. Olfaction under the spotlight. *Med Sci (Paris).* 2004 Nov;20(11):1045.

Martin N, Jaubert J, Glaser P, Szatanik M, Guénet JL. Genetic and physical delineation of the region overlapping the progressive motor neuropathy (pmn) locus on mouse chromosome 13. *Genomics.* 2001 Jul;75(1-3):9-16.

Martin NH, Ranieri ML, Murphy SC, Ralyea RD, Wiedmann M, Boor KJ. Results from raw milk microbiological tests do not predict the shelf-life performance of commercially pasteurized fluid milk. *J Dairy Sci.* 2011 Mar;94(3):1211-1222.

- Modi NC, Jones DH. Strabismus: background and surgical techniques. *J Perioper Pract.* 2008 Dec;18(12):532-5.
- Mombaerts P. The human repertoire of odorant receptor genes and pseudogenes. *Annu Rev Genomics Hum Genet.* 2001;2:493-510.
- Passilly-Degrace, *Cah Nutr Diet*, 2008
- Passilly-Degrace P, Chevrot M, Bernard A, Ancel D, Martin C, Besnard P. Is the taste of fat regulated? *Biochimie.* 2014 Jan;96:3-7.
- Pernollet JC, Sanz G, Briand L. [Olfactory receptors and odour coding]. *C R Biol.* 2006 Sep;329(9):679-690.
- Peyron MA, Gierczynski I, Hartmann C, Loret C, Dardevet D, Martin N, Woda A. Role of physical bolus properties as sensory inputs in the trigger of swallowing. *PLoS One.* 2011;6(6):e21167.
- Pinto JM. Olfaction. *Proc Am Thorac Soc.* 2011 Mar;8(1):46-52.
- Reid RC, Alonso JM. The processing and encoding of information in the visual cortex. *Curr Opin Neurobiol.* 1996 Aug;6(4):475-80.
- Ross GW, Petrovitch H, Abbott RD, Tanner CM, Popper J, Masaki K, Launer L, White LR. Association of olfactory dysfunction with risk for future Parkinson's disease. *Ann Neurol.* 2008 Feb;63(2):167-173.
- Saint-Eve A, Lévy C, Martin N, Souchon I. Influence of proteins on the perception of flavored stirred yogurts. *J Dairy Sci.* 2006 Mar;89(3):922-933.
- Saul H, Madella M, Fischer A, Glykou A, Hartz S, Craig OE. Phytoliths in pottery reveal the use of spice in European prehistoric cuisine. *PLoS One.* 2013 Aug 21;8(8):e70583.
- Schiffman SS, Diaz C, Beeker TG. Caffeine intensifies taste of certain sweeteners: role of adenosine receptor. *Pharmacol Biochem Behav.* 1986 Mar;24(3):429-432.
- Schiffman SS, Warwick ZS. Use of flavor-amplified foods to improve nutritional status in elderly patients. *Ann N Y Acad Sci.* 1989;561:267-276.
- Schiffman SS, Gatlin LA, Sattely-Miller EA, Graham BG, Heiman SA, Stagner WC, Erickson RP. The effect of sweeteners on bitter taste in young and elderly subjects. *Brain Res Bull.* 1994;35(3):189-204.
- Shulz D, Frégnac Y. Cellular analogs of visual cortical epigenesis. II. Plasticity of binocular integration. *J Neurosci.* 1992 Apr;12(4):1301-18.
- Stevens DA, Lawless HT. Age-related changes in flavor perception. *Appetite.* 1981 Jun;2(2):127-136.
- Stevens DA, Lawless HT. Enhancement of responses to sequential presentation of oral chemical irritants. *Physiol Behav.* 1987;39(1):63-65.
- Stevens DA, Baker D, Cutroni E, Frey A, Pugh D, Lawless HT. A direct comparison of the taste of electrical and chemical stimuli. *Chem Senses.* 2008 Jun;33(5):405-413.
- Stice E, Dagher A. Genetic variation in dopaminergic reward in humans. *Forum Nutr.* 2010;63:176-85. Epub 2009 Nov 27. Review. PubMed PMID: 19955785.
- Stice E, Spoor S, Ng J, Zald DH. Relation of obesity to consummatory and anticipatory food reward. *Physiol Behav.* 2009 Jul 14;97(5):551-560.
- Voss MW, Prakash RS, Erickson KI, Basak C, Chaddock L, Kim JS, Alves H, Heo S, Szabo AN, White SM, Wójcicki TR, Mailey EL, Gothe N, Olson EA, McAuley E, Kramer AF. Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. *Front Aging Neurosci.* 2010 Aug 26;2.

Wiesel TN. Postnatal development of the visual cortex and the influence of environment. *Nature*. 1982 Oct 14;299(5884):583-91.

Wiesel TN, Gilbert CD. The Sharpey-Schafer lecture. Morphological basis of visual cortical function. *Q J Exp Physiol*. 1983 Oct;68(4):525-43.

Wiesel TN. Early explorations of the development and plasticity of the visual cortex: A personal view. *J Neurobiol*. 1999 Oct;41(1):7-9.

Yamaguchi S, Ninomiya K. Umami and food palatability. *J Nutr*. 2000 Apr;130(4S Suppl):921S-926S.

2.3.1 Mastication

Andrade AM, Greene GW, Melanson KJ. Eating slowly led to decreases in energy intake within meals in healthy women. *J Am Diet Assoc*. 2008 Jul;108(7):1186-1191.

Barbeito-Andrés J, Pucciarelli HM, Sardi ML. An ontogenetic approach to facial variation in three Native American populations. *Homo*. 2011 Feb;62(1):56-67. Epub 2011 Jan 15. PubMed PMID: 21238961.

Bellisle F, Le Magnen J. The structure of meals in humans: eating and drinking patterns in lean and obese subjects. *Physiol Behav*. 1981 Oct;27(4):649-658.

Bellisle F, Guy-Grand B, Le Magnen J. Chewing and swallowing as indices of the stimulation to eat during meals in humans: effects revealed by the edogram method and video recordings. *Neurosci Biobehav Rev*. 2000 Mar;24(2):223-228.

Boucher Y, Simons CT, Faurion A, Azérad J, Carstens E. Trigeminal modulation of gustatory neurons in the nucleus of the solitary tract. *Brain Res*. 2003 May 30;973(2):265-274.

Boucher Y, Berteretche MV, Farhang F, Arvy MP, Azérad J, Faurion A. Taste deficits related to dental deafferentation: an electrogustometric study in humans. *Eur J Oral Sci*. 2006 Dec;114(6):456-464.

Boucher Y, Berteretche MV, Farhang F, Arvy MP, Azérad J, Faurion A. Taste deficits related to dental deafferentation: an electrogustometric study in humans. *Eur J Oral Sci*. 2006 Dec;114(6):456-64.

Bourre JM, Buson C., L'hirondel JL. Nitrates, nitrites, oxyde nitrique (NO) : nouvelles perspectives pour la santé ? *Médecine et nutrition*, 2011.

Ellis PR, Kendall CW, Ren Y, Parker C, Pacy JF, Waldron KW, Jenkins DJ. Role of cell walls in the bioaccessibility of lipids in almond seeds. *Am J Clin Nutr*. 2004 Sep;80(3):604-613.

Faulks RM, Southon S. Challenges to understanding and measuring carotenoid bioavailability. *Biochim Biophys Acta*. 2005 May 30;1740(2):95-100.

Foster KD, Grigor JM, Cheong JN, Yoo MJ, Bronlund JE, Morgenstern MP. The Role of Oral Processing in Dynamic Sensory Perception. *J Food Sci*. 2011 Mar;76(2):R49-R61.

Grigoriadis A, Johansson RS, Trulsson M. Adaptability of mastication in people with implant-supported bridges. *J Clin Periodontol*. 2011 Apr;38(4):395-404.

Grinnell S, Greene G, Melanson K, Blissmer B, Lofgren IE. Anthropometric and behavioral measures related to mindfulness in college students. *J Am Coll Health*. 2011 Jun;59(6):539-545.

Gronvted A., Hu F. Television viewing and risk of type 2 diabetes, cardiovascular disease, and all cause mortality. *JAMA*, 2011, 305, 2448-2455.

- Guo YJ, Liu HC, Sun L, Bu RF. [Changes in cerebral blood flow during mastication in patients receiving prosthesis insertion for repairing maxillary defect]. *Nan Fang Yi Ke Da Xue Xue Bao*. 2010 Dec;30(12):2640-2642.
- Hasegawa Y, Ono T, Hori K, Nokubi T. Influence of human jaw movement on cerebral blood flow. *J Dent Res*. 2007 Jan;86(1):64-68.
- Hasegawa Y, Ono T, Sakagami J, Hori K, Maeda Y, Hamasaki T, Nokubi T. Influence of voluntary control of masticatory side and rhythm on cerebral hemodynamics. *Clin Oral Investig*. 2011 Feb;15(1):113-118.
- Hiraba H, Sato T. Cerebral control of face, jaw, and tongue movements in awake cats: changes in regional cerebral blood flow during lateral feeding. *Somatosens Mot Res*. 2005 Dec;22(4):307-317.
- Holm J, Björck I. Bioavailability of starch in various wheat-based bread products: evaluation of metabolic responses in healthy subjects and rate and extent of in vitro starch digestion. *Am J Clin Nutr*. 1992 Feb;55(2):420-429.
- Iwasaki M, Taylor GW, Moynihan P, Yoshihara A, Muramatsu K, Watanabe R, Miyazaki H. Dietary ratio of n-6 to n-3 polyunsaturated fatty acids and periodontal disease in community-based older Japanese: a 3-year follow-up study. *Prostaglandins Leukot Essent Fatty Acids*. 2011 Aug;85(2):107-112.
- Iwasaki M, Yoshihara A, Moynihan P, Watanabe R, Taylor GW, Miyazaki H. Longitudinal relationship between dietary ω -3 fatty acids and periodontal disease. *Nutrition*. 2010 Nov-Dec;26(11-12):1105-1109.
- Jamieson LM, Mejía GC, Slade GD, Roberts-Thomson KF. Risk factors for impaired oral health among 18- to 34-year-old Australians. *J Public Health Dent*. 2010 Spring;70(2):115-123.
- Johnson IT. Glucosinolates: bioavailability and importance to health. *Int J Vitam Nutr Res*. 2002 Jan;72(1):26-31.
- Knupp CA, Milbrath R, Barbhaiya RH. Effect of time of food administration on the bioavailability of didanosine from a chewable tablet formulation. *J Clin Pharmacol*. 1993 Jun;33(6):568-573.
- Kristensen SD, Lind K, Rosenberg J. [Gum chewing reduces duration of postoperative ileus]. *Ugeskr Laeger*. 2008 Sep 22;170(39):3062-3065.
- Kubo KY, Ichihashi Y, Kurata C, Inuma M, Mori D, Katayama T, Miyake H, Fujiwara S, Tamura Y. Masticatory function and cognitive function. *Okajimas Folia Anat Jpn*. 2010 Nov;87(3):135-140.
- Lemmens L, Van Buggenhout S, Van Loey AM, Hendrickx ME. Particle size reduction leading to cell wall rupture is more important for the β -carotene bioaccessibility of raw compared to thermally processed carrots. *J Agric Food Chem*. 2010 Dec 22;58(24):12769-12776.
- Levison J, Gillespie SL, Montgomery E. Think twice before recommending pre-masticated food as a source of infant nutrition. *Matern Child Nutr*. 2011 Jan;7(1):104; author reply 105-6. doi: 10.1111/j.1740-8709.2010.00289.x. Erratum in: *Matern Child Nutr*. 2011 Apr;7(2):220.
- Loret C, Walter M, Pineau N, Peyron MA, Hartmann C, Martin N. Physical and related sensory properties of a swallowable bolus. *Physiol Behav*. 2011 May 17.
- Massoulard A, Bonhabau H, Gindre-Poulvelarie L, Baptistev A, Preux PM, Villemonteix C, Javerliat V, Fraysse JL, Desport JC. Analysis of the food consumption of 87 elderly nursing home residents, depending on food texture. *J Nutr Health Aging*. 2011 Mar;15(3):192-195.
- Mishellany-Dutour A, Renaud J, Peyron MA, Rimek F, Woda A. Is the goal of mastication reached in young dentates, aged dentates and aged denture wearers? *Br J Nutr*. 2008 Jan;99(1):121-128.
- Miura H, Yamasaki K, Kariyasu M, Miura K, Sumi Y. Relationship between cognitive function and mastication in elderly females. *J Oral Rehabil*. 2003 Aug;30(8):808-811.

- Morhart RE, Fitzgerald RJ. Nutritional determinants of the ecology of the oral flora. *Dent Clin North Am.* 1976 Jul;20(3):473-489.
- Moriya S, Tei K, Murata A, Yamazaki Y, Hata H, Muramatsu M, Kitagawa Y, Inoue N, Miura H. Associations between self-assessed masticatory ability and higher brain function among the elderly. *J Oral Rehabil.* 2011 Mar 23. doi: 10.1111/j.1365-2842.
- Moynihan PJ. The relationship between nutrition and systemic and oral well-being in older people. *J Am Dent Assoc.* 2007 Apr;138(4):493-497.
- Moynihan P. Nutrition & oral health: update on nutrition and periodontal disease. *Quintessence Int.* 2008 Apr;39(4):326-330.
- Muirhead V, Quiñonez C, Figueiredo R, Locker D. Oral health disparities and food insecurity in working poor Canadians. *Community Dent Oral Epidemiol.* 2009 Aug;37(4):294-304.
- Murakami K, Sasaki S, Takahashi Y, Uenishi K, Yamasaki M, Hayabuchi H, Goda T, Oka J, Baba K, Ohki K, Kohri T, Muramatsu K, Furuki M. Hardness (difficulty of chewing) of the habitual diet in relation to body mass index and waist circumference in free-living Japanese women aged 18-22 y. *Am J Clin Nutr.* 2007 Jul;86(1):206-213..
- Neyraud E, Peyron MA, Vieira C, Dransfield E. Influence of bitter taste on mastication pattern. *J Dent Res.* 2005 Mar;84(3):250-254.
- Nordenram G, Ryd-Kjellen E, Johansson G, Nordstrom G, Winblad B. Alzheimer's disease, oral function and nutritional status. *Gerodontology.* 1996 Jul;13(1):9-16.
- Ono T, Hasegawa Y, Hori K, Nokubi T, Hamasaki T. Task-induced activation and hemispheric dominance in cerebral circulation during gum chewing. *J Neurol.* 2007 Oct;254(10):1427-1432.
- Ono Y, Yamamoto T, Kubo KY, Onozuka M. Occlusion and brain function: mastication as a prevention of cognitive dysfunction. *J Oral Rehabil.* 2010 Aug;37(8):624-640.
- Otsuka R, Tamakoshi K, Yatsuya H, Murata C, Sekiya A, Wada K, Zhang HM, Matsushita K, Sugiura K, Takefuji S, OuYang P, Nagasawa N, Kondo T, Sasaki S, Toyoshima H. Eating fast leads to obesity: findings based on self-administered questionnaires among middle-aged Japanese men and women. *J Epidemiol.* 2006 May;16(3):117-124..
- Peyron MA. New research on nutrition for middle-aged and elderly. 2008 ;
- Peyron MA, Gierczynski I, Hartmann C, Loret C, Dardevet D, Martin N, Woda A. Role of physical bolus properties as sensory inputs in the trigger of swallowing. *PLoS One.* 2011;6(6).
- Roberts MW. Dental health of children: where we are today and remaining challenges. *J Clin Pediatr Dent.* 2008 Spring;32(3):231-234.
- Ruiz ME, Conforti P, Fagiolino P, Volonté MG. The use of saliva as a biological fluid in relative bioavailability studies: comparison and correlation with plasma results. *Biopharm Drug Dispos.* 2010 Nov;31(8-9):476-485.
- Sakata T, Yoshimatsu H, Masaki T, Tsuda K. Anti-obesity actions of mastication driven by histamine neurons in rats. *Exp Biol Med (Maywood).* 2003 Nov;228(10):1106-1110.
- Salles C, Chagnon MC, Feron G, Guichard E, Laboure H, Morzel M, Semon E, Tarrega A, Yven C. In-mouth mechanisms leading to flavor release and perception. *Crit Rev Food Sci Nutr.* 2011 Jan;51(1):67-90.
- Sasaki A. [Influence of mastication on the amount of hemoglobin in human brain tissue]. *Kokubyo Gakkai Zasshi.* 2001 Mar;68(1):72-81.

Schimmel M, Leemann B, Christou P, Kiliaridis S, Herrmann FR, Müller F. Quantitative assessment of facial muscle impairment in patients with hemispheric stroke. *J Oral Rehabil.* 2011 Mar 23. doi: 10.1111/j.1365-2842.

Smith A. Effects of chewing gum on cognitive function, mood and physiology in stressed and non-stressed volunteers. *Nutr Neurosci.* 2010 Feb;13(1):7-16.

Smith A. Effects of chewing gum on mood, learning, memory and performance of an intelligence test. *Nutr Neurosci.* 2009 Apr;12(2):81-88.

Terhune CE, Iriarte-Diaz J, Taylor AB, Ross CF. The Instantaneous Center of Rotation of the Mandible in Nonhuman Primates. *Integr Comp Biol.* 2011 May 27.

Tunick MH. Food texture analysis in the 21st century. *J Agric Food Chem.* 2011 Mar 9;59(5):1477-1480.

Wanders AJ, van den Borne JJ, de Graaf C, Hulshof T, Jonathan MC, Kristensen M, Mars M, Schols HA, Feskens EJ. Effects of dietary fibre on subjective appetite, energy intake and body weight: a systematic review of randomized controlled trials. *Obes Rev.* 2011 Jun 16..

Weijnenberg RA, Scherder EJ, Lobbezoo F. Mastication for the mind—the relationship between mastication and cognition in ageing and dementia. *Neurosci Biobehav Rev.* 2011 Jan;35(3):483-497.

Woda A. *Physiology and behavior.* 2006; 89 : 28-35.

Woda A, Mishellany A, Peyron MA. The regulation of masticatory function and food bolus formation. *J Oral Rehabil.* 2006 Nov;33(11):840-849.

Woda A, Nicolas E, Mishellany-Dutour A, Hennequin M, Mazille MN, Veyrone JL, Peyron MA. The masticatory normative indicator. *J Dent Res.* 2010 Mar;89(3):281-285.

Woisard V. Le role d ela langue. *Médecine et Nutrition.* 2010, 46, 30-42.

3 QUE MANGER POUR NOURRIR LE CERVEAU ?

3.1 Associer ou dissocier les aliments

Bailey DG, Dresser GK. Natural products and adverse drug interactions. *CMAJ.* 2004 May 11;170(10):1531-1532..

Bailey DG, Dresser GK, Leake BF, Kim RB. Naringin is a major and selective clinical inhibitor of organic anion-transporting polypeptide 1A2 (OATP1A2) in grapefruit juice. *Clin Pharmacol Ther.* 2007 Apr;81(4):495-502.

Bailey DG, Dresser GK. Grapefruit juice-lovastatin interaction. *Clin Pharmacol Ther.* 2000 Jun;67(6):690.

Bailey DG. Fruit juice inhibition of uptake transport: a new type of food-drug interaction. *Br J Clin Pharmacol.* 2010 Nov;70(5):645-655.

Bancroft B. Menace in the mix. Avoiding drug interactions with food, herbs and nutrients. *Adv Nurse Pract.* 2007 Dec;15(12):33-37.

Bojanić ZZ, Bojanić NZ, Bojanić VV. [Drug interactions with grapefruit]. *Med Pregl.* 2010 Nov-Dec;63(11-12):805-810..

Booth SL, Al Rajabi A. Determinants of vitamin K status in humans. *Vitam Horm.* 2008;78:1-22.

Desmard M, Hellmann R, Plantefève G, Mentec H. [Severe overdose in vitamin K antagonist secondary to grapefruit juice absorption]. *Ann Fr Anesth Reanim.* 2009 Oct;28(10):897-899..

- Diaconu CH, Cuciureanu M, Vlase L, Cuciureanu R. Food-drug interactions: grapefruit juice. *Rev Med Chir Soc Med Nat Iasi*. 2011 Jan-Mar;115(1):245-50. PubMed PMID: 21682192.
- Dresser GK, Bailey DG, Carruthers SG. Grapefruit juice--felodipine interaction in the elderly. *Clin Pharmacol Ther*. 2000 Jul;68(1):28-34.
- Dresser GK, Wachter V, Wong S, Wong HT, Bailey DG. Evaluation of peppermint oil and ascorbyl palmitate as inhibitors of cytochrome P4503A4 activity in vitro and in vivo. *Clin Pharmacol Ther*. 2002 Sep;72(3):247-255.
- Erzinger MM, Sturla SJ. Bioreduction-mediated food-drug interactions: opportunities for oncology nutrition. *Chimia (Aarau)*. 2011;65(6):411-415.
- Estabrook B. On the tomato trail: in search of ancestral roots. *Gastronomica (Berkeley Calif)*. 2010;10(2):40-4.
- Eussen SR, Verhagen H, Klungel OH, Garssen J, van Loveren H, van Kranen HJ, Rempelberg CJ. Functional foods and dietary supplements: Products at the interface between pharma and nutrition. *Eur J Pharmacol*. 2011 Jul 27..
- Friedman H, Seckman C, Lanza F, Royer G, Perry K, Francom S. Clinical pharmacology of predisintegrated ibuprofen 800 mg tablets: an endoscopic and pharmacokinetic study. *J Clin Pharmacol*. 1990 Jan;30(1):57-63.
- Glaeser H, Bailey DG, Dresser GK, Gregor JC, Schwarz UI, McGrath JS, Jolicoeur E, Lee W, Leake BF, Tirona RG, Kim RB. Intestinal drug transporter expression and the impact of grapefruit juice in humans. *Clin Pharmacol Ther*. 2007 Mar;81(3):362-370..
- Goosen TC, Cillió D, Bailey DG, Yu C, He K, Hollenberg PF, Woster PM, Cohen L, Williams JA, Rheeders M, Dijkstra HP. Bergamottin contribution to the grapefruit juice-felodipine interaction and disposition in humans. *Clin Pharmacol Ther*. 2004 Dec;76(6):607-617..
- Hampton T. Data mining approach shows promise in detecting unexpected drug interactions. *JAMA*. 2011 Jul 13;306(2):144.
- In brief: fexofenadine (Allegra) and fruit juice. *Med Lett Drugs Ther*. 2011 May 30;53(1365):41..
- Jacomini LC, Silva NA. Drug interactions: a contribution to the rational use of synthetic and biological immunosuppressants. *Rev Bras Reumatol*. 2011 Apr;51(2):168-1674..
- K Janoly-Duménil A, Bourne C, Loiseau K, Luauté J, Sancho PO, Ciancia S, Caillet F, Boisson D, Rioufol C, Plauchu MM, Rode G, Jacquin-Courtois S. Oral anticoagulant treatment - evaluating the knowledge of patients admitted in physical medicine and rehabilitation units. *Ann Phys Rehabil Med*. 2011 May;54(3):172-80.
- ei A, Florentin M, Elisaf M, Liberopoulos E. Anticoagulant drugs: what is new? *Int Angiol*. 2011 Aug;30(4):299-320.
- Kim JE, Gordon SL, Ferruzzi MG, Campbell WW. Effects of egg consumption on carotenoid absorption from co-consumed, raw vegetables. *Am J Clin Nutr*. 2015 Jul;102(1):75-83. doi: 10.3945/ajcn.115.111062.
- Kowalsky PE. Common interactions with herbal supplements and prescription drugs. *AACN Adv Crit Care*. 2011 Apr-Jun;22(2):101-106.
- Marcason W. Vitamin K: what are the current dietary recommendations for patients taking coumadin? *J Am Diet Assoc*. 2007 Nov;107(11):2022. PubMed PMID: 17964322.
- Lecerf JM, Legrand P, Les effets des nutriments dépendent-ils des aliments qui les portent ? L'effet matrice. *Cah. Nutr. Diet*. 2015, 50, 158-164.
- Meena J, Ojha R, Muruganandam AV, Krishnamurthy S. Asparagus racemosus competitively inhibits in vitro the acetylcholine and monoamine metabolizing enzymes. *Neurosci Lett*. 2011 Aug 6. [Epub ahead of print].

O'Connor E, Mølgaard C, Michaelsen KF, Jakobsen J, Cashman KD. Vitamin D-vitamin K interaction: effect of vitamin D supplementation on serum percentage undercarboxylated osteocalcin, a sensitive measure of vitamin K status, in Danish girls. *Br J Nutr.* 2010 Oct;104(8):1091-5. Epub 2010 May 21. PubMed PMID: 20487587.

Odou P, Barthélémy C, Robert H. Influence of seven beverages on salicylate disposition in humans. *J Clin Pharm Ther.* 2001 Jun;26(3):187-193..

Quinn C. What not to eat. *Nurs Stand.* 2011 Mar 9-15;25(27):18-19..

Rogovik AL, Vohra S, Goldman RD. Safety considerations and potential interactions of vitamins: should vitamins be considered drugs? *Ann Pharmacother.* 2010 Feb;44(2):311-324.

Rohde LE, de Assis MC, Rabelo ER. Dietary vitamin K intake and anticoagulation in elderly patients. *Curr Opin Clin Nutr Metab Care.* 2007,Jan;10(1):1-5.

Rombouts EK, Rosendaal FR, van der Meer FJ. Influence of dietary vitamin K intake on subtherapeutic oral anticoagulant therapy. *Br J Haematol.* 2010 May;149(4):598-605.

Schwarz UI, Johnston PE, Bailey DG, Kim RB, Mayo G, Milstone A. Impact of citrus soft drinks relative to grapefruit juice on ciclosporin disposition. *Br J Clin Pharmacol.* 2006 Oct;62(4):485-491..

Schmitt-Hoffmann AH, Roos B, Sauer J, Schleimer M, Kovács P, Stoeckel K, Maares J. Influence of food on the pharmacokinetics of oral alitretinoin (9-cis retinoic acid). *Clin Exp Dermatol.* 2011 Apr;36 Suppl 2:18-23. doi: 10.1111/j.1365-2230.2011.04033.x. PubMed PMID: 21443600.

Steffel J, Braunwald E. Novel oral anticoagulants: focus on stroke prevention and treatment of venous thrombo-embolism. *Eur Heart J.* 2011 Aug;32(16):1968-1976..

Tatonetti NP, Denny JC, Murphy SN, Fernald GH, Krishnan G, Castro V, Yue P, Tsau PS, Kohane I, Roden DM, Altman RB. Detecting drug interactions from adverse-event reports: interaction between paroxetine and pravastatin increases blood glucose levels. *Clin Pharmacol Ther.* 2011 Jul;90(1):133-42.

Verheugt FW. Anticoagulant management in the cardiovascular setting. *Fundam Clin Pharmacol.* 2011 Aug 10.

Xu Y, Zhou Y, Hayashi M, Shou M, Skiles GL. Simulation of clinical drug-drug interactions from hepatocyte CYP3A4 induction data and its potential utility in trial designs. *Drug Metab Dispos.* 2011 Jul;39(7):1139-1148..

Zhang L, Huang SM, Lesko LJ. Transporter-mediated drug-drug interactions. *Clin Pharmacol Ther.* 2011 Apr;89(4):481-4. PubMed PMID: 21423238.

3.2 Les graisses : huiler le cerveau et la chronologie des évènements

Astorg P, Bertrais S, Alessandri JM, Guesnet P, Kesse-Guyot E, Linard A, Lallemand MS, Galan P, Hercberg S. (2009). Long-chain n-3 fatty acid levels in baseline serum phospholipids do not predict later occurrence of depressive episodes: a nested case-control study within a cohort of middle-aged French men and women. *Prostaglandins Leukot. Essent. Fatty Acids.* 81, 265-271.

Bang HO, Dyerberg J, Hjörne N. The composition of food consumed by Greenland Eskimos. *Acta Med Scand.* 1976;200(1-2):69-73.

Barberger-Gateau P, Raffaitin C, Letenneur L, Berr C, Tzourio C, Dartigues JF, Alpérovitch A. Dietary patterns and risk of dementia: the Three-City cohort study. *Neurology.* 2007 Nov 13;69(20):1921-30. PubMed PMID: 17998483.

Bazan NG, Musto AE, Knott EJ. Endogenous signaling by omega-3 docosahexaenoic acid-derived mediators sustains homeostatic synaptic and circuitry integrity. *Mol Neurobiol*. 2011 Oct;44(2):216-22.

Benedetto U, Angeloni E, Melina G, Danesi TH, Di Bartolomeo R, Lechiancole A, Refice S, Roscitano A, Comito C, Sinatra R. n-3 Polyunsaturated fatty acids for the prevention of postoperative atrial fibrillation: a meta-analysis of randomized controlled trials. *J Cardiovasc Med (Hagerstown)*. 2011

Berezovikova IP, Mamleeva FR. Traditional foods in the diet of Chukotka natives. *Int J Circumpolar Health*. 2001 Apr;60(2):138-42.

Bourre JM, Francois M, Youyou A, Dumont O, Piciotti M, Pascal G, Durand G. The effects of dietary alpha-linolenic acid on the composition of nerve membranes, enzymatic activity, amplitude of electrophysiological parameters, resistance to poisons and performance of learning tasks in rats. *J Nutr*. 1989 Dec;119(12):1880-92.

Bourre JM. Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 2: macronutrients. *J Nutr Health Aging*. 2006 Sep-Oct;10(5):386-99.

Bourre JM. Omega-3 fatty acids in psychiatry. *Med Sci (Paris)*. 2005 Feb;21(2):216-21.

Bourre J-M. (2005). Where to find omega-3 fatty acids and how feeding animals with diet enriched in omega-3 fatty acids to increase nutritional value of derived products for human: what is actually useful? *J. Nutr. Health aging*, 9, 232- 242.

Bourre J-M. (2005). Enrichissement de l'alimentation des animaux avec les acides gras oméga-3. Impact sur la valeur nutritionnelle de leurs produits pour l'homme. *Médecine/Sciences*, 21, 773-779.

Bourre J-M. (2005). L'œuf naturel multi-enrichi : des apports élevés en nutriments, notamment acides gras oméga-3, en vitamines, minéraux et caroténoïdes. *Médecine et Nutrition*. 41, 116-134.

Bourre J-M, Oaland O., Berg T-L. (2006). Les teneurs en acides gras oméga-3 des saumons Atlantiques sauvages (d'Ecosse, Irlande et Norvège) comme références pour ceux d'élevage. *Médecine et Nutrition*. 42, 36- 49.

Bourre J-M, Galéa F. (2006). Un aliment à forte densité nutritionnelle pour les personnes âgées : l'œuf multi-enrichi naturel, contenant d'importantes d'acides gras oméga-3 (ALA et DHA), de vitamines (B9, D12, D, E), d'éléments traces (iode et sélénium) et de caroténoïdes. *Age et Nutrition*. 17, 60-69.

Bourre J-M, Galéa F. (2006). An important source of omega-3 fatty acids, vitamins D and E, carotenoids, iodine and selenium: natural multi-enriched eggs. *J. Nutr. Health Aging*. 10, 371-376.

Bourre J-M. (2006). Effects of nutrients (in food) on the structure and function of nervous system: update on dietary requirements for brain. Part 1: micronutrients *J. Nutr. Health Aging*. 10, 377-385

Bourre J-M. (2006). Effects of nutrients (in food) on the structure and function of nervous system: update on dietary requirements for brain. Part 2: macronutrients *J. Nutr. Health Aging*. 10, 386-399.

Bourre J-M, Paquette P. (2006). Contribution de chaque produit de la pêche ou de l'aquaculture aux apports alimentaires en DHA, iode, sélénium, vitamines D et B12. *Médecine et Nutrition*. 42, 113-127.

Bourre J-M, Paquette P. (2007). Apports en DHA (acide gras oméga-3) par les poissons et les fruits de mer consommés en France. *OCL*. 14, 44-50.

Bourre JM. *La vérité sur les oméga-3*. Editions Odile Jacob, 2007.

Bourre J-M, Paquette P. (2008). Seafood (wild and farmed) for the elderly: contribution to the dietary intakes of iodine, selenium, DHA and vitamins B12 and D. *J. Nutr. Health Aging*. 12 : 186-192

Bourre JM. Contre-vérités et désinformations sur les aliments : l'exemple des produits laitiers. *Médecine et Nutrition. Médecine et Nutrition*. 2010, 46, 55-64.

Buijsse B, Boeing H, Drogan D, Schulze MB, Feskens EJ, Amiano P, Barricarte A, Clavel-Chapelon F, de Lauzon-Guillain B, Fagherazzi G, Fonseca-Nunes A, Franks PW, Huerta JM, Jakobsen MU, Kaaks R, Key TJ, Khaw KT, Masala G, Moskal A, Nilsson PM, Overvad K, Pala V, Panico S, Redondo ML, Ricceri F, Rolandsson O, Sánchez MJ, Sluijs I, Spijkerman AM, Tjonneland A, Tumino R, van der A DL, van der Schouw YT, Langenberg C, Sharp SJ, Forouhi NG, Riboli E, Wareham NJ; InterAct Consortium. Consumption of fatty foods and incident type 2 diabetes in populations from eight European countries. *Eur J Clin Nutr*. 2015 Apr;69(4):455-61.

Camara M, Mourot J, Février C. (1996). Influence of two dairy fats on lipid synthesis in the pig: comparative study of liver, muscle and the two backfat layers. *Ann. Nutr. Metab*. 40, 287-295.

Chen GC, Szeto IM, Chen LH, Han SF, Li YJ, van Hekezen R, Qin LQ. Dairy products consumption and metabolic syndrome in adults: systematic review and meta-analysis of observational studies. *Sci Rep*. 2015 Sep 29;5:14606.

Chiliard Y., Glasser F., Ferlay A., Bernard L., Rouel J., Martin B., Martin C., Enjalbert F., Schmidely P. que peut-on attendre des pratiques d'élevage pour améliorer la qualité nutritionnelle des matières grasses du lait bovin et caprin ? *Cah. Nutr. Diet*. 2010, 45, 310-319.

Crawford MA, Bloom M, Cunnane S, Holmsen H, Ghebremeskel K, Parkington J, Schmidt W, Sinclair AJ, Broadhurst CL. Docosahexaenoic acid and cerebral evolution. *World Rev Nutr Diet*. 2001;88:6-17.

Darnai G, Plózer E, Perlaki G, Orsi G, Nagy SA, Horváth R, Schwarcz A, Kovács N, Altbäcker A, Janszky J, Clemens Z. Milk and dairy consumption correlates with cerebral cortical as well as cerebral white matter volume in healthy young adults. *Int J Food Sci Nutr*. 2015 Oct 5:1-4.

de Souza RJ, Mente A, Maroleanu A, Cozma AI, Ha V, Kishibe T, Uleryk E, Budyłowski P, Schönemann H, Beyene J, Anand SS. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ*. 2015 Aug 11;351:h3978.

Delgado-Lista J, Perez-Martinez P, Lopez-Miranda J, Perez-Jimenez F. Long chain omega-3 fatty acids and cardiovascular disease: a systematic review. *Br J Nutr*. 2012 Jun;107 Suppl 2:S201-13.

Devore EE, Stampfer MJ, Breteler MM, Rosner B, Kang JH, Okereke O, Hu FB, Grodstein F. Dietary fat intake and cognitive decline in women with type 2 diabetes. *Diabetes Care*. 2009 Apr;32(4):635-40.

Dewailly E, Blanchet C, Lemieux S, Sauvé L, Gingras S, Ayotte P, Holub BJ. n-3 Fatty acids and cardiovascular disease risk factors among the Inuit of Nunavik. *Am J Clin Nutr*. 2001 Oct;74(4):464-73.

Duchène C., Pascal G., Prigent S., Les viandes aujourd'hui : principales caractéristiques nutritionnelles. *Cah. Nutr. Diet*. 2010, 45, 44-54.

Dyerberg J, Bang HO, Hjerne N. Fatty acid composition of the plasma lipids in Greenland Eskimos. *Am J Clin Nutr*. 1975 Sep;28(9):958-66.

Farooqui AA, Ong WY, Horrocks LA, Chen P, Farooqui T. Comparison of biochemical effects of statins and fish oil in brain: the battle of the titans. *Brain Res Rev*. 2007 Dec;56(2):443-71.

Freeman MP, Hibbeln JR, Wisner KL, Davis JM, Mischoulon D, Peet M, Keck PE Jr, Marangell LB, Richardson AJ, Lake J, Stoll AL. Omega-3 fatty acids: evidence basis for treatment and future research in psychiatry. *J Clin Psychiatry*. 2006 Dec;67(12):1954-67.

Galan P, Briancon S, Blacher J, Czernichow S, Hercberg S. (2008). The SU.FOL.OM3 Study: a secondary prevention trial testing the impact of supplementation with folate and B-vitamins and/or Omega-3 PUFA on fatal and non fatal cardiovascular events, design, methods and participants characteristics. *Trials*. 10, 9:35.

Hara M, Sakata Y, Nakatani D, Suna S, Usami M, Matsumoto S, Hamasaki T, Doi Y, Nishino M, Sato H, Kitamura T, Nanto S, Hori M, Komuro I; for the Osaka Acute Coronary Insufficiency Study (OACIS) Investigators. Low Levels of Serum n-3 Polyunsaturated Fatty Acids Are Associated With Worse Heart Failure-Free Survival in Patients After Acute Myocardial Infarction. *Circ J*. 2012 Oct 6.

Harris WS, Kennedy KF, O'Keefe JH Jr, Spertus JA. Red blood cell fatty acid levels improve GRACE score prediction of 2-yr mortality in patients with myocardial infarction. *Int J Cardiol*. 2012 Oct 5. S0167-5273(12)01182-5.

He K, Song Y, Daviglius ML, Liu K, Van Horn L, Dyer AR, Greenland P. Accumulated evidence on fish consumption and coronary heart disease mortality: a meta-analysis of cohort studies. *Circulation*. 2004 Jun 8;109(22):2705-11.

Hegarty B, Parker G. Fish oil as a management component for mood disorders an evolving signal. *Curr Opin Psychiatry*. 2013 Jan;26(1):33-40.

Heude B, Ducimetière P, Berr C; EVA Study. Cognitive decline and fatty acid composition of erythrocyte membranes--The EVA Study. *Am J Clin Nutr*. 2003 Apr;77(4):803-8.

Hibbeln JR, Davis JM, Steer C, Emmett P, Rogers I, Williams C, Golding J. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. *Lancet*. 2007 Feb 7;369(9561):578-85.

Hibbeln JR. Seafood consumption, the DHA content of mothers' milk and prevalence rates of postpartum depression: a cross-national, ecological analysis. *J Affect Disord*. 2002 May;69(1-3):15-29.

Innis SM. Impact of maternal diet on human milk composition and neurological development of infants. *Am J Clin Nutr*. 2014 Mar;99(3):734S-41S.

Jones P. New health benefits of dairy products. *Am J Clin Nutr*. 2015, 101, 249-250.

Lagarde M, Calzada C, Guichardant M, Véricel E. Dose-effect and metabolism of docosahexaenoic acid: Pathophysiological relevance in blood platelets. *Prostaglandins Leukot Essent Fatty Acids*. 2012 Apr 18.

Lavialle M, Champeil-Potokar G, Alessandri JM, Balasse L, Guesnet P, Papillon C, Pévet P, Vancassel S, Vivien-Roels B, Denis I. An (n-3) polyunsaturated fatty acid-deficient diet disturbs daily locomotor activity, melatonin rhythm, and striatal dopamine in Syrian hamsters. *J Nutr*. 2008 Sep;138(9):1719-1724.

Lavialle M, Begue A, Papillon C, Vilaplana J. Modifications of retinal afferent activity induce changes in astroglial plasticity in the hamster circadian clock. *Glia*. 2001 Apr 15;34(2):88-100.

Lecerf JM. (2008). Apport lipidique et prise de poids. *OCL* 15, 29-36.

Legrand P, Schmitt B., Mourot J., Catheline D., Chesneau D., Mireaux M, Kerhoas N., Weill P. The consumption of food products from linseed-fed animals maintains erythrocyte omega-6 fatty acids in obese humans. *Lipids*. 2010, 45, 11-19.

Leveziel N, Delcourt C, Zerbib J, Dollfus H, Kaplan J, Benlian P, Coscas G, Souied EH, Soubrane G. Epidemiology of age related macular degeneration. *J Fr Ophtalmol*. 2009 Jun;32(6):440-51.

Makrides M, Neumann MA, Byard RW, Simmer K, Gibson RA. Fatty acid composition of brain, retina, and erythrocytes in breast- and formula-fed infants. *Am J Clin Nutr*. 1994 Aug;60(2):189-94.

