

BNT 162b2

5.3.6 Cumulative Analysis of Post-authorization Adverse Events Report

5.3.6 CUMULATIVE ANALYSIS OF POST-AUTHORIZATION
ADVERSE EVENTS REPORT OF PF-07302048 (BNT 162B2)
RECEIVED THROUGH 28-FEB-2021

Is there a
CURE...?

IS THERE A CURE?

A team of Microbiologists, members of the “*World Doctors Alliance*”, have analyzed the vials of COVID injections #1, #2 and #3. Here are the substances they found which are up and above the mRNA’s encoded Spike Proteins:

- **Polysorbate 80 & Polysorbate 20** – Both compounds open up the Blood-Brain-Barrier allowing all the following poisonous substances to penetrate into the brain area.
- **Simian Virus 40 (SV40)** – This virus, when injected, generated “*medulloblastoma*” (brain tumors and neurological cancer cells) in over 80% of lab animals during trials using very small amounts.
- **Formaldehyde/Formalin** – A highly toxic, systemic, poisonous and carcinogenic embalming substance.
- **Betapropiolactone** – A toxic carcinogenic chemical which can cause permanent injury after short exposure to small amounts; it can cause death.
- **Polypropylene Glycol (PPG) & Polyethylene Glycol (PEG)** – Commonly known as “*antifreeze*”, causes Anaphylaxis & Cancer.
- **Hexadecyltrimethylammonium Bromide** – Can cause damage to the Liver, to the Cardiovascular System, and to the Central Nervous System. It can also disrupt reproductive functions, causing birth defects and intrauterine fetal demise (Stillbirth).
- **Aluminum hydroxide, Aluminum phosphate & Aluminum salts** – These are neurotoxins that, once in the brain area, will stay indefinitely causing long-term inflammation and swelling of the brain, neurological disorders, autoimmune diseases, Alzheimer’s disease, Dementia and Autism.
- **Thimerosal (Ethyl-Mercury)** – A major neurotoxin that causes cell damage, cell degeneration, and cell death. It diminishes oxidation reduction activity. It is associated with neurological disorders such as Alzheimer’s disease, Dementia and Autism.
- **Glutaraldehyde** – A highly toxic chemical used as a disinfectant for heat-sensitive medical equipment.
- **Fetal Bovin Serum** – Obtained from cattle fetuses extracted from pregnant cows before slaughter.
- **Human Fibroblast Diploid Cells** – Cells from aborted fetuses. It allows someone else’s DNA to interact with your DNA. Its embryonic stem cells allow the mRNA’s coded generation of spike proteins to rapidly spawn from within your red blood cells once they have aggregated (clotted) within your blood vessels.
- **African Green Monkey Kidney Cells** – can carry cancer-causing SV40 producing neurological brain disorders and cancer. As early as Dec. 2021, it has already affected more than 30 million Americans.
- **Acetone** – causes damage to the Kidneys, Liver and the Nervous System.
- **E.Coli** – needs no explanation.
- **Pig Circovirus type 1 DNA.**
- **Cultures of Human Embryonic Lung Cells** – also extracted from aborted fetuses.

*All of these substances are immensely toxic; they completely **OBLITERATE** the Immune System.*

As early as February 28, 2021 Pfizer published a 1,000+ page document in which 9 of them (find at the end) list more than 1,291 registered adverse events including “*myocarditis*” “*myocardial infarction*” and “*unexplained sudden death in epilepsy*” among many other lethal outcomes. So, why did they continue injecting people knowing this? One of the most common disorders, discovered by many embalmers, was a platelet hyperactivity syndrome consisting of intravascular platelet aggregation (Blood Clotting), from which spawned *Amyloid Fibrous Proteins* filling arteries, veins and capillaries completely arresting blood flow.

Although many thousands of Doctors, Microbiologists and other Scientists are resolute in finding a cure for the “messenger Ribonucleic Acid” (mRNA) injections’ panoply of adverse events, unfortunately, all that is available, for the time being, are blood thinning pharmaceutical drugs which can leave you bleeding endlessly if you happen to get injured. These scientists concluded that the *Amyloid Fibrous Proteins* (also referred to as *White Fibrous Structures* or *Spike Proteins*) spawn from initially formed intravascular *Blood Clots*.

This document offers a more natural approach using platelet aggregation inhibiting/moderating herbs & foods aimed at preventing the initial *Blood Clots* from forming. Because of the synergistic effect of their many compounds, these herbs & foods are better suited to prevent platelet hyperactivity and Platelet Micro-Particle (PMP) formation, while still allowing wound healing to take place if you get injured.

Keep in mind, though, that if your condition becomes critical or life threatening, blood thinning drugs may become your only option. *(Platelet aggregation inhibiting/moderating herbs & foods should be considered only as a possible preventative measure in an attempt to alleviate the injections' more serious adverse events. If Amyloid Fibrous Proteins (Spike Proteins) have already spawned from intravascular Blood Clots, the only way believed to dissolve them is with **Bromelain** and **Papain**. Although these are preliminaries, there are many other effective platelet hyperactivity inhibitors/moderators such as **Nattokinase** (fermented soybeans), **Curcumin** and **Red Wine**. In the following pages, we've also gathered many other such herbs, foods and beverages, including those which are effective vasodilators.*

If the same herbs & foods are able to inhibit or kill tumor & cancer cells while boosting immunity, the chances of reestablishing natural health increase significantly. Unfortunately, no one yet knows for how long these injections can remain active and linger in one's body, or if they will ever fade away.

Substances such as: collagen, ristocetin, arachidonic acid, adenosine diphosphate (ADP), Twin Reversed Arterial Perfusion (TRAP), epinephrine, and thrombin are the main stimulators of platelets aggregation (blood clotting). These aggregating agents (known as "Agonists"), if not moderated (if made synthetically), can lead to the development of intravascular blood clotting disorders.

Blood clots can form in your arteries and veins, known as deep vein thrombosis. Platelets cells form clots by aggregating over skin wounds and around injured blood vessels to help the body heal. Once the clots have done their job, the body dissolves them. If the clot doesn't dissolve, pieces of the clot can brake away and circulate within the arteries, veins and capillaries which can lead to thrombosis, lung clots, strokes, heart attacks and even death. New drugs must be tested for many years before being marketed to minimize adverse events. Unfortunately, the novel mRNA injections have skipped the safety trials.

