

- 1、Anatomy and Physiology II (2020). The Digestive System. Lumen Learning. Retrieved from <https://courses.lumenlearning.com/suny-ap2/chapter/chemical-digestion-and-absorption-a-closer-look/>
- 2、Atenodoro R. Ruiz, Jr. (2019). Overview of the Digestive System. MSD. Retrieved from <https://courses.lumenlearning.com/suny-ap2/chapter/chemical-digestion-and-absorption-a-closer-look/>
- 3、Kanehisa Laboratories (2020). Digestive system. KEGG. Retrieved from <https://courses.lumenlearning.com/suny-ap2/chapter/chemical-digestion-and-absorption-a-closer-look/>
- 4、NCBI (2020). Genes. Retrieved from <https://www.ncbi.nlm.nih.gov/gene/>
- 5、i 醫健康診所 (2018)。礦物質。衛生福利部國民健康署。取自 https://health99.hpa.gov.tw/educZone/edu_detail.aspx?CatId=51264com.tw/
- 6、社區健康組 (2018)。熱量營養素查詢。衛生福利部國民健康署。取自 <https://www.hpa.gov.tw/Pages/Detail.aspx?nodeid=544&pid=721>
- 7、健康九九 (2020)。補充維生素的健康原則。衛生福利部國民健康署。取自 <https://health99.hpa.gov.tw/txt/PreciousLifeZone/print.aspx?TopIcNo=742&DS=1-life#>
- 8、學生健康服務 (2014)。維生素。香港衛生署。取自 https://www.studenthealth.gov.hk/tc_chi/health/health_dn/health_dn_vit.html
- 9、血液腫瘤科 (2017)。貧血之分類 (依血球大小)。臺北市立聯合醫院忠孝院區。取自 <https://health99.hpa.gov.tw/txt/PreciousLifeZone/print.aspx?TopIcNo=742&DS=1-life#>
- 10、Aller, E. E., Abete, I., Astrup, A., Martinez, J. A., & van Baak, M. A. (2011). Starches, sugars and obesity. *Nutrients*, 3(3), 341–369. doi:10.3390/nu3030341
- 11、Behar, D. M., Basel-Vanagaite, L., Glaser, F., Kaplan, M., Tzur, S., Magal, N., . . . Zeharia, A. (2014). Identification of a novel mutation in the PNLIP gene in two brothers with congenital pancreatic lipase deficiency. *J Lipid Res*, 55(2), 307–312. doi:10.1194/jlr.P041103
- 12、Bikle, D. D. (2014). Vitamin D metabolism, mechanism of action, and clinical applications. *Chem Biol*, 21(3), 319–329. doi:10.1016/j.chembiol.2013.12.016
- 13、Cahill, L. E., & El-Sohemy, A. (2009). Vitamin C transporter gene polymorphisms, dietary vitamin C and serum ascorbic acid. *J Nutrigenet Nutrigenomics*, 2(6), 292–301. doi:10.1159/000314597
- 14、D'Ambrosio, D. N., Clugston, R. D., & Blaner, W. S. (2011). Vitamin A metabolism: an update. *Nutrients*, 3(1), 63–103. doi:10.3390/nu3010063
- 15、Dean, L. (2012). Warfarin Therapy and VKORC1 and CYP2C9 Genotype. In V. M. Pratt, H. L. McLeod, W. S. Heiro (Eds.), *Medical Genetics Summaries*. Rubinstein, S. A. Scott, L. C. Dean, B. L. Kattman, & A. J. Mal Bethesda (MD).