Marchioli R, Barzi F, Bomba E, Chieffo C, Di Gregorio D, Di Mascio R, Franzosi MG, Geraci E, Levantesi G, Maggioni AP, Mantini L, Marfisi RM, Mastrogiuseppe G, Mininni N, Nicolosi GL, Santini M, Schweiger C, Tavazzi L, Tognoni G, Tucci C, Valagussa F; GISSI-Prevenzione Investigators. Early protection against sudden death by n-3 polyunsaturated fatty acids after myocardial infarction: time-course analysis of the results of the Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI)-Prevenzione. *Circulation*. 2002 Apr 23;105(16):1897-903.

Moertl D, Berger R, Hammer A, Hutuleac R, Koppensteiner R, Kopp CW, Steiner S. Dose-dependent decrease of platelet activation and tissue factor by omega-3 polyunsaturated fatty acids in patients with advanced chronic heart failure. *Thromb Haemost.* 2011 Sep;106(3):457-65.

Morris MC, Evans DA, Bienias JL, Tangney CC, Bennett DA, Wilson RS, Aggarwal N, Schneider J. Consumption of fish and n-3 fatty acids and risk of incident Alzheimer disease. *Arch Neurol.* 2003 Jul;60(7):940-6.

Morris MC, Evans DA, Tangney CC, Bienias JL, Wilson RS. Fish consumption and cognitive decline with age in a large community study. *Arch Neurol.* 2005 Dec;62(12):1849-53.

Mourot J, Camara M, Février C. (1995). [Effects of dietary fats of vegetable and animal origin on lipid synthesis in pigs]. *C. R. Acad. Sci. III.* 318, 965-970.

Mozaffarian D, Gottdiener JS, Siscovick DS. Intake of tuna or other broiled or baked fish versus fried fish and cardiac structure, function, and hemodynamics. *Am J Cardiol.* 2006 Jan 15;97(2):216-22.

Musella M, Cannata S, Rossi R, Mourot J, Baldini P, Corino C. (2009). Omega-3 polyunsaturated fatty acid from extruded linseed influences the fatty acid composition and sensory characteristics of dry-cured ham from heavy pigs. *J. Anim. Sci.* 87, 3578-3588.

Nodari S, Triggiani M, Manerba A, Milesi G, Dei Cas L. Effects of supplementation with polyunsaturated fatty acids in patients with heart failure. *Intern Emerg Med.* 2011 Oct;6 Suppl 1:37-44

Nodari S, Triggiani M, Campia U, Manerba A, Milesi G, Cesana BM, Gheorghide M, Dei Cas L. n-3 polyunsaturated fatty acids in the prevention of atrial fibrillation recurrences after electrical cardioversion: a prospective, randomized study. *Circulation.* 2011 Sep 6;124(10):1100-6.

Oken E, Radesky JS, Wright RO, Bellinger DC, Amarasiwardena CJ, Kleinman KP, Hu H, Gillman MW. Maternal fish intake during pregnancy, blood mercury levels, and child cognition at age 3 years in a US cohort. *Am J Epidemiol.* 2008 May 15;167(10):1171-81.

Oomen CM, Feskens EJ, Räsänen L, Fidanza F, Nissinen AM, Menotti A, Kok FJ, Kromhout D. Fish consumption and coronary heart disease mortality in Finland, Italy, and The Netherlands. *Am J Epidemiol.* 2000 May 15;151(10):999-1006.

O'Sullivan TA, Ambrosini GL, Mori TA, Beilin LJ, Oddy WH. Omega-3 Index correlates with healthier food consumption in adolescents and with reduced cardiovascular disease risk factors in adolescent boys. *Lipids.* 2011 Jan;46(1):59-67.

Prior PL, Galduróz JC. (N-3) Fatty acids: molecular role and clinical uses in psychiatric disorders. *Adv Nutr.* 2012 May 1;3(3):257-65.

Razanamahefa L, Lafay L, Oseredczuk M, Thiébaud A, Laloux L, Gerber M, Astorg P, Berta JL. (2005). [Dietary fat consumption of the French population and quality of the data on the composition of the major food groups]. *Bull. Cancer.* 92, 647-657.

Rizos EC, Ntzani EE, Bika E, Kostapanos MS, Elisaf MS. Association between omega-3 fatty acid supplementation and risk of major cardiovascular disease events: a systematic review and meta-analysis. *JAMA.* 2012 Sep 12;308(10):1024-33.

Rupp H, Rupp TP, Alter P, Maisch B. Mechanisms involved in the differential reduction of omega-3 and omega-6 highly unsaturated fatty acids by structural heart disease resulting in "HUFA deficiency". *Can J Physiol Pharmacol.* 2012 Jan;90(1):55-73.

Simopoulos A.P., Salem N. (1989). n-3 fatty acids in eggs from range-fed greek chickens. *The New England journal of medicine,* 16, 1412.

Simopoulos A.P., Salem N. (1992). Egg yolk as a source of long-chain polyunsaturated fatty acids in infant feeding. *Am. J. Clin. Nutr.,* 55, 411-414.

Simopoulos AP. Omega-3 fatty acids in health and disease and in growth and development. *Am J Clin Nutr.* 1991 Sep;54(3):438-63.

Song S, Kim EK, Hong S, Shin S, Song Y, Baik HW, Joung H, Paik HY. Low consumption of fruits and dairy foods is associated with metabolic syndrome in Korean adults from outpatient clinics in and near Seoul. *Nutr Res Pract.* 2015 Oct;9(5):554-62.

Smith BK, Sun GY, Donahue OM, Thomas TR. Exercise plus n-3 fatty acids: additive effect on postprandial lipemia. *Metabolism.* 2004 Oct;53(10):1365-71.

Szostak-Wegierek D, Kłosiewicz-Latoszek L, Szostak WB, Cybulska B. The role of dietary fats for preventing cardiovascular disease. A review. *Rocz Panstw Zakl Hig.* 2013;64(4):263-269.

Tan JS, Wang JJ, Flood V, Mitchell P. Dietary fatty acids and the 10-year incidence of age-related macular degeneration: the Blue Mountains Eye Study. *Arch Ophthalmol.* 2009 May;127(5):656-65.

Golding J, Steer C, Emmett P, Davis JM, Hibbeln JR. High levels of depressive symptoms in pregnancy with low omega-3 fatty acid intake from fish. *Epidemiology.* 2009 Jul;20(4):598-603.

Uauy-Dagach R, Birch EE, Birch DG, Hoffman DR. Significance of omega 3 fatty acids for retinal and brain development of preterm and term infants. *World Rev Nutr Diet.* 1994;75:52-62.

Voigt RG, Jensen CL, Fraley JK, Rozelle JC, Brown FR 3rd, Heird WC. Relationship between omega3 long-chain polyunsaturated fatty acid status during early infancy and neurodevelopmental status at 1 year of age. *J Hum Nutr Diet.* 2002 Apr;15(2):111-20.

Von Schacky C. The Omega-3 Index as a risk factor for cardiovascular diseases. *Prostaglandins Other Lipid Mediat.* 2011 Nov;96(1-4):94-8.

Walrand S., Fisch F., Bourre JM. Tous les acides gras saturés ont-ils le même effet métabolique ? *Nutrition Clinique et Métabolisme.* 2010, 24, 63-75.

Yamori Y, Nara Y, Iritani N, Workman RJ, Inagami T. Comparison of serum phospholipid fatty acids among fishing and farming Japanese populations and American inlanders. *J Nutr Sci Vitaminol (Tokyo).* 1985 Aug;31(4):417-22.

Zaouali-Ajina M, Gharib A, Durand G, Gazzah N, Claustrat B, Gharib C, Sarda N. Dietary docosahexaenoic acid-enriched phospholipids normalize urinary melatonin excretion in adult (n-3) polyunsaturated fatty acid-deficient rats. *J Nutr.* 1999 Nov;129(11):2074-2080..

Zhang H, Hamilton JH, Salem N Jr, Kim HY. N-3 fatty acid deficiency in the rat pineal gland: effects on phospholipid molecular species composition and endogenous levels of melatonin and lipoxygenase products. *J Lipid Res.* 1998 Jul;39(7):1397-403.

3.2.1 Mercure et poissons

Akito M, Shinichiro Y, Akihiro H, Michiaki K, Ikuko S, Akihide T, Hirokatsu A. Reevaluation of Minamata Bay, 25 years after the dredging of mercury-polluted sediments. *Mar Pollut Bull.* 2014 Dec 15;89(1-2):112-20.

Balogh SJ, Tsui MT, Blum JD, Matsuyama A, Woerndle GE, Yano S, Tada A. Tracking the fate of mercury in the fish and bottom sediments of Minamata Bay, Japan, using stable mercury isotopes. *Environ Sci Technol.* 2015 May 5;49(9):5399-406.

Myers GJ, Davidson PW, Strain JJ. Nutrient and methyl mercury exposure from consuming fish. *J Nutr.* 2007 Dec;137(12):2805-8.

3.2.2 D'abord nourrir les animaux, afin d'assurer la qualité pour le mangeur

- Baeza E, Chartrin P, Lessire M, Meteau K, Chesneau G, Guillevic M, Mourot J. Is it possible to increase n-3 fatty acid content of meat without affecting its technological and/or sensory quality and the growing performance of chickens? *Br Poult Sci*. 2015 Jul 6.
- Bourre JM. [Effect of increasing the omega-3 fatty acid in the diets of animals on the animal products consumed by humans]. *Med Sci (Paris)*. 2005 Aug-Sep;21(8-9):773-9.
- Bourre JM, Paquotte PM. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and docosahexaenoic acid: impact on public health. *Int J Food Sci Nutr*. 2008 Sep;59(6):491-501.
- Bourre JM, Galea F. An important source of omega-3 fatty acids, vitamins D and E, carotenoids, iodine and selenium: a new natural multi-enriched egg. *J Nutr Health Aging*. 2006 Sep-Oct;10(5):371-6.
- Bourre JM, Paquotte P. Seafood (wild and farmed) for the elderly: contribution to the dietary intakes of iodine, selenium, DHA and vitamins B12 and D. *J Nutr Health Aging*. 2008 Mar;12(3):186-92.
- Bourre JM. [Nutritional value of beef]. *Bull Acad Natl Med*. 2011 Nov;195(8):1787-99.
- Butler G. Manipulating dietary PUFA in animal feed: implications for human health. *Proc Nutr Soc*. 2014 Feb;73(1):87-95.
- Codabaccus MB, Bridle AR, Nichols PD, Carter CG. Effect of feeding Atlantic salmon (*Salmo salar* L.) a diet enriched with stearidonic acid from parr to smolt on growth and n-3 long-chain PUFA biosynthesis. *Br J Nutr*. 2011 Jun 28;105(12):1772-82.
- Coorey R, Novinda A, Williams H, Jayasena V. Omega-3 fatty acid profile of eggs from laying hens fed diets supplemented with chia, fish oil, and flaxseed. *J Food Sci*. 2015 Jan;80(1):S180-7.
- Eroldoğan TO, Yılmaz AH, Turchini GM, Arslan M, Sirkecioğlu NA, Engin K, Özşahinoğlu I, Mumoğullarında P. Fatty acid metabolism in European sea bass (*Dicentrarchus labrax*): effects of n-6 PUFA and MUFA in fish oil replaced diets. *Fish Physiol Biochem*. 2013 Aug;39(4):941-55.
- Gjerlaug-Enger E, Haug A, Gaarder M, Ljøkjel K, Stenseth RS, Sigfridson K, Egelanddal B, Saarem K, Berg P. Pig feeds rich in rapeseed products and organic selenium increased omega-3 fatty acids and selenium in pork meat and backfat. *Food Sci Nutr*. 2015 Mar;3(2):120-8.
- Goldberg EM, Gakhar N, Ryland D, Aliani M, Gibson RA, House JD. Fatty acid profile and sensory characteristics of table eggs from laying hens fed hempseed and hempseed oil. *J Food Sci*. 2012 Apr;77(4):S153-60.
- Guillevic M, Kouba M, Mourot J. Effect of a linseed diet on lipid composition, lipid peroxidation and consumer evaluation of French fresh and cooked pork meats. *Meat Sci*. 2009 Apr;81(4):612-8.
- Karami M, Ponnampalam EN, Hopkins DL. The effect of palm oil or canola oil on feedlot performance, plasma and tissue fatty acid profile and meat quality in goats. *Meat Sci*. 2013 Jun;94(2):165-9.
- Kouba M, Mourot J. A review of nutritional effects on fat composition of animal products with special emphasis on n-3 polyunsaturated fatty acids. *Biochimie*. 2011 Jan;93(1):13-7.
- Lebret B, Dourmad JY, Mourot J, Pollet PY, Gondret F. Production performance, carcass composition, and adipose tissue traits of heavy pigs: influence of breed and production system. *J Anim Sci*. 2014 Aug;92(8):3543-56.
- Legrand P, Schmitt B, Mourot J, Catheline D, Chesneau G, Mireaux M, Kerhoas N, Weill P. The consumption of food products from linseed-fed animals maintains erythrocyte omega-3 fatty acids in obese humans. *Lipids*. 2010 Jan;45(1):11-9.

- Lemahieu C, Bruneel C, Termote-Verhalle R, Muylaert K, Buyse J, Foubert I. Impact of feed supplementation with different omega-3 rich microalgae species on enrichment of eggs of laying hens. *Food Chem.* 2013 Dec 15;141(4):4051-9.
- Moreno-Indias I, Sánchez-Macías D, Martínez-de la Puente J, Morales-Delanuez A, Hernández-Castellano LE, Castro N, Argüello A. The effect of diet and DHA addition on the sensory quality of goat kid meat. *Meat Sci.* 2012 Feb;90(2):393-7.
- Mourot J, Hermier D. Lipids in monogastric animal meat. *Reprod Nutr Dev.* 2001 Mar-Apr;41(2):109-18. Review. PubMed PMID: 11434515.
- Musella M, Cannata S, Rossi R, Mourot J, Baldini P, Corino C. Omega-3 polyunsaturated fatty acid from extruded linseed influences the fatty acid composition and sensory characteristics of dry-cured ham from heavy pigs. *J Anim Sci.* 2009 Nov;87(11):3578-88.
- Muñoz I, Apeleo E, de la Fuente J, Pérez-Santaescolástica C, Rivas-Cañedo A, Pérez C, Díaz MT, Cañeque V, Lauzurica S. Effect of dietary supplementation with red wine extract or vitamin E, in combination with linseed and fish oil, on lamb meat quality. *Meat Sci.* 2014 Oct;98(2):116-23.
- Norambuena F, Hermon K, Skrzypczyk V, Emery JA, Sharon Y, Beard A, Turchini GM. Algae in fish feed: performances and fatty acid metabolism in juvenile Atlantic Salmon. *PLoS One.* 2015 Apr 15;10(4):e0124042.
- Petrović M, Gačić M, Karačić V, Gottstein Z, Mazija H, Medić H. Enrichment of eggs in n-3 polyunsaturated fatty acids by feeding hens with different amount of linseed oil in diet. *Food Chem.* 2012 Dec 1;135(3):1563-8.
- Shapira N, Weill P, Sharon O, Loewenbach R, Berzak O. n-3 PUFA fortification of high n-6 PUFA farmed tilapia with linseed could significantly increase dietary contribution and support nutritional expectations of fish. *J Agric Food Chem.* 2009 Mar 25;57(6):2249-54.
- Shapira N, Weill P, Loewenbach R. Egg fortification with n-3 polyunsaturated fatty acids (PUFA): nutritional benefits versus high n-6 PUFA western diets, and consumer acceptance. *Isr Med Assoc J.* 2008 Apr;10(4):262-5.
- Simmons CA, Turk P, Beamer S, Jaczynski J, Semmens K, Matak KE. The effect of a flaxseed oil-enhanced diet on the product quality of farmed brook trout (*Salvelinus fontinalis*) fillets. *J Food Sci.* 2011 Apr;76(3):S192-7.
- Simopoulos AP. New products from the agri-food industry: the return of n-3 fatty acids into the food supply. *Lipids.* 1999;34 Suppl:S297-301.
- Simopoulos AP. n-3 fatty acid-enriched eggs, lipids, and Western diet: time for change. *Nutrition.* 1993 Nov-Dec;9(6):561-2.
- Simopoulos AP, Salem N Jr. Egg yolk as a source of long-chain polyunsaturated fatty acids in infant feeding. *Am J Clin Nutr.* 1992 Feb;55(2):411-4.
- Skiba G, Poławska E, Sobol M, Raj S, Weremko D. Omega-6 and omega-3 fatty acids metabolism pathways in the body of pigs fed diets with different sources of fatty acids. *Arch Anim Nutr.* 2015;69(1):1-16.
- Stamey JA, Shepherd DM, de Veth MJ, Corl BA. Use of algae or algal oil rich in n-3 fatty acids as a feed supplement for dairy cattle. *J Dairy Sci.* 2012 Sep;95(9):5269-75.
- Strobel C, Jahreis G, Kuhnt K. Survey of n-3 and n-6 polyunsaturated fatty acids in fish and fish products. *Lipids Health Dis.* 2012 Oct 30;11:144.
- Turner TD, Mapiye C, Aalhus JL, Beaulieu AD, Patience JF, Zijlstra RT, Dugan ME. Flaxseed fed pork: n-3 fatty acid enrichment and contribution to dietary recommendations. *Meat Sci.* 2014 Jan;96(1):541-7

3.2.3 Cholestérol

Fumeron F, Bard JM, Vergès B, Paillard F, Lecerf JM Phytostérols : un point sur les recommandations ANSES. Cah Nutr. Diet. 2015, 50, 209-214.

Martin JC, Aidoud N. Faut-il enrichir le laits infantiles avec du cholestérol ? Cah. Nutr. Diet. 2015, 50, 215-219.

Simonneau Dévé C. Quelle communication possible sur le cholestérol pour les produits alimentaires : point sur les évolutions réglementaires en Europe. Cah. Nutr. Diet. 2015, 50, 220-225.

3.3 Protéines

Ammann P, Bonjour JP, Rizzoli R. (2000). Essential amino acid supplements increase muscle weight, bone mass and bone strength in adult osteoporotic rats. J. Musculoskelet. Neuronal. Interact. 1, 43-44.

Arnal MA, Mosoni L, Boirie Y, Houlier ML, Morin L, Verdier E, Ritz P, Antoine JM, Prugnaud J, Beaufrère B, Mirand PP. (2000). Protein feeding pattern does not affect protein retention in young women. J. Nutr. 130, 1700-1704.

Arnal MA, Mosoni L, Boirie Y, Houlier M, Morin L, Verdier E, Ritz P, Antoine JM, Prugnaud J, Beaufrère B, Mirand PP. (1999). Protein pulse feeding improves protein retention in elderly women. Am. J. Clin. Nutr. 69, 1202-1208.

Arnal MA, Mosoni L, Dardevet D, Ribeyre MC, Bayle G, Prugnaud J, Patureau Mirand P. (2002). Pulse protein feeding pattern restores stimulation of muscle protein synthesis during the feeding period in old rats. J. Nutr. 132, 1002-1008.

Attaix D, Mosoni L, Dardevet D, Combaret L, Mirand PP, Grizard J. (2005). Altered responses in skeletal muscle protein turnover during aging in anabolic and catabolic periods. Int. J. Biochem. Cell. Biol. 37, 1962-1973.

Bauchart D., Chantelot F., Gandemer G. Qualité nutritionnelle de la viande et des abats chez le bovin : données récentes sur les principaux constituants d'intérêt nutritionnel. Cah. Nutr. Diet. 2008, 43, 1S29-1S39.

Bauchart D., Gobert M., Habeanu M., Parafita E., Gruffat D., Durand D. Influence des acides gras polyinsaturés n-3 et des anti-oxydants alimentaires sur les acides gras de la viande et le lipoperoxydation chez le bovin en finition. Cah. Nutr. Diet. 2010, 45, 301-309.

Berkey CS, Colditz GA, Rockett HR, Frazier AL, Willett WC. (2009). Dairy consumption and female height growth: prospective cohort study. Cancer Epidemiol Biomarkers Prev. 18, 1881-1887.

Bischoff Ferrari HA. (2009). Validated treatments and therapeutic perspectives regarding nutritherapy. J Nutr Health Aging. 13, 737-741.

Bonnefoy M, Constans T, Ferry M. (2000). [Influence of nutrition and physical activity on muscle in the very elderly]. Presse Med. 16, 2177-2182.

Boirie Y, Gachon P, Beaufrère B. (1997). Splanchnic and whole-body leucine kinetics in young and elderly men. Am. J. Clin. Nutr. 65, 489-495.

Boirie Y, Dangin M, Gachon P, Vasson MP, Maubois JL, Beaufrère B. (1997). Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc. Natl. Acad. Sci. USA. 94, 14930-14935.

Boirie Y. (2009). Physiopathological mechanism of sarcopenia. J Nutr Health Aging. 13, 717-723.

Boirie Y. Nutrition, âge et muscle : sarcopénie ou sarcoporose ? Cah. Nutr. Diet. 2008, 43, 67-71.

Bonjour JP. (2005). Dietary protein: an essential nutrient for bone health. J. Am. Coll. Nutr. 24, (Suppl):526S-536S.

- Bonjour J, Kraenzlin M, Levasseur R, Warren M, Whiting S. Dairy in adulthood: from foods to nutrients interactions on bone and skeletal muscle health. *J. Am. Coll. Nutr.* 2013, 32, 251-263.
- Bos C, Gaudichon C, Tomé D. (2002). Isotopic studies of protein and amino acid requirements. *Curr. Opin. Clin. Nutr. Metab. Care.* 5, 55-61.
- Chevalley T, Bonjour JP, Ferrari S, Rizzoli R. (2008). High-protein intake enhances the positive impact of physical activity on BMC in prepubertal boys. *J. Bone Miner. Res.* 23, 131-142.
- Afssa, rapport 2007 sur les "Apport en protéines : consommation, qualité, besoins et recommandations".
- Aniansson A, Zetterberg C, Hedberg M, Henriksson KG. Impaired muscle function with aging. A background factor in the incidence of fractures of the proximal end of the femur. *Clin Orthop* 1984;191:193-201.
- Arnal MA, Mosoni L, Boirie Y, Houlier ML, Morin L, Verdier E, Ritz P, Antoine JM, Prugnaud J, Beaufrère B, Patureau Mirand P. Protein pulse feeding improves protein retention in elderly women. *Am J Clin Nutr* 1999;69:1202-8.
- Arnal MA, Mosoni L, Dardevet D, Ribeyre MC, Bayle G, Prugnaud J, Patureau Mirand P. Pulse protein feeding pattern restores stimulation of muscle protein synthesis during the feeding period in old rats. *J Nutr* 2002;132:1002-8.
- Attaix D, Mosoni L, Dardevet D, Combaret L, Patureau Mirand P, Grizard J. Altered responses in skeletal muscle protein turnover during aging in anabolic and catabolic periods. *Int J Biochem Cell Biol* 2005;37:1962-73.
- Balogopal P, Rooyackers OE, Adey DB, Ades PA, Nair KS. Effects of aging on in vivo synthesis of skeletal muscle myosin heavy-chain and sarcoplasmic protein in humans. *Am J Physiol* 1997;273:E790-E800.
- Bauchart, D., Chantelot, F., Gandemer, G. 2008. Qualité nutritionnelle de la viande et des abats chez le bovin : données récentes sur les principaux constituants d'intérêt nutritionnel. *Cah. Nutr. Diet.* 43 : 1S29-1S39.
- Bauchart, D., Gobert, M., Habeanu, M., Parafita, E., Gruffat, D., Durand, D. 2010. Influence des acides gras polyinsaturés n-3 et des anti-oxydants alimentaires sur les acides gras de la viande et le lipoperoxydation chez le bovin en finition. *Cah. Nutr. Diet.* 45 : 301-309.
- Boirie Y, Gachon P, Beaufrère B. Splanchnic and whole-body leucine kinetics in young and elderly men. *Am J Clin Nutr.* 1997 ; 65 : 489-495.
- Boirie Y, Dangin M, Gachon P *et al.*: Slow and fast dietary proteins differently modulate postprandial protein accretion. *Proc Natl Acad Sci U S A* 1997, 94:14930-5.
- Bourre JM. Contre-vérités et désinformations sur les aliments : l'exemple des produits laitiers. *Médecine et Nutrition. Médecine et Nutrition.* 2010, 46, 55-64.
- Campbell WW, Crim MC, Dallai GE *et al.*: Increased protein requirements in elderly people: new data and retrospective reassessments. *Am J Clin Nutr* 1994, 60:501-509.
- Choi JY., Lee P., Denney DR., Spaeth K., Ptomey L, Roth AK, Lierman JA, Sullivan DK. Dairy intake is associated with brain glutathione concentration in older adults. *Am J Clin Nutr.* 2015, 101, 287-293.
- Cohn SH, Vartsky D, Yasumura S, Sawitsky A, Zanzi I, Vaswani A, Ellis KJ. Compartmental body composition based on total-body nitrogen, potassium, and calcium. *Am J Physiol* 1980;239:E524-E30.
- Cruz-Jentoft AJ, Landi F, Topinková E, Michel JP. (2010). Understanding sarcopenia as a geriatric syndrome. *Curr Opin Clin Nutr Metab Care.* 13, 1-7.
- Dangin M, Boirie Y, Garcia-Rodenas C, Gachon P, Fauquant J, Callier P, Ballèvre O, Beaufrère B. (2001). The digestion rate of protein is an independent regulating factor of postprandial protein retention. *Am. J. Physiol. Endocrinol. Metab.* 280, E340-348.

Dangin M., Guillet C., Garcia-Rodenas C., Gachon P., Bouteloup-Demange C., Reiffers-Magnani K., Fauquant J., Balleve O., Beaufrere B. The rate of protein digestion affects protein gain differently during aging in humans. *J. Physiol.* 2003 ; 549:635-44.

Darling AL, Millward DJ, Torgerson DJ, Hewitt CE, Lanham-New SA. (2009). Dietary protein and bone health: a systematic review and meta-analysis. *Am. J. Clin. Nutr.* 90, 1674-1692.

Dardevet D, Sornet C, Balage M, Grizard J. Stimulation of in vitro rat muscle protein synthesis by leucine decreases with age. *J Nutr* 2000;130:2630- 5.

Dardevet D, Sornet C, Bayle G, Prugnaud J, Pouyet C, Grizard J. Postprandial stimulation of muscle protein synthesis in old rats can be restored by a leucine-supplemented meal. *J Nutr* 2002;132:95-100.

Defebvre L, Destée A. Troubles de la marche et chutes du sujet âgé. *Rev Prat* 1997;47:309-13.
Denoyelle, C. 2008. Les viandes, une question de définition. *Cah. Nutr. Diet.* 43 : 1S7-1S10.

Duchène, C., Pascal, G., Prigent, S. 2010. Les viandes aujourd'hui : principales caractéristiques nutritionnelles. *Cah. Nutr. Diet.* 45 : 44-54.

Ferry M, Lesourd B, Pftizenmeyer P. (2002). Physical assessment for aging prediction. *Nestle Nutr Workshop Ser Clin Perform Programme.* 6, 223-236.

Ferry M, Sidobre B, Lambertin A, Barberger-Gateau P. (2005). The SOLINUT study: analysis of the interaction between nutrition and loneliness in persons aged over 70 years. *J Nutr Health Aging.* 9, 261-268.

Fiatarone MA, O'Neill EF, Ryan ND, Clements KM, Solares GR, Nelson ME, Roberts SB, Kehayias JJ, Lipsitz LA, Evans WJ. Exercise training and nutritional supplementation for physical frailty in very elderly people. *N Engl J Med* 1994;330:1769-75.

Fouillet H, Juillet B, Gaudichon C, Mariotti F, Tomé D, Bos C. (2009). Absorption kinetics are a key factor regulating postprandial protein metabolism in response to qualitative and quantitative variations in protein intake. *Am. J. Physiol. Regul. Integr. Comp. Physiol.* 297, R1691-1705.

Fujita S, Rasmussen BB, Cadenas JG, Drummond MJ, Glynn EL, Sattler FR, Volpi E. Aerobic exercise overcomes the age-related insulin resistance of muscle protein metabolism by improving endothelial function and Akt/ mammalian target of rapamycin signaling. *Diabetes.* 2007 Jun;56(6):1615- 22.

Guillet C., Prod'homme M., Balage M., Gachon P., Giraudet C., Morin L., Grizard J., Boirie Y. Impaired anabolic response of muscle protein synthesis is associated with S6K1 dysregulation in elderly humans. *FASEB J.* 2004; 18(13):1586-7.

Heaney RP. (2009). Dairy and bone health. *J. Am. Coll. Nutr.* 28, Suppl 1:82S-90S.

Potier M, Darcel N, Tomé D. (2009). Protein, amino acids and the control of food intake. *Curr. Opin. Clin. Nutr. Metab. Care.* 12, 54-58.

Hebel, P. 2007. Comportement et consommation alimentaire en France. Ed Tech et Doc Lavoisier. Paris. 1-120.

Katsanos CS, Kobayashi H, Sheffield-Moore M, Aarsland A, Wolfe RR. Aging is associated with diminished accretion of muscle proteins after the ingestion of a small bolus of essential amino acids. *Am J Clin Nutr.* 2005 Nov;82(5):1065-73.

Katsanos CS, Kobayashi H, Sheffield-Moore M, Aarsland A, Wolfe RR. A high proportion of leucine is required for optimal stimulation of the rate of muscle protein synthesis by essential amino acids in the elderly. *Am J Physiol Endocrinol Metab.* 2006 Aug;291(2):E381-387.

Kim JS, Wilson JM, Lee SR. (2010). Dietary implications on mechanisms of sarcopenia: roles of protein, amino acids and antioxidants. *J. Nutr. Biochem.* 21, 1-13.

Kressig R, Proust J. La sarcopénie est-elle inévitable avec l'avance en âge? *Méd Hyg* 1998;56:2203-8.

- Lacroix M, Bos C, Léonil J, Airinei G, Luengo C, Daré S, Benamouzig R, Fouillet H, Fauquant J, Tomé D, Gaudichon C. (2006). Compared with casein or total milk protein, digestion of milk soluble proteins is too rapid to sustain the anabolic postprandial amino acid requirement. *Am. J. Clin. Nutr.* 84, 1070-1079.
- Lang CH, Frost RA, Vary TC. Regulation of muscle protein synthesis during sepsis and inflammation. *Am J Physiol Endocrinol Metab.* 2007 Aug; 293(2): E453-459.
- Lhirondel J., Lhirondel JL. Les nitrates et l'homme. Toxiques, inoffensifs ou bénéfiques ? Ed Institut scientifique et technique de l'environnement. 2004.
- Mc Gregor RA, Poppit SD. Milk protein for improved metabolic health : a review of the evidence. *Nutr. Metab.* 2013, 10, 46.
- Millward DJ, Layman DK, Tomé D, Schaafsma G. (2008). Protein quality assessment: impact of expanding understanding of protein and amino acid needs for optimal health. *Am. J. Clin. Nutr.* 87, 1576S-1581S.
- Monchi M., Rérat A. 1993. Comparison of net protein utilisation of milk protein mild enzymatic hydrolysates and free amino acids mixtures with a close pattern in the rat. *J. of Parent. Nutr.* 1993 ; 17 : 355-363.
- Mosoni L, Valluy MC, Serrurier B, Prugnaud J, Obled C, Guezennec CY, Patureau Mirand P. Altered response of protein synthesis to nutritional state and endurance training in old rats. *Am J Physiol* 1995;268:E328-335.
- Nair KS. Muscle protein turnover: methodological issues and the effect of aging. *J Gerontol* 1995;50:107-12.
- Paddon-Jones D, Sheffield-Moore M, Katsanos CS, Zhang XJ, Wolfe RR. Differential stimulation of muscle protein synthesis in elderly humans following isocaloric ingestion of amino acids or whey protein. *Exp Gerontol.* 2006 Feb;41(2):215-219.
- Phelan M., Aherne A., Fitzgerald R., O'Brien N. (2009). Casein-derived bioactive peptides: biological effects, industrial uses, safety aspects and regulator status. *Int. Dairy J.* 19, 643-654.
- Rasmussen BB, Fujita S, Wolfe RR et al. Insulin resistance of muscle protein metabolism in aging. *FASEB J* 2006;20:768-769.
- Raude, J. La place de la viande dans le modèle alimentaire français. *Cah. Nutr. Diet.* 2008, 43, 1S19-1S28.
- Schaafsma, G. 2000. The protein digestibility-corrected amino acid score. *J Nutr.* 130 : 1865S-1867S.
- Rémond D, Machebeuf M, Yven C, Buffière C, Mioche L, Mosoni L, Patureau Mirand P. (2007). Postprandial whole-body protein metabolism after a meat meal is influenced by chewing efficiency in elderly subjects. *Am. J. Clin. Nutr.* 85, 1286-1292.
- Rérat A. Nutritional value of protein hydrolysis (oligopeptides and free amino-acids) as a consequence of absorption and metabolism kinetics. *Arch. Anim. Nutr.* 1995 ; 48 : 1-14.
- Rérat, A. 2000. , La place des produits de l'élevage dans l'alimentation humaine. *C. R. de l'Académie d'Agriculture de France.* 86 : 115-130
- Rich-Edwards JW, Ganmaa D, Pollak MN, Nakamoto EK, Kleinman K, Tserendolgor U, Willett WC, Frazier AL. (2007). Milk consumption and the prepubertal somatotrophic axis. *Nutr. J.* 27, 6-28.
- Rieu I, Balage M, Sornet C, Giraudet C, Pujos E, Grizard J, Mosoni L, Dardevet D. Leucine supplementation improves muscle protein synthesis in elderly men independently of hyperaminoacidaemia. *J Physiol.* 2006 Aug 15;575(Pt 1):305-15.
- Rivera JA, Muñoz-Hernández O, Rosas-Peralta M, Aguilar-Salinas CA, Popkin BM, Willett WC; (2008). Comité de Expertos para las Recomendaciones de Bebidas. [Drink consumption for a healthy life: recommendations for the general population in Mexico]. *Gac. Med. Mex.* 144, 369-388.

Rivera JA, Muñoz-Hernández O, Rosas-Peralta M, Aguilar-Salinas CA, Popkin BM, Willett WC. (2008). [Beverage consumption for a healthy life: recommendations for the Mexican population]. *Rev Invest. Clin.* 60, 157-180.

Rooyackers OE, Adey DB, Ades PA, Nair KS. Effect of age on in vivo rates in mitochondrial protein synthesis in human skeletal muscle. *Proc Natl Acad Sci USA* 1996;93:15364-15369.

Roubenoff R. Sarcopenia: a major modifiable cause of frailty in the elderly. *J Nutr Health Aging* 2000;4:140-142.

Schaafsma G. The protein digestibility-corrected amino acid score. *J Nutr.* 2000, 130, 1865S-1867S.

Short KR, Nair KS. The effect of age on protein metabolism. *Curr Opin Clin Nutr Metab Care* 2000;3:39-44.

Souheyre, V. 2008. Teneur et biodisponibilité du fer héminique et non héminique dans la viande et les abats de boeuf : influence de la conservation et de la cuisson. *Cah. Nutr. Diet.* 43 : 1S46-1S51.

Thorpe DL, Knutsen SF, Beeson WL, Rajaram S, Fraser GE. Effects of meat consumption and vegetarian diet on risk of wrist fracture over 25 years in a cohort of peri- and postmenopausal women. *Public Health Nutr.* 2008, 11, 564-572.

Tomé D, Schwarz J, Darcel N, Fromentin G. (2009). Protein, amino acids, vagus nerve signaling, and the brain. *Am. J. Clin. Nutr.* 90, 838S-843S.

Tomé D, Bos C. (2007). Lysine requirement through the human life cycle. *J. Nutr.* 137, 1642S-1645S.

Tomé D. (2004). Protein, amino acids and the control of food intake. *Br. J. Nutr.* 92, S27-30.

Tounian P. (2006). How to avoid an inaccurate infant formula. *Arch. Pediatr.* 3, 561-563.

Volpi E, Mittendorfer B, Rasmussen BB, Wolfe RR. The response of muscle protein anabolism to combined hyperaminoacidemia and glucose-induced hyperinsulinemia is impaired in the elderly. *J Clin Endocrinol Metab* 2000;85:4481-4490.

Volpi E, Kobayashi H, Sheffield-Moore M, Mittendorfer B, Wolfe RR. Essential amino acids are primarily responsible for the amino acid stimulation of muscle protein anabolism in healthy elderly adults. *Am J Clin Nutr.* 2003 Aug;78(2):250-258.

Walrand S, Boirie Y: Optimizing protein intake in aging. *Curr Opin Clin Nutr Metab Care* 2005, 8:89-94.

Wolfe RR. Regulation of muscle protein by amino acids. *J Nutr* 2002;132:3219S-24S.

Westertep-Plantenga MS, Nieuwenhuizen A, Tomé D, Soenen S, Westertep KR. (2009). Dietary protein, weight loss, and weight maintenance. *Annu. Rev. Nutr.* 29, 21-41.

Yarasheski KE, Zachwieja JJ, Bier DM. (1993). Acute effects of resistance exercise on muscle protein synthesis rate in young and elderly men and women. *Am. J. Physiol.* 265, E210-214.

3.4 Sucres et glucides

Bornet, F.R.J., Fontvieille, A. M., Rizkalla S.W., Clonna P., Blayo A., Mercier C., Slama G. (1988) Insulin and glycemic responses in healthy humans to native starches processed in different ways: correlation with in vitro alpha-amylase hydrolysis. *Am J Clin Nutr* 50: 315-323.

Bouché C., Rizkalla S.W., Luo J., Vidal H., Véronèse A., Pacher N., Fouquet C., Slama G.(2002) Five week low glycemic index diet decrease total fat mass and improve plasma lipid profile in moderately overweight non-diabetic men. *Diabetes Care* 25:822-828

Bourre J.M. Effets des nutriments sur les structures et les fonctions du cerveau : le point sur la diététique du cerveau. *Revue Neurologique*, 2004 ; 160 : 767-792.

Bourre JM, Rashidi S., Delmas JM. Valeur nutritionnelle du pruneau d'Agen. *Médecine et Nutrition*. 2008, 43, 161-180.

Bourre JM, Bégat A., Leroux MV., Mousques-Cami V., Pérardel N., Souply F. Valeur nutritionnelle (macro et micro-nutriments) de farines et pains français. *Médecine et Nutrition*. 2008. 44, 49-76.

Brand, J.C., Colagiuri, S., Crossman, S. & Allen, A. (1991) Low-glycemic index foods improve long-term glycemic control in NIDDM. *Diabetes Care* 14: 95-101

Brand-Miller JC, Petocz P, Colagiuri S. (2003) Meta-analysis of low-glycemic index diets in the management of diabetes: response to Franz. *Diabetes Care* 26:3363-3364

Brand-Miller J., Foster-Powell K., Colagiuri C., Slama G. Index glycémique. Ed Marabout. 319. 2006.

Brouns F., Bjorck I., Frayn K., Gibbs A., Lang V., Slama G., Wolever T. Glycaemic index methodology. *Nutrition research reviews*, 2005, 18 :145-171.

Burton P. and Lightowler H. J. (2006) Influence of bread volume on glycaemic response and satiety. *Br J Nutr* 96, 877-882.

Crapo, P.A., Reaven, G. & Olefsky, J. (1977) Postprandial plasma glucose and insulin responses to different complex carbohydrates. *Diabetes* 26: 1178-1183.

De Man W, Chartron S. Le riz, cette céréale méconnue. *Cah. Nutr. Diet*. 2015, 50, 165-173

Favier J.C., Ireland-Ripert J., Toque C., Feionberg M. : Répertoire général des aliments, table de composition, Tec et doc Lavoisier, 1995.

Fontvieille, A.M., Rizkalla, S.W., Penfornis, A., Acosta, M., Bornet, F.R.J. & Slama, G. (1992) The use of low glycaemic index foods improves metabolic control of diabetic patients over five weeks. *Diabetic Medicine* 9: 1-7.

Jarvi AE, Karlstöm BE, Granfeldt YE, Bjorck IE, Asp NGL, Vessby BOH. (1999) Improved glycemic control and lipid profile and normalized fibrinolytic activity on a low-glycemic index diet in type 2 diabetic patients . *Diabetes Care* 22 :10-18 .

Jenkins, D.J.A., Wolever, T.M.S. & Taylor, H.T. (1981) Glycemic index of foods: a physiological basis for carbohydrate exchange. *Am J Clin Nutr* 34: 362-366.

Jenkins D.J.A., Wolever, T.M.S., Collier, G.R., Ocana, A., Venketeshwer, R.A., Buckley, G., Lam, Y., Mayer, A Thompson, L;U; (1987) Metabolic effects of low glycemic diet. *Am. J Clin Nutr* 46: 968-975.

Jenkins, D.J.A., Wolever, T.W.S. & Buckley, G. (1988) Low-glycemic-index starchy foods in the diabetic diet. *Am J Clin Nutr* 48: 248-254.

Lairon D., Cherbut C. Barry JL. Fibres alimentaires. Dans Martin A. : Apports nutritionnels conseillés pour la population française. Tec et Doc Lavoisier. 2000.