The following research gathers many natural herbs and foods you can consume that may help prevent the jabs' more serious events. On the other side of the spectrum, it is also just as important to AVOID the types of foods that promote platelet hyperactivity disorders.

On a more positive note, there are many, natural, "organic" herbs & foods available which can help avoid or reduce the injections' negative outcomes. Before listing them, however, let's look at some of the Platelet Aggregation inhibiting/moderating compounds.

Polyphenols:

There are more than 8,000 different types of Polyphenols easy to get from fruits, vegetables, whole grains, spices, teas and wine. These plant base chemicals, known as "*phytochemicals*", are powerful antioxidants, and *moderators* of Platelet function and Platelet Micro-Particle (PMP) formation. They can prevent and even reverse cell damage. Polyphenols help keep arteries and other blood vessels healthy and supple. They are life-essentials for health, longevity and their potential of reducing the risk of chronic diseases such as diabetes, heart attacks, thrombosis, strokes and cancers. Countless studies conclude that diets rich in polyphenols exhibit anti-inflammatory, antioxidant, antimicrobial, anti-pathogenic and antibiotic properties; they also promote cardiovascular health benefits via the inhibition of platelet hyper-activity and aggregation.

Lycopene:

Lycopene, found in many foods, is a compound with anti-platelet effects comparable to aspirin.

Vitamin D:

Vitamin D can reduce Platelet count and possesses anti-coagulating, anti-thrombogenic, anti-inflammatory, antioxidant, anti-pathogenic, as well as antibacterial properties.

Vitamin E alpha-Tocopherol:

Vitamin E alpha-tocopherol, a particular type of vitamin E, has been found to inhibit Platelet Aggregation.

Vitamin C:

Vitamin C, in the context of platelets hyperactivity, can be controversial. Although it is a powerful antioxidant that supports immunity, neurotransmission, cardiovascular health, as well as health in general, *if not*

moderated has the potential to generate collagen synthesis and promote platelet aggregation. In other words, vitamin C, if taken in an isolated or synthetic form, because it is removed from the synergistic compounds of herbs & foods, it no longer possess the same ability to moderate platelet activity. In order to take full advantage of its synergistic properties, especially when trying to prevent platelet hyperactivity, vitamin C should be taken in foods and beverages like in citrus fruits and others foods high in vitamin C.

Because endless parameters need to be considered, and everyone's nutrients absorption efficiency is different, all we can offer is the following list of herbs & foods containing varieties of compounds able to inhibit and/or moderate Platelet hyperactivity.

- **FRUITS:** apple, apricot, avocado, banana, cantaloupe, cherries red & tart, eggplant (especially its skin), grapefruit, guava, kiwi, lemon, lime, mamey sapote, mango, olives black & green, orange, papaya, persimmon, pineapple (especially for its *Bromelain* content), plums black & purple, pomegranate, pumpkin tomatoes (especially cherry tomatoes), watermelon, zucchini.
- **BERRIES:** acai berries, aronia berries (chokeberries), blackberries, blueberries, blackcurrants, cranberries (unsweetened), elderberries, huckleberries, raspberries, strawberries, mulberries, grapes black & purple, rose hips.
- **VEGGIES:** artichoke, asparagus, bell peppers, broccoli, brussels sprouts, butternut squash, cabbage red, cauliflower purple, celery, corn purple (husk and kernel), cucumber, garlic, onion red, shallot.
- **LEAFY GREENS:** alfalfa, arugula, barley grass, beet greens, bokchoy, carrot leaves, cilantro, collard greens, dandelion leaves & flower, kale, lettuce, mustard greens, olive leaves, parsley, purslane, radish leaves, spinach green & red, sprouts, swiss chard, turnip greens, watercress.
- **ROOTS:** beetroot, ginger, rutabaga, sweet potato, potatoes purple & red fleshed, turnip.
- **LEGUMES:** black beans, chickpeas, kidney beans, lentils, peas, seed coat of black organic soybeans.
- **GRAINS:** oats, rice black & red.
- **NUTS:** almonds, chestnuts, hazelnuts, horse chestnuts, pecan, walnuts, pistachios, cashew, brazil nuts, pine nuts.
- **SEEDS:** wheat germ, sunflower, chia, hemp, pumpkin.
- **HERBS & SPICES:** cayenne pepper, celery seeds, chili peppers, cinnamon, cloves red, curry, feverfew, flaxseeds, oregano, parsley, peppermints, rose hips, rosemary, sage, star anise, thyme, and turmeric (curcumin, especially when taken with black pepper to help absorption).
- **OMEGA-3 Fatty acid:** chia seeds, flaxseed oil, hemp seeds, walnuts. anchovies, herring, cod liver oil, mackerel, oysters, salmon, sardines, tuna.
- **OILS (plant base):** almond oil, olive oil virgin cold-pressed, avocado oil.
- **COCOA powder:** dark chocolate (w/stevia NO sugar).
- **TEAS (preferably unsweetened):** green tea, ginger tea, guavirova tea, oblong tea, lemon tea, cherry stems tea, & most other herbal teas.
- **JUICES (no added sugar):** apple juice, barley, beetroot, carrot, grape (black & purple), pomegranate, & most fruits.
- **PROBIOTICS (home made):** Sauerkraut, Nattokinase, Kefir, Apple Cider Vinegar, etc.
- **RED WINES:** (in moderation) Pinot Noir, Merlot, Zweigelt, Shiraz, Cabernet Sauvignon.
- **SUPPLEMENTS:** feverfew, ginkgo biloba, ginseng (Panax & Siberian), magnesium, saffron, spirulina, St. John's wort, willow bark.
- **TINCTURES:** angelica species.
- **EXTRACTS:** propolis, grape seed, aged garlic, onion, and eastern white pine needle extract using MCT coconut oil.
- **VITAMINS:** D (Sun exposure) mushrooms, B6, B12, B complex, C, E (alpha-tocopherol), K, Niacin. And don't forget to drink lots of distilled or purified water. AVOID Spring and Well Water, they contain inorganic minerals that can stimulate clotting.