- 16 ∙ Hannibal, L., Lysne, V., Bjorke-Monsen, A. L., Behringer, S., Grunert, S. C., Spiekerkoetter, U., . . . Blom, H. J. (2016). Biomarkers and Algorithms for the Diagnosis of Vitamin B12 Deficiency. *Front Mol Biosci*, 3, 27. doi:10.3389/fmolb.2016.00027
- 17 ∙ Jiang, X., Kiel, D. P., & Kraft, P. (2019). The genetics of vitamin D. *Bone*, 126, 59–77. doi:10.1016/j.bone.2018.10.006
- 18 ∙ Kelleher, S. L., & Haas, J. D. (2011). Introduction to iron works...The John Beard Memorial Symposium. *J Nutr*, 141(4), 722S–723S. doi:10.3945/jn.110.131334
- 19 ∙ Nielsen, M. J., Rasmussen, M. R., Andersen, C. B., Nexø, E., & Moestrup, S. K. (2012). Vitamin B12 transport from food to the body's cells—a sophisticated, multistep pathway. *Nat Rev Gastroenterol Hepatol*, 9(6), 345–354. doi:10.1038/nrgastro.2012.76
- 20 ∙ O'Byrne, S. M., & Blaner, W. S. (2013). Retinol and retinyl esters: biochemistry and physiology. *J Lipid Res*, 54(7), 1731–1743. doi:10.1194/jlr.R037648
- 21 ∙ Schmolz, L., Birringer, M., Lorkowski, S., & Wallert, M. (2016). Complexity of vitamin E metabolism. *World J Biol Chem*, 7(1), 14–43. doi:10.4331/wjbc.v7.i1.14
- 22 ∙ Schwartz, M. W., & Morton, G. J. (2002). Obesity: keeping hunger at bay. *Nature*, 418(6898), 595–597. doi:10.1038/418595a
- 23 ∙ Shearer, M. J., Fu, X., & Booth, S. L. (2012). Vitamin K nutrition, metabolism, and requirements: current concepts and future research. *Adv Nutr*, 3(2), 182–195. doi:10.3945/an.111.001800
- 24 ∙ Visentin, M., Diop-Bove, N., Zhao, R., & Goldman, I. D. (2014). The intestinal absorption of folates. *Annu Rev Physiol*, 76, 251–274. doi:10.1146/annurev-physiol-020911-153251
- 25 ∙ Zanoni P, Khetarpal SA, Larach DB, et al. Rare variant in scavenger receptor BI raises HDL cholesterol and increases risk of coronary heart disease. *Science*. 2016;351(6278):1166–1171. doi:10.1126/science.aad3517
- 26 ∙ Simopoulos AP. Genetic variants in the metabolism of omega-6 and omega-3 fatty acids: their role in the determination of nutritional requirements and chronic disease risk. *Exp Biol Med* (Maywood). 2010;235(7):785–795. doi:10.1258/ebm.2010.009298
- 27 ∙ Long Y, Xia JY, Chen SW, et al. ATP2B1 gene Silencing Increases Insulin Sensitivity through Facilitating Akt Activation via the Ca²⁺/calmodulin Signaling Pathway and Ca²⁺–associated eNOS Activation in Endothelial Cells. *Int J Biol Sci*. 2017;13(9):1203–1212. Published 2017 Sep 5. doi:10.7150/ijbs.19666
- 28 ∙ Wang Y, Zhang Y, Li Y, et al. Common variants in the ATP2B1 gene are associated with hypertension and arterial stiffness in Chinese population. *Mol Biol Rep*. 2013;40(2):1867–1873. doi:10.1007/s11033-012-2242-3