Martin A. : Apports nutritionnels conseillés pour la population française. Tec et Doc Lavoisier. 2000.

Mercader J. Mozambican grass seed consumption during the Middle Stone Age. *Science*. 2009 Dec 18;326(5960):1680-1683.

Messing B., Billaux M.S. : Biodisponibilité des glucides et des aliments. Arnette Blackwell, 1995

Muzik O, Janisse J, Ager J, Shen C, Chugani DC, Chugani HT. A mathematical model for the analysis of cross-sectional brain glucose metabolism data in children. *Prog Neuropsychopharmacol Biol Psychiatry*. 1999 May;23(4):589-600.

Rizkalla S. W., Laromiguiere M., Champ M., Bruzzo F., Boillot J., and Slama G. (2006) Effect of baking process on postprandial metabolic consequences: randomized trials in normal and type 2 diabetic subjects. *Eur J Clin Nutr* .2006, 61, 175-183.

Souci S., Fachmann W., Kraut H. Food composition and nutrition tables, Medpharm scientific publisher Stuttgart, CRC press, 2000.

Spaethe, R., Brinck, U.C., Sabin, J., Wubbens, K. & Otto, H. (1972) Exchange of carbohydrates, following the principle of biological equivalents, in the diabetic diet. *Journ Annu Diabetol Hotel Dieu* 13: 253-259.

The Diabetes and Nutrition Study Group (DNSG) of the European Association for the Study of Diabetes (EASD): Recommendations for the nutritional management of patients with diabetes mellitus. *Eur J Clin Nutr* 54: 353-5, 2000.

Wolever, T.M., Jenkins, D.J., Vuksan, V. & al, (1992) Beneficial effect of a low-glycemic index diet in type 2 diabetes. *Diabet Med* 9: 451-8.

3.5 Les vitamines pour le cerveau : synergie et antagonisme, une question de séquençage dans le temps

Asgari MM, Maruti SS, Kushi LH, White E. (2009). Antioxidant supplementation and risk of incident melanomas: results of a large prospective cohort study. *Arch. Dermatol.* 145, 879-882.

Bourre, J.M., Paquette, P. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and DHA. Impact in public health. *Int. J. Food Sci Nutr.* 2008 ; 59 : 491-501.

Brat P, Georgé S, Bellamy A, Du Chaffaut L, Scalbert A, Mennen L, Arnault N, Amiot MJ. Daily polyphenol intake in France from fruit and vegetables. *J. Nutr.* 2006 ; 136 : 2368-2373.

Cloutier J., Rauzy C., Baffigo M., Mareschi J-P. (2009). Addition de vitamines et minéraux aux aliments : intérêt nutritionnel et état de la réglementation européenne. *Cah. Nutr. Diet.* 145, 117-131.

Dong JY, Iso H, Kitamura A, Tamakoshi A; Japan Collaborative Cohort Study Group. Multivitamin use and risk of stroke mortality: the Japan collaborative cohort study. *Stroke.* 2015 May;46(5):1167-72.

Druesne-Pecollo N, Latino-Martel P, Norat T, Barrandon E, Bertrais S, Galan P, Hercberg S. (2009). Beta-carotene supplementation and cancer risk: A systematic review and meta-analysis of randomized controlled trials. *Int. J. Cancer.*

Guinot C, Ezzedine K, Mauger E, Ambroisine L, Latreille J, Bertrais S, Preziosi P, Galan P, Chapuy MC, Arnaud S, Meunier PJ, Tschachler E, Hercberg S, Malvy D. (2006). Phototype, vitamin D status and bone mineral density among women at risk of osteoporosis]. *Rev. Med. Interne.* 27, 369-374.

Hercberg S, Chat-Yung S, Chaulia M. (2008). The French National Nutrition and Health Program: 2001-2006-2010. *Int. J. Public Health.* 53, 68-77.

Le Grusse, B. Watier B. Les vitamines. Données biochimiques, nutritionnelles et clinique. Centre d'Etude et d'Information sur les vitamines, 1993.

Powers HJ. (2003). Riboflavin (vitamin B-2) and health. *Am. J. Clin. Nutr.* 77, 1352-1360.

Audran M, Briot K. (2010). Critical reappraisal of vitamin D deficiency. *Joint. Bone Spine.*

Avenell A, Handoll HH. (2010). Nutritional supplementation for hip fracture aftercare in older people. *Cochrane Database Syst. Rev.* CD001880.

Bertone-Johnson ER, Hankinson SE, Bendich A, Johnson SR, Willett WC, Manson JE. (2005). Calcium and vitamin D intake and risk of incident premenstrual syndrome. *Arch. Intern. Med.* 165, 1246-1252.

- Bolland MJ, Bacon CJ, Horne AM, Mason BH, Ames RW, Wang TK, Grey AB, (2010). Gamble GD, Reid IR. Vitamin D insufficiency and health outcomes over 5 y in older women. *Am. J. Clin. Nutr.* 91, 82-89.
- Bonjour JP, Benoit V, Pourchaire O, Ferry M, Rousseau B, Souberbielle JC. (2009). Inhibition of markers of bone resorption by consumption of vitamin D and calcium-fortified soft plain cheese by institutionalised elderly women. *Br. J. Nutr.* 102, 962-966.
- Bonjour JP, Guéguen L, Palacios C, Shearer MJ, Weaver CM. (2009). Minerals and vitamins in bone health: the potential value of dietary enhancement. *Br. J. Nutr.* 101, 1581-1596.
- Constantini NW, Dubnov-Raz G, Chodik G, Rozen GS, Giladi A, (2009). Ish-Shalom S. Physical activity and bone mineral density in adolescents with vitamin D deficiency. *Med. Sci. Sports. Exerc.*
- DIPART (Vitamin D Individual Patient Analysis of Randomized Trials) (2010). Group. Patient level pooled analysis of 68 500 patients from seven major vitamin D fracture trials in US and Europe. *B.M.J.* 12;340:b5463..
- Ferrari S, Bonjour JP, Rizzoli R. (1998). The vitamin D receptor gene and calcium metabolism. *Trends Endocrinol. Metab.* 9, 259-265.
- Freedman BI, Wagenknecht LE, Hairston KG, Bowden DW, Carr JJ, Hightower RC, Gordon EJ, Xu J, Langefeld CD, Divers J. Vitamin D, (2010). Adiposity, and Calcified Atherosclerotic Plaque in African-Americans. *J. Clin. Endocrinol. Metab.*
- Hamilton B, Grantham J, Racinais S, Chalabi H. (2010). Vitamin D deficiency is endemic in Middle Eastern sportsmen. *Public Health Nutr.* 15, 1-7.
- Hines SL, Jorn HK, Thompson KM, Larson JM. Breast cancer survivors and vitamin D: A review. *Nutrition.*
- Holick MF. (2009). Shining light on the vitamin D: Cancer connection IARC report. *Dermatoendocrinol.* 1, 4-6.
- Kulie T, Groff A, Redmer J, Hounshell J, Schragger S. (2009). Vitamin D: an evidence-based review. *J. Am. Board. Fam. Med.* 22, 698-706.
- Kuwabara A, Tsugawa N, Tanaka K, Fujii M, Kawai N, Mukae S, Kato Y, Kojima Y, Takahashi K, Omura K, Kagawa R, Inoue A, Noike T, Kido S, Okano T. (2009). Improvement of vitamin D status in Japanese institutionalized elderly by supplementation with 800 IU of vitamin D(3). *J. Nutr. Sci. Vitaminol. (Tokyo).* 6, 453-458.
- Le Goaziou MF, Dupraz C, Martin A, Martinand N, Quinault P, Schott AM, Laville M, Contardo G. (2009). L'hypovitaminose D chez les femmes jeunes : une réalité sous-estimée. *Cah. Nutr. Diet.* 44, 264-272.
- Martínez ME, Giovannucci EL, Colditz GA, Stampfer MJ, Hunter DJ, Speizer FE, Wing A, Willett WC. (1996). Calcium, vitamin D, and the occurrence of colorectal cancer among women. *J. Natl. Cancer Inst.* 88, 1375-1382.
- Salari Sharif P, Asalforoush M, Ameri F, Larijani B, Abdollahi M. (2009). The effect of n-3 fatty acids on bone biomarkers in Iranian postmenopausal osteoporotic women: a randomized clinical trial. *Age (Dordr).*
- Sarkis KS, Salvador MB, Pinheiro MM, Silva RG, Zerbini CA, Martini LA. (2009). Association between osteoporosis and rheumatoid arthritis in women: a cross-sectional study. *Sao Paulo Med. J.* 127, 216-222.
- Slinin Y, Paudel ML, Taylor BC, Fink HA, Ishani A, Canales MT, Yaffe K, Barrett-Connor E, Orwoll ES, Shikany JM, Leblanc ES, Cauley JA, Ensrud KE; (2010). Osteoporotic Fractures in Men (MrOS) Study Research Group. 25-Hydroxyvitamin D levels and cognitive performance and decline in elderly men. *Neurology.* 4, 33-41.
- Su Y, Ye L. (2009). Can vitamin D intake assist in improving the outcome of endodontic treatment for diabetic patients? *Med. Hypotheses.*
- Tolosa SM, Cole DE, Gladman DD, Ibañez D, (2010). Urowitz MB. Vitamin D insufficiency in a large female SLE cohort. *Lupus.* 19, 13-19.

Tucker KL. (2009). Osteoporosis prevention and nutrition. *Curr. Osteoporos. Rep.* 7, 111-117.

Weinstock MA, Stampfer MJ, Lew RA, Willett WC, Sober AJ. (1992). Case-control study of melanoma and dietary vitamin D: implications for advocacy of sun protection and sunscreen use. *J Invest. Dermatol.* 98, 809-811.

3.5.1 Vitamine A (retinol)

Akinsola FB, Ajaiyeoba AI. (2002). Causes of low vision and blindness in children in a blind school in Lagos, Nigeria. *West Afr. J. Med.* 1, 63-65.

Gilbert CE, Wood M, Waddel K, Foster A. (1995). Causes of childhood blindness in east Africa: results in 491 pupils attending 17 schools for the blind in Malawi, Kenya and Uganda. *Ophthalmic. Epidemiol.* 2, 77-84.

Herrero-Barbudo C, Olmedilla-Alonso B, Granado-Lorencio F, Blanco-Navarro I. (2006). Bioavailability of vitamins A and E from whole and vitamin-fortified milks in control subjects. *Eur. J. Nutr.* 7, 391-398.

Kato Y, Ikehara S, Maruyama K, Inagawa M, Oshima M, Yokota K, Yamazaki T, Kishi M, Murai S, Umesawa M, Ma E, Yamagishi K, Tanigawa T, Kurokawa M, Sato S, Shimamoto T, Iso H. (2009). Trends in dietary intakes of vitamins A, C and E among Japanese men and women from 1974 to 2001. *Public Health Nutr.* 12, 1343-1350.

Lin YC, Lyle RM, McCabe LD, McCabe GP, Weaver CM, Teegarden D. (2000). Dairy calcium is related to changes in body composition during a two-year exercise intervention in young women. *J. Am. Col. Nutr.* 19, 754-760.

Lucarini M, Lanzi S, D'Evoli L, Aguzzi A, Lombardi-Boccia G. (2006). Intake of vitamin A and carotenoids from the Italian population--results of an Italian total diet study. *Int J. Vitam. Nutr. Res.* 76, 103-109.

Luo T, Sakai Y, Wagner E, Dräger UC. (2006). Retinoids, eye development, and maturation of visual function. *J. Neurobiol.* 7, 677-686.

Morgan SL. (2009). Nutrition and bone: it is more than calcium and vitamin D. *Womens Health (Lond Engl).* 6, 727-737.

Navid A, Nicholas SC, Hamer RD. (2006). A proposed role for all-trans retinal in regulation of rhodopsin regeneration in human rods. *Vision. Res.* 27, 4449-4463.

Olson CR, Mello CV. (2010). Significance of vitamin A to brain function, behavior and learning. *Mo. Nutr. Food. Res.*

Organisciak DT, Darrow RM, Barsalou L, Kutty RK, Wiggert B. Circadian-dependent retinal light damage in rats. *Invest Ophthalmol Vis Sci.* 2000 Nov;41(12):3694-701.

Shirai H, Oishi K, Ishida N. Circadian expression of clock genes is maintained in the liver of Vitamin A-deficient mice. *Neurosci Lett.* 2006 May 1;398(1-2):69-72.

Schwarz S, Obermüller-Jevic UC, Hellmis E, Koch W, Jacobi G, Biesalski HK. Lycopene inhibits disease progression in patients with benign prostate hyperplasia. *J Nutr.* 2008 Jan;138(1):49-53.

Tan Z, Ma G, Lin L, Liu C, Liu Y, Jiang J, Ren G, Wang Y, Hao Y, He L, Yao J. (2002). Prevalence of subclinical vitamin A deficiency and its affecting factors in 8 669 children of China. *Zhonghua Yu. Fang Yi Xue Za Zhi.* 36,161-163.

Tielsch JM, Sommer A. (1984). The epidemiology of vitamin A deficiency and xerophthalmia. *Annu. Rev. Nutr.* 4, 183-205.

3.5.2 B1 (thiamine)

- Akalin AS, Göncü S, Dinkçi N. (2004).Liquid chromatographic determination of thiamine in dairy products. *Int. J. Food Sci. Nutr.* 55, 345-349. 15369988.
- Ang CD, Alviar MJ, Dans AL, Bautista-Velez GG, Villaruz-Sulit MV, Tan JJ, Co HU, Bautista MR, Roxas AA. (2008).Vitamin B for treating peripheral neuropathy. *Cochrane Database Syst Rev.* 16, CD004573.
- Bourre JM. (2006).Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 1: micronutrients. *J. Nutr. Health Aging.* 10, 377-385.
- Dougherty RM, Fong AK, Iacono JM. (1988).Nutrient content of the diet when the fat is reduced. *Am. J. Clin. Nutr.* 48, 970-979.
- Fabian E, Majchrzak D, Dieminger B, Meyer E, Elmadfa I. (2008).Influence of probiotic and conventional yoghurt on the status of vitamins B1, B2 and B6 in young healthy women. *Ann. Nutr. Metab.* 52, 29-36.
- Harper C. (2009).The neuropathology of alcohol-related brain damage. *Alcohol Alcohol.* 44, 136-140.
- Kenney MA, McCoy JH, Kirby AL, Carter E, Clark AJ, Disney GW, Floyd CD, Glover EE, Korslund MK, Lewis H, et al. (1986).Nutrients supplied by food groups in diets of teenaged girls. *J. Am. Diet .Assoc.* 86, 1549-1555.
- Konstantinova SV, Tell GS, Vollset SE, Ulvik A, Drevon CA, Ueland PM. (2008).Dietary patterns, food groups, and nutrients as predictors of plasma choline and betaine in middle-aged and elderly men and women. *Am. J. Clin. Nutr.* 88, 1663-1669.
- Kumar N. (2010). Neurologic presentations of nutritional deficiencies. *Neurol. Clin.* 28, 107-170.
- Lanska DJ. (2009). Chapter 30 Historical aspects of the major neurological vitamin deficiency disorders: the water-soluble B vitamins. *Handb. Clin. Neurol.* 95, 45-76.
- Saeki K, Saito Y, Komaki H, Sakakibara T, Nakagawa E, Sugai K, Sakuma H, Sasaki M, Honda T, Hayashi H, Katori N, Miyahara Y. (2009). Thiamine-deficient encephalopathy due to excessive intake of isotonic drink or overstrict diet therapy in Japanese children. *Brain. Dev.*
- Shaw NS, Wang JL, Pan WH, Liao PC, Yang FL. (2007). Thiamin and riboflavin status of Taiwanese elementary schoolchildren. *Asia Pac. J. Clin. Nutr.* 16, S564-571.
- Shahar D, Shai I, Vardi H, Shahar A, Fraser D. (2005). Diet and eating habits in high and low socioeconomic groups. *Nutrition.* 21, 559-566.
- Shaver RD, Bal MA. (2000). Effect of dietary thiamin supplementation on milk production by dairy cows. *J. Dairy. Sci.* 83, 2335-2340.
- Testolin G, Porrini M, Simonetti P, Moneta A, Rovati P, Aguzzi F. (1986).Nutritional status of institutionalized elderly people in north Italy. *Int. J. Vitam. Nutr. Res.* 56, 179-187.
- Vaquero MP, Sánchez-Muniz FJ, Carbajal A, García-Linares MC, García-Fernández MC, García-Arias MT. (2004).Mineral and vitamin status in elderly persons from Northwest Spain consuming an Atlantic variant of the Mediterranean diet. *Ann. Nutr.r Metab.* 48, 125-133.
- Wooley JA. (2008).Characteristics of thiamin and its relevance to the management of heart failure. *Nutr. Clin. Pract.* 23, 487-493.

3.5.3 B2 (riboflavine)

Barr SI, McCarron DA, Heaney RP, Dawson-Hughes B, Berga SL, Stern JS, (2000). Oparil S. Effects of increased consumption of fluid milk on energy and nutrient intake, body weight, and cardiovascular risk factors in healthy older adults. *J. Am. Diet. Assoc.* 100, 810-817.

Boisvert WA, Castañeda C, Mendoza I, Langeloh G, Solomons NW, Gershoff SN, Russell RM. (1993). Prevalence of riboflavin deficiency among Guatemalan elderly people and its relationship to milk intake. *Am. J. Clin. Nutr.* 58, 85-90.

Branca F, Rossi L. (2002). The role of fermented milk in complementary feeding of young children: lessons from transition countries. *Eur. J. Clin. Nutr.* 56, S16-20.

Donovan UM, Gibson RS. (1996). Dietary intakes of adolescent females consuming vegetarian, semi-vegetarian, and omnivorous diets. *J. Adolesc. Health.* 18, 292-300.

Ganji V, Kafai MR. (2004). Frequent consumption of milk, yogurt, cold breakfast cereals, peppers, and cruciferous vegetables and intakes of dietary folate and riboflavin but not vitamins B-12 and B-6 are inversely associated with serum total homocysteine concentrations in the US population. *Am. J. Clin. Nutr.* 80, 1500-1507.

Henríquez-Sánchez P, Sánchez-Villegas A, Doreste-Alonso J, Ortiz-Andrellucchi A, Pfrimer K, Serra-Majem L. (2009). Dietary assessment methods for micronutrient intake a systematic review on vitamins. *Br. J. Nutr.* 102, S10-37.

Kasperzyk JL, Fall K, Mucci LA, Håkansson N, Wolk A, Johansson JE, Andersson SO, Andrén O. One-carbon metabolism-related nutrients and prostate cancer survival. *Am. J. Clin. Nutr.* 2009 90, 561-569.

LeBlanc JG, Burgess C, Sesma F, Savoy de Giori G, van Sinderen D. (2005). Ingestion of milk fermented by genetically modified *Lactococcus lactis* improves the riboflavin status of deficient rats. *J. Dairy Sci.* 88, 3435-3442.

Martinchik AN, Baturin AK, Helsing E. (1997). Nutrition monitoring of Russian schoolchildren in a period of economic change: a World Health Organization multicenter survey, 1992-1995. *Am. J. Clin. Nutr.* 65, 1215S-1219S.

Murphy SP, Allen LH. (2003). Nutritional importance of animal source foods. *J. Nutr.* 133, 3932S-3935S.

Powers HJ. (2003). Riboflavin (vitamin B-2) and health. *Am. J. Clin. Nutr.* 77, 1352-1360.

Shahar D, Shai I, Vardi H, Shahar A, Fraser D. (2005). Diet and eating habits in high and low socioeconomic groups. *Nutrition.* 21, 559-566.
15850961.

Shaw NS, Wang JL, Pan WH, Liao PC, Yang FL. (2007). Thiamin and riboflavin status of Taiwanese elementary schoolchildren. *Asia Pac. J. Clin. Nutr.* 16, S564-571.

Vaquero MP, Sánchez-Muniz FJ, Carbajal A, García-Linares MC, García-Fernández MC, García-Arias MT. (2004). Mineral and vitamin status in elderly persons from Northwest Spain consuming an Atlantic variant of the Mediterranean diet. *Ann. Nutr. Metab.* 48, 125-133.

Weaver CM. (2010). Role of dairy beverages in the diet. *Physiol. Behav.*

Yee YK, Tan VP, Chan P, Hung IF, Pang R, Wong BC. (2009). Epidemiology of colorectal cancer in Asia. *J. Gastroenterol. Hepatol.* 24, 1810-1816.

3.5.4 B3 (niacine, PP)

Knopp RH. Clinical profiles of plain versus sustained-release niacin (Niaspan) and the physiologic rationale for nighttime dosing. *Am J Cardiol.* 1998 Dec 17;82(12A):24U-28U.

MacDonald ML, Rogers QR, Morris JG. Nutrition of the domestic cat, a mammalian carnivore. *Annu Rev Nutr.* 1984;4:521-562.

Monroe VS, Kerensky RA, Rivera E, Smith KM, Pepine CJ. Pharmacologic plaque passivation for the reduction of recurrent cardiac events in acute coronary syndromes. *J Am Coll Cardiol.* 2003 Feb 19;41(4 Suppl S):23S-30S.

Okamoto H, Ishikawa A, Yoshitake Y, Kodama N, Nishimuta M, Fukuwatari T, Shibata K. Diurnal variations in human urinary excretion of nicotinamide catabolites: effects of stress on the metabolism of nicotinamide. *Am J Clin Nutr.* 2003 Feb;77(2):406-410.

Reinberg AE, Soudant E, Koulbanis C, Bazin R, Nicolaï A, Mechkouri M, Touitou Y. Circadian dosing time dependency in the forearm skin penetration of methyl and hexyl nicotinate. *Life Sci.* 1995;57(16):1507-1513.

Setas CD, Pinhão SC, Carvalho DM, Correia FC, Medina JL. [Circadian energy intake evaluation of a group of office workers in Porto]. *Acta Med Port.* 2004 Nov-Dec;17(6):417-426.

Thibault L, Roberge AG. The nutritional status of subjects with anorexia nervosa. *Int J Vitam Nutr Res.* 1987;57(4):447-452.

3.5.5 B6 (pyridoxine)

Barletta C, Sellini M, Bartoli A, Bigi C, Buzzetti R, Giovannini C. [Influence of administration of pyridoxine on circadian rhythm of plasma ACTH, cortisol prolactin and somatotropin in normal subjects]. *Boll Soc Ital Biol Sper.* 1984 Feb 28;60(2):273-278.

Boots LR, Cornwell PE, Beck LR. Circadian and menstrual cycle variation in rum vitamin B-6 levels in baboons. *J Nutr.* 1978 May;108(5):848-853

Luboshitzky R, Ophir U, Nave R, Epstein R, Shen-Orr Z, Herer P. The effect of pyridoxine administration on melatonin secretion in normal men. *Neuro Endocrinol Lett.* 2002 Jun;23(3):213-217.

Muñoz-Hoyos A, Amorós-Rodríguez I, Molina-Carballo A, Uberos-Fernández J, Acuña-Castroviejo D. Pineal response after pyridoxine test in children. *J Neural Transm.* 1996;103(7):833-842.

3.5.6 B9 (folates)

Adler S, Lang S, Langenmayer I, Eibl-Eibesfeldt B, Rump W, Emmerich B, Hallek M. Chronotherapy with 5-fluorouracil and folinic acid in advanced colorectal carcinoma. Results of a chronopharmacologic phase I trial. *Cancer.* 1994 Jun 15;73(12):2905-2912.

Ahn E, Kapur B, Koren G. Study on circadian variation in folate pharmacokinetics. *Can J Clin Pharmacol.* 2005 Winter;12(1):e4-9.

Giacchetti S. Chronotherapy of colorectal cancer. *Chronobiol Int.* 2002 Jan;19(1):207-219..

Partch CL, Sancar A. Cryptochromes and circadian photoreception in animals. *Methods Enzymol.* 2005;393:726-745.

Patrick LR. Restless legs syndrome: pathophysiology and the role of iron and folate. *Altern Med Rev.* 2007 Jun;12(2):101-112.

Sennels HP, Jørgensen HL, Hansen AL, Goetze JP, Fahrenkrug J. Diurnal variation of hematology parameters in healthy young males: the Bispebjerg study of diurnal variations. *Scand J Clin Lab Invest.* 2011 Nov;71(7):532-541.

Smolensky M, Campos LT. Marker rhythms for chronotherapy of cancer. *Cancer Chemother Pharmacol.* 1994;34(3):27027-2.

Wolf G. Three vitamins are involved in regulation of the circadian rhythm. *Nutr Rev.* 2002 Aug;60(8):257-260.

3.5.7 B12 (cobalamine)

Andrès E, Fothergill H, Mecili M. (2010). Efficacy of oral cobalamin (vitamin B12) therapy. *Expert Opin Pharmacother.* 11, 249-256.

Björkstén KS, Thorell LH, Nexø E. Circadian variation of plasma cobalamin, transcobalamin-bound cobalamin and unsaturated binding capacity of transcobalamin and haptocorrin in healthy elderly. *J Affect Disord.* 1995 Dec 24;36(1-2):37-42..

Davis RE. (1985). Clinical chemistry of vitamin B12. *Adv. Clin. Chem.* 24, 163-216.

Fabian E, Majchrzak D, Dieminger B, Meyer E, Elmadfa I. (2008). Influence of probiotic and conventional yoghurt on the status of vitamins B1, B2 and B6 in young healthy women. *Ann. Nutr. Metab.* 52, 29-36.

Ganji V, Kafai MR. (2004). Frequent consumption of milk, yogurt, cold breakfast cereals, peppers, and cruciferous vegetables and intakes of dietary folate and riboflavin but not vitamins B-12 and B-6 are inversely associated with serum total homocysteine concentrations in the US population. *Am. J. Clin. Nutr.* 80, 1500-1507.

Hambidge KM. (2010). Micronutrient bioavailability: Dietary Reference Intakes and a future perspective. *Am. J. Clin. Nutr.*

Hanna S, Lachover L, Rajarethinam RP. (2009). Vitamin B(12) deficiency and depression in the elderly: review and case report. *Prim Care Companion J. Clin. Psychiatry.* 11, 269-270.

Hashimoto S, Kohsaka M, Morita N, Fukuda N, Honma S, Honma K. Vitamin B12 enhances the phase-response of circadian melatonin rhythm to a single bright light exposure in humans. *Neurosci Lett.* 1996 Dec 13;220(2):129-132..

Honma K, Kohsaka M, Fukuda N, Morita N, Honma S. Effects of vitamin B12 on plasma melatonin rhythm in humans: increased light sensitivity phase-advances the circadian clock? *Experientia.* 1992 Aug 15;48(8):716-720.

Honma K, Honma S, Kohsaka M, Morita N, Fukuda N. Does methylcobalamin (vitamin B12) increase the light sensitivity of human circadian clock? *Jpn J Psychiatry Neurol.* 1991 Mar;45(1):171-2..

Hutchins DA, Ball PE. Circadian rhythms of folate and vitamin B(12) concentration in relation to convulsive thresholds of mice. *Neurochem Int.* 1983;5(4):421-427..

Hvas AM, Gravholt CH, Nexø E. Circadian variation of holo-transcobalamin (holo-TC) and related markers. *Clin Chem Lab Med.* 2005;43(7):760-764..

Ikeda M, Honda K, Inoué S. Vitamin B12 amplifies circadian phase shifts induced by a light pulse in rats. *Experientia.* 1996 Jul 15;52(7):691-694.

Ikeda M, Asai M, Moriya T, Sagara M, Inoué S, Shibata S. Methylcobalamin amplifies melatonin-induced circadian phase shifts by facilitation of melatonin synthesis in the rat pineal gland. *Brain Res.* 1998 Jun 8;795(1-2):98-104..

Ikeda M, Inoué S. Circadian rhythms in vitamin B12 content of the rat brain. *Neurosci Lett.* 1997 Jun 6;228(2):131-134..

Imamura N, Dake Y, Amemiya T. Circadian rhythm in the retinal pigment epithelium related to vitamin B12. *Life Sci.* 1995;57(13):1317-1323..

- Key TJ, Appleby PN, Rosell MS. (2006). Health effects of vegetarian and vegan diets. *Proc. Nutr. Soc.* 65, 35-41.
- Lahner E, Annibale B. (2009). Pernicious anemia: new insights from a gastroenterological point of view. *World J Gastroenterol.* 15, 5121-5128.
- Markiewicz A, Gomoluch T, Marek E, Bołdys H. Circadian absorption of vitamin B12. *Scand J Gastroenterol.* 1981;16(4):541-544.
- Matte JJ, Guay F, Girard CL. Bioavailability of vitamin B12 in cow's milk. *Br. J. Nutr.* 2012, 107, 61-66.
- Mayer G, Kröger M, Meier-Ewert K. Effects of vitamin B12 on performance and circadian rhythm in normal subjects. *Neuropsychopharmacology.* 1996 Nov;15(5):456-464..
- Murphy SP, Allen LH. (2003). Nutritional importance of animal source foods. *J. Nutr.* 133, 3932S-3935S.
- Okawa M, Mishima K, Nanami T, Shimizu T, Iijima S, Hishikawa Y, Takahashi K. Vitamin B12 treatment for sleep-wake rhythm disorders. *Sleep.* 1990 Feb;13(1):15-23..
- Stemme K, Lebzien P, Flachowsky G, Scholz H. (2008). The influence of an increased cobalt supply on ruminal parameters and microbial vitamin B12 synthesis in the rumen of dairy cows. *Arch. Anim. Nutr.* 62, 207-218.
- Takahashi Y, Usui S, Honda Y. Effects of vitamin B12 (mecobalamin) on the sensitivity of rat circadian behavioral rhythm to light. *Jpn J Psychiatry Neurol.* 1993 Jun;47(2):489-490..
- Takahashi Y, Usui S, Honda Y. Effect of vitamin B12 (mecobalamin) on the circadian rhythm of rat behavior. *Clin Neuropharmacol.* 1992;15 Suppl 1 Pt A:46A-47A..
- Torres-Sánchez L, Galván-Portillo M, Lewis S, Gómez-Dantés H, López-Carrillo L. (2009). Diet and breast cancer in Latin-America. *Salud Publica Mex.* 51, 181-190.
- Tucker KL, Rich S, Rosenberg I, Jacques P, Dallal G, Wilson PW, Selhub J. (2000). Plasma vitamin B-12 concentrations relate to intake source in the Framingham Offspring study. *Am. J. Clin. Nutr.* 71, 514-522.
- Uchiyama M, Mayer G, Okawa M, Meier-Ewert K. Effects of vitamin B12 on humancircadian body temperature rhythm. *Neurosci Lett.* 1995 Jun 2;192(1):1-4..
- van Dusseldorp M, Schneede J, Refsum H, Ueland PM, Thomas CM, de Boer E, van Staveren WA. (1999). Risk of persistent cobalamin deficiency in adolescents fed a macrobiotic diet in early life. *Am. J. Clin. Nutr.* 69, 664-671.
- Van Puyvelde K, Cytryn E, Mets T, Beyer I. (2009). Anaemia in the elderly. *Acta Clin. Belg.* 64, 292-302.
- Wagnon J, Cagnard B, Bridoux-Henno L, Tourtelier Y, Grall JY, Dabadie A. (2005). Allaitement maternel et végétalisme. *J Gynecol Obstet Biol Reprod (Paris).* 34, 610-612.
- Watanabe F. Vitamin B12 sources and bioavailability. *Exp. Biol. Med.* 2007, 232, 1266-1274.
- Yamadera W, Sasaki M, Itoh H, Ozone M, Ushijima S. Clinical features of circadian rhythm sleep disorders in outpatients. *Psychiatry Clin Neurosci.* 1998 Jun;52(3):311-316..

3.5.8 Vitamine C

- Bode AM, Vanderpool SS, Carlson EC, Meyer DA, Rose RC. Ascorbic acid uptake and metabolism by corneal endothelium. *Invest Ophthalmol Vis Sci.* 1991 Jul;32(8):2266-2271.

- Civen M, Leeb J, Morin RJ. Relationships between circadian cycles of rat adrenal cholesterol ester metabolizing enzymes, cholesterol, ascorbic acid, and corticosteroid secretion. *J Steroid Biochem.* 1982 Jun;16(6):817-822.
- Cox SE, L'Esperance V, Makani J, Soka D, Hill CM, Kirkham FJ. Nocturnal haemoglobin oxygen saturation variability is associated with vitamin C deficiency in Tanzanian children with sickle cell anaemia. *Acta Paediatr.* 2011 Apr;100(4):594-7.
- Damian E, Ianăș O, Bădescu I. Circadian variations of adrenal ascorbic acid in pinealectomized rats. *Endocrinologie.* 1982 Jan-Mar;20(1):13-16.
- Damian E, Ianăș O, Bădescu I. Circadian variations of ascorbic acid and cholesterol in the testis of intact and pinealectomized rats. *Endocrinologie.* 1977 Oct-Dec;15(4):249-252.
- DiMattio J. Ascorbic acid entry into cornea of rat and guinea pig. *Cornea.* 1992 Jan;11(1):53-65..
- Emadi-Konjin P, Verjee Z, Levin AV, Adeli K. Measurement of intracellular vitamin C levels in human lymphocytes by reverse phase high performance liquid chromatography (HPLC). *Clin Biochem.* 2005 May;38(5):450-456.
- Ferguson DB, Botchway CA. Circadian variations in flow rate and composition of human stimulated submandibular saliva. *Arch Oral Biol.* 1979;24(6):433-437.
- Frei B, Birlouez-Aragon I, Lykkesfeldt J. Authors' perspective: What is the optimum intake of vitamin C in humans? *Crit Rev Food Sci Nutr.* 2012;52(9):815-29.
- García-Casal MN, Pereira AC, Leets I, Ramírez J, Quiroga MF. High iron content and bioavailability in humans from four species of marine algae. *J Nutr.* 2007 Dec;137(12):2691-2695.
- González MJ, Miranda-Massari JR, Mora EM, Guzmán A, Riordan NH, Riordan HD, Casciari JJ, Jackson JA, Román-Franco A. Orthomolecular oncology review: ascorbic acid and cancer 25 years later. *Integr Cancer Ther.* 2005 Mar;4(1):32-44.
- Grizard G, Boucher D, Thieblot L. Circadian variations of ovarian ascorbic acid depletion in response to luteinising hormone in the rat. *Int J Chronobiol.* 1978;5(4):533-544.
- Hodosy J, Celec P. Daytime of sampling, tooth-brushing and ascorbic acid influence salivary thiobarbituric acid reacting substances--a potential clinical marker of gingival status. *Dis Markers.* 2005;21(4):203-207.
- Joanny P, Steinberg J, Robach P, Richalet JP, Gortan C, Gardette B, Jammes Y. Operation Everest III (Comex'97): the effect of simulated severe hypobaric hypoxia on lipid peroxidation and antioxidant defence systems in human blood at rest and after maximal exercise. *Resuscitation.* 2001 Jun;49(3):307-314.
- Kelliher P, Connor TJ, Harkin A, Sanchez C, Kelly JP, Leonard BE. Varying responses to the rat forced-swim test under diurnal and nocturnal conditions. *Physiol Behav.* 2000 Jun 1-15;69(4-5):531-539.
- Kiyota M, Numayama N, Goto K. Circadian rhythms of the L-ascorbic acid level in *Euglena* and spinach. *J Photochem Photobiol B.* 2006 Sep 1;84(3):197-203..
- Morin LP, Blanchard J. Depletion of brain serotonin by 5,7-DHT modifies hamster circadian rhythm response to light. *Brain Res.* 1991 Dec 6;566(1-2):173-185.
- O'Neill RD, Fillenz M. Circadian changes in extracellular ascorbate in rat cortex, accumbens, striatum and hippocampus: correlations with motor activity. *Neurosci Lett.* 1985 Oct 10;60(3):331-336..
- O'Neill RD, Fillenz M, Albery WJ. Circadian changes in homovanillic acid and ascorbate levels in the rat striatum using microprocessor-controlled voltammetry. *Neurosci Lett.* 1982 Dec 30;34(2):189-193.
- Pauling L. Evolution and the need for ascorbic acid. *Proc Natl Acad Sci U S A.* 1970 Dec;67(4):1643-8.

Rath M, Pauling L. Hypothesis: lipoprotein(a) is a surrogate for ascorbate. Proc Natl Acad Sci U S A. 1990 Aug;87(16):6204-7.

Riemersma RA, Wilson R, Payne JA, Shepherd MJ. Seasonal variation in copper-mediated low-density lipoprotein oxidation in vitro is related to varying plasma concentration of oxidised lipids in summer and winter. Free Radic Res. 2003 Mar;37(3):341-347.

Ringvold A, Anderssen E, Kjønniksen I. Ascorbate in the corneal epithelium of diurnal and nocturnal species. Invest Ophthalmol Vis Sci. 1998 Dec;39(13):2774-2777.

Ringvold A, Anderssen E, Kjønniksen I. UV absorption by uric acid in diurnal bird aqueous humor. Invest Ophthalmol Vis Sci. 2000 Jul;41(8):2067-2069.

Rose RC, Bode AM. Ocular ascorbate transport and metabolism. Comp Biochem Physiol A Comp Physiol. 1991;100(2):273-285.

Snow DH, Frigg M. Bioavailability of ascorbic acid in horses. J Vet Pharmacol Ther. 1990 Dec;13(4):393-403.

Taylor EN, Curhan GC. Determinants of 24-hour urinary oxalate excretion. Clin J Am Soc Nephrol. 2008 Sep;3(5):1453-60. Epub 2008 Jul 23..

Thakor AS, Herrera EA, Serón-Ferré M, Giussani DA. Melatonin and vitamin C increase umbilical blood flow via nitric oxide-dependent mechanisms. J Pineal Res. 2010 Nov;49(4):399-406.

3.6 La santé vue à travers les minéraux et oligo-éléments

Cloutier J., Rauzy C., Baffigo M., Mareschi J-P. (2009). Addition de vitamines et minéraux aux aliments : intérêt nutritionnel et état de la réglementation européenne. Cah. Nutr. Diet. 145, 117-131.

Favier A., Arnaud J., Faure H. (1987). Le zinc en médecine et biologie. Editions EM inter.

Gaucheron F. (2005). The minerals of milk. Reprod. Nutr. Dev. 4, 473-483.

Hercberg S. (1988). La carence en fer en nutrition humaine. Editions Médicales Internationales.

Hercberg S, Chat-Yung S, Chaulia M. (2008). The French National Nutrition and Health Program: 2001-2006-2010. Int. J. Public Health. 53, 68-77.

3.6.1 Cuivre

Araki S, Murata K, Yokoyama K, Yanagihara S, Niinuma Y, Yamamoto R, Ishihara N. Circadian rhythms in the urinary excretion of metals and organic substances in "healthy" men. Arch Environ Health. 1983 Nov-Dec;38(6):360-366

Matarazzo EB. Psychiatric features and disturbance of circadian rhythm of temperature, pulse, and blood pressure in Wilson's disease. J Neuropsychiatry Clin Neurosci. 2002 Summer;14(3):335-339.

Richter J, Král V, Zukov I, Subrt P, Rahm J. Circadian changes of the SIgA, lysozyme, albumin and copper content of saliva. Czech Med. 1980;3(4):249-254.

3.6.2 Fer

Agaoglu L, Torun O, Unuvar E, Sefil Y, Demir D. Effects of iron deficiency anemia on cognitive function in children. Arzneimittelforschung. 2007;57(6A):426-430.