Not only should you consume plenty of herbs & foods which can help reduce the risks and severity of the injections' adverse events, **THERE ARE ALSO CERTAIN TYPES OF FOODS YOU MUST AVOID** like: Processed, GMO and Pesticide Sprayed Foods. Synthetic Preservatives such as: Polysorbate 80, 60, 40 or

20, Polyethylene & Polypropylene Glycol, EDTA, etc. are immensely toxic. Also avoid: Natural Flavors & Natural Colors (this is where toxic compounds can be hidden). Avoid Sugars, deep fried foods, fatty animal products (like burgers) including Cheese & Ice Cream, Collagen & Thrombolytic forming agents, as well as a high cholesterol diet. These foods trigger platelet aggregation hyperactivity.

Because the 'messenger Ribonucleic Acid' injections contain highly toxic chemicals and **HEAVY METALS** such as: Polysorbate 80 (which opens up the blood brain barrier enabling toxins to enter the brain and damage neurological cells), SV40 (Simian Virus 40) which generates *medulloblastoma* (brain tumors and cancer in the brain), formaldehyde, polypropylene & polyethylene glycol (antifreeze), aluminum hydroxide, aluminum phosphate, aluminum oxide, graphene oxide, Hexadecyltrimethylammonium bromide, **Thimerosal (Ethyl MERCURY)**, as well as many other neurotoxins, it becomes necessary to chelate. Foods high in vitamins and organic minerals can bind to metals to eliminate them from the body via the digestive system. The following are easily accessible herbs & foods able to **CHELATE** your body from metals and other toxins:

- **Sodium Bicarbonate** 1/2 teaspoon in 12oz of distilled water is an effective chelator.
- **Berries** such as: Blackberries, Bilberries, Blueberries, Raspberries, Cranberries, Strawberries, etc.
- **Fruits & Vegetables** high in vitamin C are also high in antioxidants. They can reduce the damages caused by metal toxicity: bell peppers, citrus fruits, guava, parsley, kiwis, broccoli, papayas, etc.
- **Garlic & Onions** contain organosulfuric compounds that help the liver detoxify from arsenic and lead. However, because these herbs are very difficult to digest and absorb, less (in moderation, that is) turns out to be more. If you develop an acidic breath after consuming the herb, this means that your body is rendered acidic, and we all know that an acidic body is more prone to disease. As controversial as it may sound, when 'Aged Dried', the herbs lose 'allicin' which is the substance difficult to digest and absorb, and therefore make them more efficient in delivering their true health benefits.
- **Seeds** Flax Seeds, Hemp Seeds, Grape Seeds and Chia Seeds are high in fiber and contain essential omega-3 fatty acids. Fiber helps cleanse the colon and omega-3 reduces inflammation. Since fish & fish oils may contain heavy metals like mercury, it is best to avoid consuming them during the metal detox.
- **Organic Greens**, because of their chlorophyll content, are amongst the most powerful metal, pesticide, and environmental toxins cleansing foods. These can be found in: broccoli, cucumbers, kale, spinach, celery, sprouts, arugula, zucchini, carrot leaves, Dandelion leaves & flowers, etc.
- **Beetroots** & its greens are full of vitamins B3, B6, C, as well as organic minerals that help the liver break down toxins. Betaine, a fiber in beets, promotes effective digestion to excrete harmful toxins from the body.
- **Cilantro**, taken in a tincture, raw or juiced, especially when mixed with celery, parsley, cucumber and carrots is a powerful detoxifier for mercury, lead, cadmium and arsenic.
- **Milk Thistle** seed tea, is a liver detoxifier; it helps cleanse the body from metals and other toxins.
- **Chlorella**, a single-celled green algae, has anti-tumor/anti-cancer properties. It can bind to and remove metals like Mercury, Lead, Nickel and Aluminum from the body.
- **Chaga Mushrooms** (organic), can boost immunity and detoxify the body from metals and other toxins.
- **Fulvic Acid**, has the unique ability to chelate (break down) toxins reducing them to a harmless state.
- **Shilajit**, a sticky tar-like resinous substance; can help eliminate free-radicals and heavy metals such as Mercury and Lead from the body.
- And other metal detoxifiers: Any natural herbs or foods that are healthy antioxidants can also help cleanse the body from free-radicals and boost the immune system allowing it to be more efficient in getting rid of all kinds of toxins. Here are a few of these detoxifiers: Cayenne pepper, Thyme, Turmeric (curcumin), Spirulina, Barley grass juice, Atlantic dulse, Curry, Green tea, Tomatoes (especially when cooked), Probiotics like Sauerkraut, Kefir, Nattokinase and Apple cider vinegar (home made), etc.

The greater variety of herbs and foods you consume, the more you can scavenge toxins from multiple fronts. If you are deficient in vitamins B1, B6, B12, and/or C, you are at a greater risk to metal toxicity.

Additionally, here are a few over-the-counter medications that can help if you experience any of the injections' side effects: Aspirin, Cerastatin, Hydroxychloroquine, Ivermectin, Quercetin. If it gets to that point, however, you should seek immediate medical attention because it can develop into a life threatening situation in a hurry.

Here's a homemade, all natural chloroquine recipe you can consume every day:

Take 4 Grapefruit peels and 4 Lemon peels, especially the "pith" (white stuff). Place into a pot with 10 cups of distilled water and bring to a boil. Then simmer for 4 to 6 hours with the lid on. After cooling, squeeze as much juice out of the peels and piths into the remaining water and freeze in ice cube trays (regular size). To use: place two ice cubes into a cup of juice (any fruit juice no-added-sugar) so the chloroquine isn't so bitter. Take 2 to 3 ounce a day for prevention, 3 or more times a day if you are under the weather.

Vasodilating Foods can also help blood circulation by making blood vessels suppler. Here are such foods:

— **Almonds:** Contributing to healthy cholesterol levels, almost produce a boost of L-Arginine to the system that prompts Nitric Oxide (*NO*) production which improves vasodilation.

— **Arugula, Kale, Spinach, Collard greens and other Leafy Greens:** Leafy greens contain high amounts of nitrate, which help facilitate more *NO* production via the nitrate nitrite *NO* pathway. Leafy green's potassium contents also help counteract heavy salt intake helping to make leafy greens a vital dietary contributor to vasodilation.

— **Beans:** Legumes are recommended to eat for longevity and heart health. Many components contribute to this dietary staple, including a high rate of dietary nitrate. Studies show that intake of legumes four times a week can significantly improve cardiovascular health.