- 29、Lieben L, Benn BS, Ajibade D, et al. Trpv6 mediates intestinal calcium absorption during calcium restriction and contributes to bone homeostasis. *Bone*. 2010;47(2):301–308. doi:10.1016/j.bone.2010.04.595
- 30、Lin X, Lu D, Gao Y, et al. Genome-wide association study identifies novel loci associated with serum level of vitamin B12 in Chinese men. *Hum Mol Genet*. 2012;21(11):2610–2617. doi:10.1093/hmg/ddo062
- 31、Wang T, Xu L. Circulating Vitamin E Levels and Risk of Coronary Artery Disease and Myocardial Infarction: A Mendelian Randomization Study. *Nutrients*. 2019;11(9):2153. Published 2019 Sep 9. doi:10.3390/nu11092153
- 32、Ganguly P, Alam SF. Role of homocysteine in the development of cardiovascular disease. *Nutr J*. 2015;14:6. Published 2015 Jan 10. doi:10.1186/1475–2891–14–6
- 33、Nongmaithem SS, Joglekar CV, Krishnaveni GV, et al. GWAS identifies population-specific new regulatory variants in FUT6 associated with plasma B12 concentrations in Indians [published correction appears in *Hum Mol Genet*. 2017 Jul 1;26(13):2589]. *Hum Mol Genet*. 2017;26(13):2551–2564. doi:10.1093/hmg/ddx071
- 34、Johnson AL, Edson KZ, Totah RA, Rettie AE. Cytochrome P450 ω -Hydroxylases in Inflammation and Cancer. *Adv Pharmacol*. 2015;74:223–262. doi:10.1016/bs.apha.2015.05.002
- 35、Murillo AG, Hu S, Fernandez ML: Zeaxanthin: Metabolism, Properties, and Antioxidant Protection of Eyes, Heart, Liver, and Skin. *Antioxidants (Basel)* 2019, 8(9).
- 36、Giordano E, Quadro L: Lutein, zeaxanthin and mammalian development: Metabolism, functions and implications for health. *Arch Biochem Biophys* 2018, 647:33–40.
- 37、Bernstein PS, Arunkumar R: The emerging roles of the macular pigment carotenoids throughout the lifespan and in prenatal supplementation. *J Lipid Res* 2021, 62:100038.O.M. IghodaroO.A. Akinloye: First line defence antioxidants–superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GPX): Their fundamental role in the entire antioxidant defence grid. *Alexandria Journal of Medicine* Volume 54, Issue 4, December 2018, Pages 287–293
- 38、Yu VY. The role of dietary nucleotides in neonatal and infant nutrition. *Singapore Med J*. 1998;39(4):145–150.
- 39、做自己的醫生，從認識「免疫營養」的力量開始(2020)。康健廣告企劃製作。
- 取自<https://www.commonhealth.com.tw/article/82227?from=search>

5 Types of Obesity Genes | References

1. Takenaka A, Nakamura S, Mitsunaga F, Inoue–Murayama M, Udono T, et al. (2012) Human–Specific SNP in Obesity Genes, Adrenergic Receptor Beta2 (ADRB2), Beta3 (ADRB3), and PPAR γ 2 (PPARG), during Primate Evolution. PLOS ONE 7(8): e43461. <https://doi.org/10.1371/journal.pone.0043461>
2. Rauhio A, Uusi–Rasi K, Nikkari ST, Kannus P, Sievänen H, Kunnas T. Association of the FTO and ADRB2 genes with body composition and fat distribution in obese women. Maturitas. 2013;76(2):165–171. doi:10.1016/j.maturitas.2013.07.004
3. Ikeda K and Yamada T (2020) UCP1 Dependent and Independent Thermogenesis in Brown and Beige Adipocytes. Front. Endocrinol. 11:498. doi: 10.3389/fendo.2020.00498
4. Ozdemir AC, Wynn GM, Vester A, Weitzmann MN, Neigh GN, et al. (2017) GNB3 overexpression causes obesity and metabolic syndrome. PLOS ONE 12(12): e0188763. <https://doi.org/10.1371/journal.pone.0188763>
5. Dasgupta S, Salman M, Siddalingaiah LB, Lakshmi GL, Xaviour D, Sreenath J: Genetic variants in leptin: Determinants of obesity and leptin levels in South Indian population. Adipocyte 2015, 4(2):135–140.
6. de Soysa AKH, Langaas M, Jakic A, Shojaee–Moradie F, Umpleby AM, Grill V, Mostad IL: The fat mass and obesity–associated (FTO) gene allele rs9939609 and glucose tolerance, hepatic and total insulin sensitivity, in adults with obesity. PLoS One 2021, 16(3):e0248247.
7. Cecilia Snyder, MS, RD and Alina Petre, MS, RD(2023).13 Science–Based Ways to Reduce Hunger and Appetite.Retrieved from <https://www.healthline.com/nutrition/ways-reduce-hunger-appetite>
8. Jamie Smith(2023).Ten natural ways to suppress appetite.Retrieved from <https://www.medicalnewstoday.com/articles/320625>
9. Meyhöfer S, Chamorro R, Hallschmid M, Spyra D, Klinsmann N, Schultes B, Lehnert H, Meyhöfer SM, Wilms B. Late, but Not Early, Night Sleep Loss Compromises Neuroendocrine Appetite Regulation and the Desire for Food. Nutrients. 2023; 15(9):2035. <https://doi.org/10.3390/nu15092035>
10. Sylvia Tara(2017). 脂肪的祕密生命: 最不為人知的器官脂肪背後的科學與它對身體的影響。 Taipei,Taiwan:商周