- Arnaud J, Arnault N, Roussel AM, Bertrais S, Ruffieux D, Galan P, Favier A, Hercberg S. (2007). Relationships between selenium, lipids, iron status and hormonal therapy in women of the SU.VI.M.AX cohort. *J. Trace Elem. Med. Biol.* 21, Suppl1:66-69.
- Bianco LE, Unger EL, Earley CJ, Beard JL. Iron deficiency alters the day-night variation in monoamine levels in mice. *Chronobiol Int.* 2009 Apr;26(3):447-63.
- Bourre, J.M. 2006. Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 1: micronutrients. *J Nutr Health Aging* 10 : 377-385.
- Bourre, J.M., Paquette, P. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and DHA. Impact in public health. *Int. J. Food Sci Nutr.* 2008 ; 59 : 491-501.
- Castetbon K, Vernay M, Malon A, Salanave B, Deschamps V, Roudier C, Oleko A Szego E, Hercberg S. (2009). Dietary intake, physical activity and nutritional status in adults: the French nutrition and health survey (ENNS, 2006-2007). *Br. J. Nutr.* 102, 733-743.
- Davidsson L, Galan P, Cherouvrier F, Kastenmayer P, Juillerat MA, Hercberg S, Hurrell RF. (1997). Bioavailability in infants of iron from infant cereals: effect of dephytinization. *Am. J. Clin. Nutr.* 65, 916-920.
- Deloche C, Bastien P, Chadoutaud S, Galan P, Bertrais S, Hercberg S, de Lacharrière O. (2007). Low iron stores: a risk factor for excessive hair loss in non-menopausal women. *Eur J Dermatol.* 17, 507-512.
- Edgerton VR, Gardner GW, Ohira Y, Gunawardena KA, Senewiratne B. (1979). Iron-deficiency anaemia and its effect on worker productivity and activity patterns. *Br. Med. J.* 15, 1546-1549.
- Estaquio C, Valeix P, Leenhardt L, Modigliani E, Boutron-Ruault MC, Chérié-Challine L, Legrand M, Hercberg S, Castetbon K. (2009). Serum thyrotropin and free thyroxine reference ranges as defined in a disease-free sample of French middle-aged adults. *Clin. Chem. Lab. Med.* 47, 1497-1505.
- Estaquio C, Kesse-Guyot E, Deschamps V, Bertrais S, Dauchet L, Galan P, Hercberg S, Castetbon K. (2009); Adherence to the French Programme National Nutrition Santé Guideline Score is associated with better nutrient intake and nutritional status. *J. Am. Diet. Assoc.* 109, 1031-1041.
- Galan P, Vergnaud AC, Tzoulaki I, Buyck JF, Blacher J, Czernichow S, Hercberg S. (2010). Low Total and Nonheme Iron Intakes Are Associated with a Greater Risk of Hypertension. *J. Nutr.* 140, 75-80.
- Goudarzi A, Mehrabi MR, Goudarzi K. The effect of iron deficiency anemia on intelligence quotient (IQ) in under 17 years old students. *Pak J Biol Sci.* 2008 May 15;11(10):1398-400.
- Gupta SK, Bansal D, Malhi P, Das R. Developmental profile in children with iron deficiency anemia and its changes after therapeutic iron supplementation. *Indian J Pediatr.* 2010, 77, 375-379.
- Hercberg S, Estaquio C, Czernichow S, Mennen L, Noisette N, Bertrais S, Renversez JC, Briançon S, Favier A, Galan P. (2005). Iron status and risk of cancers in the SU.VI.M.AX cohort. *J. Nutr.* 135, 2664-2668.
- Hercberg S, Preziosi P, Galan P. (2001). Iron deficiency in Europe. *Public Health Nutr.* 4, 537-545.
- Khedr E, Hamed SA, Elbeih E, El-Shereef H, Ahmad Y, Ahmed S. Iron status and cognitive abilities in young adults: neuropsychological and neurophysiological assessment. *Eur Arch Psychiatry Clin Neurosci.* 2008 Dec;258(8):489-496. .
- Konofal E, Lecendreux M, Deron J, Marchand M, Cortese S, Zaïm M, Mouren MC, Arnulf I. (2008). Effects of iron supplementation on attention deficit hyperactivity disorder in children. *Pediatr. Neurol.* 38, 20-26.
- Lopez M., Martos F., Iron availability: an update review. *Int. J. Food Sci. Nutr.* 2004, 55, 597-606.

Lucca U, Tettamanti M, Mosconi P, Apolone G, Gandini F, Nobili A, Tallone MV, Detoma P, Giacomini A, Clerico M, Tempia P, Guala A, Fasolo G, Riva E. Association of mild anemia with cognitive, functional, mood and quality of life outcomes in the elderly: the "Health and Anemia" study. *PLoS One*. 2008 Apr 2;3(4).

Madan N, Rusia U, Sikka M, Sharma S, Shankar N. Developmental and neurophysiologic deficits in iron deficiency in children. *Indian J Pediatr*. 2011 Jan;78(1):58-64.

Mennen L, Hirvonen T, Arnault N, Bertrais S, Galan P, Hercberg S. (2007); Consumption of black, green and herbal tea and iron status in French adults. *Eur. J. Clin. Nutr.* 61, 1174-1179.

Mubarak A, Fadel W, Said S, Hammar MA. Profile of Behavior and IQ in Anemic Children. *CNS Spectr*. 2010 Dec 1. pii: Mubarak.

Olivares M, Hertrampf E, Pizzarro F, Walter T, Cayazzo M, Llaguno S, Chadud P, Cartagena N, Vega V, Amar M, et al. Hemoglobin-fortified biscuits: bioavailability and its effect on iron nutriture in school children. *Arch Latinoam Nutr*. 1990, 40, 209-220.

Pineda-Lucatero A, Avila-Jiménez L, Ramos-Hernández RI, Magos C, Martínez H. Iodine deficiency and its association with intelligence quotient in schoolchildren from Colima, Mexico. *Public Health Nutr*. 2008 Jul;11(7):690-698.

Ridefelt P, Larsson A, Rehman JU, Axelsson J. Influences of sleep and the circadian rhythm on iron-status indices. *Clin Biochem*. 2010 Nov;43(16-17):1323-8

Riva E, Tettamanti M, Mosconi P, Apolone G, Gandini F, Nobili A, Tallone MV, Detoma P, Giacomini A, Clerico M, Tempia P, Guala A, Fasolo G, Lucca U. Association of mild anemia with hospitalization and mortality in the elderly: the Health and Anemia population-based study. *Haematologica*. 2009 Jan;94(1):22-28.

Salinas-Piélago JE, Vega-Dienstmaier JM, Rojas-Oblitas M. [Effect of biscuits fortified with haem iron on the intellectual status of pre-school children]. *Rev Neurol*. 1998 Sep;27(157):400-404.

Scales WE, Vander AJ, Brown MB, Kluger MJ. Human circadian rhythms in temperature, trace metals, and blood variables. *J Appl Physiol*. 1988 Oct;65(4):1840-6.

Soucheyre V. Teneur et biodisponibilité du fer héminique et non héminique dans la viande et les abats de boeuf : influence de la conservation et de la cuisson. *Cah. Nutr. Diet*. 2008, 43, 1S46-1S51.

Selvaratnam RR, de Silva LD, Pathmeswaran A, de Silva NR. (2003); Nutritional status and productivity of Sri Lankan tea pluckers. *Ceylon Med. J*. 48, 114-118.

Tettamanti M, Lucca U, Gandini F, Recchia A, Mosconi P, Apolone G, Nobili A, Tallone MV, Detoma P, Giacomini A, Clerico M, Tempia P, Savoia L, Fasolo G, Ponchio L, Della Porta MG, Riva E. Prevalence, incidence and types of mild anemia in the elderly: the "Health and Anemia" population-based study. *Haematologica*. 2010 Nov;95(11):1849-1856.

Tounian, P. (2006). How to avoid an inaccurate infant formula. *Arch. Pediatr*. 3 : 561-563.

Walczyk T, Hurrell RF. (2002). Iron bioavailability from iron-fortified Guatemalan meals based on corn tortillas and black beanpaste. *Am. J. Clin. Nutr*. 75, 535-539.

3.6.3 Magnésium

Barbagallo M, Dominguez LJ. (2006). Magnesium metabolism in type 2 diabetes mellitus, metabolic syndrome and insulin resistance. *Arch. Biochem. Biophys*. 458, 40-47.

Belin RJ, He K. (2007). Magnesium physiology and pathogenic mechanisms that contribute to the development of the metabolic syndrome. *Magnesium Res*. 20, 107-129

- Bo S, Pisu E. (2008). Role of dietary magnesium in cardiovascular disease prevention, insulin sensitivity and diabetes. *Curr. Opin. Lipidol.* 19, 50-56.
- Brannon PM, Yetley EA, Bailey RL, Picciano MF. (2008). Overview of the conference "Vitamin D and Health in the 21st Century: an Update". *Am. J. Clin. Nutr.* 88, 483S-490S.
- Czernichow S, Zarebska M, Preziosi P, Duport N, Arnaud J, Laffond JL, Pocquet K, Hercberg S. (2004). Relationship between serum, red cell, urinary and dietary magnesium in a middle-aged French adult population. *Int. J. Vitam. Nutr. Res.* 74, 123-128.
- DeSanto NG, Dilorio B, Capasso G, Capodicasa G, Giordano DR, Aulisio M, Paduano C, Stamler J. Circadian rhythm with acrophase at night for urinary excretion of calcium and magnesium in childhood: population-based data of the cimitile study in southern Italy. *Miner Electrolyte Metab.* 1988;14(4):235-239.
- Durlach J., Bara M. : *Le magnésium en biologie et en médecine*, Editions Médicales Internationales, 2000.
- Durlach J, Bac P, Durlach V, Bara M, Guet-Bara A. (1997). Neurotic, neuromuscular and autonomic nervous form of magnesium imbalance. *Magnesium Res.* 10, 169-195.
- Favier A, Ruffieux D. Physiological variations of serum levels of copper, zinc, iron and manganese. *Biomed Pharmacother.* 1983;37(9-10):462-466.
- Guillard O, Piriou A, Gombert J, Reiss D. Diurnal variations of zinc, copper and magnesium in the serum of normal fasting adults. *Biomedicine.* 1979 Nov;31(7):193-194.
- Haus E, Nicolau G, Lakatua DJ, Jachimowicz A, Plinga L, Sackett-Lundeen L, Petrescu E, Ungureanu E. Circannual variations in blood pressure, urinary catecholamine excretion, plasma aldosterone, and serum sodium, potassium, calcium, and magnesium in children 11 +/- 1.5 years of age. *Prog Clin Biol Res.* 1987;227B:3-19.
- Heaney RP. (2009). Dairy and bone health. *J. Am. Coll. Nutr.* 28 Suppl 1:82S-90S.
- Khalsa SB, Michel S, Block GD. The role of extracellular sodium in the mechanism of a neuronal in vitro circadian pacemaker. *Chronobiol Int.* 1997 Jan;14(1):1-8.
- Kanabrocki EL, Snedeker PW, Zieher SJ, Raymond R, Gordey J, Bird T, Sothorn RB, Hrushesky WJ, Marks G, Olwin JH, et al. Circadian characteristics of dialyzable and non-dialyzable human urinary electrolytes, trace elements and total solids. *Chronobiol Int.* 1988;5(2):175-184.
- Liebscher DH, Liebscher DE. (2004). About the misdiagnosis of magnesium deficiency. *J Am Coll Nutr.* 23, 730S-731S.
- Martens H, Schweigel M. (2000). Pathophysiology of grass tetany and other hypomagnesemias. Implications for clinical management. *Vet Clin North Am Food Anim. Pract.* 16, 339-368.
- Mather HM, Levin GE, Nisbet JA, Hadley LA, Oakley NW, Pilkington TR. Diurnal profiles of plasma magnesium and blood glucose in diabetes. *Diabetologia.* 1982 Mar;22(3):180-183.
- Mellerup B, Mellerup ET. Seasonal variation in urinary excretion of calcium, magnesium and phosphate in manic-melancholic patients. *Chronobiol Int.* 1984;1(1):81-86.
- Ohira T, Peacock JM, Iso H, Chambless LE, Rosamond WD, Folsom AR. (2009). Serum and dietary magnesium and risk of ischemic stroke: the Atherosclerosis Risk in Communities Study. *Am. J. Epidemiol.* 169, 1437-1444.
- Pawlicki K, Wielgus-Serafinska E, Nowaczyk-Dura G, Kaminski M, Plewka A, Czekaj P. The circadian rhythm in activity of the periodic acid Schiff reaction and of the Mg and Ca content in rat liver in relation to age and season of the year. *J Trace Elem Med Biol.* 1995 Mar;9(1):28-33.

Sato-Mito N, Sasaki S, Murakami K, Okubo H, Takahashi Y, Shibata S, Yamada K, Sato K; Freshmen in Dietetic Courses Study II group. The midpoint of sleep is associated with dietary intake and dietary behavior among young Japanese women. *Sleep Med.* 2011 Mar;12(3):289-294. E

Staub JF, Perault-Staub AM, Milhaud G. Endogenous nature of circadian rhythms in calcium metabolism. *Am J Physiol.* 1979 Nov;237(5):R311-17.

Touitou Y, Touitou C, Bogdan A, Beck H, Reinberg A. Serum magnesium circadian rhythm in human adults with respect to age, sex and mental status. *Clin Chim Acta.* 1978 Jul 1;87(1):35-41.

Touitou Y, Touitou C, Bogdan A, Reinberg A, Motohashi Y, Auzéby A, Beck H. Circadian and seasonal variations of electrolytes in aging humans. *Clin Chim Acta.* 1989 Apr 14;180(3):245-254.

3.6.4 Manganèse

Abdulrazzaq YM, Osman N, Nagelkerke N, Kosanovic M, Adem A. (2008). Trace element composition of plasma and breast milk of well-nourished women. *J Environ Sci Health A Tox Hazard Subst. Environ. Eng.* 43, 329-334.

Aono H, Araki S. Circadian rhythms in the urinary excretion of heavy metals and organic substances in metal workers in relation to renal excretory mechanism: profile analysis. *Int Arch Occup Environ Health.* 1988;60(1):1-6.

Aschner JL, Aschner M. (2005). Nutritional aspects of manganese homeostasis. *Mol Aspects Med.* (4-5), 353-362.

Barceloux DG. (1999). Manganese. *J. Toxicol. Clin. Toxicol.* 37, 293-307.

Favier A, Ruffieux D. Physiological variations of serum levels of copper, zinc, iron and manganese. *Biomed Pharmacother.* 1983;37(9-10):462-6.

Kasapović J, Pejić S, Mladenović M, Radlović N, Pajović SB. (2005). Superoxide dismutase activity in colostrum, transitional and mature human milk. *Turk. J. Pediatr.* 47, 343-347.

Loui A, Raab A, Wagner M, Weigel H, Grüters-Kieslich A, Brätter P, Obladen M. (2004). Nutrition of very low birth weight infants fed human milk with or without supplemental trace elements: a randomized controlled trial. *J. Pediatr. Gastroenterol. Nutr.* 4, :346-353.

Martín V, Sainz RM, Mayo JC, Antolín I, Herrera F, Rodríguez C. Daily rhythm of gene expression in rat superoxide dismutases. *Endocr Res.* 2003 Feb;29(1):83-95. PubMed PMID: 12665321.

Rodríguez-Agudelo Y, Riojas-Rodríguez H, Ríos C, Rosas I, Sabido Pedraza E, Miranda J, Siebe C, Texcalac JL, Santos-Burgoa C. (2006). Motor alterations associated with exposure to manganese in the environment in Mexico. *Sci. Total Environ.* 368, 542-556.

Scheving LE, Pauly JE, Kanabrocki EL, Kaplan E. A 24-hour rhythm in serum copper and manganese levels of normal and adrenal medullectomized adult male rats. *Tex Rep Biol Med.* 1968 Fall;26(3):341-7.

Yoon M, Nong A, Clewell HJ 3rd, Taylor MD, Dorman DC, Andersen ME. (2009). Lactational transfer of manganese in rats: predicting manganese tissue concentration in the dam and pups from inhalation exposure with a pharmacokinetic model. *Toxicol. Sci.* 112, 23-43.

3.6.5 Sélénium

Akbaraly TN, Arnaud J, Rayman MP, Hininger-Favier I, Roussel AM, Berr C, Fontbonne A. Plasma selenium and risk of dysglycemia in an elderly French population: Results from the prospective Epidemiology of Vascular Ageing Study. *Nutr Metab (Lond).* 2010 Mar 18;7(1):21

- Arnaud J, Arnault N, Roussel AM, Bertrais S, Ruffieux D, Galan P, Favier A, Hercberg S. (2007). Relationships between selenium, lipids, iron status and hormonal therapy in women of the SU.VI.M.AX cohort. *J. Trace Elem. Med. Biol.* 21, S66-69.
- Barceloux DG. Selenium. *J Toxicol Clin Toxicol.* 1999;37(2):145-72.
- Berr C, Akbaraly T, Arnaud J, Hininger I, Roussel AM, Barberger Gateau P. (2009). Increased selenium intake in elderly high fish consumers may account for health benefits previously ascribed to omega-3 fatty acids. *J. Nutr. Health Aging.* 13, 14-18.
- Bourre JM. (1991) Protection against radical peroxidations in cerebral aging in cerebral capillaries and microvessels]. *C. R. Seances Soc. Biol.* 185, 5-13.
- Bourre J, Dumont O, Clément M, Dinh L, Droy-Lefaix M, Christen Y. (2000) Vitamin E deficiency has different effects on brain and liver phospholipid hydroperoxide luthione peroxidase activities in the rat. *Neurosci. Lett.* 286, 87-90.
- Bourre JM, Paquette PM. (2008) Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and docosahexaenoic acid: impact on public health. *Int. J. Food. Sci. Nutr.* 59, 491-501.
- Bourre JM, Galea F. (2006) An important source of omega-3 fatty acids, vitamins D and E, carotenoids, iodine and selenium: a new natural multi-enriched egg. *J. Nutr. Health Aging.* 10, 371-376.
- Bourre, J.M., Paquette, P. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and DHA. Impact in public health. *Int. J. Food Sci Nutr.* 2008 ; 59 : 491-501.
- Hartikainen H. (2005) Biogeochemistry of selenium and its impact on food chain quality and human health. *J. Trace Elem. Med. Biol.* 18, 309-318.
- Islam F, Zia S, Sayeed I, Zafar KS, Ahmad AS. Selenium-induced alteration of lipids, lipid peroxidation, and thiol group in circadian rhythm centers of rat. *Biol Trace Elem Res.* 2002 Winter;90(1-3):203-214.
- Köhrl J, Brigelius-Flohé R, Böck A, Gärtner R, Meyer O, Flohé L. (2000). Selenium in biology: facts and medical perspectives. *Biol Chem.* 381, 849-864.
- Lapenna D, De Gioia S, Mezzetti A, Porreca E, Ciofani G, Marzio L, Capani F, Di Ilio C, Cuccurullo F. Circadian variations in antioxidant defences and lipid peroxidation in the rat heart. *Free Radic Res Commun.* 1992;17(3):187-194.
- Lönnerdal B. (1997) Effects of milk and milk components on calcium, magnesium, and trace element absorption during infancy. *Physiol. Rev.* 77, 643-669.
- Lu J, Holmgren A. (2009). Selenoproteins. *J Biol Chem.* 284, 723-727.
- Salman S, Khol-Parisini A, Schafft H, Lahrssen-Wiederholt M, Hulan HW, Dinse D, Zentek J. (2009) The role of dietary selenium in bovine mammary gland health and immune function. *Anim. Health Res. Rev.* 10, 21-34.
- Schrauzer GN, Surai PF. (2009) Selenium in human and animal nutrition: resolved and unresolved issues. A partly historical treatise in commemoration of the fiftieth anniversary of the discovery of the biological essentiality of selenium, dedicated to the memory of Klaus Schwarz (1914-1978) on the occasion of the thirtieth anniversary of his death. *Crit. Rev. Biotechnol.* 29, 2-9.
- Shao S, Zheng B. (2008). The biogeochemistry of selenium in Sunan grassland, Gansu, Northwest China, casts doubt on the belief that Marco Polo reported selenosis for the first time in history. *Environ Geochem Health.* 30, 307-314.

Sidibé el H. (2007) Reflections on mental retardation and congenital hypothyroidism: effects of trace mineral deficiencies. *Santé*. 17, 41-50.

Simopoulos AP. (2004) The traditional diet of Greece and cancer. *Eur. J. Cancer Prev.* 13, 219-230.

Steinnes E. (2009). Soils and geomedicine. *Environ Geochem Health.* 31, 523-535.

Thomson CD. (2004). Assessment of requirements for selenium and adequacy of selenium status: a review. *Eur J Clin Nutr.* 58, 391-402.

Yang XE, Chen WR, Feng Y. (2007). Improving human micronutrient nutrition through biofortification in the soil-plant system: China as a case study. *Environ Geochem Health.* 29, 413-428.

3.6.6 Phosphore

Alonso A., Nettelton JA., Ix JH., De Boer IH., Folsom AR., Bidulescu A. et al. Dietary phosphorus, blood pressure, and incidence of hypertension in the atherosclerosis risk in communities study and the multi-ethnic study of atherosclerosis. *Hypertension.* 2010, 55, 776-784.

Pearce JM, Komoroski RA, Mrak RE. Phospholipid composition of postmortem schizophrenic brain by ³¹P NMR spectroscopy. *Magn Reson Med.* 2009 Jan;61(1):28-34.

Smogorzewski M, Islam A, Koureta P, Fadda GZ, Massry SG. Reduced phospholipid contents of brain synaptosomes in phosphate depletion. *Am J Physiol.* 1991

Takeda T, Kimura M, Itokawa Y. Imbalance of calcium, magnesium, and phosphorus in bone and other tissues of rats induced by low protein and calcium deficiency. *J Nutr Sci Vitaminol (Tokyo).* 1993 Aug;39(4):355-363.

Weber-Fahr W, Englisch S, Esser A, Tunc-Skarka N, Meyer-Lindenberg A, Ende G, Zink M. Altered phospholipid metabolism in schizophrenia: a phosphorus ³¹ nuclear magnetic resonance spectroscopy study. *Psychiatry Res.* 2013 Dec 30;214(3):365-373.

Wróblewski R, Chamberlain J, Edström L. Sodium, phosphorus, sulphur, chlorine and potassium shifts in rat brain during embryonic development. *Brain Res.* 1984 Feb;314(2):207-215.

3.6.7 Zinc

Araki S, Murata K, Yokoyama K, Yanagihara S, Niinuma Y, Yamamoto R, Ishihara N. Circadian rhythms in the urinary excretion of metals and organic substances in "healthy" men. *Arch Environ Health.* 1983 Nov-Dec;38(6):360-366.

Bhattacharya RD. Circadian rhythmic aspects of urinary zinc excretion in presumably healthy subjects. *Panminerva Med.* 1979 Oct-Dec;21(4):201-203.

Barceloux DG. (1999) Zinc. *J. Toxicol. Clin. Toxicol.* 37, 279-292.

Bourre JM. (2006) Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 1: micronutrients. *J Nutr. Health. Aging.* 10, 377-385.

Bourre, J.M., Paquotte, P. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and DHA. Impact in public health. *Int. J. Food Sci Nutr.* 2008 ; 59 : 491-501.

Couturier E, van Onderbergen A, Bosson D, Neve J. Circadian variations in plasma zinc and cortisol in man. *J Trace Elem Electrolytes Health Dis.* 1988 Dec;2(4):245-249.

- Ducros V, Andriollo-Sanchez M, Arnaud J, Meunier N, Laporte F, Hininger-Favier I, Coudray C, Ferry M, Roussel AM. (2009). Zinc supplementation does not alter plasma homocysteine, vitamin B12 and red blood cell folate concentrations in French elderly subjects. *J Trace Elem Med Biol.* 23, 15-20.
- Evans GW. (1986) Zinc and its deficiency diseases. *Clin. Physiol. Biochem.* 4, 94-98.
- Guillard O, Piriou A, Gombert J, Reiss D. Diurnal variations of zinc, copper and magnesium in the serum of normal fasting adults. *Biomedicine.* 1979 Nov;31(7):193-194.
- Hambidge KM, King JC, Kern DL, English-Westcott JL, Stall C. Pre-breakfast plasma zinc concentrations: the effect of previous meals. *J Trace Elem Electrolytes Health Dis.* 1990 Dec;4(4):229-231.
- Heyneman CA. (1996) Zinc deficiency and taste disorders. *Ann. Pharmacother.* 30, 186-187.
- Hongo T, Suzuki T, Ishida H, Kabuto M, Neriishi K. Diurnal variation of plasma minerals and trace elements in a group of Japanese male adults. *J Nutr Sci Vitaminol (Tokyo).* 1993 Feb;39(1):33-46.
- Hurley LS, Gordon P, Keen CL, Merkhofer L. Circadian variation in rat plasma zinc and rapid effect of dietary zinc deficiency. *Proc Soc Exp Biol Med.* 1982 May;170(1):48-52.
- Kanabrocki EL, Ryan MD, Marks G, Friedman NC, Kaplan E, Nemchausky BA. Twenty-nine year study on circadian distribution of urinary zinc levels of same male subjects. *Clin Ter.* 2007 Sep-Oct;158(5):403-408.
- Kanabrocki EL, Sothorn RB, Ryan MD, Kahn S, Augustine G, Johnson C, Foley S, Gathing A, Eastman G, Friedman N, Nemchausky BA, Kaplan E. Circadian characteristics of serum calcium, magnesium and eight trace elements and of their metallo-moieties in urine of healthy middle-aged men. *Clin Ter.* 2008 Sep-Oct;159(5):329-346.
- Kettaneh A, Fain O, Stirnemann J, Thomas M. (2002) Taste disorders. *Rev. Med. Interne.* 23, 622-631.
- Lee YA, Hwang J, Kim H, Ha E, Park H, Ha M. et al. Relationships of maternal zinc intake from animal foods with fetal growth. *Br. J. Nutr.* 2011, 106, 237-242.
- McClain C, Stuart M, Kasarskis E, Humphries L. (1993) Zinc, appetite regulation and eating disorders. *Prog. Clin. Biol. Res.* 380, 47-64.
- McMillan EM, Rowe DJ, Halberg F. Diurnal stage of circadian rhythm of plasma zinc in healthy and psoriatic volunteers. *Prog Clin Biol Res.* 1987;227B:295-303.
- Markowitz ME, Rosen JF, Mizruchi M. Circadian variations in serum zinc (Zn) concentrations: correlation with blood ionized calcium, serum total calcium and phosphate in humans. *Am J Clin Nutr.* 1985 Apr;41(4):689-696.
- Marques FZ, Campain AE, Davern PJ, Yang YH, Head GA, Morris BJ. Genes influencing circadian differences in blood pressure in hypertensive mice. *PLoS One.* 2011 Apr 26;6(4):e19203.
- Martín V, Sainz RM, Mayo JC, Antolín I, Herrera F, Rodríguez C. Daily rhythm of gene expression in rat superoxide dismutases. *Endocr Res.* 2003 Feb;29(1):83-95.
- Mocchegiani E, Santarelli L, Tibaldi A, Muzzioli M, Bulian D, Cipriano K, Olivieri F, Fabris N. Presence of links between zinc and melatonin during the circadian cycle in old mice: effects on thymic endocrine activity and on the survival. *J Neuroimmunol.* 1998 Jun 15;86(2):111-122.
- Prasad AS. (1996) Zinc deficiency in women, infants and children. *J. Am. Coll. Nutr.* 15, 113-120.
- Sato-Mito N, Sasaki S, Murakami K, Okubo H, Takahashi Y, Shibata S, Yamada K, Sato K; Freshmen in Dietetic Courses Study II group. The midpoint of sleep is associated with dietary intake and dietary behavior among young Japanese women. *Sleep Med.* 2011 Mar;12(3):289-294.

Scales WE, Vander AJ, Brown MB, Kluger MJ. Human circadian rhythms in temperature, trace metals, and blood variables. *J Appl Physiol.* 1988 Oct;65(4):1840-1846.

Taylor A, Ghose K. Diurnal variation of serum copper and zinc in epileptics receiving anti-convulsants. *Hum Toxicol.* 1986 May;5(3):195-200.

Yamaguchi M. (2009). Role of nutritional zinc in the prevention of osteoporosis. *Mol Cell Biochem.* 1, 4-6.

3.6.8 Sodium et potassium

Doi M, Takahashi Y, Komatsu R, Yamazaki F, Yamada H, Haraguchi S, Emoto N, Okuno Y, Tsujimoto G, Kanematsu A, Ogawa O, Todo T, Tsutsui K, van der Horst GT, Okamura H. Salt-sensitive hypertension in circadian clock-deficient Cry-null mice involves dysregulated adrenal Hsd3b6. *Nat Med.* 2010 Jan;16(1):67-74

4 MANGER ET BOIRE : RYTHMES ET CIRCONSTANCES

4.1 Les rythmes de notre corps

Abe H, Honma S, Honma K. Daily restricted feeding resets the circadian clock in the suprachiasmatic nucleus of CS mice. *Am J Physiol Regul Integr Comp Physiol.* 2007 Jan;292(1):R607-15.

Afaghi A, O'Connor H, Chow CM. High-glycemic-index carbohydrate meals shorten sleep onset. *Am J Clin Nutr.* 2007 Feb;85(2):426-30. Erratum in: *Am J Clin Nutr.* 2007 Sep;86(3):809.

Belle MD, Diekmann CO, Forger DB, Piggins HD. Daily electrical silencing in the mammalian circadian clock. *Science.* 2009 Oct 9;326(5950):281-4. PubMed PMID: 19815775.

Cailotto C, La Fleur SE, Van Heijningen C, Wortel J, Kalsbeek A, Feenstra M, Pévet P, Buijs RM. The suprachiasmatic nucleus controls the daily variation of plasma glucose via the autonomic output to the liver: are the clock genes involved? *Eur J Neurosci.* 2005 Nov;22(10):2531-2540.

Carroll JF, Thaden JJ, Wright AM, Strange T. Loss of diurnal rhythms of blood pressure and heart rate caused by high-fat feeding. *Am J Hypertens.* 2005 Oct;18(10):1320-1326.

Castanon-Cervantes O, Wu M, Ehlen JC, Paul K, Gamble KL, Johnson RL, Besing RC, Menaker M, Gewirtz AT, Davidson AJ. Dysregulation of inflammatory responses by chronic circadian disruption. *J Immunol.* 2010 Nov 15;185(10):5796-805.

Challet E, van Reeth O, Turek FW. Altered circadian responses to light in streptozotocin-induced diabetic mice. *Am J Physiol.* 1999 Aug;277(2 Pt 1):E232-237

Challet E, Turek FW, Laute M, Van Reeth O. Sleep deprivation decreases phase-shift responses of circadian rhythms to light in the mouse: role of serotonergic and metabolic signals. *Brain Res.* 2001 Aug 3;909(1-2):81-91.

Challet E, Caldelas I, Graff C, Pévet P. Synchronization of the molecular clockwork by light- and food-related cues in mammals. *Biol Chem.* 2003 May;384(5):711-719.

Challet E, Pévet P. Interactions between photic and nonphotic stimuli to synchronize the master circadian clock in mammals. *Front Biosci.* 2003 May 1;8:s246-257

Challet E. Minireview: Entrainment of the suprachiasmatic clockwork in diurnal and nocturnal mammals. *Endocrinology.* 2007 Dec;148(12):5648-5655.

- Challet E. [Clock genes, circadian rhythms and food intake]. *Pathol Biol Paris*. 2007 Apr-May;55(3-4):176-177.
- Challet E, Mendoza J, Dardente H, Pévet P. Neurogenetics of food anticipation. *Eur J Neurosci*. 2009 Nov;30(9):1676-1687.
- Challet E, Mendoza J. Metabolic and reward feeding synchronises the rhythmic brain. *Cell Tissue Res*. 2010 Jul;341(1):1-11.
- Challet E. Interactions between light, mealtime and calorie restriction to control daily timing in mammals. *J Comp Physiol B*. 2010 Jun;180(5):631-644.
- Challet E, Mendoza J. Metabolic and reward feeding synchronises the rhythmic brain. *Cell Tissue Res*. 2010 Jul;341(1):1-11.
- Copinschi G, Spiegel K, Leproult R, Van Cauter E. Pathophysiology of human circadian rhythms. *Novartis Found Symp*. 2000;227:143-57; discussion 157-162.
- Copinschi G, Nedeltcheva A, Leproult R, Morselli LL, Spiegel K, Martino E, Legros JJ, Weiss RE, Mockel J, Van Cauter E. Sleep disturbances, daytime leepiness, and quality of life in adults with growth hormone deficiency. *J Clin Endocrinol Metab*. 2010 May;95(5):2195-2202.
- Davidson AJ, Poole AS, Yamazaki S, Menaker M. Is the food-entrainable circadian oscillator in the digestive system? *Genes Brain Behav*. 2003 Feb;2(1):32-39.
- Davidson AJ, Straume M, Block GD, Menaker M. Daily timed meals dissociate circadian rhythms in hepatoma and healthy host liver. *Int J Cancer*. 2006 Apr 1;118(7):1623-7. PubMed PMID: 16231323; PubMed Central PMCID: PMC1464797.
- Davidson AJ, Yamazaki S, Arble DM, Menaker M, Block GD. Resetting of central and peripheral circadian oscillators in aged rats. *Neurobiol Aging*. 2008 Mar;29(3):471-477.
- Dean DA 2nd, Forger DB, Klerman EB. Taking the lag out of jet lag through model-based schedule design. *PLoS Comput Biol*. 2009 Jun;5(6):e1000418.
- de Vasconcelos AP, Bartol-Munier I, Feillet CA, Gourmelen S, Pevet P, Challet E. Modifications of local cerebral glucose utilization during circadian food-anticipatory activity. *Neuroscience*. 2006 May 12;139(2):741-748.
- Dispersyn G, Pain L, Challet E, Touitou Y. General anesthetics effects on circadian temporal structure: an update. *Chronobiol Int*. 2008 Nov;25(6):835-850.
- Dispersyn G, Touitou Y, Coste O, Jouffroy L, Llieu JC, Challet E, Pain L. Desynchronization of daily rest-activity rhythm in the days following light propofol anesthesia for colonoscopy. *Clin Pharmacol Ther*. 2009 Jan;85(1):51-55.
- Fleshner M, Booth V, Forger DB, Diniz Behn CG. Circadian regulation of sleep-wake behaviour in nocturnal rats requires multiple signals from suprachiasmatic nucleus. *Philos Transact A Math Phys Eng Sci*. 2011 Oct 13;369(1952):3855-3883.
- Fuller PM, Lu J, Saper CB. Differential rescue of light- and food-entrainable circadian rhythms. *Science*. 2008 May 23;320(5879):1074-1077.
- Garbarino-Pico E, Valdez DJ, Contín MA, Pasquaré SJ, Castagnet PI, Giusto NM, Caputto BL, Guido ME. Rhythms of glycerophospholipid synthesis in retinal inner nuclear layer cells. *Neurochem Int*. 2005 Sep;47(4):260-270.
- Graw P, Werth E, Kräuchi K, Gutzwiller F, Cajochen C, Wirz-Justice A. Early morning melatonin administration impairs psychomotor vigilance. *Behav Brain Res*. 2001 Jun;121(1-2):167-172.

- Gutekunst R, Smolarek H, Hasenpusch U, Stubbe P, Friedrich HJ, Wood WG, Scriba PC. Goitre epidemiology: thyroid volume, iodine excretion, thyroglobulin and thyrotropin in Germany and Sweden. *Acta Endocrinol (Copenh)*. 1986 Aug;112(4):494-501.
- Halberg F, Sothorn RB, Cornélissen G, Czaplicki J. Chronomics, human time estimation, and aging. *Clin Interv Aging*. 2008;3(4):749-760.
- Halberg F, Cornélissen G, Wilson D, Singh RB, De Meester F, Watanabe Y, Otsuka K, Khalilov E. Chronobiology and chronomics: detecting and applying the cycles of nature. *Biologist (London)*. 2009;56(4):209-214.
- Herrera CP, Smith K, Atkinson F, Ruell P, Chow CM, O'Connor H, Brand-Miller J. High-glycaemic index and -glycaemic load meals increase the availability of tryptophan in healthy volunteers. *Br J Nutr*. 2011 Jun;105(11):1601-1606.
- Kaeffer B, Pardini L. Clock genes of Mammalian cells: practical implications in tissue culture. *In Vitro Cell Dev Biol Anim*. 2005 Nov-Dec;41(10):311-320.
- Kalsbeek A, Scheer FA, Perreau-Lenz S, La Fleur SE, Yi CX, Fliers E, Buijs RM. Circadian disruption and SCN control of energy metabolism. *FEBS Lett*. 2011 May 20;585(10):1412-26.
- Kimura A, Ishida Y, Hayashi T, Nosaka M, Kondo T. Estimating time of death based on the biological clock. *Int J Legal Med*. 2011 May;125(3):385-391.
- Kräuchi K, Cajochen C, Werth E, Wirz-Justice A. Alteration of internal circadian phase relationships after morning versus evening carbohydrate-rich meals in humans. *J Biol Rhythms*. 2002 Aug;17(4):364-376.
- Lemmer B. Chronopharmacology and its impact on antihypertensive treatment. *Acta Physiol Pharmacol Bulg*. 1999;24(3):71-80.
- Lemmer B. Relevance for chronopharmacology in practical medicine. *Semin Perinatol*. 2000 Aug;24(4):280-290.
- Lemmer B. Chronopharmacology and controlled drug release. *Expert Opin Drug Deliv*. 2005 Jul;2(4):667-681.
- Mendoza J, Drevet K, Pévet P, Challet E. Daily meal timing is not necessary for resetting the main circadian clock by calorie restriction. *J Neuroendocrinol*. 2008 Feb;20(2):251-260.
- Mendoza J, Pévet P, Challet E. High-fat feeding alters the clock synchronization to light. *J Physiol*. 2008 Dec 15;586(Pt 24):5901-5910.
- Mendoza J, Challet E. Brain clocks: from the suprachiasmatic nuclei to a cerebral network. *Neuroscientist*. 2009 Oct;15(5):477-488.
- Mendoza J, Albrecht U, Challet E. Behavioural food anticipation in clock genes deficient mice: confirming old phenotypes, describing new phenotypes. *Genes Brain Behav*. 2010 Jul;9(5):467-477.
- Mendoza J, Lopez-Lopez C, Revel FG, Jeanneau K, Delerue F, Prinssen E, Challet E, Moreau JL, Grundschober C. Dimorphic effects of leptin on the circadian and hypocretinergic systems of mice. *J Neuroendocrinol*. 2011 Jan;23(1):28-38.
- Mordel J, Karnas D, Inyushkin A, Challet E, Pévet P, Meissl H. Activation of glycine receptor phase-shifts the circadian rhythm in neuronal activity in the mouse suprachiasmatic nucleus. *J Physiol*. 2011 May 1;589(Pt 9):2287-2300.
- O'Reardon JP, Ringel BL, Dinges DF, Allison KC, Rogers NL, Martino NS, Stunkard AJ. Circadian eating and sleeping patterns in the night eating syndrome. *Obes Res*. 2004 Nov;12(11):1789-1796.

- Palombo MR. Biochronology, paleobiogeography and faunal turnover in western Mediterranean Cenozoic mammals. *Integr Zool*. 2009 Dec;4(4):367-386.
- Pardini L, Kaeffer B, Trubuil A, Bourreille A, Galmiche JP. Human intestinal circadian clock: expression of clock genes in colonocytes lining the crypt. *Chronobiol Int*. 2005;22(6):951-961.
- Poly WJ. Nongenetic variation, genetic-environmental interactions and altered gene expression. I. Temperature, photoperiod, diet, pH and sex-related effects. *Comp Biochem Physiol A Physiol*. 1997 May;117(1):11-66.
- Raynor HA, Wing RR. Effect of limiting snack food variety across days on hedonics and consumption. *Appetite*. 2006 Mar;46(2):168-176.
- Riché D. En finir avec la chrono-nutrition ? *Cah. Nutr. Diet*. 2009, 44, 59-61.
- Roenneberg T, Kuehne T, Juda M, Kantermann T, Allebrandt K, Gordijn M, Meroow M. Epidemiology of the human circadian clock. *Sleep Med Rev*. 2007 Dec;11(6):429-438.
- Saper CB, Lu J, Chou TC, Gooley J. The hypothalamic integrator for circadian rhythms. *Trends Neurosci*. 2005 Mar;28(3):152-157.
- Strubbe JH, Woods SC. The timing of meals. *Psychol Rev*. 2004 Jan;111(1):128-141.
- Vanitallie TB. Sleep and energy balance: Interactive homeostatic systems. *Metabolism*. 2006 Oct;55(10 Suppl 2):S30-5..
- Williams FL, Ackermann RR, Leigh SR. Inferring Plio-Pleistocene southern African biochronology from facial affinities in *Parapapio* and other fossil papionins. *Am J Phys Anthropol*. 2007 Feb;132(2):163-174.
- Wirz-Justice A, Werth E, Renz C, Müller S, Kräuchi K. No evidence for a phase delay in human circadian rhythms after a single morning melatonin administration. *J Pineal Res*. 2002 Jan;32(1):1-5.
- Xijun N, Zhuding Q. The micromammalian fauna from the Leilao, Yuanmou hominoid locality: implications for biochronology and paleoecology. *J Hum Evol*. 2002 May;42(5):535-546.

4.1.1 Biologie chronologique, rythmes et hormones

- Brown SA, Pagani L, Cajochen C, Eckert A. Systemic and cellular reflections on ageing and the circadian oscillator - a mini-review. *Gerontology*. 2011;57(5):427-434
- Challet E, van Reeth O, Turek FW. Altered circadian responses to light in streptozotocin-induced diabetic mice. *Am J Physiol*. 1999 Aug;277(2 Pt 1):E232-237
- Challet E, Turek FW, Laute M, Van Reeth O. Sleep deprivation decreases phase-shift responses of circadian rhythms to light in the mouse: role of serotonergic and metabolic signals. *Brain Res*. 2001 Aug 3;909(1-2):81-91.
- Challet E, Caldelas I, Graff C, Pévet P. Synchronization of the molecular clockwork by light- and food-related cues in mammals. *Biol Chem*. 2003 May;384(5):711-719.
- Challet E, Pévet P. Interactions between photic and nonphotic stimuli to synchronize the master circadian clock in mammals. *Front Biosci*. 2003 May 1;8:s246-257
- Challet E. Minireview: Entrainment of the suprachiasmatic clockwork in diurnal and nocturnal mammals. *Endocrinology*. 2007 Dec;148(12):5648-5655.
- Challet E. [Clock genes, circadian rhythms and food intake]. *Pathol Biol Paris*. 2007 Apr-May;55(3-4):176-177.