— **Beets:** Considered a major vasodilator food for its intense oxygen delivery, beets increase nitrate intake, which the body converts to *NO*. *NO* relaxes blood vessels and increases blood flow to muscle tissue. Many athletes supplement with beet juice or beet powder to help improve performance.

— **Berries:** Including **Blueberries, Strawberries, Raspberries, and Blackberries**, contain powerful flavonoids which include anthocyanin and proanthocyanidin substances that reduce cell damage and have been shown to increase the production of Nitric Oxide (*NO*) in blood vessels. Berries have antioxidant and anti-inflammatory qualities, which have a positive impact on blood flow. Research shows that eating berries can lower blood pressure, heart rate, platelet aggregation, and blood levels of inflammatory markers like interleukin-6 (IL-6) while also improving artery dilation.

— **Chickpeas:** containing some of the highest rates of L-arginine, chickpeas not only help vasodilation by direct supply of the important amino acid but also help in weight management.

— **Cayenne pepper:** Cayenne pepper gets its spicy flavor from a phytochemical called capsaicin. Capsaicin promotes blood flow to tissues by lowering blood pressure and stimulating the release of nitric oxide and other vasodilators — or compounds that help expand your blood vessels. In fact, spicy peppers are frequently included in pain-relieving creams because ingesting them helps increase circulation, improves blood vessel strength, and reduces plaque buildup in your arteries.

— **Cinnamon:** Cinnamon is a warming spice that has many health benefits, including increased blood flow. In a 2021 study, researchers found that between two groups of subjects with a similar health profile, the group that consumed cinnamon had a statistically significant reduction in blood pressure after 90 days compared to the placebo group.

— **Citrus fruits:** like Oranges, Lemons, and Grapefruit are packed with antioxidants, including flavonoids. Consuming flavonoid-rich citrus fruits may help reduce blood pressure and stiffness in your arteries while improving blood flow and *NO* production. Hesperidin is a flavonoid in orange juice which has been associated with a notable impact on vasodilation. Citrus fruits contain vitamin C, a powerful antioxidant; as a group, they are also responsible for protecting and increasing the lifespan of *NO* in the body.

— **Garlic:** The gasses that garlic helps the body produce and regulate are its biggest contributors to vasodilation. The polysulfides in garlic stimulate the production of vascular hydrogen sulfide as well as regulate the production of endothelial Nitric Oxide (*NO*), both of which are types of signaling molecules that help the body communicate and transport vital oxygen and nutrients.

— **Ginger:** Ginger is a staple in traditional medicine in India and China for thousands of years. In both human and animal studies, ginger has been shown to reduce high blood pressure, which negatively impacts blood flow.

— **Green Spinach:** Ubiquitous in any market, is associated with cardiovascular health because of its powerful vasodilating property due to a rise in *NO* levels.

— **Mango:** Studies show that within 2 hours of consuming mangoes, relaxation of blood vessels occurs. Mangoes contain many antioxidants, especially beta-carotene, such as carotenoids help regulate endothelial function.

- **Omega-3 Fatty Acid in fish:** Fatty fish like salmon and mackerel are excellent sources of omega-3 fatty acids. These fats are especially beneficial for circulation because they promote the release of *NO*, which dilates your blood vessels and increases blood flow. Omega-3 fats also help inhibit the clumping of platelets in your blood.
- **Onions:** Onions are an excellent source of flavonoid antioxidants, which benefit heart health by helping your arteries and veins widen when blood flow increases. Onions also have anti-inflammatory properties, which can boost blood flow and heart health by reducing inflammation in veins and arteries.
- **Pomegranate:** Pomegranates are juicy, sweet fruits that are particularly high in polyphenol antioxidants and nitrates, which are potent vasodilators. Consuming pomegranate — as a juice, raw fruit, or supplement may improve blood flow and oxygenation of muscle tissue, which could especially aid active individuals.
- **Red Spinach:** Red spinach is the new beet. The amaranth plant (not technically spinach) has been discordant to have an even higher nitrate concentration per weight than beets. It's a durable plant that is challenging to find in the market but can be sourced clean from red spinach plant to powder with no additives. Because of its high nitrate content, top athletes leverage red spinach for the ultimate *NO* boost.
- **Spirulina:** Studies on the SP6 peptide in spirulina show dramatic support in endothelial vasorelaxation and are an extremely useful food for heart health.
- **Sweet potatoes:** A well-known heart-healthy food. Orange flesh sweet potatoes contain higher concentrations of protein, flavonoids, anthocyanins, and carotenoids than white flesh sweet potatoes and promote vasodilation.
- **Swiss Chard:** A part of the *Chenopodiaceae* subfamily of the higher *Amaranthaceae* family of plants is related to beets and spinach. As a *chenopodium* plant, it induces relaxation of smooth muscle around blood vessel walls.
- **Tart Cherries:** In clinical studies, many varieties of tart cherry juice have proven time and time again as a powerful weapon for health and reduced cardiovascular events.
- **Green Tea:** helps vasodilation by way of *(-)-Epigallocatechin-3-Gallate (EGCG)* and the aflavins, respectively. Studies conclude that tea is a powerful contributor to cardiovascular and metabolic health.
- **Tomatoes:** Tomatoes may help reduce the activity of *Angiotensin-Converting Enzyme (ACE)*, which causes blood vessels to constrict to control blood pressure.
- **Turmeric:** Increased blood flow is one of turmeric's many health benefits. In fact, both Ayurvedic and traditional Chinese medicine have utilized turmeric since ancient times to open blood vessels and improve blood circulation, particularly due to a compound found in turmeric called curcumin.
- **Walnuts:** A regarded source of L-arginine, a Nitric Oxide (*NO*) precursor, walnuts contain some of the highest antioxidants of any nuts, making it a top vasodilator..
- **Watercress:** Packs powerful amounts of nitrate and antioxidants, especially carotenoids that aid in reducing the oxygen necessary for executing exhaustive tasks and also support a healthy heart by way of increasing vasodilation.
- **Watermelon:** one of the greatest known sources of L-citrulline which makes L-arginine bioavailable for *NO* synthesis and boosts vasodilation.

