

Category	Benefit / Risk	Score	-3	0	3
Gastrointestinal	↓ damage caused to GI mucosa by NSAIDs	2,25			
Gastrointestinal	↑ mucosal healing	2,25			
Liver	↓ fatty liver/fibrosis	2,25			
Cardiovascular	↓ angina pectoris attacks	2,00			
Metabolism	↓ total cholesterol	2,00			
Cardiovascular	↑ vitality	1,75			
Cardiovascular	↓ diastolic blood pressure & cardio-ankle vascular index	1,75			
Energy	↓ fatigue	1,75			
Liver	↓ liver enzymes	1,75			
Liver	↑ recovery rate and speed in hepatitis	1,75			
Metabolism	↓ LDL-C	1,75			
Metabolic	↑ TMAO	-1,75			
Cardiovascular	↑ increased blood flow	1,50			
CNS	↑ cognitive function in encephalopathy	1,50			
Dermatological	↓ severity and frequency of psoriasis	1,50			
Endocrine	↑ thyroid function	1,50			
Hematological	↓ platelet aggregation/blood coagulability	1,50			
Hematological	↑ improved composition of RBC membranes	1,50			
Metabolism	↓ LDL-HDL ratio	1,50			
Metabolism	↓ HDL-C and/or ApoA-I	1,50			
Metabolism	↓ TG	1,50			
Metabolism	↓ homocysteine	1,50			
CVS	↑ acute myocardial infarction + CVD risk	-1,50			
Cardiovascular	↑ exercise tolerance	1,25			
Cardiovascular	↑ survival after fat embolism	1,25			
CNS	↑ memory	1,25			
Energy	↑ mitochondrial function	1,25			
Gallbladder	↓ cholelithiasis/cholestasis, improved bile composition	1,25			
Liver	↓ mortality in liver failure/hepatic coma	1,25			
Liver	↓ mortality in liver failure/hepatic coma	1,25			
Liver	↓ drug/poison-related liver dysfunction	1,25			
Metabolism	↑ lipoprotein lipase activity	1,25			
Reproductive	↑ sexual function (males)	1,25			
Reproductive	↓ reduction of symptoms of preeclampsia	1,25			
General	↑ all cause mortality	-1,25			
Cardiovascular	↓ ECG abnormalities	1,00			
CNS	↑ availability of free cortisol in chronic stress	1,00			
CNS	↓ risk of dementia	1,00			
Energy	↑ sense of well being	1,00			
Hematological	↑ improved antioxidant properties of blood	1,00			
Liver	↑ hepatocyte regeneration	1,00			
Reproductive	↓ morning sickness	1,00			
Respiratory	↓ radiation-induced tissue injury in lung cancer	1,00			
CNS	↑ headache	-1,00			
CVS	↑ arrhythmia	-1,00			
General	↑ weakness	-1,00			
GI	↑ GI symptoms	-1,00			
Immune	↑ Allergic reactions	-1,00			
Immune	↑ Fever	-1,00			
Metabolic	↑ oxidation	-1,00			
Reproductive	↑ prostate cancer	-1,00			
Skin/mucosa	↑ red skin	-1,00			
Skin/mucosa	↑ gingivitis	-1,00			
CNS	↑ cerebral blood flow, oxygen consumption	0,75			
CNS	↓ symptoms of multiple sclerosis	0,75			
Renal	↑ recovery rate in nephrotic/nephritic syndrome	0,75			
Reproductive	↓ risk of breast cancer	0,75			
Cardiovascular	↓ growth of atherosclerotic plaques	0,50			
Metabolism	↑ improved composition of HDL	0,50			
Musculoskeletal	↓ risk of fat emboli after fractures	0,50			
Renal	↑ renal function	0,50			
Respiratory	↑ normalization of surfactant composition in pneumonia	0,50			
Reproductive	↓ miscarriages/improved coagulation profile in antiphospholipid syndrome	0,50			
Reproductive	↓ respiratory disorders in premature infants	0,50			
Respiratory	↑ improvements in chronic lung disease	0,50			
Gallbladder	↓ postcholecystectomy syndrome	0,25			
Metabolism	↓ CRP	0,25			
Musculoskeletal	↑ motor function in Duchenne's muscular dystrophy	0,25			
Gastrointestinal	↑ bowel evacuation	0,00			
Liver	↓ postoperative complications	0,00			
Metabolism	↓ hyperinsulinemia	0,00			