- Challet E, Mendoza J, Dardente H, Pévet P. Neurogenetics of food anticipation. *Eur J Neurosci*. 2009 Nov;30(9):1676-1687.
- Challet E, Mendoza J. Metabolic and reward feeding synchronises the rhythmic brain. *Cell Tissue Res*. 2010 Jul;341(1):1-11.
- Challet E. Interactions between light, mealtime and calorie restriction to control daily timing in mammals. *J Comp Physiol B*. 2010 Jun;180(5):631-644.
- Challet E, Mendoza J. Metabolic and reward feeding synchronises the rhythmic brain. *Cell Tissue Res*. 2010 Jul;341(1):1-11.
- Chou KT, Shiao GM. Increased morning cortisol level: effect of sleep fragmentation or stress response to the last annoying stimulus? *Chest*. 2010 Aug;138(2):460.
- Cuesta M, Clesse D, Pévet P, Challet E. New light on the serotonergic paradox in the rat circadian system. *J Neurochem*. 2009 Jul;110(1):231-243.
- Cuesta M, Clesse D, Pévet P, Challet E. From daily behavior to hormonal and neurotransmitters rhythms: comparison between diurnal and nocturnal rat species. *Horm Behav*. 2009 Feb;55(2):338-347.
- Dowlati Y, Herrmann N, Swardfager W, Thomson S, Oh PI, Van Uum S, Koren G, Lanctôt KL. Relationship between hair cortisol concentrations and depressive symptoms in patients with coronary artery disease. *Neuropsychiatr Dis Treat*. 2010 Sep 7;6:393-400.
- Feng D, Liu T, Sun Z, Bugge A, Mullican SE, Alenghat T, Liu XS, Lazar MA. A circadian rhythm orchestrated by histone deacetylase 3 controls hepatic lipid metabolism. *Science*. 2011 Mar 11;331(6022):1315-1319.
- Flint A, Møller BK, Raben A, Sloth B, Pedersen D, Tetens I, Holst JJ, Astrup A. Glycemic and insulinemic responses as determinants of appetite in humans. *Am J Clin Nutr*. 2006 Dec;84(6):1365-1373.
- Frank E, Sidor MM, Gamble KL, Cirelli C, Sharkey KM, Hoyle N, Tikotzky L, Talbot LS, McCarthy MJ, Hasler BP. Circadian clocks, brain function, and development. *Ann N Y Acad Sci*. 2013 Dec;1306:43-67.
- Gow R, Koren G, Rieder M, Van Uum S. Hair cortisol content in patients with adrenal insufficiency on hydrocortisone replacement therapy. *Clin Endocrinol (Oxf)*. 2011 Jun;74(6):687-693.
- Herrmann TS, Bean ML, Black TM, Wang P, Coleman RA. High glycemic index carbohydrate diet alters the diurnal rhythm of leptin but not insulin concentrations. *Exp Biol Med (Maywood)*. 2001 Dec;226(11):1037-44. PubMed PMID: 11743140.
- Hughes S, Jagannath A, Hankins MW, Foster RG, Peirson SN. Photic regulation of clock systems. *Methods Enzymol*. 2015;552:125-43.
- Kaeffer B, Pardini L. Clock genes of Mammalian cells: practical implications in tissue culture. *In Vitro Cell Dev Biol Anim*. 2005 Nov-Dec;41(10):311-320.
- La Fleur SE. Daily rhythms in glucose metabolism: suprachiasmatic nucleus output to peripheral tissue. *J Neuroendocrinol*. 2003 Mar;15(3):315-322.
- Lahouaoui H, Coutanson C, Cooper HM, Bennis M, Dkhissi-Benyahya O. Clock genes and behavioral responses to light are altered in a mouse model of diabetic retinopathy. *PLoS One*. 2014 Jul 9;9(7):e101584.
- Macsalí F, Svanes C, Sothorn RB, Benediktsdóttir B, Bjørge L, Dratva J, Franklin KA, Holm M, Janson C, Johannessen A, Lindberg E, Omenaas ER, Schlünssen V, Zemp E, Real FG. Menstrual Cycle and Respiratory Symptoms in a General Nordic-Baltic Population. *Am J Respir Crit Care Med*. 2012 Nov 29.
- Mendoza J, Drevet K, Pévet P, Challet E. Daily meal timing is not necessary for resetting the main circadian clock by calorie restriction. *J Neuroendocrinol*. 2008 Feb;20(2):251-260.

Mendoza J, Pévet P, Challet E. High-fat feeding alters the clock synchronization to light. *J Physiol*. 2008 Dec 15;586(Pt 24):5901-5910.

Mendoza J, Challet E. Brain clocks: from the suprachiasmatic nuclei to a cerebral network. *Neuroscientist*. 2009 Oct;15(5):477-488.

Mendoza J, Albrecht U, Challet E. Behavioural food anticipation in clock genes deficient mice: confirming old phenotypes, describing new phenotypes. *Genes Brain Behav*. 2010 Jul;9(5):467-477.

Mendoza J, Lopez-Lopez C, Revel FG, Jeanneau K, Delerue F, Prinssen E, Challet E, Moreau JL, Grundschober C. Dimorphic effects of leptin on the circadian and hypocretinergic systems of mice. *J Neuroendocrinol*. 2011 Jan;23(1):28-38.

Nilsson A, Granfeldt Y, Ostman E, Preston T, Björck I. Effects of GI and content of indigestible carbohydrates of cereal-based evening meals on glucose tolerance at a subsequent standardised breakfast. *Eur J Clin Nutr*. 2006 Sep;60(9):1092-1099.

Pagani L, Schmitt K, Meier F, Izakovic J, Roemer K, Viola A, Cajochen C, Wirz-Justice A, Brown SA, Eckert A. Serum factors in older individuals change cellular clock properties. *Proc Natl Acad Sci U S A*. 2011 Apr 26;108(17):7218-23.

Pagani L, Semenova EA, Moriggi E, Revell VL, Hack LM, Lockley SW, Arendt J, Skene DJ, Meier F, Izakovic J, Wirz-Justice A, Cajochen C, Sergeeva OJ, Cheresiz SV, Danilenko KV, Eckert A, Brown SA. The physiological period length of the human circadian clock in vivo is directly proportional to period in human fibroblasts. *PLoS One*. 2010 Oct 15;5(10):e13376.

Pardini L, Kaeffer B. Feeding and circadian clocks. *Reprod Nutr Dev*. 2006 Sep-Oct;46(5):463-480.

Pardini L, Kaeffer B, Trubuil A, Bourreille A, Galmiche JP. Human intestinal circadian clock: expression of clock genes in colonocytes lining the crypt. *Chronobiol Int*. 2005;22(6):951-61.

Pereg D, Gow R, Mosseri M, Lishner M, Rieder M, Van Uum S, Koren G. Hair cortisol and the risk for acute myocardial infarction in adult men. *Stress*. 2011 Jan;14(1):73-81.

Ruiter M, La Fleur SE, van Heijningen C, van der Vliet J, Kalsbeek A, Buijs RM. The daily rhythm in plasma glucagon concentrations in the rat is modulated by the biological clock and by feeding behavior. *Diabetes*. 2003 Jul;52(7):1709-1715.

Taillard J, Capelli A, Sagaspe P, Anund A, Akerstedt T, Philip P. In-car nocturnal blue light exposure improves motorway driving: a randomized controlled trial. *PLoS One*. 2012;7(10):e46750.

Valencia E, Marin A, Hardy G. Circadian rhythmicity of whole-blood glutathione in healthy subjects. *Nutrition*. 2001 Sep;17(9):731-733.

Valencia E, Hardy G, Marin A. Glutathione-nutritional and pharmacologic viewpoints: part VI. *Nutrition*. 2002 Mar;18(3):291-292.

4.1.2 Synchronisation et santé

Adan A. [Circadian rhythmicity and addiction]. *Adicciones*. 2010;22(1):5-9.

Atkinson G, Jones H, Ainslie PN. Circadian variation in the circulatory responses to exercise: relevance to the morning peaks in strokes and cardiac vents. *Eur J Appl Physiol*. 2010 Jan;108(1):15-29.

Bounhoure JP. Accidents cardio-vasculaires et pics tensionnels : attention au petit matin.

Brandenberger G, Gronfier C, Chapotot F, Simon C, Piquard F. Effect of sleep deprivation on overall 24 h growth-hormone secretion. *Lancet*. 2000 Oct 21;356(9239):1408.

- Challet E, Mendoza J, Dardente H, Pévet P. Neurogenetics of food anticipation. *Eur J Neurosci*. 2009 Nov;30(9):1676-1687.
- Chrusciel P, Goch A, Banach M, Mikhailidis DP, Rysz J, Goch JH. Circadian changes in the hemostatic system in healthy men and patients with cardiovascular diseases. *Med Sci Monit*. 2009 Oct;15(10):RA203-208.
- Davidson MB, Vidt DG, Hoogwerf BJ, Brotman DJ. Relation of diurnal blood pressure variation and triglyceride-to-high-density lipoprotein cholesterol ratio in patients without diabetes mellitus. *Am J Cardiol*. 2005 Jan 1;95(1):123-126.
- Dkhissi-Benyahya O, Coutanson C, Knoblauch K, Lahouaoui H, Leviel V, Rey C, Bennis M, Cooper HM. The absence of melanopsin alters retinal clock function and dopamine regulation by light. *Cell Mol Life Sci*. 2013 Sep;70(18):3435-47.
- Dkhissi-Benyahya O, Gronfier C, De Vanssay W, Flamant F, Cooper HM. Modeling the role of mid-wavelength cones in circadian responses to light. *Neuron*. 2007 Mar 1;53(5):677-87. PubMed PMID: 17329208; PubMed Central PMCID: PMC1950159.
- Dollet A, Albrecht U, Cooper HM, Dkhissi-Benyahya O. Cones are required for normal temporal responses to light of phase shifts and clock gene expression. *Chronobiol Int*. 2010 Jun;27(4):768-81.
- Dominguez-Rodriguez A, Abreu-Gonzalez P, Garcia-Gonzalez M, Ferrer-Hita J, Vargas M, Reiter RJ. Elevated levels of oxidized low-density lipoprotein and impaired nocturnal synthesis of melatonin in patients with myocardial infarction. *Atherosclerosis*. 2005 May;180(1):101-105.
- Duffy JF, Cain SW, Chang AM, Phillips AJ, Münch MY, Gronfier C, Wyatt JK, Dijk DJ, Wright KP Jr, Czeisler CA. Quantification of Behavior Sackler Colloquium: Sex difference in the near-24-hour intrinsic period of the human circadian timing system. *Proc Natl Acad Sci U S A*. 2011 May 2.
- Erickson KI, Prakash RS, Voss MW, Chaddock L, Hu L, Morris KS, White SM, Wójcicki TR, McAuley E, Kramer AF. Aerobic fitness is associated with hippocampal volume in elderly humans. *Hippocampus*. 2009 Oct;19(10):1030-1039.
- Erickson KI, Voss MW, Prakash RS, Basak C, Szabo A, Chaddock L, Kim JS, Heo S, Alves H, White SM, Wojcicki TR, Mailey E, Vieira VJ, Martin SA, Pence BD, Woods JA, McAuley E, Kramer AF. Exercise training increases size of hippocampus and improves memory. *Proc Natl Acad Sci U S A*. 2011 Feb 15;108(7):3017-3022.
- Filipski E, Lévi F. Circadian disruption in experimental cancer processes. *Integr Cancer Ther*. 2009 Dec;8(4):298-302.
- Gallerani M, Boari B, Smolensky MH, Salmi R, Fabbri D, Contato E, Manfredini R. Seasonal variation in occurrence of pulmonary embolism: analysis of the database of the Emilia-Romagna region, Italy. *Chronobiol Int*. 2007;24(1):143-160.
- Glass-Marmor L, Paperna T, Ben-Yosef Y, Miller A. Chronotherapy using corticosteroids for multiple sclerosis relapses. *J Neurol Neurosurg Psychiatry*. 2007 Aug;78(8):886-888.
- Gronfier C, Brandenberger G. Ultradian rhythms in pituitary and adrenal hormones: their relations to sleep. *Sleep Med Rev*. 1998 Feb;2(1):17-29.
- Gronfier C, Simon C, Piquard F, Ehrhart J, Brandenberger G. Neuroendocrine processes underlying ultradian sleep regulation in man. *J Clin Endocrinol Metab*. 1999 Aug;84(8):2686-2690.
- Gronfier C, Wright KP Jr, Kronauer RE, Czeisler CA. Entrainment of the human circadian pacemaker to longer-than-24-h days. *Proc Natl Acad Sci U S A*. 2007 May 22;104(21):9081-9086.

Halberg F, Cornélissen G, Kumagai Y, Bingham C, Saito J, Tamura K, Otsuka K, Breus T, Rapoport S, Komarov F, et al. Telehygiene system for preventive chronopharmacology in space and remote areas on earth. *Chronobiologia*. 1994 Jan-Jun;21(1-2):33-43. Review. PubMed PMID: 7924635.

Heiler S, Legenbauer T, Bogen T, Jensch T, Holtmann M. Severe mood dysregulation: In the "light" of circadian functioning. *Med Hypotheses*. 2011 Aug 9.

Hirsch L, Shechter A, Feinberg MS, Koren-Morag N, Shechter M. The impact of early compared to late morning hours on brachial endothelial function and long-term cardiovascular events in healthy subjects with no apparent coronary heart disease. *Int J Cardiol*. 2010 Sep 9.

Huitron-Resendiz S, Marcondes MC, Flynn CT, Lanigan CM, Fox HS. Effects of simian immunodeficiency virus on the circadian rhythms of body temperature and gross locomotor activity. *Proc Natl Acad Sci U S A*. 2007 Sep 18;104(38):15138-143

Jagannath A, Hughes S, Abdelgany A, Potheary CA, Di Pretoro S, Pires SS, Vachtsevanos A, Pilorz V, Brown LA, Hossbach M, MacLaren RE, Halford S, Gatti S, Hankins MW, Wood MJ, Foster RG, Peirson SN. Isoforms of Melanopsin Mediate Different Behavioral Responses to Light. *Curr Biol*. 2015 Sep 21;25(18):2430-4.

Jagannath A, Peirson SN, Foster RG. Sleep and circadian rhythm disruption in neuropsychiatric illness. *Curr Opin Neurobiol*. 2013 Oct;23(5):888-94.

Jones PJ, Schoeller DA. Evidence for diurnal periodicity in human cholesterol synthesis. *J Lipid Res*. 1990 Apr;31(4):667-673.

Kantermann T, Juda M, Meroow M, Roenneberg T. The human circadian clock's seasonal adjustment is disrupted by daylight saving time. *Curr Biol*. 2007 Nov 20;17(22):1996-2000.

Kohsaka A, Laposky AD, Ramsey KM, Estrada C, Joshu C, Kobayashi Y, Turek FW, Bass J. High-fat diet disrupts behavioral and molecular circadian rhythms in mice. *Cell Metab*. 2007 Nov;6(5):414-421. PubMed PMID: 17983587.

Kronfeld-Schor N, Einat H. Circadian rhythms and depression: Human psychopathology and animal models. *Neuropharmacology*. 2011 Aug 18.

Kuriyama K, Sasahara K, Kudo T, Shibata S. Daily injection of insulin attenuated impairment of liver circadian clock oscillation in the streptozotocin-treated diabetic mouse. *FEBS Lett*. 2004 Aug 13;572(1-3):206-210.

Laposky AD, Bass J, Kohsaka A, Turek FW. Sleep and circadian rhythms: key components in the regulation of energy metabolism. *FEBS Lett*. 2008 Jan 9;582(1):142-51. 144

Lee TM, Hummer DL, Jechura TJ, Mahoney MM. Pubertal development of sex differences in circadian function: an animal model. *Ann N Y Acad Sci*. 2004 Jun;1021:262-275.

Lee JH, Friedland R, Whitehouse PJ, Woo JI. Twenty-four-hour rhythms of sleep-wake cycle and temperature in Alzheimer's disease. *J Neuropsychiatry Clin Neurosci*. 2004 Spring;16(2):192-8. PubMed PMID: 15260371.

Le Fur G, Guilloux F, Mitrani N, Mizoule J, Uzan A. Relationships between plasma corticosteroids and benzodiazepines in stress. *J Pharmacol Exp Ther*. 1979 Nov;211(2):305-308.

Le Fur C, Romon M, Lebel P, Devos P, Lancry A, Guédon-Moreau L, Fruchart JC, Dallongeville J. Influence of mental stress and circadian cycle on postprandial lipemia. *Am J Clin Nutr*. 1999 Aug;70(2):213-220.

Levandovski R, Dantas G, Fernandes LC, Caumo W, Torres I, Roenneberg T, Hidalgo MP, Allebrandt KV. Depression Scores Associate With Chronotype and Social Jetlag in a Rural Population. *Chronobiol Int*. 2011 Sep 6. [

Levi F. Rythmes biologiques, chronothérapie et derives nitrés. *Ann.Cardiol. Angiol*. 1997, 48, 426-430.

- Lévi F, Focan C, Karaboué A, de la Valette V, Focan-Henrard D, Baron B, Kreutz F, Giacchetti S. Implications of circadian clocks for the rhythmic delivery of cancer therapeutics. *Adv Drug Deliv Rev.* 2007 Aug 31;59(9-10):1015-1035.
- Lund TM, Torsvik H, Falch D, Christophersen B, Skårdal R, Gullestad L. Effect of morning versus evening intake of simvastatin on the serum cholesterol level in patients with coronary artery disease. *Am J Cardiol.* 2002 Oct 1;90(7):784-6. PubMed PMID: 12356401.
- Maillot F, Baulieu F, Guilloteau D, Boirie Y, Garrigue MA, Hoinard C, Couet C. Gut emptying affects dietary fat contribution to postprandial lipemia following sequential meals in healthy subjects. *Nutrition.* 2008 Jul-Aug;24(7-8):682-688.
- Manfredini R, Gallerani M, Boari B, Maraldi C, la Cecilia O, Rafael Ferreira AB, Smolensky MH, Portaluppi F. Morning preference in onset of symptomatic third-degree atrioventricular heart block. *Chronobiol Int.* 2002 Jul;19(4):785-791.
- Manfredini R, Boari B, Smolensky MH, Salmi R, Gallerani M, Guerzoni F, Guerra V, Maria Malagoni A, Manfredini F. Seasonal variation in onset of myocardial infarction--a 7-year single-center study in Italy. *Chronobiol Int.* 2005;22(6):1121-1135.
- Manfredini R, Boari B, Smolensky MH, Salmi R, la Cecilia O, Maria Malagoni A, Haus E, Manfredini F. Circadian variation in stroke onset: identical temporal pattern in ischemic and hemorrhagic events. *Chronobiol Int.* 2005;22(3):417-453.
- Manfredini R, De Giorgio R, Smolensky MH, Boari B, Salmi R, Fabbri D, Contato E, Serra M, Barbara G, Stanghellini V, Corinaldesi R, Gallerani M. Seasonal pattern of peptic ulcer hospitalizations: analysis of the hospital discharge data of the Emilia-Romagna region of Italy. *BMC Gastroenterol.* 2010 Apr 15;10:37.
- Morio B, Beaufrère B, Montaurier C, Verdier E, Ritz P, Fellmann N, Boirie Y, Vermorel M. Gender differences in energy expended during activities and in daily energy expenditure of elderly people. *Am J Physiol.* 1997 Aug;273(2 Pt 1):E321-7.
- Müller H, Lindman AS, Blomfeldt A, Seljeflot I, Pedersen JI. A diet rich in coconut oil reduces diurnal postprandial variations in circulating tissue plasminogen activator antigen and fasting lipoprotein (a) compared with a diet rich in unsaturated fat in women. *J Nutr.* 2003 Nov;133(11):3422-3427.
- Orozco-Solís R, Matos RJ, Lopes de Souza S, Grit I, Kaeffer B, Manhães de Castro R, Bolaños-Jiménez F. Perinatal nutrient restriction induces long-lasting alterations in the circadian expression pattern of genes regulating food intake and energy metabolism. *Int J Obes (Lond).* 2011 Jul;35(7):990-1000.
- Otto ME, Svatikova A, Barretto RB, Santos S, Hoffmann M, Khandheria B, Somers V. Early morning attenuation of endothelial function in healthy humans. *Circulation.* 2004 Jun 1;109(21):2507-2510.
- Pappu AS, Illingworth DR. The effects of lovastatin and simvastatin on the diurnal periodicity of plasma mevalonate concentrations in patients with heterozygous familial hypercholesterolemia. *Atherosclerosis.* 2002 Nov;165(1):137-144.
- Parker TS, McNamara DJ, Brown C, Garrigan O, Kolb R, Batwin H, Ahrens EH Jr. Mevalonic acid in human plasma: relationship of concentration and circadian rhythm to cholesterol synthesis rates in man. *Proc Natl Acad Sci U S A.* 1982 May;79(9):3037-3041.
- Parker TS, McNamara DJ, Brown CD, Kolb R, Ahrens EH Jr, Alberts AW, Tobert J, Chen J, De Schepper PJ. Plasma mevalonate as a measure of cholesterol synthesis in man. *J Clin Invest.* 1984 Sep;74(3):795-804.
- Piccione G, Assenza A, Fazio F, Giannetto C, Caola G. Chronobiologic blood pressure assessment: maturation of the daily rhythm in newborn foals. *Biol Res.* 2008;41(1):51-57.
- Piccione G, Grasso F, Fazio F, Giudice E. The effect of physical exercise on the daily rhythm of platelet aggregation and body temperature in horses. *Vet J.* 2008 May;176(2):216-220.

- Portaluppi F, Lemmer B. Chronobiology and chronotherapy of ischemic heart disease. *Adv Drug Deliv Rev.* 2007 Aug 31;59(9-10):952-965.
- Portaluppi F, Hermida RC. Circadian rhythms in cardiac arrhythmias and opportunities for their chronotherapy. *Adv Drug Deliv Rev.* 2007 Aug 31;59(9-10):940-951.
- Portaluppi F, Cortelli P, Buonaura GC, Smolensky MH, Fabbian F. Do restless legs syndrome (RLS) and periodic limb movements of sleep (PLMS) play a role in nocturnal hypertension and increased cardiovascular risk of renally impaired patients? *Chronobiol Int.* 2009 Aug;26(6):1206-1221.
- Portaluppi F, Smolensky MH, Touitou Y. Ethics and methods for biological rhythm research on animals and human beings. *Chronobiol Int.* 2010 Oct;27(9-10):1911-1929.
- Portaluppi F, Smolensky MH. Perspectives on the chronotherapy of hypertension based on the results of the MAPEC study. *Chronobiol Int.* 2010 Sep;27(8):1652-1667.
- Portaluppi F, Tiseo R, Smolensky MH, Hermida RC, Ayala DE, Fabbian F. Circadian rhythms and cardiovascular health. *Sleep Med Rev.* 2011 Jun 3.
- Puisieux F, Boumbar Y, Bulckaen H, Bonnin E, Houssin F, Dewailly P. Intraindividual variability in orthostatic blood pressure changes among older adults: the influence of meals. *J Am Geriatr Soc.* 1999 Nov;47(11):1332-1336.
- Puisieux F, Court D, Baheu E, Dipompeo C, Bulckaen H, Dewailly P. Intraindividual reproducibility of postprandial hypotension. *Gerontology.* 2002 Sep-Oct;48(5):315-320.
- Rousset S, Patureau Mirand P, Brandolini M, Martin JF, Boirie Y. Daily protein intakes and eating patterns in young and elderly French. *Br J Nutr.* 2003 Dec;90(6):1107-1115.
- Salgado-Delgado R, Tapia Osorio A, Saderi N, Escobar C. Disruption of circadian rhythms: a crucial factor in the etiology of depression. *Depress Res Treat.* 2011;2011:839743.
- Shahar DR, Yu B, Houston DK, Kritchevsky SB, Lee JS, Rubin SM, Sellmeyer DE, Tylavsky FA, Harris TB; Health, Aging and Body Composition Study. Dietary factors in relation to daily activity energy expenditure and mortality among older adults. *J Nutr Health Aging.* 2009 May;13(5):414-420.
- Shahar D, Shai I, Vardi H, Fraser D. Factors associated with low reported energy intake in the elderly. *J Nutr Health Aging.* 2005 Sep-Oct;9(5):300-304.
- Smolensky MH, Portaluppi F. Chronopharmacology and chronotherapy of cardiovascular medications: relevance to prevention and treatment of coronary heart disease. *Am Heart J.* 1999 Apr;137(4 Pt 2):S14-S24.
- Svatikova A, Wolk R, Wang HH, Otto ME, Bybee KA, Singh RJ, Somers VK. Circulating free nitrotyrosine in obstructive sleep apnea. *Am J Physiol Regul Integr Comp Physiol.* 2004 Aug;287(2):R284-7.
- Suárez-Barrientos A, López-Romero P, Vivas D, Castro-Ferreira F, Núñez-Gil I, Franco E, Ruiz-Mateos B, García-Rubira JC, Fernández-Ortiz A, Macaya C, Ibanez B. Circadian variations of infarct size in acute myocardial infarction. *Heart.* 2011 Jun;97(12):970-976.
- Suárez-Barrientos A, López-Romero P, Vivas D, Castro-Ferreira F, Núñez-Gil I, Franco E, Ruiz-Mateos B, García-Rubira JC, Fernández-Ortiz A, Macaya C, Ibanez B. Circadian variations of infarct size in acute myocardial infarction. *Heart.* 2011 Jun;97(12):970-976.
- Teboul M, Barrat-Petit MA, Li XM, Claustrat B, Formento JL, Delaunay F, Lévi F, Milano G. Atypical patterns of circadian clock gene expression in human peripheral blood mononuclear cells. *J Mol Med (Berl).* 2005 Sep;83(9):693-699.
- Tomoda A, Kawatani J, Joudoi T, Hamada A, Miike T. Metabolic dysfunction and circadian rhythm abnormalities in adolescents with sleep disturbance. *Neuroimage.* 2009 Aug;47 Suppl 2:T21-6.

Turek FW, Joshu C, Kohsaka A, Lin E, Ivanova G, McDearmon E, Laposky A, Losee-Olson S, Easton A, Jensen DR, Eckel RH, Takahashi JS, Bass J. Obesity and metabolic syndrome in circadian Clock mutant mice. *Science*. 2005 May 13;308(5724):1043-1045.

Voss MW, Prakash RS, Erickson KI, Basak C, Chaddock L, Kim JS, Alves H, Heo S, Szabo AN, White SM, Wójcicki TR, Mailey EL, Gothe N, Olson EA, McAuley E, Kramer AF. Plasticity of brain networks in a randomized intervention trial of exercise training in older adults. *Front Aging Neurosci*. 2010 Aug 26;2.

Walters J, Skene D, Hampton SM, Ferns GA. Biological rhythms, endothelial health and cardiovascular disease. *Med Sci Monit*. 2003 Jan;9(1):RA1-8.

Walters JF, Hampton SM, Deanfield JE, Donald AE, Skene DJ, Ferns GA. Circadian variation in endothelial function is attenuated in postmenopausal women. *Maturitas*. 2006 Jun 20;54(3):294-303.

4.1.3 Trois 8

Touitou Y. (2005). Melatonin: what for?. *Bull Acad Natl Med*. 189, 879-889; discussion 889-91.

Kloog I, Haim A, Stevens RG, Barchana M, Portnov BA. (2008). Light at night co-distributes with incident breast but not lung cancer in the female population of Israel. *Chronobiol Int*. 25, 65-81.

4.1.4 La mélatonine, une horloge directrice ?

MacSali F, Svanes C, Sothorn RB, Benediktsdottir B, Bjørge L, Dratva J, Franklin KA, Holm M, Janson C, Johannessen A, Lindberg E, Omenaas ER, Schlünssen V, Zemp E, Real FG. Menstrual Cycle and Respiratory Symptoms in a General Nordic-Baltic Population. *Am J Respir Crit Care Med*. 2012 Nov 29.

Taillard J, Capelli A, Sagaspe P, Anund A, Akerstedt T, Philip P. In-car nocturnal blue light exposure improves motorway driving: a randomized controlled trial. *PLoS One*. 2012;7(10):e46750.

Antoch MP, Gorbacheva VY, Vykhovanets O, Toshkov IA, Kondratov RV, Kondratova AA, Lee C, Nikitin AY. Disruption of the circadian clock due to the Clock mutation has discrete effects on aging and carcinogenesis. *Cell Cycle*. 2008 May 1;7(9):1197-204.

Antoniadis EA, Ko CH, Ralph MR, McDonald RJ. Circadian rhythms, aging and memory. *Behav Brain Res*. 2000 Sep;114(1-2):221-233.

Anthony M, Berg MJ. Biologic and molecular mechanisms for sex differences in pharmacokinetics, pharmacodynamics, and pharmacogenetics: Part II. *J Womens Health Gend Based Med*. 2002 Sep;11(7):617-629.

Asayama K, Yamadera H, Ito T, Suzuki H, Kudo Y, Endo S. Double blind study of melatonin effects on the sleep-wake rhythm, cognitive and non-cognitive functions in Alzheimer type dementia. *J Nihon Med Sch*. 2003 Aug;70(4):334-41. PubMed PMID: 12928714.

Auvil-Novak SE. The chronobiology, chronopharmacology, and chronotherapeutics of pain. *Annu Rev Nurs Res*. 1999;17:133-153.

Awney HA, Attih AM, Habib SL, Mostafa MH. Effect of melatonin on the production of microsomal hydrogen peroxide and cytochrome P-450 content in rat treated with aflatoxin B(1). *Toxicology*. 2002 Mar 20;172(2):143-148.

Badria FA. Melatonin, serotonin, and tryptamine in some Egyptian food and medicinal plants. *J Med Food*. 2002 Fall;5(3):153-157.

- Bargiello TA., Young MW., « Molecular genetics of a biological clock in *Drosophila* », dans Proceedings of the National Academy of Sciences, no 81, 1984, p. 2142-2146 .
- Baydas G, Gursu F, Canpolat S, Konar V, Yasar A, Canatan H, Kelestimur H. Effects of pinealectomy on the circadian release pattern of leptin in male rat. *Neuro Endocrinol Lett.* 2001 Dec;22(6):449-452..
- Baydas G, Yilmaz O, Celik S, Yasar A, Gursu MF. Effects of certain micronutrients and melatonin on plasma lipid, lipid peroxidation, and homocysteine levels in rats. *Arch Med Res.* 2002 Nov-Dec;33(6):515-519.
- Baydas G, Koz ST, Tuzcu M, Etem E, Nedzvetsky VS. Melatonin inhibits oxidative stress and apoptosis in fetal brains of hyperhomocysteinemic rat dams. *J Pineal Res.* 2007 Oct;43(3):225-231..
- Baydas G, Koz ST, Tuzcu M, Nedzvetsky VS. Melatonin prevents gestational hyperhomocysteinemia-associated alterations in neurobehavioral developments in rats. *J Pineal Res.* 2008 Mar;44(2):181-8.
- Begrache K, Sutton GM, Fang J, Butler AA. The role of melanocortin neuronal pathways in circadian biology: a new homeostatic output involving melanocortin-3 receptors? *Obes Rev.* 2009 Nov;10 Suppl 2:14-24.
- Berge J, Cottier F, Last KS, Varpe Ø, Leu E, Sørreide J, Eiane K, Falk-Petersen S, Willis K, Nygård H, Vogedes D, Griffiths C, Johnsen G, Lorentzen D, Brierley AS. Diel vertical migration of Arctic zooplankton during the polar night. *Biol Lett.* 2009 Feb 23;5(1):69-72.
- Blask DE. Melatonin, sleep disturbance and cancer risk. *Sleep Med Rev.* 2009 Aug;13(4):257-264.
- Blask DE, Dauchy RT, Sauer LA. Putting cancer to sleep at night: the neuroendocrine/circadian melatonin signal. *Endocrine.* 2005 Jul;27(2):179-188.
- Blazejová K, Nevsímalová S, Illnerová H, Hájek I, Sonka K. [Sleep disorders and the 24-hour profile of melatonin and cortisol]. *Sb Lek.* 2000;101(4):347-351.
- Blazejova K, Illnerova H, Hajek I, Nevsimalova S. Circadian rhythm in salivary melatonin in narcoleptic patients. *Neurosci Lett.* 2008 May 30;437(2):162-164.
- Boulos Z, Macchi MM. Season- and latitude-dependent effects of simulated twilights on circadian entrainment. *J Biol Rhythms.* 2005 Apr;20(2):132-144.
- Bubenik GA, Pang SF. The role of serotonin and melatonin in gastrointestinal physiology: ontogeny, regulation of food intake, and mutual serotonin-melatonin feedback. *J Pineal Res.* 1994 Mar;16(2):91-99.
- Bubenik GA, Pang SF. Melatonin levels in the gastrointestinal tissues of fish, amphibians, and a reptile. *Gen Comp Endocrinol.* 1997 Jun;106(3):415-419.
- Bubenik GA, Pang SF, Cockshut JR, Smith PS, Grovum LW, Friendship RM, Hacker RR. Circadian variation of portal, arterial and venous blood levels of melatonin in pigs and its relationship to food intake and sleep. *J Pineal Res.* 2000 Jan;28(1):9-15.
- Bubenik GA. Thirty four years since the discovery of gastrointestinal melatonin. *J Physiol Pharmacol.* 2008 Aug;59 Suppl 2:33-51.
- Bubenik GA, Konturek SJ. Melatonin and aging: prospects for human treatment. *J Physiol Pharmacol.* 2011 Feb;62(1):13-9.
- Bünning, E. (1935) « Zur Kenntnis der erblichen Tagesperiodizität bei den Primarblätter von *Phaseolus multiflorus* », dans *Jahrbücher für wissenschaftliche Botanik*, 81, ,411-418.
- Buresová M, Dvoráková M, Zvolský P, Illnerová H. Human circadian rhythm in serum melatonin in short winter days and in simulated artificial long days. *Neurosci Lett.* 1992 Mar 2;136(2):173-176.
- Buresová M, Dvoráková M, Zvolský P, Illnerová H. Early morning bright light phase advances the human circadian pacemaker within one day. *Neurosci Lett.* 1991 Jan 2;121(1-2):47-50.

- Dubroqua S, Boison D, Feldon J, Möhler H, Yee BK. Examining the sex- and circadian dependency of a learning phenotype in mice with glycine transporter 1 deletion in two Pavlovian conditioning paradigms. *Neurobiol Learn Mem.* 2011 Sep;96(2):218-29.
- Burkhardt S, Tan DX, Manchester LC, Hardeland R, Reiter RJ. Detection and quantification of the antioxidant melatonin in Montmorency and Balaton tart cherries (*Prunus cerasus*). *J Agric Food Chem.* 2001 Oct;49(10):4898-902.
- Buzsáki G. The hippocampo-neocortical dialogue. *Cereb Cortex.* 1996 Mar-Apr;6(2):81-92.
- Cain SW, Ralph MR. Circadian modulation of conditioned place avoidance in hamsters does not require the suprachiasmatic nucleus. *Neurobiol Learn Mem.* 2009 Jan;91(1):81-84.
- Cajochen C, Knoblauch V, Wirz-Justice A, Kräuchi K, Graw P, Wallach D. Circadian modulation of sequence learning under high and low sleep pressure conditions. *Behav Brain Res.* 2004 May 5;151(1-2):167-1676.
- Cajochen C, Kräuchi K, Wirz-Justice A. Role of melatonin in the regulation of human circadian rhythms and sleep. *J Neuroendocrinol.* 2003 Apr;15(4):432-437.
- Canpolat S, Sandal S, Yilmaz B, Yasar A, Kutlu S, Baydas G, Kelestimur H. Effects of pinealectomy and exogenous melatonin on serum leptin levels in male rat. *Eur J Pharmacol.* 2001 Sep 28;428(1):145-148.
- Castillo MR, Hochstetler KJ, Tavernier RJ Jr, Greene DM, Bult-Ito A. Entrainment of the master circadian clock by scheduled feeding. *Am J Physiol Regul Integr Comp Physiol.* 2004 Sep;287(3):R551-5.
- Danilenko KV, Wirz-Justice A, Kräuchi K, Weber JM, Terman M. The human circadian pacemaker can see by the dawn's early light. *J Biol Rhythms.* 2000 Oct;15(5):437-446.
- Nieouillon A. 2008. Acetylcholine et rythmes circadiens chez les patients Alzheimer. *Abstract Alzheimer.* 2008, 2, 7-11.
- Carrier J, Monk T. Effects of sleep and circadian rhythms on performance. In FW Turek, PC Zee, *Regulation of sleep and circadian rhythms.* New York, Marcel Dekker Inc. 1999 527:556.
- Chacón F, Esquifino AI, Perelló M, Cardinali DP, Spinedi E, Alvarez MP. 24-hour changes in ACTH, corticosterone, growth hormone, and leptin levels in young male rats subjected to calorie restriction. *Chronobiol Int.* 2005;22(2):253-265.
- Darsaud A, Dehon H, Lahl O, Sterpenich V, Boly M, Dang-Vu T, Desseilles M, Gais S, Matarazzo L, Peters F, Schabus M, Schmidt C, Tinguely G, Vandewalle G, Luxen A, Maquet P, Collette F. Does sleep promote false memories? *J Cogn Neurosci.* 2011 Jan;23(1):26-40.
- Day J, Damsma G, Fibiger HC. Cholinergic activity in the rat hippocampus, cortex and striatum correlates with locomotor activity: an in vivo microdialysis study. *Pharmacol Biochem Behav.* 1991 Apr;38(4):723-9.
- Dispersyn G, Pain L, Challet E, Touitou Y. General anesthetics effects on circadian temporal structure: an update. *Chronobiol Int.* 2008 Nov;25(6):835-850.
- Dowling GA, Mastick J, Hubbard EM, Luxenberg JS, Burr RL. Effect of timed bright light treatment for rest-activity disruption in institutionalized patients with Alzheimer's disease. *Int J Geriatr Psychiatry.* 2005 Aug;20(8):738-743..
- Dowling GA, Hubbard EM, Mastick J, Luxenberg JS, Burr RL, Van Someren EJ. Effect of morning bright light treatment for rest-activity disruption in institutionalized patients with severe Alzheimer's disease. *Int Psychogeriatr.* 2005 Jun;17(2):221-236.
- Dugué B, Leppänen E, Gräsbeck R. Preanalytical factors and the measurement of cytokines in human subjects. *Int J Clin Lab Res.* 1996;26(2):99-105.