Please share this information with as many people as you can, and especially with your loved ones. Yes, we know how hard it is to tell someone that he or she has been deceived and harmed by the authorities under the coercion of BIG PHARMA for profits, and the United Nations' Agenda 21-2030 Depopulation Plan.

**WE NEED TO STAY FOCUSED, BECAUSE WHAT'S MOST IMPORTANT IS TO SAVE LIVES.
MAY GOD BLESS YOU AND YOUR LOVED ONES!**

If you are interested in diving a little deeper into the potencies and health benefits of the different compounds, herbs & foods which have the potential to inhibit/moderate platelet hyperactivity, the following information has been made with the layman in mind for a better understanding.

Polyphenols

In polyphenol types we can find:

- *Flavonoids* like Flavonols, Isoflavones, Flavanones, Quercetin, Anthocyanins, and Catechins.
- *Polyphenolic Amides* like Capsaicinoids.
- *Phenolic Acids* like Lignans and Stilbenes.
- *Ellagic Acids* like Resveratrol.

Polyphenols are 'moderators' of blood platelet function and Platelet Micro-Particles (PMPs) formation. Polyphenols can prevent abnormal activities and blood platelet hyper-aggregation. Platelets and platelet micro-particles play a key role in the pathophysiology of vascular disorders such as coronary and arterial diseases and stroke. In atherosclerosis, for example, the disruption of plaque exposes endogenous agonists such as collagen, which over activates blood platelet aggregation.

Herbs & Foods High in Polyphenols:

Berries: are low in calories while high in fiber, polyphenols and vitamin C. The darker the berries the more potent they are. Most Berries and cherries contain all 6 types of flavonoids.

Chokeberries gives 1,123 mg of polyphenols per 1/2 cup.

Elderberries, 870 mg per 1/2 cup.

Blueberries, 535 mg per 1/2 cup.

Blackcurrant, 485 mg per 1/2 cup.

Blackberries, Raspberries, and Strawberries about 180 mg to 160 mg per 1/2 cup.

Herbs & Spices: In addition to their polyphenol content, dried herbs & spices often contain a range of nutrients like organic calcium, magnesium and potassium.

Cloves, 542 mg of polyphenols per ounce.

Peppermint, 427 mg per ounce.

Star Anise, 195 mg per ounce.

Parsley, 130 mg per ounce.

Oregano, Celery seeds, Sage, Rosemary and Thyme will give you about 30 mg to 40 mg per ounce.

Cocoa Powder: Cocoa powder is quite potent in polyphenols with 516 mg per tablespoon. Heating and processing Cocoa powder can reduce its content however. For example, Dark Chocolate may have 250 mg while Milk Chocolate only 30 to 35 mg. But since we should limit our sugar intake, some Dark Chocolate makers use Stevia for sweetener, which is the better choice. Studies show that certain flavonoids, found in Cocoa, are good vasodilators (artery, vein, and capillary dilators) which can potentially improve brain function, memory and blood flow.

Nuts: Most nuts contain polyphenols as well as fiber, proteins and essential fatty acids.

Chestnuts, 347 mg of polyphenols per ounce.

Hazelnuts and Pecans, 140 mg per ounce.

Almonds, 53 mg per ounce.

Flaxseeds: Sometimes used to improve digestion and relieve from constipation, along with their high fiber content, Flaxseeds have about 230 mg of polyphenols per tablespoon.

Vegetables: Along with fiber, vitamins and minerals, most vegetables contain polyphenols.

A small Artichoke may contain about 260 mg of polyphenols.

A small Red Onion about 170 mg. White Onion contain slightly less.

Green Leafy Vegetables, such as: Kale, Spinach, Arugula, Beet leaves, Carrot leaves, Dandelion stem & leaves, Greens (leafy & raw), Lettuce, Nettle Alfalfa, Cilantro, etc, are also rich in flavonoids.

Red Cabbage, another great source of anthocyanidins, has been studied for its protective effects against cancer, cardiovascular diseases, diabetes, and age-related memory disorders.

Olives: In addition to their content of antioxidants, vitamin E and fatty acids, about 5 Black Olives contain about 110 mg of polyphenols while Green Olives about 70 mg. Virgin Olive Oil, in studies, demonstrated to be comparable to aspirin in terms of anti-aggregation action.

Propolis: In a study using a Propolis Ethanol Extract, due to its rich source of flavonoids and phenolic acids, exhibited a synergetic anti-aggregatory effect in whole blood.

Black & Red Rice: Due to their antioxidants and anthocyanins, have shown to inhibit platelet secretion and decrease atherosclerosis plaque formation induced by dietary cholesterol.

Oats: A diet enriched with Oats, reduces Platelet Micro-Particle (PMP) formation in subjects with type 2 Diabetes.

Pomegranate: This rich source of gallic and ellagic acids, has been demonstrated to have anti-inflammatory effects and to significantly decrease LDL (bad) cholesterol, while significantly increasing HDL (good) cholesterol. Gallic acid has also shown to inhibit induced platelet aggregation.

Citrus Fruits such as: Oranges, Grapefruits (pink more than white), Tangerines, Lemons and Limes contain flavonols and are also rich sources of flavonoids, especially when juiced.

Grapes & Grape Seed Extracts, especially those containing a mixture of polyphenols including gallic acid, catechins and anthocyanins, have shown to inhibit thrombin induced platelet activation and *Platelet Micro-Particle* (PMP) formation, by interacting simultaneously with several platelet activation pathways, leading to decreased degranulation and PMP shedding. Grape Seed Extracts, due to their polyphenol antioxidant properties, may also alleviate the oxidative stress-induced platelet activation and PMP shedding by scavenging free-radicals.

Soy Beans (organic) come in many forms and are top sources of isoflavones. Isoflavones are believed to help protect against reproductive cancers such as: breast, ovarian, prostate and testicular cancers.

Red Wine: The polyphenols in Red Wine, such as: anthocyanins, catechins, flavonols and tannins, were found to increase circulation and prevent Platelet Micro-Particle formation, inflammation, oxidative stress, and endothelial dysfunction. The study also found Red Wine to lower blood pressure. One 8oz glass per day is beneficial, while overindulging leads to negative pathophysiological effects.

Tea: One of the easiest ways to add flavonoids to you diet is to drink tea. Green tea, Oolong tea, Ginger tea, Lemon tea, Cherry stems tea, etc., all contain high levels of flavonoids. What makes them especially beneficial is their high absorbability.