- Dubbels R, Reiter RJ, Klenke E, Goebel A, Schnakenberg E, Ehlers C, Schiwara HW, Schloot W. Melatonin in edible plants identified by radioimmunoassay and by high performance liquid chromatography-mass spectrometry. *J Pineal Res.* 1995 Jan;18(1):28-31..
- Eggermann E, Serafin M, Bayer L, Machard D, Saint-Mieux B, Jones BE, Mühlethaler M. Orexins/hypocretins excite basal forebrain cholinergic neurones. *Neuroscience.* 2001;108(2):177-1781.
- Escames G, Ozturk G, Baño-Otálora B, Pozo MJ, Madrid JA, Reiter RJ, Serrano E, Concepción M, Acuña-Castroviejo D. Exercise and melatonin in humans: reciprocal benefits. *J Pineal Res.* 2011 Jul 22
- Farag NH, Moore WE, Lovallo WR, Mills PJ, Khandrika S, Eichner JE. Hypothalamic-pituitary-adrenal axis function: relative contributions of perceived stress and obesity in women. *J Womens Health (Larchmt).* 2008 Dec;17(10):1647-1655.
- Femia LA, Hasselmo ME. Is autism partly a consolidation disorder? *Behav Cogn Neurosci Rev.* 2002 Dec;1(4):251-63.
- Focan C. Chronobiological concepts underlying the chronotherapy of human lung cancer. *Chronobiol Int.* 2002 Jan;19(1):253-273.
- Folkard S., Black times: temporal determinants of transport safety, *Accid. Anal and Prev*, 1997, 29: 417-430.
- Gais S, Born J. Low acetylcholine during slow-wave sleep is critical fo declarative memory consolidation. *Proc Natl Acad Sci U S A.* 2004 Feb 17;101(7):2140-4.
- Gangwisch JE. Epidemiological evidence for the links between sleep, circadian rhythms and metabolism. *Obes Rev.* 2009 Nov;10 Suppl 2:37-45.
- Garaulet M, Ordovás JM, Gómez-Abellán P, Martínez JA, Madrid JA. An approximation to the temporal order in endogenous circadian rhythms of genes implicated in human adipose tissue metabolism. *J Cell Physiol.* 2011 Aug;226(8):2075-80.
- Garner & Allard, « Effect of the relative length of day and night and other factors of the environment on growth and reproduction in plants », *Journal of Agriculture Research* 18, 1920, 553-606.
- Gerber J, Lotz M, Ebert S, Kiel S, Huether G, Kuhnt U, Nau R. Melatonin is neuroprotective in experimental *Streptococcus pneumoniae* meningitis. *J Infect Dis.* 2005 Mar 1;191(5):783-90. Epub 2005 Jan 27. PubMed PMID: 15688296.
- Gibson EM, Wang C, Tjho S, Khattar N, Kriegsfeld LJ. Experimental 'jet lag' inhibits adult neurogenesis and produces long-term cognitive deficits in female hamsters. *PLoS One.* 2010 Dec 1;5(12):e15267.
- Gillooly P, Smolensky M.H., Albright D., et al., Circadian variations in human performance evaluated by the Walter Reed Assesment Battery, *Chronobiology Int*, 1990, 7: 143-153.
- Graw P, Kräuchi K, Knoblauch V, Wirz-Justice A, Cajochen C. Circadian and wake-dependent modulation of fastest and slowest reaction times during the psychomotor vigilance task. *Physiol Behav.* 2004 Feb;80(5):695-701.
- Grundman M, Grundman M, Delaney P. Antioxidant strategies for Alzheimer's disease. *Proc Nutr Soc.* 2002 May;61(2):191-202. Head KA. Natural therapies for ocular disorders, part two: cataracts and glaucoma. *Altern Med Rev.* 2001 Apr;6(2):141-166.
- Hardeland R, Fuhrberg B, Uría H, Behrmann G, Meyer TJ, Burkhardt S, Poeggeler B. Chronobiology of indoleamines in the dinoflagellate *Gonyaulax polyedra*: metabolism and effects related to circadian rhythmicity and photoperiodism. *Braz J Med Biol Res.* 1996 Jan;29(1):119-123.
- Hasselmo ME. Neuromodulation: acetylcholine and memory consolidation. *Trends Cogn Sci.* 1999 Sep;3(9):351-359.

- Henry F, Arrese JE, Claessens N, Piérard-Franchimont C, Piérard GE. [Skin and its daily chronobiological clock]. *Rev Med Liege*. 2002 Oct;57(10):661-665.
- Herxheimer A, Petrie KJ. Melatonin for the prevention and treatment of jet lag. *Cochrane Database Syst Rev*. 2002;(2):CD001520.
- Herxheimer A. Does melatonin help people sleep? *BMJ*. 2006 Feb 18;332(7538):373-4.
- Herxheimer A. Jet lag. *Clin Evid (Online)*. 2008 Dec 4;2008. pii: 2303.
- Huether G. Melatonin as an antiaging drug: between facts and fantasy. *Gerontology*. 1996;42(2):87-96.
- Hut RA, Van der Zee EA. The cholinergic system, circadian rhythmicity, and time memory. *Behav Brain Res*. 2011 Aug 10;221(2):466-480.
- Illnerová H, Buresová M, Nedvídková J, Dvoráková M, Zvolský P. Maintenance of a circadian phase adjustment of the human melatonin rhythm following artificial long days. *Brain Res*. 1993 Oct 29;626(1-2):322-6.
- Illnerová H, Buresová M, Presl J. Melatonin rhythm in human milk. *J Clin Endocrinol Metab*. 1993 Sep;77(3):838-841.
- Illnerová H, Borbély AA, Wirz-Justice A, Prasko J. Circadian rhythmicity: from basic science to clinical approach. *Suppl Clin Neurophysiol*. 2000;53:339-347.
- Innominato PF, Paless O, Dhabhar FS, Lévi F, Spiegel D. Regulation of circadian rhythms and hypothalamic-pituitary-adrenal axis: an overlooked interaction in cancer. *Lancet Oncol*. 2010 Sep;11(9):816-7.
- Jiménez-Capdeville ME, Dykes RW. Daily changes in the release of acetylcholine from rat primary somatosensory cortex. *Brain Res*. 1993 Oct 15;625(1):152-158.
- Kálmán J, Kálmán S. Depression as chronobiological illness] *Neuropsychopharmacol Hung*. 2009 Jun;11(2):69-81.
- Kaneko K, Yamada T, Tsukita S, Takahashi K, Ishigaki Y, Oka Y, Katagiri H. Obesity alters circadian expressions of molecular clock genes in the brainstem. *Brain Res*. 2009 Mar 31;1263:58-68.
- Keith LG, Oleszczuk JJ, Laguens M. Circadian rhythm chaos: a new breast cancer marker. *Int J Fertil Womens Med*. 2001 Sep-Oct;46(5):238-247.
- Kloog I, Portnov BA, Rennert HS, Haim A. Does the modern urbanized sleeping habitat pose a breast cancer risk? *Chronobiol Int*. 2011 Feb;28(1):76-80.
- Kloog I, Haim A, Stevens RG, Barchana M, Portnov BA. Light at night co-distributes with incident breast but not lung cancer in the female population of Israel. *Chronobiol Int*. 2008 Feb;25(1):65-81.
- Kolár J, Machácková I. Melatonin in higher plants: occurrence and possible functions. *J Pineal Res*. 2005 Nov;39(4):333-341.
- Kolár J, Johnson CH, Machácková I. Presence and possible role of melatonin in a short-day flowering plant, *Chenopodium rubrum*. *Adv Exp Med Biol*. 1999;460:391-393.
- Konturek SJ, Konturek PC, Brzozowski T, Bubenik GA. Role of melatonin in upper gastrointestinal tract. *J Physiol Pharmacol*. 2007 Dec;58 Suppl 6:23-52.
- Kline CE, Durstine JL, Davis JM, Moore TA, Devlin TM, Youngstedt SD. Circadian rhythms of psychomotor vigilance, mood, and sleepiness in the ultra-short sleep/wake protocol. *Chronobiol Int*. 2010 Jan;27(1):161-180.

- Khoory R, Dubbels R, Schloot W. Melatonin content in the pineal gland of different rat strains and stocks. *Z Versuchstierkd.* 1986;28(3):141-146.
- Lavialle M, Champeil-Potokar G, Alessandri JM, Balasse L, Guesnet P, Papillon C, Pévet P, Vancassel S, Vivien-Roels B, Denis I. An (n-3) polyunsaturated fatty acid-deficient diet disturbs daily locomotor activity, melatonin rhythm, and striatal dopamine in Syrian hamsters. *J Nutr.* 2008 Sep;138(9):1719-1724.
- Lavialle M, Begue A, Papillon C, Vilaplana J. Modifications of retinal afferent activity induce changes in astroglial plasticity in the hamster circadian clock. *Glia.* 2001 Apr 15;34(2):88-100.
- Leconte, C. (1995) La chronopsychologie à l'école, In Manuel de psychologie pour l'enseignement, coord. D. Gaonac'h et C. Golder, Ed Hachette Education, 456-489.
- Lee JH, Friedland R, Whitehouse PJ, Woo JI. Twenty-four-hour rhythms of sleep-wake cycle and temperature in Alzheimer's disease. *J Neuropsychiatry Clin Neurosci.* 2004 Spring;16(2):192-8. PubMed PMID: 15260371.
- Le Fur G, Guilloux F, Mitrani N, Mizoule J, Uzan A. Relationships between plasma corticosteroids and benzodiazepines in stress. *J Pharmacol Exp Ther.* 1979 Nov;211(2):305-308.
- Le Fur C, Romon M, Lebel P, Devos P, Lancry A, Guédon-Moreau L, Fruchart JC, Dallongeville J. Influence of mental stress and circadian cycle on postprandial lipemia. *Am J Clin Nutr.* 1999 Aug;70(2):213-220.
- Leiza JR, de Llano JM, Messa JB, Lopez CA, Fernandez JA; ARIAM Study Group. New insights into the circadian rhythm of acute myocardial infarction in subgroups. *Chronobiol Int.* 2007;24(1):129-141.
- Lemmer B, Witte K, Schänzer A, Findeisen A. Circadian rhythms in the renin-angiotensin system and adrenal steroids may contribute to the inverse blood pressure rhythm in hypertensive TGR(mREN-2)27 rats. *Chronobiol Int.* 2000 Sep;17(5):645-658.
- Lemmer B. Relevance for chronopharmacology in practical medicine. *Semin Perinatol.* 2000 Aug;24(4):280-290.
- Leu-Semenescu S, Arnulf I, Decaix C, Moussa F, Clot F, Boniol C, Touitou Y, Levy R, Vidailhet M, Roze E. Sleep and rhythm consequences of a genetically induced loss of serotonin. *Sleep.* 2010 Mar;33(3):307-314.
- Lu W, Meng QJ, Tyler NJ, Stokkan KA, Loudon AS. A circadian clock is not required in an arctic mammal. *Curr Biol.* 2010 Mar 23;20(6):533-537.
- Marrosu F, Portas C, Mascia MS, Casu MA, Fà M, Giagheddu M, Imperato A, Gessa GL. Microdialysis measurement of cortical and hippocampal acetylcholine release during sleep-wake cycle in freely moving cats. *Brain Res.* 1995 Feb 13;671(2):329-332.
- Martin Amboise. La nutrition en conditions extrêmes. *Médecine et Nutrition.* 2007 ; 42 : 97-102.
- McMillin JM, Seal US, Rogers L, Erickson AW. Annual testosterone rhythm in the black bear (*Ursus americanus*). *Biol Reprod.* 1976 Sep;15(2):163-167.
- Messner M, Huether G, Lorf T, Ramadori G, Schwörer H. Presence of melatonin in the human hepatobiliary-gastrointestinal tract. *Life Sci.* 2001 Jun 22;69(5):543-551.
- Mishima K, Okawa M, Satoh K, Shimizu T, Hozumi S, Hishikawa Y. Different manifestations of circadian rhythms in senile dementia of Alzheimer's type and multi-infarct dementia. *Neurobiol Aging.* 1997 Jan-Feb;18(1):105-109.
- Morgan L, Hampton S, Gibbs M, Arendt J. Circadian aspects of postprandial metabolism. *Chronobiol Int.* 2003 Sep;20(5):795-808.
- Mölle M, Eschenko O, Gais S, Sara SJ, Born J. The influence of learning on sleep slow oscillations and associated spindles and ripples in humans and rats. *Eur J Neurosci.* 2009 Mar;29(5):1071-1081.

- Moore M, Meltzer LJ, Mindell JA. Bedtime problems and night wakings in children. *Prim Care*. 2008 Sep;35(3):569-581.
- Münch M, Knoblauch V, Blatter K, Schröder C, Schnitzler C, Kräuchi K, Wirz-Justice A, Cajochen C. Age-related attenuation of the evening circadian arousal signal in humans. *Neurobiol Aging*. 2005 Oct;26(9):1307-1319.
- Murch SJ, Simmons CB, Saxena PK. Melatonin in feverfew and other medicinal plants. *Lancet*. 1997 Nov 29;350(9091):1598-1599.
- Murch SJ, Saxena PK. A melatonin-rich germplasm line of St John's wort (*Hypericum perforatum* L.). *J Pineal Res*. 2006 Oct;41(3):284-287.
- Murch SJ, Alan AR, Cao J, Saxena PK. Melatonin and serotonin in flowers and fruits of *Datura metel* L. *J Pineal Res*. 2009 Oct;47(3):277-283..
- Naismith SL, Lewis SJ, Rogers NL. Sleep-wake changes and cognition in neurodegenerative disease. *Prog Brain Res*. 2011;190:21-52.
- Olah A, Jozsa R, Csernus V, Sandor J, Muller A, Zeman M, Hoogerwerf W, Cornélissen G, Halberg F. Stress, geomagnetic disturbance, infradian and circadian sampling for circulating corticosterone and models of human depression? *Neurotox Res*. 2008 Apr;13(2):85-96.
- Ortiz GG, Coto-Montes A, Bitzer-Quintero OK, Falcón-Franco MA, Ruiz-Rizo L, Bravo-Cuellar A, Reiter RJ, Feria-Velasco A. Effects of melatonin on the Harderian gland of lipopolysaccharide-treated rats: morphological observations. *Biomed Pharmacother*. 1999 Oct;53(9):432-437.
- Paradee CV, Rapport LJ, Hanks RA, Levy JA. Circadian preference and cognitive functioning among rehabilitation inpatients. *Clin Neuropsychol*. 2005 Feb;19(1):55-72.
- Pevet P, Challet E. Melatonin: Both master clock output and internal time-giver in the circadian clocks network. *J Physiol Paris*. 2011 Jul 19.
- Power AE, Vazdarjanova A, McGaugh JL. Muscarinic cholinergic influences in memory consolidation. *Neurobiol Learn Mem*. 2003 Nov;80(3):178-193
- Paredes SD, Korkmaz A, Manchester LC, Tan DX, Reiter RJ. Phytomelatonin: a review. *J Exp Bot*. 2009;60(1):57-69.
- Paul MJ, Schwartz WJ. Circadian rhythms: how does a reindeer tell time? *Curr Biol*. 2010 Mar 23;20(6):R280-R282.
- Piccione G, Caola G. Biological rhythm in livestock. *J Vet Sci*. 2002 Sep;3(3):145-157.
- Piccione G, Refinetti R. Thermal chronobiology of domestic animals. *Front Biosci*. 2003 May 1;8:s258-264.
- Piccione G, Giannetto C, Casella S, Caola G. Circadian activity rhythm in sheep and goats housed in stable conditions. *Folia Biol (Krakow)*. 2008;56(3-4):133-137.
- Poeggeler B, Thuermann S, Dose A, Schoenke M, Burkhardt S, Hardeland R. Melatonin's unique radical scavenging properties - roles of its functional substituents as revealed by a comparison with its structural analogs. *J Pineal Res*. 2002 Aug;33(1):20-30.
- Poeggeler B, Cornélissen G, Huether G, Hardeland R, Józsa R, Zeman M, Stebelova K, Oláh A, Bubenik G, Pan W, Otsuka K, Schwartzkopff O, Bakken EE, Halberg F. Chronomics affirm extending scope of lead in phase of duodenal vs. pineal circadian melatonin rhythms. *Biomed Pharmacother*. 2005 Oct;59 Suppl 1:S220-4.
- Power AE. Slow-wave sleep, acetylcholine, and memory consolidation. *Proc Natl Acad Sci U S A*. 2004 Feb 17;101(7):1795-6. Epub 2004 Feb 9. Erratum in: *Proc Natl Acad Sci U S A*. 2004 Mar 23;101(12):4331.

Ralph MR, Ko CH, Antoniadis EA, Seco P, Irani F, Presta C, McDonald RJ. The significance of circadian phase for performance on a reward-based learning task in hamsters. *Behav Brain Res.* 2002 Oct 17;136(1):179-184.

Reinberg A., F. Levi et M. Smolensky, « Chronobiologie et pathologie infectieuse »/« Chronobiology and infectious diseases », *Médecine et Maladies Infectieuses* , vol. 17, Supplément 2, mai 1987, Pages 348-350.

Reinberg A., (1991), Dimension temporelle de la médecine, in *Chronobiologie médicale, chronothérapeutique*, Flammarion, coll. Médecine Sciences, 2e édition (2003), Paris, p. 8-9.

Reinberg A. (2003), Heures noires, Rythmes du risque des accidents, in *Chronobiologie médicale, chronothérapeutique*, Flammarion, coll. Médecine Sciences, 2e édition , Paris, p. 263-273.

Reiter RJ, Tan DX. Melatonin: an antioxidant in edible plants. *Ann N Y Acad Sci.* 2002 May;957:341-344. Review. PubMed PMID: 12074994.

Reiter RJ, Tan DX, Allegra M. Melatonin: reducing molecular pathology and dysfunction due to free radicals and associated reactants. *Neuro Endocrinol Lett.* 2002 Apr;23 Suppl 1:3-8.

Reiter RJ, Tan DX, Manchester LC, El-Sawi MR. Melatonin reduces oxidant damage and promotes mitochondrial respiration: implications for aging. *Ann N Y Acad Sci.* 2002 Apr;959:238-50. 9.

Reiter RJ, Tan DX, Burkhardt S, Manchester LC. Melatonin in plants. *Nutr Rev.* 2001 Sep;59(9):286-290.

Reiter RJ, Tan DX, Burkhardt S. Reactive oxygen and nitrogen species and cellular and organismal decline: amelioration with melatonin. *Mech Ageing Dev.* 2002 Apr 30;123(8):1007-1019.

Reiter RJ, Tan DX, Mayo JC, Sainz RM, Lopez-Burillo S. Melatonin, longevity and health in the aged: an assessment. *Free Radic Res.* 2002 Dec;36(12):1323-9.

Reiter RJ, Manchester LC, Tan DX. Neurotoxins: free radical mechanisms and melatonin protection. *Curr Neuropharmacol.* 2010 Sep;8(3):194-210.

Reiter RJ, Tan DX, Korkmaz A, Manchester LC. The disaster in Japan: utility of melatonin in providing protection against ionizing radiation. *J Pineal Res.* 2011 May;50(4):357-358.

Rodríguez-Colón SM, Li X, Shaffer ML, He F, Bixler EO, Vgontzas AN, Cai J, Liao D. Insulin resistance and circadian rhythm of cardiac autonomic modulation. *Cardiovasc Diabetol.* 2010 Dec 6;9:85.

Rosbash M. et coll, (1992) « Circadian oscillations in period gene mRNA levels are transcriptionally regulated », *Proceedings of the National Academy of Sciences*, 89, 11711-11715.

Rodenbeck A, Huether G, Rüther E, Hajak G. Nocturnal melatonin secretion and its modification by treatment in patients with sleep disorders. *Adv Exp Med Biol.* 1999;467:89-93.

Rowe SA, Kennaway DJ. Melatonin in rat milk and the likelihood of its role in postnatal maternal entrainment of rhythms. *Am J Physiol Regul Integr Comp Physiol.* 2002 Mar;282(3):R797-804.

Rowe DJ, Anthony F, Polak A, Shaw K, Ward CD, Watts GF. Retinol binding protein as a small molecular weight marker of renal tubular function in diabetes mellitus. *Ann Clin Biochem.* 1987 Sep;24 (Pt 5):477-82.

Saint-Mleux B, Eggermann E, Bisetti A, Bayer L, Machard D, Jones BE, Mühlethaler M, Serafin M. Nicotinic enhancement of the noradrenergic inhibition of sleep-promoting neurons in the ventrolateral preoptic area. *J Neurosci.* 2004 Jan 7;24(1):63-67.

Sei H, Sano A, Oishi K, Fujihara H, Kobayashi H, Ishida N, Morita Y. Increase of hippocampal acetylcholine release at the onset of dark phase is suppressed in a mutant mice model of evening-type individuals. *Neuroscience.* 2003;117(4):785-789.

- Silverin B, Gwinner E, Van't Hof TJ, Schwabl I, Fusani L, Hau M, Helm B. Persistent diel melatonin rhythmicity during the Arctic summer in free-living willow warblers. *Horm Behav.* 2009 Jun;56(1):163-168.
- Singer C, Tractenberg RE, Kaye J, Schafer K, Gamst A, Grundman M, Thomas R, hal LJ; Alzheimer's Disease Cooperative Study. A multicenter, placebo-controlled trial of melatonin for sleep disturbance in Alzheimer's disease. *Sleep.* 2003 Nov 1;26(7):893-901.
- Skaggs WE, McNaughton BL. Replay of neuronal firing sequences in rat hippocampus during sleep following spatial experience. *Science.* 1996 Mar 29;271(5257):1870-1873.
- So AY, Bernal TU, Pillsbury ML, Yamamoto KR, Feldman BJ. Glucocorticoid regulation of the circadian clock modulates glucose homeostasis. *Proc Natl Acad Sci U S A.* 2009 Oct 13;106(41):17582-17597.
- Staedt J, Hauser M, Gudlowski Y, Stoppe G. [Sleep disorders in schizophrenia]. *Fortschr Neurol Psychiatr.* 2010 Feb;78(2):70-80.
- Strand JE, Aarseth JJ, Hanebrette TL, Jørgensen EH. Keeping track of time under ice and snow in a sub-arctic lake: plasma melatonin rhythms in Arctic charr overwintering under natural conditions. *J Pineal Res.* 2008 Apr;44(3):227-33.
- Su W, Guo Z, Randall DC, Cassis L, Brown DR, Gong MC. Hypertension and disrupted blood pressure circadian rhythm in type 2 diabetic db/db mice. *Am J Physiol Heart Circ Physiol.* 2008 Oct;295(4):H1634-41.
- Sutherland ER, Ellison MC, Kraft M, Martin RJ. Altered pituitary-adrenal interaction in nocturnal asthma. *J Allergy Clin Immunol.* 2003 Jul;112(1):52-7.
- Sutherland ER. Nocturnal asthma. *J Allergy Clin Immunol.* 2005 Dec;116(6):1179-1186.
- Sundaram B, Holley DC, Cornélissen G, Naik D, Hanumansetty R, Singh RB, Otsuka K, Halberg F. Circadian and circaseptan (about-weekly) aspects of immigrant Indians' blood pressure and heart rate in California, USA. *Biomed Pharmacother.* 2005 Oct;59 Suppl 1:S76-85.
- Tan DX, Manchester LC, Reiter RJ, Cabrera J, Burkhardt S, Phillip T, Gitto E, Karbownik M, Li QD. Melatonin suppresses autoxidation and hydrogen peroxide-induced lipid peroxidation in monkey brain homogenate. *Neuro Endocrinol Lett.* 2000;21(5):361-365.
- Tan DX, Manchester LC, Sanchez-Barcelo E, Mediavilla MD, Reiter RJ. Significance of high levels of endogenous melatonin in Mammalian cerebrospinal fluid and in the central nervous system. *Curr Neuropharmacol.* 2010 Sep;8(3):162-167.
- Touitou Y. Melatonin: what for?. *Bull Acad Natl Med.* 2005 May;189(5):879-89; discussion 889-91.
- Touitou Y, Fevre-Montange M, Proust J, Klinger E, Nakache JP. Age- and ex-associated modification of plasma melatonin concentrations in man. Relationship to pathology, malignant or not, and autopsy findings. *Acta Endocrinol (Copenh).* 1985 Jan;108(1):135-144.
- Touitou Y. Melatonin in patients with pituitary tumours. *Eur J Med.* 1993 Jan;2(1):63.
- Touitou Y, Selmaoui B, Zhao ZY, San Martin M, Bogdan A. [Melatonin and biological rhythms: various aspects in human physiopathology]. *Ann Pharm Fr.* 1996;54(6):241-250.
- Touitou Y, Lambrozo J, Camus F, Charbuy H. Magnetic fields and the melatonin hypothesis: a study of workers chronically exposed to 50-Hz magnetic fields. *Am J Physiol Regul Integr Comp Physiol.* 2003 Jun;284(6):R1529-35.
- Touitou Y. [Melatonin: what for?]. *Bull Acad Natl Med.* 2005 May;189(5):879-889
- Touitou Y. [Synchronization and desynchronization of the biological clock in man]. *Encephale.* 2006 Oct;32(5 Pt 2):S834-839.
- Touitou Y, Bogdan A. Promoting adjustment of the sleep-wake cycle by chronobiotics. *Physiol Behav.* 2007 Feb

28;90(2-3):294-300.

Touitou Y, Auzéby A, Camus F, Djeridane Y. Daily profiles of salivary and urinary melatonin and steroids in healthy prepubertal boys. *J Pediatr Endocrinol Metab.* 2009 Nov;22(11):1009-15. PubMed PMID: 20101886.

Tsodyks MV, Skaggs WE, Sejnowski TJ, McNaughton BL. Population dynamics and theta rhythm phase precession of hippocampal place cell firing: a spiking neuron model. *Hippocampus.* 1996;6(3):271-280.

Tuzcu M, Baydas G. Effect of melatonin and vitamin E on diabetes-induced learning and memory impairment in rats. *Eur J Pharmacol.* 2006 May 10;537(1-3):106-10. Epub 2006 Mar 20. PubMed PMID: 16626697.

Valencia E, Marin A, Hardy G. Circadian rhythmicity of whole-blood glutathione in healthy subjects. *Nutrition.* 2001 Sep;17(9):731-733.

van Oort BE, Tyler NJ, Gerkema MP, Folkow L, Blix AS, Stokkan KA. Circadian organization in reindeer. *Nature.* 2005 Dec 22;438(7071):1095-1096.

Vandewalle G, Archer SN, Wuillaume C, Balteau E, Degueldre C, Luxen A, Dijk DJ, Maquet P. Effects of light on cognitive brain responses depend on circadian phase and sleep homeostasis. *J Biol Rhythms.* 2011 Jun;26(3):249-259.

van Oort BE, Tyler NJ, Gerkema MP, Folkow L, Stokkan KA. Where clocks are redundant: weak circadian mechanisms in reindeer living under polar photic conditions. *Naturwissenschaften.* 2007 Mar;94(3):183-94.

Van Tassel DL, Roberts N, Lewy A, O'Neill SD. Melatonin in plant organs. *J Pineal Res.* 2001 Aug;31(1):8-15.

Van Tassel DL, O'Neill SD. Putative regulatory molecules in plants: evaluating melatonin. *J Pineal Res.* 2001 Aug;31(1):1-7.

Vita N, Laurent P, Lefort S, Chalon P, Lelias JM, Kaghad M, Le Fur G, Caput D, Ferrara P. Primary structure and functional expression of mouse pituitary and human brain corticotrophin releasing factor receptors. *FEBS Lett.* 1993 Nov 29;335(1):1-5.

Vondrasová-Jelínková D, Hájek I, Illnerová H. Adjustment of the human melatonin and cortisol rhythms to shortening of the natural summer photoperiod. *Brain Res.* 1999 Jan 16;816(1):249-253.

Walker AD, Muth ER, Odle-Dusseau HN, Moore de W, Pilcher JJ. The effects of 28 hours of sleep deprivation on respiratory sinus arrhythmia during tasks with low and high controlled attention demands. *Psychophysiology.* 2009 Jan;46(1):217-224.

Woitge HW, Knothe A, Witte K, Schmidt-Gayk H, Ziegler R, Lemmer B, Seibel MJ. Circaannual rhythms and interactions of vitamin D metabolites, parathyroid hormone, and biochemical markers of skeletal homeostasis: a prospective study. *J Bone Miner Res.* 2000 Dec;15(12):2443-2450.

Yan J, Barnes BM, Kohl F, Marr TG. Modulation of gene expression in hibernating arctic ground squirrels. *Physiol Genomics.* 2008 Jan 17;32(2):170-181.

Yesavage JA, Noda A, Hernandez B, Friedman L, Cheng JJ, Tinklenberg JR, Hallmayer J, O'hara R, David R, Robert P, Landsverk E, Zeitzer JM; Alzheimer's Disease Neuroimaging Initiative. Circadian clock gene polymorphisms and sleep--wake disturbance in Alzheimer disease. *Am J Geriatr Psychiatry.* 2011 Jul;19(7):635-643.

Zaouali-Ajina M, Gharib A, Durand G, Gazzah N, Claustrat B, Gharib C, Sarda N. Dietary docosahexaenoic acid-enriched phospholipids normalize urinary melatonin excretion in adult (n-3) polyunsaturated fatty acid-deficient rats. *J Nutr.* 1999 Nov;129(11):2074-80. PubMed PMID: 10539787.

Zhang H, Hamilton JH, Salem N Jr, Kim HY. N-3 fatty acid deficiency in the rat pineal gland: effects on phospholipid molecular species composition and endogenous levels of melatonin and lipoxygenase products. *J Lipid Res.* 1998

Jul;39(7):1397-403.

Zawilska JB, Lorenc A, Berezińska M, Vivien-Roels B, Pévet P, Skene DJ. Diurnal and circadian rhythms in melatonin synthesis in the turkey pineal gland and retina. *Gen Comp Endocrinol*. 2006 Jan 15;145(2):162-8..

Zawilska JB, Skene DJ, Arendt J. Physiology and pharmacology of melatonin in relation to biological rhythms. *Pharmacol Rep*. 2009 May-Jun;61(3):383-410.

Zeman M, Józsa R, Cornélissen G, Stebelova K, Bubenik G, Olah A, Poeggeler B, Huether G, Hardeland R, Nagy G, Czernus V, Pan W, Otsuka K, Halberg F. Chronomics: circadian lead of extrapineal vs. pineal melatonin rhythms with an infradian hypothalamic exploration. *Biomed Pharmacother*. 2005 Oct;59 Suppl 1:S213-9.

Zhang X, Zhao F, Xu C, Lu C, Jin H, Chen S, Qian R. Circadian rhythm disorder of thrombosis and thrombolysis-related gene expression in apolipoprotein E knock-out mice. *Int J Mol Med*. 2008 Aug;22(2):149-153.

4.1.5 Chronobiologie d'apparition des maladies

Andreeva VA, Kesse-Guyot E, Barberger-Gateau P, Fezeu L, Hercberg S, Galan P. Cognitive function after supplementation with B vitamins and long-chain omega-3 fatty acids: ancillary findings from the SU.FOL.OM3 randomized trial. *Am J Clin Nutr*. 2011 Jul;94(1):278-286.

Andel R, Crowe M, Pedersen NL, Fratiglioni L, Johansson B, Gatz M. Physical exercise at midlife and risk of dementia three decades later: a population-based study of Swedish twins. *J Gerontol A Biol Sci Med Sci*. 2008 Jan;63(1):62-66.

Appelros P, Stegmayr B, Terént A. Sex differences in stroke epidemiology: a systematic review. *Stroke*. 2009 Apr;40(4):1082-1090.

Appelros P, Stegmayr B, Terént A. A review on sex differences in stroke treatment and outcome. *Acta Neurol Scand*. 2010 Jun;121(6):359-369.

Barberger-Gateau P, Salmi LR. Evaluation of health actions. *Rev Epidemiol Sante Publique*. 2000 Dec;48(6):513-516.

Barberger-Gateau P, Raffaitin C, Letenneur L, Berr C, Tzourio C, Dartigues JF, Alpérovitch A. Dietary patterns and risk of dementia: the Three-City cohort study. *Neurology*. 2007 Nov 13;69(20):1921-1930.

Barberger-Gateau P, Samieri C, Féart C, Plourde M. Dietary omega 3 polyunsaturated Fatty acids and Alzheimer's disease: interaction with apolipoprotein e genotype. *Curr Alzheimer Res*. 2011 Aug 1;8(5):479-491.

Byberg L, Melhus H, Gedeberg R, Sundström J, Ahlbom A, Zethelius B, Berglund LG, Wolk A, Michaëlsson K. Total mortality after changes in leisure time physical activity in 50 year old men: 35 year follow-up of population based cohort. *BMJ*. 2009 Mar 5;338:b688..

Cherkas LF, Hunkin JL, Kato BS, Richards JB, Gardner JP, Surdulescu GL, Kimura M, Lu X, Spector TD, Aviv A. The association between physical activity in leisure time and leukocyte telomere length. *Arch Intern Med*. 2008 Jan 28;168(2):154-158.

Cunnane S, Nugent S, Roy M, Courchesne-Loyer A, Croteau E, Tremblay S, Castellano A, Pifferi F, Bocti C, Paquet N, Begdouri H, Bentourkia M, Turcotte E, Allard M, Barberger-Gateau P, Fulop T, Rapoport SI. Brain fuel metabolism, aging, and Alzheimer's disease. *Nutrition*. 2011 Jan;27(1):3-20.

Devore EE, Kang JH, Okereke O, Grodstein F. Physical activity levels and cognition in women with type 2 diabetes. *Am J Epidemiol*. 2009 Oct 15;170(8):1040-1047.

- Dietrich T, Jimenez M, Krall Kaye EA, Vokonas PS, Garcia RI. Age-dependent associations between chronic periodontitis/edentulism and risk of coronary heart disease. *Circulation*. 2008 Apr 1;117(13):1668-1674.
- Féart C, Torrès MJ, Samieri C, Jutand MA, Peuchant E, Simopoulos AP, Barberger-Gateau P. Adherence to a Mediterranean diet and plasma fatty acids: data from the Bordeaux sample of the Three-City study. *Br J Nutr*. 2011 Jul;106(1):149-158.
- Flint AJ, Hu FB, Glynn RJ, Jensen MK, Franz M, Sampson L, Rimm EB. Whole grains and incident hypertension in men. *Am J Clin Nutr*. 2009 Sep;90(3):493-498.
- Givens JL, Jones RN, Inouye SK. The overlap syndrome of depression and delirium in older hospitalized patients. *J Am Geriatr Soc*. 2009 Aug;57(8):1347-1353.
- Givens JL, Frederick M, Silverman L, Anderson S, Senville J, Silver M, Sebastiani P, Terry DF, Costa PT, Perls TT. Personality traits of centenarians' offspring. *J Am Geriatr Soc*. 2009 Apr;57(4):683-685.
- Helmer C, Bricout H, Gin H, Barberger-Gateau P. Macronutrient intake and discrepancy with nutritional recommendations in a group of elderly diabetic subjects. *Br J Nutr*. 2008 Mar;99(3):632-638.
- Jacobs J, Hwang G, Curran T, Kahana MJ. EEG oscillations and recognition memory: theta correlates of memory retrieval and decision making. *Neuroimage*. 2006 Aug 15;32(2):978-987.
- Jacobs JM, Hammerman-Rozenberg R, Cohen A, Stessman J. Reading daily predicts reduced mortality among men from a cohort of community-dwelling 70-year-olds. *J Gerontol B Psychol Sci Soc Sci*. 2008 Mar;63(2):S73-80.
- Jimenez M, Krall EA, Garcia RI, Vokonas PS, Dietrich T. Periodontitis and incidence of cerebrovascular disease in men. *Ann Neurol*. 2009 Oct;66(4):505-512.
- Karp A, Andel R, Parker MG, Wang HX, Winblad B, Fratiglioni L. Mentally stimulating activities at work during midlife and dementia risk after age 75: follow-up study from the Kungsholmen Project. *Am J Geriatr Psychiatry*. 2009 Mar;17(3):227-236.
- Letenneur L, Proust-Lima C, Le Gouge A, Dartigues JF, Barberger-Gateau P. Flavonoid intake and cognitive decline over a 10-year period. *Am J Epidemiol*. 2007 Jun 15;165(12):1364-1371.
- McGinn AP, Kaplan RC, Verghese J, Rosenbaum DM, Psaty BM, Baird AE, Lynch JK, Wolf PA, Kooperberg C, Larson JC, Wassertheil-Smoller S. Walking speed and risk of incident ischemic stroke among postmenopausal women. *Stroke*. 2008 Apr;39(4):1233-1239.
- Mänty M, Heinonen A, Viljanen A, Pajala S, Koskenvuo M, Kaprio J, Rantanen T. Self-reported preclinical mobility limitation and fall history as predictors of future falls in older women: prospective cohort study. *Osteoporos Int*. 2010 Apr;21(4):689-693.
- Merle B, Delyfer MN, Korobelnik JF, Rougier MB, Colin J, Malet F, Féart C, Le Goff M, Dartigues JF, Barberger-Gateau P, Delcourt C. Dietary omega-3 Fatty acids and the risk for age-related maculopathy: the alienor study. *Invest Ophthalmol Vis Sci*. 2011 Jul 29;52(8):6004-6011.
- Petrea RE, Beiser AS, Seshadri S, Kelly-Hayes M, Kase CS, Wolf PA. Gender differences in stroke incidence and poststroke disability in the Framingham heart study. *Stroke*. 2009 Apr;40(4):1032-1037.
- Raffaitin C, Féart C, Le Goff M, Amieva H, Helmer C, Akbaraly TN, Tzourio C, Gin H, Barberger-Gateau P. Metabolic syndrome and cognitive decline in French elders: the Three-City Study. *Neurology*. 2011 Feb 8;76(6):518-525.
- Samieri C, Féart C, Proust-Lima C, Peuchant E, Tzourio C, Stapf C, Berr C, Barberger-Gateau P. Olive oil consumption, plasma oleic acid, and stroke incidence: The Three-City Study. *Neurology*. 2011 Aug 2;77(5):418-425.

Sennerby U, Melhus H, Gedeberg R, Byberg L, Garmo H, Ahlbom A, Pedersen NL, Michaëlsson K. Cardiovascular diseases and risk of hip fracture. *JAMA*. 2009 Oct 21;302(15):1666-1673.

Schrott AR, Jimenez M, Hwang JW, Fiorellini J, Weber HP. Five-year evaluation of the influence of keratinized mucosa on peri-implant soft-tissue health and stability around implants supporting full-arch mandibular fixed prostheses. *Clin Oral Implants Res*. 2009 Oct;20(10):1170-1177.

Turin TC, Kita Y, Murakami Y, Rumana N, Sugihara H, Morita Y, Hirose K, Okayama A, Nakamura Y, Ueshima H; Takashima Stroke Registry. Increase of stroke incidence after weekend regardless of traditional risk factors: Takashima Stroke Registry, Japan; 1988-2003. *Cerebrovasc Dis*. 2007;24(4):328-337.

Turin TC, Kita Y, Murakami Y, Rumana N, Sugihara H, Morita Y, Tomioka N, Okayama A, Nakamura Y, Abbott RD, Ueshima H. Higher stroke incidence in the spring season regardless of conventional risk factors: Takashima Stroke Registry, Japan, 1988-2001. *Stroke*. 2008 Mar;39(3):745-752.

Valdes AM, Deary IJ, Gardner J, Kimura M, Lu X, Spector TD, Aviv A, Cherkas LF. Leukocyte telomere length is associated with cognitive performance in healthy women. *Neurobiol Aging*. 2010 Jun;31(6):986-992.

Viljanen A, Kaprio J, Pyykkö I, Sorri M, Koskenvuo M, Rantanen T. Hearing acuity as a predictor of walking difficulties in older women. *J Am Geriatr Soc*. 2009 Dec;57(12):2282-2286.

Viljanen A, Kaprio J, Pyykkö I, Sorri M, Pajala S, Kauppinen M, Koskenvuo M, Rantanen T. Hearing as a predictor of falls and postural balance in older female twins. *J Gerontol A Biol Sci Med Sci*. 2009 Feb;64(2):312-317.

Wang HX, Karp A, Herlitz A, Crowe M, Kåreholt I, Winblad B, Fratiglioni L. Personality and lifestyle in relation to dementia incidence. *Neurology*. 2009 Jan 20;72(3):253-259.

Zhou M, Offer A, Yang G, Smith M, Hui G, Whitlock G, Collins R, Huang Z, Peto R, Chen Z. Body mass index, blood pressure, and mortality from stroke: a nationally representative prospective study of 212,000 Chinese men. *Stroke*. 2008 Mar;39(3):753-759.

4.2 Chronobiologie pluri-décennale de la prise alimentaire. Histoire de rachitiques et de crétins.

4.2.1 Iode

Als C, Helbling A, Peter K, Haldimann M, Zimmerli B, Gerber H. Urinary iodine concentration follows a circadian rhythm: a study with 3023 spot urine samples in adults and children. *J Clin Endocrinol Metab*. 2000 Apr;85(4):1367-1369.

Angermayr L, Clar C. (2004). Iodine supplementation for preventing iodine deficiency disorders in children. *Cochrane Database Syst Rev*. 2, CD003819.

Bath SC, Rayman MP. Iodine deficiency in the U.K.: an overlooked cause of impaired neurodevelopment? *Proc Nutr Soc*. 2013 May;72(2):226-35.

Bath SC, Button S, Rayman MP. Iodine concentration of organic and conventional milk: implications for iodine intake. *Br J Nutr*. 2012 Apr;107(7):935-40.

Bourcigaux N, Lepoutre-Lussey C, Guéchet J, Donadille B, Faugeron I, Ouzounian S, Christin-Maître S, Bouchard P, Duron F. Thyroid function at the third trimester of pregnancy in a Northern French population. *Ann Endocrinol (Paris)*. 2010 Dec;71(6):519-524.

Bourre JM. (2006). Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 1: micronutrients. *J Nutr Health Aging*. 10, 377-385.

- Bourre JM. (2004). [The role of nutritional factors on the structure and function of the brain: an update on dietary requirements]. *Rev Neurol (Paris)*. 160, 767-792.
- Bourre, J.M., Paquette, P. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and DHA. Impact in public health. *Int. J. Food Sci Nutr*. 2008 ; 59 : 491-501.
- Cowgill GR. Jean-Baptiste Boussingault. -A biographical sketch (February 2, 1802--may 11, 1887). *J Nutr*. 1964 Sep;84:3-9.
- Delange F. (2002). Iodine deficiency in Europe and its consequences: an update. *Eur J Nucl Med Mol Imaging*. 29, S404-416.
- Djemli A, Van Vliet G, Delvin E-E. (2006). Congenital hypothyroidism: from Paracelsus to molecular diagnosis. *Clin Biochem*. 39, 511-518.
- Dorea JG. (2002). Iodine nutrition and breast feeding. *J. Trace Elem. Med. Biol*. 16, 207-220.
- Drutel A, Archambeaud F, Caron P. Selenium and the thyroid gland: more good news for clinicians. *Clin Endocrinol (Oxf)*. 2013 Feb;78(2):155-64.
- Farebrother J, Naude CE, Nicol L, Andersson M, Zimmermann MB. Iodised salt and iodine supplements for prenatal and postnatal growth: a rapid scoping of existing systematic reviews. *Nutr J*. 2015 Sep 2;14(1):89.
- Gao TS, Teng WP, Shan ZY, Jin Y, Guan HX, Teng XC, Yang F, Wang W, Shi XG, Tong YJ, Li D, Chen W. Effect of different iodine intake on schoolchildren's thyroid diseases and intelligence in rural areas. *Chin Med J (Engl)*. 2004 Oct;117(10):1518-22.
- Gunnarsdottir I, Gustavsdottir AG, Thorsdottir I. (2009). Iodine intake and status in Iceland through a period of 60 years. *Food Nutr. Res*. 53.
- Gunnarsdottir I, Gunnarsdottir BE, Steingrimsdottir L, Maage A, Johannesson AJ, Thorsdottir I. Iodine status of adolescent girls in a population changing from high to lower fish consumption. *Eur J Clin Nutr*. 2010 Sep;64(9):958-64.
- Gunnarsdottir I, Gustavsdottir AG, Steingrimsdottir L, Maage A, Johannesson AJ, Thorsdottir I. Iodine status of pregnant women in a population changing from high to lower fish and milk consumption. *Public Health Nutr*. 2013 Feb;16(2):325-9.
- Hetzel BS, Chavadej J, Potter BJ. The brain in iodine deficiency. *Neuropathol Appl Neurobiol*. 1988 Mar-Apr;14(2):93-104.
- Hetzel BS, Potter BJ, Dulberg EM. The iodine deficiency disorders: nature, pathogenesis and epidemiology. *World Rev Nutr Diet*. 1990;62:59-119.
- Ingenbleek Y, Beckers C. Evidence for intestinal malabsorption of iodine in protein-calorie malnutrition. *Am J Clin Nutr*. 1973 Dec;26(12):1323-30.
- Jaiswal N, Melse-Boonstra A, Sharma SK, Srinivasan K, Zimmermann MB. The iodized salt programme in Bangalore, India provides adequate iodine intakes in pregnant women and more-than-adequate iodine intakes in their children. *Public Health Nutr*. 2015 Feb;18(3):403-13.
- Kapil U, Singh P, Pathak P, Singh C. Assessment of iodine deficiency disorders in district Bharatpur, Rajasthan. *Indian Pediatr*. 2003 Feb;40(2):147-9.
- Köhrle J, Gärtner R. Selenium and thyroid. *Best Pract Res Clin Endocrinol Metab*. 2009 Dec;23(6):815-27. doi: 10.1016/j.beem.2009.08.002.
- Lazarus JH, Parkes AB, John R, N'Diaye M, Prysor-Jones SG. Endemic goitre in Senegal--thyroid function etiological factors and treatment with oral iodized oil. *Acta Endocrinol (Copenh)*. 1992 Feb;126(2):149-54.

Liu HL, Lam LT, Zeng Q, Han SQ, Fu G, Hou CC. Effects of drinking water with high iodine concentration on the intelligence of children in Tianjin, China. *J Public Health (Oxf)*. 2009 Mar;31(1):32-8.

Liu M, Fu L, Zhong W, Chen Q. [Comparative analysis on the hearing ability of children in iodine deficiency areas born before and after iodine supplementation]. *Wei Sheng Yan Jiu*. 2001 Sep;30(5):303-4. Chinese.

Melse-Boonstra A, Mackenzie I. Iodine deficiency, thyroid function and hearing deficit: a review. *Nutr Res Rev*. 2013 Dec;26(2):110-7.

Mussa GC, Mussa F, Bretto R, Zambelli MC, Silvestro L. Influence of thyroid in nervous system growth. *Minerva Pediatr*. 2001 Aug;53(4):325-53.

Nicolau GY, Bogdan C, Cristea A, Milcu SM. [Circadian variation in the concentration of protein bound iodine (PBI) in the aged (70--100 years old)]. *Endocrinologie*. 1979 Apr-Jun;17(2):119-126.

Norouzian MA. Iodine in raw and pasteurized milk of dairy cows fed different amounts of potassium iodide. *Biol Trace Elem Res*. 2011 Feb;139(2):160-7.

Nudda A, Battacone G, Decandia M, Acciaro M, Aghini-Lombardi F, Frigeri M, Pulina G. (2009). The effect of dietary iodine supplementation in dairy goats on milk production traits and milk iodine content. *J. Dairy Sci.* 92, 5133-5138.

Pallardo LF, Pericás I, Jolín T. Thyroid iodine uptake, thyroid iodine secretion and plasma TSH levels in male rats during the day and night. *Acta Endocrinol (Copenh)*. 1976 Jul;82(3):517-529.

Pineda-Lucatero A, Avila-Jiménez L, Ramos-Hernández RI, Magos C, Martínez H. (2008). Iodine deficiency and its association with intelligence quotient in schoolchildren from Colima, Mexico. *Public Health Nutr.* 11, 690-698.

Pradhan R, Choudhry M. Assessment of iodine deficiency disorders in urban areas of Udaipur District, Rajasthan. *Indian Pediatr*. 2003 May;40(5):406-9.

Qian M, Wang D, Watkins WE, Gebiski V, Yan YQ, Li M, Chen ZP. The effects of iodine on intelligence in children: a meta-analysis of studies conducted in China. *Asia Pac J Clin Nutr*. 2005;14(1):32-42.

Rasmussen LB, Ovesen L, Christiansen E. Day-to-day and within-day variation in urinary iodine excretion. *Eur J Clin Nutr*. 1999 May;53(5):401-407.

Raverot V, Bournaud C, Sassolas G, Orgiazzi J, Claustrat F, Gaucherand P, Mellier G, Claustrat B, Borson-Chazot F, Zimmermann M. Pregnant French women living in the Lyon area are iodine deficient and have elevated serum thyroglobulin concentrations. *Thyroid*. 2012 May;22(5):522-8.

Rivas M, Naranjo JR. (2007). Thyroid hormones, learning and memory. *Genes Brain Behav.* 6 Suppl 1:40-44.

Santiago-Fernandez P, Torres-Barahona R, Muela-Martínez JA, Rojo-Martínez G, García-Fuentes E, Garriga MJ, León AG, Soriguer F. I(2004). Intelligence quotient and iodine intake: a cross-sectional study in children. *J. Clin. Endocrinol. Metab.* 89, 3851-3857.

Schöne F, Leiterer M, Lebzien P, Bemmann D, Spolders M, Flachowsky G. (2009). Iodine concentration of milk in a dose-response study with dairy cows and implications for consumer iodine intake. *J Trace Elem Med Biol.* 23, 84-92.

Sinha R, Yen PM. Cellular Action of Thyroid Hormone. 2014 Feb 12. In: De Groot LJ, Beck-Peccoz P, Chrousos G, Dungan K, Grossman A, Hershman JM, Koch C, McLachlan R, New M, Rebar R, Singer F, Vinik A, Weickert MO, editors. *Endotext* [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from <http://www.ncbi.nlm.nih.gov/books/NBK285568/> PubMed PMID: 25905423.

Swanson CA, Zimmermann MB, Skeaff S, Pearce EN, Dwyer JT, Trumbo PR, Zehaluk C, Andrews KW, Carriquiry A, Caldwell KL, Egan SK, Long SE, Bailey RL, Sullivan KM, Holden JM, Betz JM, Phinney KW,

- Brooks SP, Johnson CL, Haggans CJ. Summary of an NIH workshop to identify research needs to improve the monitoring of iodine status in the United States and to inform the DRI. *J Nutr.* 2012 Jun;142(6):1175S-85S.
- Tai M. The devastating consequence of iodine deficiency. *Southeast Asian J Trop Med Public Health.* 1997;28 Suppl 2:75-7.
- Tang Z, Liu W, Yin H, Wang P, Dong J, Wang Y, Chen J. (2007). Investigation of intelligence quotient and psychomotor development in schoolchildren in areas with different degrees of iodine deficiency. *Asia Pac. J. Clin. Nutr.* 16, 731-737.
- Tomlinson R. China fights fall in IQ due to iodine deficiency. *BMJ.* 1995 Jan 21;310(6973):148.
- Valeix P, Faure P, Péneau S, Estaquio C, Hercberg S, Bertrais S. (2009) Lifestyle factors related to iodine intakes in French adults. *Public Health Nutr.* 12, 2428-2437.
- Valeix P, Dos Santos C, Castetbon K, Bertrais S, Cousty C, Hercberg S. (2004) Thyroid hormone levels and thyroid dysfunction of French adults participating in the SU.VI.MAX study. *Ann. Endocrinol. (Paris).* 65, 477-486.
- Valeix P, Zarebska M, Preziosi P, Galan P, Pelletier B, Hercberg S. (1999) Iodine deficiency in France. *Lancet.* 22; 353, 1766-1767.
- Valeix P, Faure P, Péneau S, Estaquio C, Hercberg S, Bertrais S. (2009). Lifestyle factors related to iodine intakes in French adults. *Public Health Nutr.* 12, 2428-2437.
- Vir SC. (2002). Current status of iodine deficiency disorders (IDD) and strategy for its control in India. *Indian J. Pediatr.* 69, 589-596.
- Visser TJ, Peeters RP. Metabolism of Thyroid Hormone. 2012 Dec 10. In: De Groot LJ, Beck-Peccoz P, Chrousos G, Dungan K, Grossman A, Hershman JM, Koch C, McLachlan R, New M, Rebar R, Singer F, Vinik A, Weickert MO, editors. *Endotext* [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from <http://www.ncbi.nlm.nih.gov/books/NBK285545/> PubMed PMID: 25905401.
- Wang Y, Zhang Z, Ge P, Wang Y, Wang S. (2009). Iodine deficiency disorders after a decade of universal salt iodization in a severe iodine deficiency region in China. *Indian J. Med. Res.* 130, 413-417.
- Weiss WP, Wyatt DJ, Kleinschmit DH, Socha MT. Effect of including canola meal and supplemental iodine in diets of dairy cows on short-term changes in iodine concentrations in milk. *J Dairy Sci.* 2015 Jul;98(7):4841-9.
- Yu J, Liu P, Liu Y, Liu SJ, Sun DJ. Should both iodised and non-iodised salt be made available in Chinese cities? A cross-sectional survey. *BMJ Open.* 2014 Jul 11;4(7):e005397.
- Zimmermann MB. (2008). Iodine requirements and the risks and benefits of correcting iodine deficiency in populations. *J. Trace Elem. Med. Biol.* 22, 81-92.
- Zimmermann MB. Research on iodine deficiency and goiter in the 19th and early 20th centuries. *J Nutr.* 2008
- Zimmermann MB, Gizak M, Abbott K, Andersson M, Lazarus JH. Iodine deficiency in pregnant women in Europe. *Lancet Diabetes Endocrinol.* 2015 Sep;3(9):672-4. Zimmermann MB, Andersson M. Assessment of iodine nutrition in populations: past, present, and future. *Nutr Rev.* 2012 Oct;70(10):553-70.
- Zimmermann MB, Andersson M. Update on iodine status worldwide. *Curr Opin Endocrinol Diabetes Obes.* 2012 Oct;19(5):382-7.
- Zimmermann MB. The effects of iodine deficiency in pregnancy and infancy. *Paediatr Perinat Epidemiol.* 2012 Jul;26 Suppl 1:108-17.

4.2.2

Vitamine D

- Abbas S, Chang-Claude J, Linseisen J. Plasma 25-hydroxyvitamin D and premenopausal breast cancer risk in a German case-control study. *In J Cancer* 2009 ; 124: 250-255
- Adami S, Giannini S, Bianchi G et al. Vitamin D status and response to treatment in postmenopausal osteoporosis. *Osteoporos Int* 2009; 20: 239-244.
- Alonso A, Hernán MA. Temporal trends in the incidence of multiple sclerosis: systematic review. *Neurology*. 2008 Jul 8;71(2):129-35. Review. PubMed PMID: 18606967.
- Agarwal A, Gulati D. Early adolescent nutritional rickets. *J Orthop Surg (Hong Kong)*. 2009 Dec;17(3):340-5. PubMed PMID: 20065377.
- Aloia JF, Talwar SA, Pollack S, Feuerman M, Yeh JK. Optimal vitamin D status and serum parathyroid hormone concentrations in African American women. *Am J Clin Nutr*. 2006 Sep;84(3):602-609.
- Aloia JF, Li-Ng M. Re: epidemic influenza and vitamin D. *Epidemiol Infect* 2007;135(7):1095-1096; author reply 7-8.
- Aloia JF, Patel M, Dimaano R, Li-Ng M, Talwar SA, Mikhail M, Pollack S, Yeh JK. Vitamin D intake to attain a desired serum 25-hydroxyvitamin D concentration. *Am J Clin Nutr*. 2008 Jun;87(6):1952-1958.
- Andersen R, Mølgaard C, Skovgaard LT, Brot C, Cashman KD, Jakobsen J, Lamberg-Allardt C, Ovesen L. Effect of vitamin D supplementation on bone and vitamin D status among Pakistani immigrants in Denmark: a randomized double-blinded placebo-controlled intervention study. *Br J Nutr*. 2008 Jul;100(1):197-207.
- Armas LA, Heaney RP. Vitamin D: the iceberg nutrient. *J Ren Nutr*. 2011 Mar;21(2):134-139.
- Ascherio A, Munger KL, Simon KC. Vitamin D and multiple sclerosis. *Lancet Neurol*. 2010 Jun;9(6):599-612. Review. PubMed PMID: 20494325.
- Aubin F. Mechanisms involved in ultraviolet light-induced immunosuppression. *Eur J Dermatol*. 2003 Nov-Dec;13(6):515-23. Review. PubMed PMID: 14721768.
- Autier P, Gandini S. Vitamin D supplementation and total mortality: a meta-analysis of randomized controlled trials. *Arch Intern Med* 2007; 167: 1730-1737.
- Barger-Lux MJ, Heaney RP. Effects of above average summer sun exposure on serum 25-hydroxyvitamin D and calcium absorption. *J Clin Endocrinol Metab*. 2002 Nov;87(11):4952-4956.
- Belton NR. Rickets--not only the "English disease". *Acta Paediatr Scand Suppl*. 1986;323:68-75.
- Bidmon HJ, Mayerhofer A, Heiss C, Bartke A, Stumpf WE. Vitamin D (Solatriol) receptors in the choroid plexus and ependyma: Their species-specific presence. *Mol Cell Neurosci*. 1991 Apr;2(2):145-56.
- Bidmon HJ, Gutkowska J, Murakami R, Stumpf WE. Vitamin D receptors in heart: effects on atrial natriuretic factor. *Experientia*. 1991 Sep 15;47(9):958-62.
- Bidmon HJ, Stumpf WE. Choroid plexus, ependyma and arachnoidea express receptors for vitamin D: differences between "seasonal" and "non-seasonal" breeders. *Prog Brain Res*. 1992;91:279-83.
- Bischoff-Ferrari HA, Willett WC, Wong JB, Giovannucci E, Dietrich T, Dawson-Hughes B. Fracture prevention with vitamin D supplementation: a meta-analysis of randomized controlled trials. *JAMA* 2005;293:2257-64.
- Bischoff-Ferrari H, Willett W, Wong J, et al. Prevention of nonvertebral fractures with oral vitamin D and dose dependency. *Arch Int Med* 2009 ; 169: 551-561.
- Bischoff-Ferrari H, Dawson-Hughes B, Staehelin HB et al. Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials. *BMJ* 2009; 339: b3692.

Bischoff-Ferrari HA, Dawson-Hughes B, Platz A, Orav EJ, Stähelin HB, Willett WC, Can U, Egli A, Mueller NJ, Looser S, Bretscher B, Minder E, Vergopoulos A, Theiler R. Effect of high-dosage cholecalciferol and extended physiotherapy on complications after hip fracture: a randomized controlled trial. *Arch Intern Med.* 2010 May 10;170(9):813-820..

Bischoff-Ferrari HA. The role of falls in fracture prediction. *Curr Osteoporos Rep.* 2011 Sep;9(3):116-121..

Bonjour JP, Benoit V, Pourchaire O, Ferry M, Rousseau B, Souberbielle JC. Inhibition of markers of bone resorption by consumption of vitamin D and calcium-fortified soft plain cheese by institutionalised elderly women. *Br J Nutr.* 2009 Oct;102(7):962-6. Epub 2009 May 18. PubMed PMID: 19519975.

Bonjour JP, Benoit V, Pourchaire O, Rousseau B, Souberbielle JC. Nutritional approach for inhibiting bone resorption in institutionalized elderly women with vitamin d insufficiency and high prevalence of fracture. *J Nutr Health Aging.* 2011;15(5):404-9. PubMed PMID: 21528169.

Bourre, J.M., Paquette, P. Contributions (in 2005) of marine and fresh water products (finfish and shellfish, seafood, wild and farmed) to the French dietary intakes of vitamins D and B12, selenium, iodine and DHA. Impact in public health. *Int. J. Food Sci Nutr.* 2008 ; 59 : 491-501.

Burton JM, Kimball S, Vieth R et al. Av phase 1/11 dose-escalation trial of vitamin D3 and calcium in multiple sclerosis. *Neurology* 2010; 74: 1852-1859.

Caillot-Augusseau A, Lafage-Proust MH, Margailan P, Vergely N, Faure S, Paillet S, Lang F, Alexandre C, Estour B. Weight gain reverses bone turnover and restores circadian variation of bone resorption in anorexic patients. *Clin Endocrinol (Oxf).* 2000 Jan;52(1):113-121.

Cannell JJ, Vieth R, Umhau JC, Holick MF, Grant WB, Madronich S, Garland CF, Giovannucci E. Epidemic influenza and vitamin D. *Epidemiol Infect.* 2006 Dec;134(6):1129-1140.

Cannell JJ. Autism and vitamin D. *Med Hypotheses.* 2008;70(4):750-759.

Cantorna MT, Hayes CE, DeLuca HF. 1,25-Dihydroxyvitamin D3 reversibly blocks the progression of relapsing encephalomyelitis, a model of multiple sclerosis. *Proc Natl Acad Sci U S A.* 1996 Jul 23;93(15):7861-7864..

Cashman KD, Hill TR, Lucey AJ, Taylor N, Seamans KM, Muldowney S, Fitzgerald AP, Flynn A, Barnes MS, Horigan G, Bonham MP, Duffy EM, Strain JJ, Wallace JM, Kiely M. Estimation of the dietary requirement for vitamin D in healthy adults. *Am J Clin Nutr.* 2008 Dec;88(6):1535-152.

Cashman KD, O'Connor E. Does high vitamin K1 intake protect against bone loss in later life? *Nutr Rev.* 2008 Sep;66(9):532-538..

Cashman KD, Wallace JM, Horigan G, Hill TR, Barnes MS, Lucey AJ, Bonham MP, Taylor N, Duffy EM, Seamans K, Muldowney S, Fitzgerald AP, Flynn A, Strain JJ, Kiely M. Estimation of the dietary requirement for vitamin D in free-living adults ≥ 64 y of age. *Am J Clin Nutr.* 2009 May;89(5):1366-1374..

Cavalier E, Delanaye P, Souberbielle JC, Radermecker RP. Vitamin D and type 2 diabetes mellitus: Where do we stand? *Diabetes Metab.* 2011 Feb 21.

Chapuy MC, Preziosi P, Maamer M, Arnaud S, Galan P, Hercberg S, Meunier PJ. Prevalence of vitamin D insufficiency in an adult normal population. *Osteoporos Int* 1997;7:439-443.

Cooper JD, Smyth DJ, Walker NM, Stevens H, Burren OS, Wallace C, Greissl C, Ramos-Lopez E, Hyppönen E, Dunger DB, Spector TD, Ouwehand WH, Wang TJ, Badenhop K, Todd JA. Inherited variation in vitamin D genes is associated with predisposition to autoimmune disease type 1 diabetes. *Diabetes.* 2011 May;60(5):1624-1631.

Cormier C, Courbebaisse M, Maury E, Thervet E, Souberbielle JC. [Effect of vitamin D deficiency on cardiovascular risk]. *J Mal Vasc.* 2010 Jul;35(4):235-41. Epub 2010 Jun 8. French. PubMed PMID: 20570456.

Courbebaisse M, Souberbielle JC, Prié D, Thervet E. [Non phosphocalcic actions of vitamin D]. *Med Sci (Paris)*. 2010 Apr;26(4):417-21.

Cutolo M, Otsa K, Laas K, Yprus M, Lehtme R, Secchi ME, Sulli A, Paolino S, Serio B. Circannual vitamin d serum levels and disease activity in rheumatoid arthritis: Northern versus Southern Europe. *Clin Exp Rheumatol*. 2006 Nov-Dec;24(6):702-704.

Dagnelie PC, Vergote FJ, van Staveren WA, van den Berg H, Dingjan PG, Hautvast JG. High prevalence of rickets in infants on macrobiotic diets. *Am J Clin Nutr*. 1990 Feb;51(2):202-208..

Dawson-Hughes B, Harris SS, Dallal GE. Plasma calcidiol, season, and serum parathyroid hormone concentrations in healthy elderly men and women. *Am J Clin Nutr*. 1997 Jan;65(1):67-71.

Dawson-Hughes B, Heaney RP, Holick MF, Lips P, Meunier PJ, Vieth R. Estimates of optimal vitamin D status. *Osteoporos Int* 2005;16:713-6.

Dawson-Hughes B, Mithal A, Bonjour JP, Boonen S, Burckhardt P, Fuleihan GE, Josse RG, Lips P, Morales-Torres J, Yoshimura N. IOF position statement: vitamin D recommendations for older adults. *Osteoporos Int*. 2010 Jul;21(7):1151-1154..

Dobnig H, Pilz S, Scharnagl H, et al. Independent association of low serum 25-hydroxyvitamin d and 1,25-dihydroxyvitamin d levels with all-cause and cardiovascular mortality. *Arch Intern Med* 2008;168(12):1340-1349

Garland CF, Comstock G, Garland FC, et al. Serum 25 hydroxy vitamin D and colon cancer : eight year prospective study. *Lancet* 1989; 334 : 1176-1178.

Ginde AA, Mansbach JM, Camargo CA Jr. Association between serum 25-hydroxyvitamin D level and upper respiratory tract infection in the Third National Health and Nutrition Examination Survey. *Arch Intern Med*. 2009 Feb 23;169(4):384-390..

Giulietti A, Gysemans C, Stoffels K, van Etten E, Decallonne B, Overbergh L, ouillon R, Mathieu C. Vitamin D deficiency in early life accelerates Type 1 diabetes in non-obese diabetic mice. *Diabetologia*. 2004 Mar;47(3):451-462.

Grant WB. Variations in vitamin D production could possibly explain the seasonality of childhood respiratory infections in Hawaii. *Pediatr Infect Dis J*. 2008 Sep;27(9):853. PubMed PMID: 18645543.

Harris SS, Dawson-Hughes B. Seasonal changes in plasma 25-hydroxyvitamin D concentrations of young American black and white women. *Am J Clin Nutr*. 1998 Jun;67(6):1232-1236.

Hathcock J, Shao A, Vieth R, et al. Risk assessment for vitamin D. *Am J Clin Nutr* 2007; 85: 6-18

Hayes CE, Nashold FE, Spach KM, Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Mol Biol (Noisy-le-grand)*. 2003 Mar;49(2):277-300..

Heaney RP. Vitamin D: how much do we need, and how much is too much? *Osteoporos Int* 2000;11:553-5.

Heaney RP, Davies KM, Chen TC, Holick MF, Barger-Lux MJ. Human serum 25- hydroxycholecalciferol response to extended oral dosing with cholecalciferol. *Am J Clin Nutr* 2003;77:204-210.

Heaney RP. Vitamin D in health and disease. *Clin J Am Soc Nephrol*. 2008 Sep;3(5):1535-1541

Heaney RP. Vitamin D: criteria for safety and efficacy. *Nutr Rev*. 2008 Oct;66(10 Suppl 2):S178-81.

Heaney RP, Vieth R, Hollis BW. Vitamin D efficacy and safety. *Arch Intern Med*. 2011 Feb 14;171(3):266; author reply 267..

Heine G, Drozdenko G, Lahl A et al. Efficient tetanus toxoid immunization on vitamin D supplementation.

Eur J Clin Nutr 2011; in press.

Holick MF. Too little vitamin D in premenopausal women: why should we care? *Am J Clin Nutr* 2002;76:3-4.

Holick MF. Vitamin D deficiency. *N Engl J Med* 2007;357:266-81.

Holick M, Chen T, Lu Z, et al. Vitamin and skin physiology : a delightful story. *J Bone Miner Res* 2007; 2 (suppl 2) : V28-V33

Hollis BW. Circulating 25-hydroxyvitamin D levels indicative of vitamin D sufficiency: implications for establishing a new effective dietary intake recommendation for vitamin D. *J Nutr* 2005;135:317-22.

Hyppönen E, Lââra E, Reunanen A, et al. Intake of vitamin D and risk of type 1 diabetes : a birth-cohort study. *Lancet* 2001; 358: 1500-1503.

Islam T, Gauderman WJ, Cozen W, Mack TM. Childhood sun exposure influences risk of multiple sclerosis in monozygotic twins. *Neurology*. 2007 Jul 24;69(4):381-388.

Khajavi A, Amirhakimi GH. The rachitic lung. Pulmonary findings in 30 infants and children with malnutritional rickets. *Clin Pediatr (Phila)*. 1977 Jan;16(1):36-38.

Kilkinen A, Knekt P, Heliövaara M, Rissanen H, Marniemi J, Hakulinen T, Aromaa A. Vitamin D status and the risk of lung cancer: a cohort study in Finland. *Cancer Epidemiol Biomarkers Prev*. 2008 Nov;17(11):3274-3278.

Kilkinen A, Knekt P, Aro A, Rissanen H, Marniemi J, Heliövaara M, Impivaara O, Reunanen A. Vitamin D status and the risk of cardiovascular disease death. *Am J Epidemiol*. 2009 Oct 15;170(8):1032-1039.

Knekt P, Kilkinen A, Rissanen H, Marniemi J, Sääksjärvi K, Heliövaara M. Serum vitamin D and the risk of Parkinson disease. *Arch Neurol*. 2010 Jul;67(7):808-11.

Laaksi I, Ruohola JP, Mattila V et al. Vitamin D supplementation for the prevention of acute respiratory tract infection: a randomized double-blind trial among young Finnish men. *JID* 2010; 202: 809-814.

Lanou AJ. Should dairy be recommended as part of a healthy vegetarian diet? Counterpoint. *Am J Clin Nutr*. 2009 May;89(5):1638S-1642S. Epub 2009 Mar 25. PubMed PMID: 19321571.

Lips P, Duong T, Oleksik A, Black D, Cummings S, Cox D, Nickelsen T. A global study of vitamin D status and parathyroid function in postmenopausal women with osteoporosis: baseline data from the multiple outcomes of raloxifene evaluation clinical trial. *J Clin Endocrinol Metab* 2001;86:1212-21.

Lips P. Vitamin D deficiency and secondary hyperparathyroidism in the elderly: consequences for bone loss and fractures and therapeutic implications. *Endocr Rev* 2001;22:477-501.

Lips P, van Schoor NM. The effect of vitamin D on bone and osteoporosis. *Best Pract Res Clin Endocrinol Metab*. 2011 Aug;25(4):585-591..

Liu PT, Stenger S, Li H, Wenzel L, Tan BH, Krutzik SR, Ochoa MT, Schaubert J, Wu K, Meinken C, Kamen DL, Wagner M, Bals R, Steinmeyer A, Zügel U, Gallo RL, Eisenberg D, Hewison M, Hollis BW, Adams JS, Bloom BR, Modlin RL. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. *Science*. 2006 Mar 24;311(5768):1770-1773..

Malabanan A, Veronikis IE, Holick MF. Redefining vitamin D insufficiency. *Lancet*. 1998 Mar 14;351(9105):805-806.

Martineau AR, Honecker FU, Wilkinson RJ, Griffiths CJ. Vitamin D in the treatment of pulmonary tuberculosis. *J Steroid Biochem Mol Biol*. 2007 Mar;103(3-5):793-798.

Martineau AR, Timms PM, Bothamley GH, Hanifa Y, Islam K, Claxton AP, Packe GE, Moore-Gillon JC,

- Darmalingam M, Davidson RN, Milburn HJ, Baker LV, Barker RD, Woodward NJ, Venton TR, Barnes KE, Mullett CJ, Coussens AK, Rutterford CM, Mein CA, Davies GR, Wilkinson RJ, Nikolayevskyy V, Drobniowski FA, Eldridge SM, Griffiths CJ. High-dose vitamin D(3) during intensive-phase antimicrobial treatment of pulmonary tuberculosis: a double-blind randomised controlled trial. *Lancet*. 2011 Jan 15;377(9761):242-250.
- Massart C, Souberbielle JC. Serum 25-hydroxyvitamin D immunoassays: recommendations for correct clinical interpretation. *Clin Chem*. 2009 Jun;55(6):1247-8.
- Mathieu C, Gysemans C, Giulietti A, Bouillon R. Vitamin D and diabetes. *Diabetologia*. 2005 Jul;48(7):1247-1257.
- Mengatto CM, Mussano F, Honda Y, Colwell CS, Nishimura I. Circadian rhythm and cartilage extracellular matrix genes in osseointegration: a genome-wide screening of implant failure by vitamin D deficiency. *PLoS One*. 2011 Jan 11;6(1):e15848.
- Mithal A, Wahl DA, Bonjour JP, Burckhardt P, Dawson-Hughes B, Eisman JA, El-Hajj Fuleihan G, Josse RG, Lips P, Morales-Torres J; IOF Committee of Scientific Advisors (CSA) Nutrition Working Group. Global vitamin D status and determinants of hypovitaminosis D. *Osteoporos Int*. 2009 Nov;20(11):1807-1820.
- Mirzaei F, Michels KB, Munger K, O'Reilly E, Chitnis T, Forman MR, Giovannucci E, Rosner B, Ascherio A. Gestational vitamin D and the risk of multiple sclerosis in offspring. *Ann Neurol*. 2011 Jul;70(1):30-40.
- Munger KL, Levin LI, Hollis BW, et al. Serum 25-hydroxyvitamin D levels and risk of multiple sclerosis. *JAMA* 2006; 296: 2832-2838.
- Pettifor JM. Privational rickets: a modern perspective. *J R Soc Med*. 1994 Dec;87(12):723-5. PubMed PMID: 7853292; PubMed Central PMCID: PMC1294974.
- Pilz S, Tomaschitz A, Ritz E. Vitamin D status and arterial hypertension : a systematic review. *Nat Rev Cardiol* 2009; 6: 621-630
- Pittas AG, Lau J, Hu FB, et al. The role of vitamin D and calcium in type 2 diabetes. A systematic review and meta-analysis. *J Clin Endocrinol Metab* 2007;92 :2017-2029
- Ramanathan B, Davis EG, Ross CR, Blecha F. Cathelicidins: microbicidal activity, mechanisms of action, and roles in innate immunity. *Microbes Infect*. 2002 Mar;4(3):361-72. Review. PubMed PMID: 11909747.
- Ramanathan M Jr, Lane AP. Innate immunity of the sinonasal cavity and its role in chronic rhinosinusitis. *Otolaryngol Head Neck Surg*. 2007 Mar;136(3):348-56.
- Robertson I, Glekin BM, Henderson JB, McIntosh WB, Lakhani A, Dunnigan MG. Nutritional deficiencies among ethnic minorities in the United Kingdom. *Proc Nutr Soc*. 1982 Jun;41(2):243-56.
- Romagnoli E, Mascia ML, Cipriani C, Fassino V, Mazzei F, D'Erasmus E, Carnevale V, Scillitani A, Minisola S. Short and long-term variations in serum calciotropic hormones after a single very large dose of ergocalciferol (vitamin D2) or cholecalciferol (vitamin D3) in the elderly. *J Clin Endocrinol Metab*. 2008 Aug;93(8):3015-3020.
- Sabetta JR, DePetrillo P, Cipriani RJ, Smardin J, Burns LA, Landry ML. Serum 25-hydroxyvitamin D and the incidence of acute viral respiratory tract infections in healthy adults. *PLoS One*. 2010 Jun 14;5(6):e11088.
- Sanders KM, Stuart AL, Williamson EJ, Simpson JA, Kotowicz MA, Young D, Nicholson GC. Annual high-dose oral vitamin D and falls and fractures in older women: a randomized controlled trial. *JAMA* 2010;303:1815-1822.

Schleithoff SS, Zittermann A, Tenderich G, et al. Vitamin D supplementation improves cytokine profiles in patients with congestive heart failure: a double-blind, randomized, placebo-controlled trial. *Am J Clin Nutr* 2006;83:754-759

Seamans KM, Cashman KD. Existing and potentially novel functional markers of vitamin D status: a systematic review. *Am J Clin Nutr*. 2009 Jun;89(6):1997S-2008S. Epub 2009 Apr 29. Review. PubMed PMID: 19403634.

Smith AM. Veganism and osteoporosis: a review of the current literature. *Int J Nurs Pract*. 2006 Oct;12(5):302-306.

Snodgrass SR. Vitamin neurotoxicity. *Mol Neurobiol*. 1992 Spring;6(1):41-73.

Souberbielle JC, Prié D, Courbebaisse M, Friedlander G, Houillier P, Maruani G, Cavalier E, Cormier C. [Update on vitamin D and evaluation of vitamin D status]. *Ann Endocrinol (Paris)*. 2008 Dec;69(6):501-510.

Souberbielle JC, Cormier C. [Daily clinical practice: Biological testing in osteoporosis]. *J Soc Biol*. 2008;202(4):275-80. Epub 2008 Dec 19..

Souberbielle JC, Body JJ, Lappe JM, Plebani M, Shoenfeld Y, Wang TJ, Bischoff-Ferrari HA, Cavalier E, Ebeling PR, Fardellone P, Gandini S, Gruson D, Guérin AP, Heickendorff L, Hollis BW, Ish-Shalom S, Jean G, von Landenberg P, Largura A, Olsson T, Pierrot-Deseilligny C, Pilz S, Tincani A, Valcour A, Zittermann A. Vitamin D and musculoskeletal health, cardiovascular disease, autoimmunity and cancer: Recommendations for clinical practice. *Autoimmun Rev*. 2010 Sep;9(11):709-715.

Souberbielle JC, Maury E, Friedlander G, Cormier C. Vitamin D and primary hyperparathyroidism (PHPT). *J Steroid Biochem Mol Biol*. 2010 Jul;121(1-2):199-203.

Souberbielle JC. Actualités sur la vitamine D3. *Cah. Nutr. Diet*. 2013. 48, 63-74.

Spach KM, Hayes CE. Vitamin D3 confers protection from autoimmune encephalomyelitis only in female mice. *J Immunol*. 2005 Sep 15;175(6):4119-4126..

Strachan DP, Powell KJ, Thaker A, Millard FJ, Maxwell JD. Vegetarian diet as a risk factor for tuberculosis in immigrant south London Asians. *Thorax*. 1995 Feb;50(2):175-180.

Stumpf WE, Privette TH. The steroid hormone of sunlight soltriol (vitamin D) as a seasonal regulator of biological activities and photoperiodic rhythms. *J Steroid Biochem Mol Biol*. 1991 Aug;39(2):283-289.

Tang BM, Eslick GD, Nowson C, Smith C, Bensoussan A. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. *Lancet* 2007;370:657-666.

Taylor EN, Stampfer MJ, Curhan GC. Dietary factors and the risk of incident kidney stones in men: new insights after 14 years of follow-up. *J Am Soc Nephrol*. 2004 Dec;15(12):3225-32. PubMed PMID: 15579526.

Touitou Y, Bogdan A, Haus E, Touitou C. [Chronobiological approach of aging]. *Pathol Biol (Paris)*. 1996 Jun;44(6):534-46.

Uitterlinden AG, Fang Y, van Meurs JB et al. Vitamin D receptor polymorphisms in relation to vitamin D related diseases states. *J Steroid Biochem Mol Biol* 2004; 89: 197-193

Urashima M, Segawa T, Okazaki M, Kurihara M, Wada Y, Ida H. Randomized trial of vitamin D supplementation to prevent seasonal influenza A in schoolchildren. *Am J Clin Nutr*. 2010 May;91(5):1255-60.

Urashima M, Segawa T, Okazaki M et al. Randomized trial of vitamin D supplementation to prevent seasonal influenza A in schoolchildren. *Am J Clin Nutr* 2010, in press.

van der Schaft J, Koek HL, Dijkstra E, Verhaar HJ, van der Schouw YT, Emmelot-Vonk MH. The association between vitamin D and cognition: a systematic review. *Ageing Res Rev.* 2013 Sep;12(4):1013-23

Vieth R. Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety. *Am J Clin Nutr.* 1999 May;69(5):842-56..

Vieth R, Chan PC, MacFarlane GD. Efficacy and safety of vitamin D3 intake exceeding the lowest observed adverse effect level. *Am J Clin Nutr* 2001;73:288-294.

Vieth R. Why the optimal requirement for Vitamin D3 is probably much higher than what is officially recommended for adults. *J Steroid Biochem Mol Biol* 2004;89-90:575-9.

Vieth R. Vitamin D toxicity, policy, and science. *J Bone Miner Res.* 2007 Dec;22 Suppl 2:V64-8.

Vieth R. Vitamin D and cancer mini-symposium: the risk of additional vitamin D. *Ann Epidemiol.* 2009 Jul;19(7):441-445.

Yamshchikov A, Desai N, Blumberg H et al. Vitamin D for treatment and prevention of infectious diseases: a systematic review of randomized controlled trials. *Endocr Pract* 2009; 15: 438-449.

Yusupov E, Li-Ng M, Pollack S, Yeh JK, Mikhail M, Aloia JF. Vitamin d and serum cytokines in a randomized clinical trial. *Int J Endocrinol.* 2010;2010. pii: 305054. Epub 2010 Aug 12. PubMed PMID: 20871847; PubMed Central PMCID: MC2943086.

Zittermann A. Vitamin D in preventive medicine: are we ignoring the evidence? *Br J Nutr* 2003;89:552-572.

4.2.3 Calcium, pierre après pierre

Antle MC, Smith VM, Sterniczuk R, Yamakawa GR, Rakai BD. Physiological responses of the circadian clock to acute light exposure at night. *Rev Endocr Metab Disord.* 2009 Dec;10(4):279-291.

Baron R. (2001). L'ostéoclaste et les mécanismes moléculaires de résorption osseuse. *Médecine/Sciences.* 17, 1260-1269.

Berkey CS, Rockett HR, Willett WC, Colditz GA. (2005). Milk, dairy fat, dietary calcium, and weight gain: a longitudinal study of adolescents. *Arch. Pediatr. Adolesc. Med.* 159, 543-550.

Bohmer H, Müller H, Resch KL. (2000). Calcium supplementation with calcium-rich mineral waters: a systematic review and meta-analysis of its bioavailability. *Osteoporos. Int.* 11, 938-943.

Bonjour JP, Brandolini-Bunlon M, Boirie Y, Morel-Laporte F, Braesco V, Bertièrre MC, Souberbielle JC. (2008). Inhibition of bone turnover by milk intake in postmenopausal women. *Br. J. Nutr.* 100, 866-874.

Bonjour JP, Chevalley T, Ferrari S, Rizzoli R. (2005). Lait et santé osseuse : rôle essentiel du calcium et des protéines. *Cah. Nutr. Diet.* 40, S12-S19.

Bonjour JP, Chevalley T, Ferrari S, Rizzoli R. (2009). Nutrition et croissance osseuse : implications des apports calciques et protéiques. *Information Diététique.* 3, 11-24.

Bonjour JP, Carrie AL, Ferrari S, Clavien H, et al. (1997). calcium enriched foods and bone mass growth in prepubertal girls: a randomized, double blind, placebo controlled trial. *J. Clin. Invest.* 99, 1287-1294.

Brazier M, Kamel S, Maamer M, Agbomson F, Elesper I, Garabedian M, Desmet G, Sebert JL. (1995). Markers of bone remodeling in the elderly subject: effects of vitamin D insufficiency and its correction. *J. Bone Miner. Res.* 10, 1753-61.

Cadogan J, Blumsohn A, Barker ME, Eastell R. (1998). longitudinal study of bone gain in pubertal girls: anthropometric and biochemical correlates. *J. Bone Miner. Res.* 13, 1602-1612.