Some dietary flavonoids and their metabolites have exhibited significant anti-platelet effects when used in conjunction with aspirin; however, the co-administration may not be safe for some people.

Anthocyanidins – Anthocyanins:

In addition to reducing and inhibiting platelet aggregation, Anthocyanins (a polyphenol compound) possess anti-diabetic, anti-cancer, antioxidant, anti-inflammatory, antimicrobial, and anti-pathogenic properties. They are able to prevent and even reverse certain cardiovascular diseases. In addition, Anthocyanins have the potential to reduce, even cure neurological dysfunctions such as cognitive and memory impairment via the protection of neurons, glial cells and hippocampal nerve cells.

Berries, especially the dark ones such as Blackcurrant, Black Elderberries, Blackberries, Black Raspberries, Blueberries, Chokeberries, Cranberries, Huckleberries, Red Raspberries, Red Strawberries, and Tart Cherries have the highest levels of Anthocyanins which can help your brain work at its best even in old age.

Black Plumbs, Blood Oranges, Cherries, Black & Red Grapes, and Pomegranates are also high in Anthocyanins. Yet the highest recorded amount is found in the seed coats of organic Black Beans and Soybeans containing about 2 grams per 100 grams.

Red and Purple Vegetables such as Red Cabbage, Red Onions (in their epidermal cells), Red Radish, Purple Cauliflower, Purple Corn (kernels & husks), the skins of Eggplants, and Red to Purplish Blue colored Vegetables, Grains, Roots, and Tubers.

The Anthocyanins found in Dark Chocolate, foods with low glycemic indexes (low sugar content), Garlic, Onions, Ginger, Omega-3, Purple Grape juice, Tomatoes, and Red Wine, beyond their ability to inhibit and reduce platelet aggregation, can further inhibit or reduce Platelet Micro-Particle (PMP) formation.

Like Anthocyanins "*Betalains*", found in Beetroot flesh and skin, and also in the stems of Chard and Rhubarb, have antioxidants and anti-inflammatory properties.

Keep in mind that there is a very significant loss of Anthocyanidin potency when foods are heated, Roasting decreases it by 94%, steaming by 88%, while pan-frying and boiling by 86%.

Freezing does not seem to decrease Blueberries' antioxidant properties. The leaching that occurs from freezing Blueberries actually increases their Anthocyanin concentration. Antioxidants in Wild Blueberries appear to be heat stable and so is a good source even in pies or other desserts.

Anthocyanins can also help focusing, relieve eye fatigue, improve contrast sensitivity, and improve eye fluid quality.

Red Wines such as Cabernet Sauvignon contain about 1,500 mg per liter of Anthocyanins compared to Pino Noir 100 mg/L. In Frontenac grape juice the concentration varies between 270 mg and 6 grams per liter. Grape juice and Red Wine have been strongly tied with the ability of Anthocyanins to reduce inflammation, inhibit platelet formation and aggregation, and prevent the release of "*agonists*" substances such as: collagen, ristocetin, arachidonic acid, adenosine diphosphate, epinephrine, and thrombin.

Anthocyanin rich fruit juices has shown to improve antioxidant enzyme activity and plasma antioxidant capacity, providing evidence of beneficial effects on oxidative stress, a key mechanism involved in lung function.

Black Beans are an important source of bioactive compounds including polyphenols, particularly Anthocyanins, and are associated with the prevention of type 2 Diabetes.

Since Artichokes contain cynarin, they also have anti-platelet properties reducing the risks of blood clotting.

Purple and Red-fleshed Potatoes are also rich in Anthocyanins and other phytochemicals that have high free-radical scavenging properties, able to reduce the risks of chronic diseases and age-related neuronal degeneration.

Lycopene

Lycopene is a compound, in a larger family of plant chemicals called Carotenoids, that gives colors from the Yellow of Squash to the Pink and Red colors of Tomatoes, Watermelons, and Sweet Red Peppers. Studies have demonstrated that Tomato-based foods are especially valuable in the prevention of platelet aggregation and thrombosis.

Benefits of Lycopene

One of the most important benefits of Lycopene is its antioxidant property which scavenges free-radicals that can damage DNA homeostasis and other cell structures. Its antioxidant properties help mediate free-radical activity reducing the risk of certain diseases.

Bone Health

The high content of Lycopene in Tomato sauce has been shown to help maintain Bone Strength; it was shown to enhance Bone Metabolism.

Cancer

Lycopene's antioxidant may protect against Cancer, preventing damage to DNA and cell structures. Research has shown that higher levels of Lycopene intake reduces the risks of prostate and other Cancers. Eating more Fruits and Vegetables is linked with a reduced risk of Cancer. *Even with high consumptions of Lycopene, when alcohol intake levels exceeded the recommended daily amounts, the risk of certain types of Cancer still increases.*

Heart and Vascular Health

Higher Lycopene intake correlates with a reduced risk of stroke. Lycopene also helps to keep blood vessels' *endothelial function* healthy. "Endothelial Function" refers to a set of factors related to the health of the inner lining of blood vessels.

Side Effects

Eating large amounts of Lycopene could lead to a condition called "Lycopopenia" resulting in an orange or red discoloration of the skin. It is considered to be relatively harmless and can be resolved by switching to a low Lycopene diet. Since Lycopene may inhibit blood clotting, this increases the risk of excessive bleeding during and after surgery.

Lycopene Food Sources:

Rose Hips (North Plains Indians Wild Rose Hips) 8.6 mg per cup

Guavas 8.6 mg per cup

Tomatoes (red cooked) 7.3 mg per cup

Watermelon 7 mg per cup

Cherry Tomatoes (red ripe raw) 3.8 mg per cup

Grapefruit (pink and red) 3.3 mg per cup

Papaya 2.65 mg per cup

Grapefruit (white) 2.6 mg per cup

Acai Berry Drink 8 fl oz 2.4 mg

Sun-Dried Tomatoes (1 piece) 0.9 mg

Grapefruit Juice (pink or red) 8 fl oz 0.7 mg

Bell Peppers (cooked) 0.5 mg per cup

Mamey Sapote 0.45 mg per cup

Persimmon (Fuyu Japanese) one 2-1/2 in dia. 0.27 mg

Asparagus (cooked) 54 mcg per cup

Rutabagas 20 mcg per cup

Red Cabbage (chopped) 19 mcg per cup

Rutabagas (cooked) 17 mcg per cup

Mangos 5 mcg per cup

Basil (powdered leaves) 1tsp 2.8 mcg

The platelet aggregation inhibitory effects of Lycopene are comparable to aspirin. When combining Lycopene with aspirin, their inhibitory effects are greater than each on their own. However, it may not be safe for everyone.