- Cameron MA, Paton LM, Nowson CA, Margerison C, Frame M, Wark JD. (2004). The effect of calcium supplementation on bone density in premenarcheal females: a co-twin approach. *J. Clin. Endocrinol. Metab.* 89, 4916-4922.
- Chan R, Woo J, Lau W, Leung J, Xu L, Zhao X, Yu W, Lau E, Pocock N. Effects of lifestyle and diet on bone health in young adult Chinese women living in Hong Kong and Beijing. *Food Nutr Bull.* 2009 ; 30:370-378.
- Cheng S, Lyytikäinen A, Kroger H, Lamberg-Allardt C, Alen M, Koistinen A, Wang QJ, Suuriniemi M, Suominen H, Mahonen A, Nicholson PH, Ivaska KK, Korpela R, Ohlsson C, Vaananen KH, Tylavsky F. (2005). Effects of calcium, dairy product, and vitamin D supplementation on bone mass accrual and body composition in 10-12-y-old girls : a 2-y randomized trial. *Am. J. Clin. Nutr.* 82, 1115-1126.
- Darmon N. A (2009). fortified street food to prevent nutritional deficiencies in homeless men in france. *J. Am. Coll. Nutr.* 28, 196-202.
- De Vernejoul M.C. (2001). L'os, un domaine qui emerge. *Médecine/Sciences.* 17, 1239-1241.
- Esterle L, Sabatier JP, Guillon-Metz F, Walrant-Debray O, Guaydier-Souquières G, Jehan F, Garabédian M. (2009). Milk, rather than other foods, is associated with vertebral bone mass and circulating IGF-1 in female adolescents. *Osteoporos. Int.* 20, 567-575.
- Esterle L, Jehan F, Sabatier JP, Garabedian M. (2009). Higher milk requirements for bone mineral accrual in adolescent girls bearing specific caucasian genotypes in the VDR promoter. *J. Bone Miner. Res.* 24, 1389-1397.
- Fenton T., Lyon A., Eliasziw M. Tough S., Hanley D. (2009). Meta-analysis of the effect of acid-ash hypothesis of osteoporosis on calcium balance. *J. Bone Miner. Res.* 24, 1835-1840.
- Feskanich D, Willett WC, Colditz GA. (2003). Calcium, vitamin D, milk consumption, and hip fractures: a prospective study among postmenopausal women. *Am. J. Clin. Nutr.* 77, 504-511.
- Fontana A., Delmas P. (2001). L'ostéoporose : épidémiologie, clinique et approche thérapeutique. *Médecine/Sciences.* 17, 1239-1241.
- Gao X, Wilde PE, Lichtenstein AH, Tucker KL. (2006). Meeting adequate intake for dietary calcium without dairy foods in adolescents aged 9 to 18 years (National Health and Nutrition Examination Survey 2001-2002). *J. Am. Diet. Assoc.* 106, 1759-1765.
- Gerber M, Berta-Vanrullen I; (2006). Groupe de travail à l'Afssa "Sécurité et bénéfices des phytoestrogènes apportés par l'alimentation". Soja et phytoestrogènes. *Arch. Pediatr.* 13, 534-536.
- Grados F, Brazier M, Kamel S, Duver S, Heurtebize N, Maamer M, Mathieu M, Garabédian M, Sebert JL, Fardellone P. (2003). Effects on bone mineral density of calcium and vitamin D supplementation in elderly women with vitamin D deficiency. *Joint Bone Spine.* 70, 203-208.
- Gueguen L. (2008). Calcium du fromage et santé osseuse. *Médecine et nutrition.* 44. 17-27.
- Gueguen L. (1992). Interactions lipides-calcium et biodisponibilité du calcium du fromage. *Cah. Nutr. Diet.*, 27, 311-315.
- Gueguen L., Pointillard A. The bioavailability of dietary calcium. *J. Am. Coll. Nutr.* 2000, 19, 119S-36S.
- HAS. (Haute Autorité de Santé). Prévention, diagnostic et traitement de l'ostéoporose., 2006.
- Heaney R., Abrams S., Dawson-Hughes B., Looker A., Marcus R., Matkovic V. Weaver C. (2000). Peak bone mass. *Osteoporos. Int.* 11, 985-1009.
- Heaney RP. (2000). Calcium, dairy products and osteoporosis. *J. Am. Coll. Nutr.* 19, 83S-99S.

- Heaney RP, Weaver CM. (2005). Newer perspectives on calcium nutrition and bone quality. *J. Am. Coll. Nutr.* 24, 574S-581S.
- Heaney RP. (2009). Dairy and bone health. *J. Am. Coll. Nutr.* 28, 82S-90S.
- Heaney RP, Dowell MS, Rafferty K, Bierman J. (2000). Bioavailability of the calcium in fortified soy imitation milk, with some observations on method. *Am. J. Clin. Nutr.* 71, 1166-1169.
- Heaney RP, Rafferty K, Dowell MS, Bierman J. (2005). Calcium fortification systems differ in bioavailability. *J. Am. Diet. Assoc.* 105, 807-809.
- Henwood MJ, Binkovitz L. Update on pediatric bone health. *J Am Osteopath Assoc.* 2009; 109:5-12.
- Hercberg S, Chat-Yung S, Chaulia M. (2008). The French National Nutrition and Health Program: 2001-2006-2010. *Int. J. Public Health.* 53, 68-77.
- Huncharek M, Muscat J, Kupelnick B. (2008). Impact of dairy products and dietary calcium on bone-mineral content in children: results of a meta-analysis. *Bone.* 43, 312-321.
- Institut de rhumatologie - GH Cochin Paris. Ostéoporose en 100 questions. GRIO, 2006. http://www.grio.org/OP100/op100_telechargement.php
- Jha RM, Mithal A, Malhotra N, Brown EM. Pilot case-control investigation of risk factors for hip fractures in the urban Indian population. *BMC Musculoskelet Disord.* 2010 ; 14;11:49.
- Johnston CC Jr, Miller JZ, Slemenda CW, Reister TK, Hui S, Christian JC, Peacock M. (1992). Calcium supplementation and increases in bone mineral density in children. *N. Engl. J. Med.* 9; 82-87.
- Karsenty G. (2001). Contrôle central de la formation osseuse. *Médecine/Sciences.* 17, 1270-1275.
- Karsenty G, Ferron M. The contribution of bone to whole-organism physiology. *Nature.* 2012 Jan 18;481(7381):314-20.
- Lanou AJ, Berkow SE, Barnard ND. (2005). Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence. *Pediatrics.* 115, 736-743.
- Liu Z, Qiu L, Chen YM, Su YX. Effect of milk and calcium supplementation on bone density and bone turnover in pregnant Chinese women: a randomized controlled trial. *Arch Gynecol Obstet.* 2010; Jan 1. 20044757.
- Luchavova M, Zikan V, Michalska D, Raska I Jr, Kubena AA, Stepan JJ. The effect of timing of teriparatide treatment on the circadian rhythm of bone turnover in postmenopausal osteoporosis. *Eur J Endocrinol.* 2011 Apr;164(4):643-648.
- Maire P. (2001). Différentiation, fonction et contrôle de l'ostéoblaste. *Médecine/Sciences.* 17, 1252-1259.
- Manios Y, Moschonis G, Trovas G, Lyritis GP. (2007). Changes in biochemical indexes of bone metabolism and bone mineral density after a 12-mo dietary intervention program: the Postmenopausal Health Study. *Am. J. Clin. Nutr.* 86, 781-789.
- Martin A. Apports nutritionnels conseillés pour la population française. 3^{ème} édition. Paris : Tec. et Doc., 2001.
- Matkovic V, Landoll JD, Badenhop-Stevens NE, Ha EY, Crncevic-Orlic Z, Li B, Goel P. (2004). Nutrition influences skeletal development from childhood to adulthood : a study of hip, spine, and forearm in adolescent females. *J. Nutr.* 134, 701S-705S.
- Melnik BC. (2009). Milk, the promoter of chronic Western diseases. *Med Hypotheses.* 72, 631-639.
- Menon B, Harinarayan CV, Raj MN, Vemuri S, Himabindu G, Afsana TK. Prevalence of low dietary calcium intake in patients with epilepsy: a study from South India. *Neurol India.* 2010; 58: 209-212.

- Moore LL, Bradlee ML, Gao D, Singer MR. (2008). Effects of average childhood dairy intake on adolescent bone health. *J. Pediatr.* 153, 667-673.
- Ng FS, Tangredi MM, Jackson FR. Glial cells physiologically modulate clock neurons and circadian behavior in a calcium-dependent manner. *Curr Biol.* 2011 Apr 26;21(8):625-634.
- Nordin BE. (2009). The effect of calcium supplementation on bone loss in 32 controlled trials in postmenopausal women. *Osteoporos. Int.* 20, 2135-2143.
- Oury F, Karsenty G. Towards a serotonin-dependent leptin roadmap in the brain. *Trends Endocrinol Metab.* 2011 Sep;22(9):382-7.
- Oury F, Khrimian L, Denny CA, Gardin A, Chamouni A, Goeden N, Huang YY, Lee H, Srinivas P, Gao XB, Suyama S, Langer T, Mann JJ, Horvath TL, Bonnin A, Karsenty G. Maternal and offspring pools of osteocalcin influence brain development and functions. *Cell.* 2013 Sep 26;155(1):228-41.
- Owusu W, Willett WC, Feskanich D, Ascherio A, Spiegelman D, Colditz GA. (1997). Calcium intake and the incidence of forearm and hip fractures among men. *J. Nutr.* 27, 1782-1787.
- Popkin BM, Armstrong LE, Bray GM, Caballero B, Frei B, Willett WC. (2007). A new proposed guidance system for beverage consumption in the United States. *Am. J. Clin. Nutr.* 83, 529-542.
- Raes A, Dehoorne J, Hoebeke P, Van Laecke E, Donckerwolcke R, Vande Walle J. Abnormal circadian rhythm of diuresis or nocturnal polyuria in a subgroup of children with enuresis and hypercalciuria is related to increased sodium retention during daytime. *J Urol.* 2006 Sep;176(3):1147-51.
- Rizzoli R, Bianchi M, Garabédian M, McKay H, Moreno L. (2010). Maximizing bone mineral mass gain during growth for the prevention of fractures in the adolescents and the elderly. *Bone.* 46, 294-305.
- Ruiz JC, Mandel C, Garabedian M. (1995). Influence of spontaneous calcium intake and physical exercise on the vertebral and femoral bone mineral density of children and adolescents. *J. Bone Miner. Res.* 10, 675-682.
- Sanders KM, Nowson CA, Kotowicz MA, Briffa K, Devine A, Reid IR. (2009). Calcium and bone health: position statement for the Australian and New Zealand Bone and Mineral Society, Osteoporosis Australia and the Endocrine Society of Australia. *Med. J. Aust.* 190, 316-320.
- Sasaki S. (2008). Dietary Reference Intakes (DRIs) in Japan. *Asia Pac J Clin Nutr.* 17, Suppl 2:420-444.
- Shakhhalili Y, Murset C, Meirim I, Duruz E, Guinchard S, Cavadini C, Acheson K. (2001). Calcium supplementation of chocolate: effect on cocoa butter digestibility and blood lipids in humans. *Am. J. Clin. Nutr.* 73, 246-252.
- Souccar Thierry. 2007. *Lait, mensonges et propagande.* T. Souccar éditions.
- Starr JM, Hall R. Predictors and correlates of edentulism in healthy older people. *Curr Opin Clin Nutr Metab Care.* 2010 Jan;13(1):19-23.
- Starr JM, Hall RJ, Macintyre S, Deary IJ, Whalley LJ. Predictors and correlates of edentulism in the healthy old people in Edinburgh (HOPE) study. *Gerodontology.* 2008 Dec;25(4):199-204.
- Starr JM, Pattie A, Whalley LJ, Deary IJ. Predictors of tooth loss in the 1921 Lothian Birth Cohort. *Age Ageing.* 2008 Jan;37(1):111-114.
- The Asian Audit - Epidemiology, costs and burden of osteoporosis in Asia 2009. <http://www.iofbonehealth.org/publications/asian-audit-2009.html>
- Topal C, Algun E, Sayarlioglu H, Erkoc R, Soyoral Y, Dogan E, Sekeroglu R, Cekici S. Diurnal rhythm of urinary calcium excretion in adults. *Ren Fail.* 2008;30(5):499-501.

Vidailhet M., Garabédian M., Bocquet A., Bresson JL., Chouraqui JP. Darmaun D., Dupont C., Frelut ML., Ghisolfi J., Girardet JP. Goulet O., Rieu D., Rigo J. Turck D. (2008). Le lait de vache est-il dangereux pour la santé des enfants ? Would cows'milk be harmful for children health ? Archives de Pédiatrie. 15, 1621-1624.

Weinsier RL, Krumdieck CL. (2000). Dairy foods and bone health: examination of the evidence. Am. J. Clin. Nutr. 72, 681-689.

Weaver CM. (2006). Back to basics: have milk with meals. J. Am. Diet. Assoc. 106, 1756-1758.

Weaver CM. Role of dairy beverages in the diet. Physiol Behav. 2010 26;100:63-66.

Yin J, Zhang Q, Liu A, Du W, Wang X, Hu X, Ma G. (2010). Factors affecting calcium balance in Chinese adolescents. Bone. 46, 162-166.

Zhang Q, Ma G, Greenfield H, Zhu K, Du X, Foo LH, Hu X, Fraser DR. The association between dietary protein intake and bone mass accretion in pubertal girls with low calcium intakes. Br J Nutr. 2010; 103:714-723.

Zhu K, Greenfield H, Du X, Zhang Q, Ma G, Hu X, Cowell CT, Fraser DR. (2008). Effects of two years' milk supplementation on size-corrected bone mineral density of Chinese girls. Asia Pac. J. Clin. Nutr. 17, 147-50.

4.3 Pour éviter les chronokilos : prendre le temps de dormir !

Bliwise DL, Foley DJ, Vitiello MV, Ansari FP, Ancoli-Israel S, Walsh JK. Nocturia and disturbed sleep in the elderly. Sleep Med. 2009 May;10(5):540-8..

Chen CY, Hsu CC, Pei YC, Yu CC, Chen YS, Chen CL. Nocturia is an independent predictor of severe obstructive sleep apnea in patients with ischemic stroke. J Neurol. 2011 Feb;258(2):189-94..

Chen JC, Brunner RL, Ren H, Wassertheil-Smoller S, Larson JC, Levine DW, Allison M, Naughton MJ, Stefanick ML. Sleep duration and risk of ischemic stroke in postmenopausal women. Stroke. 2008 Dec;39(12):3185-92..

Cajochen C, Altanay-Ekici S, Münch M, Frey S, Knoblauch V, Wirz-Justice A. Evidence that the lunar cycle influences human sleep. Curr Biol. 2013 Aug 5;23(15):1485-8.

Cirelli C. Sleep and synaptic changes. Curr Opin Neurobiol. 2013 Oct;23(5):841-6.

Daley M, Morin CM, LeBlanc M, Grégoire JP, Savard J, Baillargeon L. Insomnia and its relationship to health-care utilization, work absenteeism, productivity and accidents. Sleep Med. 2009 Apr;10(4):427-38.

Ensrud KE, Blackwell TL, Redline S, Ancoli-Israel S, Paudel ML, Cawthon PM, Dam TT, Barrett-Connor E, Leung PC, Stone KL; Osteoporotic Fractures in Men Study Group. Sleep disturbances and frailty status in older community-dwelling men. J Am Geriatr Soc. 2009 Nov;57(11):2085-93.

Faubel R, Lopez-Garcia E, Guallar-Castillón P, Balboa-Castillo T, Gutiérrez-Fisac JL, Banegas JR, Rodríguez-Artalejo F. Sleep duration and health-related quality of life among older adults: a population-based cohort in Spain. Sleep. 2009 Aug;32(8):1059-68..

Feskanich D, Hankinson SE, Schernhammer ES. Nightshift work and fracture risk: the Nurses' Health Study. Osteoporos Int. 2009 Apr;20(4):537-542.

Håkansson K, Rovio S, Helkala EL, Vilska AR, Winblad B, Soininen H, Nissinen A, Mohammed AH, Kivipelto M. Association between mid-life marital status and cognitive function in later life: population based cohort study. BMJ. 2009 Jul 2;339:b2462.

- Jensen TK, Jacobsen R, Christensen K, Nielsen NC, Bostofte E. Good semen quality and life expectancy: a cohort study of 43,277 men. *Am J Epidemiol.* 2009 Sep 1;170(5):559-65. Erratum in: *Am J Epidemiol.* 2009 Dec 1;170(11):1453.
- Monaca C. The Epworth somnolence scale. *Rev Neurol (Paris).* 2008 Mar;164 Spec No 1:F15-6..
- Myint PK, Luben RN, Wareham NJ, Bingham SA, Khaw KT. Combined effect of health behaviours and risk of first ever stroke in 20,040 men and women over 11 years' follow-up in Norfolk cohort of European Prospective Investigation of Cancer (EPIC Norfolk): prospective population study. *BMJ.* 2009 Feb 19;338:b349..
- Negoro H, Kanematsu A, Yoshimura K, Ogawa O. Chronobiology of micturition: putative role of the circadian clock. *J Urol.* 2013 Sep;190(3):843-9.
- Negoro H, Kanematsu A, Yoshimura K, Ogawa O. [Nocturia and the circadian rhythm]. *Nihon Rinsho.* 2013 Dec;71(12):2182-6.
- Rosenthal LD, Dolan DC. The Epworth sleepiness scale in the identification of obstructive sleep apnea. *J Nerv Ment Dis.* 2008 May;196(5):429-431.
- Chervin RD. Epworth sleepiness scale? *Sleep Med.* 2003 May;4(3):175-6. Review
- Challamel M.-J. Sleep in school age children. *Acta Paediatr.*, 2004, 90, 1365-1367.
- ClarissE R., Testu F., Maintier C., Alaphilippe D., LeE Floc'h N., Janvier B. Etude comparative des durées et des horaires du sommeil nocturne d'enfants de cinq à dix ans selon leur âge et leur environnement socio-économique. *Arch. Pediat.*, 2007, 11, 85-92.
- Czeisler C. A., Weitzman E. D., Moore-Ede M. C., Zimmerman J. C., Knauer R. S. Human sleep: its duration and organization depend on its circadian phase. *Science* 1980, 210, 1264-1267.
- Dardente H., Cermakian N. Molecular circadian rhythms in central and peripheral clocks in mammals. *Chronobiol. Int.*, 2007, 24, 195-213.
- Delvolve N., Davila W. Les effets de la semaine de quatre jours sur l'élève. *Enfance*, 1965, 400-407.
- Delvolve N., Jeunier B. Effets de la durée du week-end sur l'état cognitif de l'élève en classe au cours du lundi. *Rev. Fr. Pédagogie*, 1999, 126, 11-117.
- Dijk D. J., Czeisler C. A. Paradoxical timing of the circadian rhythm of sleep propensity serves to consolidate sleep and wakefulness in humans. *Neurosci. Lett.*, 1994, 166, 63-68.
- Digdon N. L., Howell A. J. College students who have an eveningness preference report lower self-control and greater procrastination. *Chronobiol. Int.*, 2008, 25, 1029-1046.
- Duffy J. F., Kronauer R. E., Czeisler C. A. Phase-shifting human circadian rhythms: influence of sleep timing, social contact and light exposure. *J. Physiol (Lond.)*, 1996, 495, 289-297.
- Duffy J. F., Wright K. P. Jr. Entrainment of the human circadian system by light. *J. Biol. Rhythms*, 2005, 20, 326-338.
- Lampl M, Johnson ML. Infant growth in length follows prolonged sleep and increased naps. *Sleep.* 2011 May 1;34(5):641-650.
- Montagner H., Testu F. Rythmicités biologiques, comportementales et intellectuelles de l'élève au cours de la journée scolaire. *Path. Biol.*, 1996, 44, 1-15.
- Montagner H. L'enfant : la vraie question de l'école. O. Jacob ed., 2002.

- Guerin N., Boulenguez S., Reinberg A., Di Costanzo G., Guran P., Touitou Y. Diurnal changes in psychophysiological variables of school girls. Comparison with regard to age and teacher's appreciation of learning. *Chronobiol. Int.*, 1991, 8, 131-148.
- Guerin N., Boulenguez S., Reinberg A., Di Costanzo G., Guran P., Touitou Y. Weekly changes in psychophysiological variables of 8- to 10-year-old school girls. *Chronobiol. Int.*, 1993, 6, 471-479.
- Penev PD. Short sleep and circulating adipokine concentrations: does the fat hit the fire? *Sleep*. 2011 Feb 1;34(2):131-132.
- Reinberg A. E., Touitou Y. Synchronisation et dyschronisme des rythmes circadiens humains. *Pathol. Biol.*, 1996, 44, 487-495.
- Hansen M., Janssen I., Schff A., Zee P. C., Dubocovich M. L. The impact of school daily schedule on adolescent sleep. *Pediatrics*, 2005, 115, 1555-1561.
- Touitou Y. Troubles du sommeil et hypnotiques : impacts médicaux et socio-économiques. *Ann. Pharm. Fr.*, 2007, 65, 230-238.
- Randler C. Morningness-eveningness comparison in adolescents from different countries around the world. *Chronobiol. Int.*, 2008, 25, 1017-1028.
- Anderson B., Storfer-Isser A., Taylor H. G., Rosen C. L., Redline S. Associations of executive function with sleepiness and sleep duration in adolescents. *Pediatrics*. 2009, 123, e701-707.
- Bourillon A. L'enfant fatigué et l'école. *Rev. Prat.*, 2008, 58, 731-740.
- INSERM Rythmes de l'enfant : de l'horloge biologique aux rythmes scolaires. Expertise collective, INSERM ed., 2001.
- OCDE (2008). Regards sur l'Education, chapitre D : Environnement pédagogique et organisation scolaire. Travaux de l'OCDE, 2008.
- Ministère de l'Education nationale, Direction de l'évaluation et de la prospective. L'évaluation PISA. Rapport MENRT - DEP – DEF – 02 – 137, 2002, 1 vol., 182 p.
- OCDE PISA 2000-2006. — Technical report, www.ocde.org
- Huguet G., Touitou Y., Reinberg A. Morning versus afternoon gymnastic time and diurnal and seasonal changes in psychophysiological variables of school children. *Chronobiol. Int.*, 1997, 14, 371-384.
- Suchaut B. La gestion du temps à l'école primaire : diversité des pratiques et effets sur les acquisitions des élèves. *Année de la Recherche en Education*, 1996, pp 123-153.
- Tang Y, Meng L, Li D, Yang M, Zhu Y, Li C, Jiang Z, Yu P, Li Z, Song H, Ni C. Interaction of sleep quality and sleep duration on glycemic control in patients with type 2 diabetes mellitus. *Chin Med J (Engl)*. 2014;127(20):3543-7
- Testu F. Etude des rythmes en Europe. Les Dossiers d'éducation et formations. Ministère de l'éducation nationale, DEP ?, 1994, 46, pp 1-97.
- Testu F., Fontaine F. L'enfant et ses rythmes : pourquoi il faut changer l'école. Calmann-Lévy ed., 2001.
- Testu F. Rythmes de vie et rythmes scolaires. Aspects chronobiologiques et chronopsychologiques. Masson ed., 2008.
- Touitou Y. De la chronobiologie à une prise en compte du rythme biologique de l'enfant. *Pédiatrie*, 1996, 27,10-11.

4.4 La grossesse commence bien avant la conception

Ayala DE, Hermida RC. Circadian time structure of cardiovascular characteristics in human pregnancy. *Chronobiol Int.* 1993 Apr;10(2):128-136..

Ayala DE, Hermida RC, Cornélissen G, Brockway B, Halberg F. Heart rate and blood pressure chronomes during and after pregnancy. *Chronobiologia.* 1994 Jul-Dec;21(3-4):215-25. PubMed PMID: 7729238.

Bourcigaux N, Lepoutre-Lussey C, Guéchet J, Donadille B, Faugeron I, Ouzounian S, Christin-Maître S, Bouchard P, Duron F. Thyroid function at the third trimester of pregnancy in a Northern French population. *Ann Endocrinol (Paris).* 2010 Dec;71(6):519-524.

Cipolla Neto J, Recine EG, Menna-Barreto LS, Marques N, Afeche SC, Schott C, Fortunato G, Sothorn RB, Halberg F. Perinatal malnutrition, suprachiasmatic nuclear lesioning, and circadian-ultradian aspects of spontaneous behavior of albino rats. *Prog Clin Biol Res.* 1987;227B:473-89. PubMed PMID: 3628357.

Doreau M, Martin-Rosset W, Barlet JP. [Circadian variations in the content of plasma constituents in the brood mare]. *Reprod Nutr Dev.* 1981;21(1):1-17

Hitier Y, Champigny O, Homayoon P, Bourdel G. Circadian feeding pattern in pregnant rats fed three levels of protein. *Ann Nutr Metab.* 1982;26(2):129-137.

Orozco-Solís R, Matos RJ, Lopes de Souza S, Grit I, Kaeffer B, Manhães de Castro R, Bolaños-Jiménez F. Perinatal nutrient restriction induces long-lasting alterations in the circadian expression pattern of genes regulating food intake and energy metabolism. *Int J Obes (Lond).* 2011 Jul;35(7):990-1000..

Sampson DA, Jansen GR. Protein synthesis during lactation: no circadian variation in mammary gland and liver of rats fed diets varying in protein quality and level of intake. *J Nutr.* 1984 Aug;114(8):1470-8. PubMed PMID: 6747729.

Sutton GM, Centanni AV, Butler AA. Protein malnutrition during pregnancy in C57BL/6J mice results in offspring with altered circadian physiology before obesity. *Endocrinology.* 2010 Apr;151(4):1570-80.

4.5 Rester jeune à temps pour ne pas vieillir vieux et fou

Dubner L, Wang J, Ho L, Ward L, Pasinetti GM. Recommendations for Development of New Standardized Forms of Cocoa Breeds and Cocoa Extract Processing for the Prevention of Alzheimer's Disease: Role of Cocoa in Promotion of Cognitive Resilience and Healthy Brain Aging. *J Alzheimers Dis.* 2015 Sep 5.

Dufouil C, Alperovitch A. [Epidemiology of Alzheimer's disease]. *Rev Prat.* 2005 Nov 15;55(17):1869-78. Review. French.

Elbaz A, Dufouil C, Alperovitch A. Interaction between genes and environment in neurodegenerative diseases. *C R Biol.* 2007 Apr;330(4):318-28.

Lampert DJ, Pal D, Moutsiana C, Field DT, Williams CM, Spencer JP, Butler LT. The effect of flavanol-rich cocoa on cerebral perfusion in healthy older adults during conscious resting state: a placebo controlled, crossover, acute trial. *Psychopharmacology (Berl).* 2015 Sep;232(17):3227-34.

Philip P, Sagaspe P, Prague M, Tassi P, Capelli A, Bioulac B, Commenges D, Taillard J. Acute versus chronic partial sleep deprivation in middle-aged people: differential effect on performance and sleepiness. *Sleep.* 2012 Jul 1;35(7):997-1002.

4.6 Boire de l'eau protège le cerveau

Armstrong LE. (2005). Hydration assessment techniques. *Nut. Rev.* 63, S40-54.

- Beaulieu P, Fisset B. (2009). Eau du robinet : une exigence de qualité. *Cah. Nutr. Diet.* 44, 294-301.
- D'Anci KE, (2006). Constant F, Rosenberg IH. Hydration and cognitive function in children. *Nutr. Rev.* 64, 457-464.
- Dennis EA, Flack KD, Davy BM. (2009). Beverage consumption and adult weight management: A review. *Eat. Behav.* 10, 237-246.
- Ellis KJ, Wong WW. (1998). Human hydrometry: comparison of multifrequency bioelectrical impedance with H₂O and bromine dilution. *J. Appt. Physiol.* 85, 1056-1062.
- Ferry M. (2005). Strategies for ensuring good hydration in the elderly. *Nutr Rev.* 63, S22-29.
- Ferry M, Hininger-Favier I, Sidobre B, Mathey MF. (2001). Food and fluid intake of the SENECA population residing in Romans, France. *J Nutr Health Aging.* 5, 235-237.
- Francesconi RP, Hubbard RW, Szlyk PC, Schnakenberg D, Carlson D, Leva N, Sils I, Hubbard L, Pease V, Young J. (1987). Urinary and hematologic indexes of hypohydration. *J. Appl. Physiol.* 62, 1271-1276.
- Gittelman MA, Mahabee-Gittens M, Gonzalez-del-Rey J. (2004). Common medical terms defined by parents: are we speaking the same language? *Pediatr. Emerg. Care.* 20:754-758.
- Gorelick MH, Shaw KN, Murphy KO. (1997). Validity and reliability of clinical signs in the diagnosis of dehydration in children. *Pediatrics.* 99, E6.
- Grandjean AC, Reimers CJ, Buyckx ME. (2003). Hydration: issues for the 21st century. *Nutr. Rev.* 61, 261-271.
- Grandjean AC, Campbell SM. (2004). Hydration: fluids for life. In: A monograph by the North American Branch of the International Life Science Institute. Washington: ILSI North America.
- Gudivaka R, Schoeller DA, Kushner RF, Bolt MJG. (1999). Single and multifrequency models for bioelectrical impedance analysis of body water compartments. *J. Appt. Physiol.* 87, 1087-1096.
- Haussinger D. (1996). The role of cellular hydration in the regulation of cell function. *Biochem. J.* 313, 697-710.
- Haveman-Nies A, de Groot LC, Van Staveren WA. (1997). Fluid intake of elderly Europeans. *J. Nutr. Health Aging.* 3, 151-155.
- Hébel P, Crédoc. *Comportements et consommations alimentaires en France.* Crédoc: Edition Lavoisier; 2007, p. 120.
- Jéquier E., Constant F. (2009) Pourquoi faut-il boire de l'eau ? Pour maintenir la balance hydrique. *Cah. Nutr. Diet.* 44, 190-19.
- Lang F, Waldegger S. (1997). Regulating cell volume. *Am. Sci.* 85, 456-463.
- Lieberman HR. (2007). Hydration and cognition. A critical review and recommendations for future research. *J. Am. Coll. Nutr.* 26(Suppl 5):555S-5561S.
- Manz F, Wentz A, Sichert-Hellert W. (2002). The most essential nutrient: defining the adequate intake of water. *J. Pediatr.* 141, 587-592.
- Mathie JR. (2005). Second generation mixture theory equation for estimating intracellular water using bioimpedance spectroscopy. *J. Appt. Physiol.* 99, 780-781.
- Maughan RJ, Shirreffs SM, Watson R (2007). Exercise, heat, hydration, and the brain. *J Am. Coll. Nutr.* 26(Suppl 5): 604S-612S.

Mentes JC, Wakefield B, Culp K. (2006). Use of a urine color chart to monitor hydration status in nursing home residents. *BioL. Res. Nurs.* 7, 197-203.

Mountain SJ, Latzka WA, Sawka MN. (1999). Fluid replacement recommendations for training in hot weather. *Mil. Med.* 164, 502-508.

Murray B. (2007). Hydration and physical performance. *J. Am. Coll. Nutr.* 26(Suppl 5), 542S-548S.

Oppliger RA, Magnes SA, Popowski LA, Gisolfi CV. (2005). Accuracy of urine specific gravity and osmolality as indicators of hydration status. *Int. J. Sport. Nutr. Exerc.* 15, 236-251.

Phillips PA, Rolls BJ, Ledingham JG, Forsling ML, Morton JJ, Crowe MJ, Wollner L. (1984). Reduced thirst after water deprivation in healthy elderly men. *N. Engl. J. Med.* 311, 753-759.

Pialoux V, Mischler I, Mounier R, Gachon P, Ritz P, Coudert J, Fellman N. (2004). Effect of equilibrated hydration changes on total body water estimates by bioelectrical impedance analysis. *Br. J. Nutr.* 91, 153-159.

Ritz R (2001). Bioelectrical impedance analysis estimation of water compartments in elderly diseased patients: the source study. *J. Gerontol.* 56, M344-348.

Ritz P, Berrut G. (2005). The importance of good hydration for day-to day health. *Nutr. Rev.*;63, S6-13.

Ritz P. Fonctions cognitive et hydratation. *Cah. Nutr. Diet.* 2011 ; 45: S41-S45.

Sawka MN, Cheuvront SN, Carter R. (2005). Human water needs. *Nutr. Rev.* 63, S30-39.

Sawka MN. (1992). Physiological consequences of hypohydration: exercise performance and thermoregulation. *Med. Sci. Sports. Exerc.* 24, 657-670.

Shirreffs SM. (2003). Markers of hydration status. *Eur. J. Clin. Nutr.* 57(Suppl 2), S6-9.

Shirreffs SM. (2005). The importance of good hydration for work and exercise performance. *Nutr. Rev.* 63, S14-21.

Sichert-Hellert W, Kersting M, Manz F. (2001). Fifteen year trends in water intake in German children and adolescents: results of the DONALD Study. Dortmund Nutritional and Anthropometric Longitudinally Designed Study. *Acta. Paediatrica.* 90, 732-737.

Szinnai G, Schachinger H, Arnaud MJ, Linder L, Keller U. (2005). Effect of water deprivation on cognitive-motor performance in healthy men and women. *Am. J. Physiol. Regul. Integr. Comp. Physiol* 289, R275-280.

Thomas DR, Cote TR, Lawhorne L, Levenson SA, Rubenstein LZ, Smith DA, Stefanacci RG, Tangalos EG, Morley JE. (2008). Understanding clinical dehydration and its treatment. *J. Am. Med. Dir. Assoc.* 9, 292-301.

Wang ZM, Deurenberg P, Wang W, Pietrobelli A, Baumgartner RN, Heymsfield SB. (1999). Hydration of fat-free body mass: a review and critique of a classic body-composition constant. *Am. J. Clin. Nutr.* 69, 833-841.

Zizza CA, Ellison KJ, Wernette CM. Total water intakes of community-living middle-old and oldest-old adults. *J Gerontol A Biol Sci Med Sci.* 2009 Apr;64(4):481-6

4.6.1 L'au de vie. Un autre sympathique liquide de bon goût : le vin

Ma T, Tan MS, Yu JT, Tan L. Resveratrol as a therapeutic agent for Alzheimer's disease. *Biomed Res Int.* 2014;2014:350516. doi: 10.1155/2014/350516. Epub 2014 Nov 26.

Bastianetto S, Ménard C, Quirion R. Neuroprotective action of resveratrol. *Biochim Biophys Acta*. 2015 Jun;1852(6):1195-201.

Solfrizzi V, Frisardi V, Seripa D, Logroscino G, Imbimbo BP, D'Onofrio G, Addante F, Sancarlo D, Cascavilla L, Pilotto A, Panza F. Mediterranean diet in predementia and dementia syndromes. *Curr Alzheimer Res*. 2011 Aug;8(5):520-42.

Ho L, Chen LH, Wang J, Zhao W, Talcott ST, Ono K, Teplow D, Humala N, Cheng A, Percival SS, Ferruzzi M, Janle E, Dickstein DL, Pasinetti GM. Heterogeneity in red wine polyphenolic contents differentially influences Alzheimer's disease-type neuropathology and cognitive deterioration. *J Alzheimers Dis*. 2009;16(1):59-72.

Letenneur L. Risk of dementia and alcohol and wine consumption: a review of recent results. *Biol Res*. 2004;37(2):189-93.

Orgogozo JM, Dartigues JF, Lafont S, Letenneur L, Commenges D, Salamon R,

Renaud S, Breteler MB. Wine consumption and dementia in the elderly: a prospective community study in the Bordeaux area. *Rev Neurol (Paris)*. 1997 Apr;153(3):185-92.

5 DIVERS

Bray MS, Young ME. The role of cell-specific circadian clocks in metabolism and disease. *Obes Rev*. 2009 Nov;10 Suppl 2:6-13.

Bray MS, Tsai JY, Villegas-Montoya C, Boland BB, Blasier Z, Egbejimi O, Kueht M, Young ME. Time-of-day-dependent dietary fat consumption influences multiple cardiometabolic syndrome parameters in mice. *Int J Obes (Lond)*. 2010 Mar 30.

Durgan DJ, Young ME. The cardiomyocyte circadian clock: emerging roles in health and disease. *Circ Res*. 2010 Mar 5;106(4):647-58.

Durgan DJ, Puliniikunnil T, Villegas-Montoya C, Garvey ME, Frangogiannis NG, Michael LH, Chow CW, Dyck JR, Young ME. Short communication: ischemia/reperfusion tolerance is time-of-day-dependent: mediation by the cardiomyocyte circadian clock. *Circ Res*. 2010 Feb 19;106(3):546-50.

Falany ML, Thames AM 3rd, McDonald JM, Blair HC, McKenna MA, Moore RE, Young MK, Williams JP. Osteoclasts secrete the chemotactic cytokine mim-1. *Biochem Biophys Res Commun*. 2001 Feb 16;281(1):180-5.

Fang L, Hsiung MC, Miller AP, Nanda NC, Yin WH, Young MS, Velayudhan DE, Rajdev S, Patel V. Assessment of aortic regurgitation by live three-dimensional transthoracic echocardiographic measurements of vena contracta area: usefulness and validation. *Echocardiography*. 2005 Oct;22(9):775-81.

Garwicz M, Christensson M, Psouni E. A unifying model for timing of walking onset in humans and other mammals. *Proc Natl Acad Sci U S A*. 2009 Dec 22;106(51):21889-93.

Hendricks CM, Peterson F, Windsor R, Poehler D, Young M. Reliability of health knowledge measurement in very young children. *J Sch Health*. 1988 Jan;58(1):21-5.

Li N, Young MM, Bailey CJ, Smith ME. NMDA and AMPA glutamate receptor subtypes in the thoracic spinal cord in lean and obese-diabetic ob/ob mice. *Brain Res*. 1999 Dec 4;849(1-2):34-44.

Manda J, Kesanolla SK, Hsiung MC, Nanda NC, Abo-Salem E, Dutta R, Laney CA, Wei J, Chang CY, Tsai SK, Hansalia S, Yin WH, Young MS. Comparison of real time two-dimensional with live/real time three-dimensional transesophageal echocardiography in the evaluation of mitral valve prolapse and chordae rupture. *Echocardiography*. 2008 Nov;25(10):1131-7.

Mercader J. Mozambican grass seed consumption during the Middle Stone Age. *Science*. 2009 Dec 18;326(5960):1680-3.

Missmer SA, Chavarro JE, Malspeis S, Bertone-Johnson ER, Hornstein MD, Spiegelman D, Barbieri RL, Willett WC, Hankinson SE. A prospective study of dietary fat consumption and endometriosis risk. *Hum Reprod*. 2010 Mar 23.

Patel V, Hsiung MC, Nanda NC, Miller AP, Fang L, Yelamanchili P, Mehmood F, Gupta M, Duncan K, Singh A, Rajdev S, Fan P, Naftel DC, McGiffin DC, Pacifico AD, Kirklin JK, Lin CC, Yin WH, Young MS, Chang CY, Wei J. Usefulness of live/real time three-dimensional transthoracic echocardiography in the identification of individual segment/scallop prolapse of the mitral valve. *Echocardiography*. 2006 Jul;23(6):513-8.

Pothineni KR, Wells BJ, Hsiung MC, Nanda NC, Yelamanchili P, Suwanjutha T, Prasad AN, Hansalia S, Lin CC, Yin WH, Young MS. Live/real time three-dimensional transthoracic echocardiographic assessment of pulmonary regurgitation. *Echocardiography*. 2008 Sep;25(8):911-7.

Qi X, Cogar B, Hsiung MC, Nanda NC, Miller AP, Yelamanchili P, Baysan O, Wu YS, Lan GY, Ko JS, Cheng CH, Lin CC, Huang CM, Yin WH, Young MS. Live/real time three-dimensional transthoracic echocardiographic assessment of left ventricular volumes, ejection fraction, and mass compared with magnetic resonance imaging. *Echocardiography*. 2007 Feb;24(2):166-73.

Smith SA, Rafiqi EI, Gardener EG, Young MA, Littler WA. Renal effects of nifedipine in essential hypertension: differences between acute and chronic therapy. *J Hypertens*. 1987 Dec;5(6):693-7.

Taylor EW, Campbell HA, Levings JJ, Young MJ, Butler PJ, Egginton S. Coupling of the respiratory rhythm in fish with activity in hypobranchial nerves and with heartbeat. *Physiol Biochem Zool*. 2006 Nov-Dec;79(6):1000-9.

Wansink B, Wansink CS. The largest Last Supper: depictions of food portions and plate size increased over the millennium. *Int J Obes (Lond)*. 2010 Mar 23.

Wansink B, Payne CR, Shimizu M. "Is this a meal or snack?" Situational cues that drive perceptions. *Appetite*. 2010 Feb;54(1):214-6.

Welsh JA, Sharma A, Abramson JL, Vaccarino V, Gillespie C, Vos MB. Caloric sweetener consumption and dyslipidemia among US adults. *JAMA*. 2010 Apr 21;303(15):1490-7.

Young MD, Benjamin WJ. Oxygen permeability of the hypertransmissible contact lenses. *Eye Contact Lens*. 2003 Jan;29(1 Suppl):S17-21; discussion S26-9, S192-4.