Resveratrol

Apoptosis is a natural homeostatic mechanism of programmed cell death made to rid the body of worn-out or damaged cells beyond repair, making way for healthy cells to divide and generate new healthy cells to replace them. If not removed, these damaged cells may become cancerous. Therefore, apoptosis plays a crucial role in preventing Cancer. Additionally, Resveratrol has beneficial effects in patients with type 2 Diabetes, reducing fasting plasma glucose and increasing insulin levels. In hyperglycemia conditions, Resveratrol reduces platelet function and thrombus formation by down-regulating platelet glucose metabolism and activation.

Resveratrol in Red Wine has various biological activities, including inhibition of platelet aggregation. Resveratrol also stimulates apoptosis in human platelets inhibiting aggregation caused by collagen hyperactivity.

When injured, blood platelets tether, adhere, aggregate, and finally form platelet plugs in injured blood vessel walls in order to stop the bleeding.

Apoptosis is a form of cellular suicide that is essential for the development and tissue homeostasis. Lack of Resveratrol can lead to Cancer, immune disorders, and neurodegenerative diseases.

Resveratrol, a polyphenolic compound, has demonstrated to have various biological activities, including "inhibition of platelet aggregation", anti-cancer, anti-mutagenic, antifungal, anti-inflammatory, and antioxidant properties. Resveratrol also possesses chemotherapeutic potential due to its ability to trigger apoptosis in several Cancer cell types. Because of platelets' important role in the development of thrombosis, *Coronary Heart Disease* (CHD), and atherosclerosis, studies found that Resveratrol inhibited collagen-induced platelet activation at low concentrations, and considerably stimulated platelet apoptosis at higher concentrations.

It was found that mitochondria were the primary target of Resveratrol-induced apoptosis in human retinoblastoma cells. Retinoblastoma is a form of Cancer cells that starts in the retina of the eye. They can also spread (metastasize) to other parts of the body.

Conclusion

Resveratrol simultaneously inhibits platelet aggregation and stimulates platelet apoptosis, representing the increased therapeutic potential for patients suffering from thrombotic conditions, thus prevent pathological clotting.

Foods high in Resveratrol:

Resveratrol is a polyphenol found in some plant based foods, which cannot be found in animal foods. These plants make Resveratrol as a way to protect themselves against fungal infections, ultraviolet radiation, injury and stress. In studies, the amount of Resveratrol needed to help prevent skin cancer, protect against heart disease or improve insulin sensitivity, was significantly more than the average western diet entails. But, since foods high in Resveratrol are plant-based, it doesn't hurt to consume more of them.

Japanese Knotweed (*Polygonum Cuspidatum*): 296 – 377 µg/gram

Wine: 0.32 – 15.35 µg/gram

Grape juice (red): 1.14 – 8.69 µg/gram

Grapes (black): 0.95 – 1.88 µg/gram

Peanuts & Peanut butter (natural): 0.02 – 0.98 µg/gram

Peanuts (green): 0.19 – 0.72 µg/gram

Grapes (green): 0.02 – 0.32 µg/gram

Grape juice (black): traces – 0.09 µg/gram

Grape juice (green): traces – 0.01 µg/gram

Raisins: 0.0005 – 0.003 µg/gram

Quercetin

Quercetin is a powerful antioxidant. Antioxidants help fight free-radicals, which are molecules that contain unpaired electrons. Because electrons naturally want to pair up, free-radicals roam around the body, pulling electrons away from other molecules. This process can damage cells and DNA chains. Quercetin "cleans up" free-radicals by pairing with their single electrons so they can no longer cause damage.

Quercetin, a powerful bioactive flavonoid, is found in high levels in Onions, Apples, Tea and Wine. Studies have shown it to inhibit platelet aggregation and signaling. A diet rich in Fruits and Vegetables and a decreased risk of thrombosis is well established.

Quercetin is one of the most abundant and potent naturally occurring antioxidant; it can effectively suppress collagen-stimulated platelet reactivity and signaling. It was also shown to inhibit platelet aggregation in response to other agonists like *Adenosine Diphosphate* (ADP), *Thrombin* and *Arachidonic Acid* (AA). When stimulated by other different platelet agonists, additionally, Quercetin can inhibit platelet dense and alpha granules.

Quercetin supports the cardiovascular system by lowering blood pressure and cholesterol, by relaxing blood vessels. Because reduced blood flow can cause erectile dysfunction, flavonoids such as Quercetin can also improve men's sexual health.

A better circulation improves brain health. Quercetin may reduce inflammation and protect brain cells from toxins, and lower the risk of Alzheimer's and other degenerative brain diseases.

Free-radicals damage cells which can develop into Cancer. Quercetin and other antioxidants reduce the risk of Cancer by combating free-radicals and inhibiting Tumor growth.

Despite the claimed benefits of pharmaceutical anti-platelet agents, when patients are placed on anti-platelet therapy such as aspirin and clopidogrel, some patients still develop thrombotic episodes. Growing evidence suggests inadequate cardiovascular protection by these agents, as well as non-responsiveness.

Other studies have shown that a flavonol rich diet is associated with reduced mortality due to cardiovascular disease. In addition to antioxidant, antimicrobial, anti-pathogenic, anti-hypertensive, and anti-platelet activities, the Rotterdam study showed a reduction in fatal "*myocardial infarction*" occurrence with flavonol consumption. Following ingestion of the naturally occurring flavonol Quercetin, collagen-induced platelet aggregation was inhibited.

Quercetin is one of the most abundant flavonols, in the subgroup of flavonoids, widely found in plants, fruits and vegetables, and a potent antioxidant scavenger of free-radicals. Although Quercetin is also available in supplements; but in this form, it has the potential to interact with several medications, including antibiotics and blood thinners, and doses over one gram may damage the kidneys. On the other hand, when Quercetin is taken synergistically in plant based foods, it is safe in any amount.

Quercetin is a pigment that adds color to many Fruits and Vegetables. It's found mainly in the skins and leaves of plants. Light stimulates the production of Quercetin, so an apple at the top of a tree may have more Quercetin than one that doesn't get direct sunlight.

Kaempferol has antioxidant, anti-inflammatory, antimicrobial, cardiovascular, and neuroprotective properties. Due to its resemblance with estrogen hormone, Kaempferol may be used for the therapy of hormone-regulated Cancers such as ovarian, breast, cervical, hepatocellular carcinoma, and leukemia.

Plant Sources of Quercetin and Kaempferol (mg / 100 g organic)

Plant Source	Quercetin	Kaempferol
Dill Weed	79.0	40.0
Fennel Leaves	46.8	6.50
Onions	45.0	4.50
Oregano	42.0	0
Chili Peppers	32.6	0
Spinach	27.2	55.0
Kale	22.6	47.0
Lettuce	14.7	0.84
Blueberries	14.6	3.17
Asparagus	14.0	1.40
Broccoli	13.7	7.20
Chives	10.4	12.5
Apples	4.01	0.14
Leeks	0.9	2.67
Chinese Cabbage	0	22.5

Apricot, Pear, Plum, Red Grape, Broad Bean, Cauliflower, Apple juice, Grape juice, Grapefruit juice, Lemon juice, Orange juice, Red Wine, Black tea, Green tea, Tomato juice are also sources of Quercetin and Kaempferol.

Dietary intakes of Quercetin in the U.S. have been reported to be around 6 to 18 milligrams (mg) per day. However, if you're eating several servings of Fruits and Vegetables on a daily basis, you're likely consuming much more Quercetin.

Vitamin E alpha-Tocopherol Inhibits Aggregation of Human Platelets.

Vitamin E α -tocopherol is the principle form of vitamin E in human plasma. Studies indicate that α -tocopherol is beneficial against cardiovascular diseases. Its antioxidant activity helps lower levels of *Low-Density Lipoprotein* (LDL) cholesterol, the bad cholesterol. α -tocopherol was also shown to inhibit platelet aggregation and adhesion.

In studies, α -tocopherol, was associated with a significant reduction in platelet sensitivity to aggregation against multiple platelet activating agonists.

Studies have shown that dietary vitamin E α -tocopherol consumption is inversely associated with the manifestation of coronary artery disease, reducing the incidence of nonfatal *myocardial infarction*.

α -tocopherol is anti-atherogenic by virtue of its ability to inhibit LDL oxidation. Studies, In animal models of atherosclerosis, demonstrated that α -tocopherol prevents the development of endothelial dysfunction.

Foods High in Vitamin E alpha-Tocopherol

Vitamin E, found in nearly all foods, is a group of powerful antioxidants that protect your cells from oxidative stress. If you don't get enough vitamin E, you may become more prone to infections or experience impaired eyesight or muscle weakness. However, unless your nutrient absorption is impaired, you are unlikely to become deficient in vitamin E. In the United States and Canada, the recommended daily value of vitamin E is 15 mg. Increasing your vitamin E intake is easy since most natural foods contain vitamin E.

Cooking Oils High in Vitamin E alpha-Tocopherol:

Cooking oils are classified as refined or unrefined:

– **Refined oils** go through an extraction process using high heat. This technique may result in a loss of natural nutrients, flavor or aroma; and if heated above their smoke point, they may become carcinogenic. However, if the extraction process remains below their smoke point, refined oils are best suitable for cooking at high-heat temperatures with a longer shelf life than unrefined oils. Mind you, if cooking beyond their smoke point, they yet become carcinogenic.

– **Unrefined or cold-pressed oils** are extracted using pressure and no heat or minimal heat. As a result, these cooking oils retain most of their natural nutrients and uncompromised flavor and aroma. Although unrefined cooking oils have a shorter shelf life than refined cooking oils, they are healthier being nutrient-dense and safer. If cooking vegetables, it is best to oil the vegetables AFTER cooking to take advantage of the oil's maximum health benefits.

(Just make sure to select unrefined, cold-pressed oil types, if you want to take advantage of their full health benefits.):

	in % of Daily Value (DV)	
1. Wheat Germ Oil	1 tbs: 20 mg (135% DV)	100 grams: 149 mg (996%)
2. Hazelnut Oil	1 tbs: 6.4 mg (43%)	100 grams: 47 mg (315%)
3. Sunflower Oil	1 tbs: 5.6 mg (37%)	100 grams: 41 mg (274%)
4. Almond Oil	1 tbs: 5.3 mg (36%)	100 grams: 39 mg (261%)
5. Cottonseed Oil	1 tbs: 4.8 mg (32%)	100 grams: 35 mg (235%)
6. Safflower Oil	1 tbs: 4.6 mg (31%)	100 grams: 34 mg (227%)
7. Rice Bran Oil	1 tbs: 4.4 mg (29%)	100 grams: 32 mg (215%)

8. Grape seed Oil	1 tbs: 3.9 mg (26%)	100 grams: 29 mg (192%)
9. Palm Oil	1 tbs: 3.6 mg (23%)	100 grams: 26 mg (172%)
10. Canola Oil	1 tbs: 2.4 mg (16%)	100 grams: 18 mg (116%)
11. Peanut Oil	1 tbs: 1.7 mg (11%)	100 grams: 13 mg (84%)
12. Corn Oil	1tbs: 1.5 mg (10%)	100 grams: 11.2 mg (72%)
13. Soybean Oil	1 tbs: 1.3 mg (7%)	100 grams: 10.1 mg (65%)
14. Olive Oil	1 tbs: 0.7 mg (5%)	100 grams: 5.1 mg (33%)

Nuts & Seeds High in Vitamin E

Nuts & Seeds are among the best sources of vitamin E. Below are some of the richest sources of alpha-tocopherol. Many of these seeds & nuts are also high in other forms of vitamin E, such as gamma-tocopherol.

1. Sunflower Seeds	1 oz: 10 mg (66%)	100 grams: 35 mg (234%)
2. Almonds	1 oz: 7.3 mg (48%)	100 grams: 26 mg (171%)
3. Hazelnuts	1 oz: 4.3 mg (28%)	100 grams: 15 mg (100%)
4. Pine Nuts	1 oz: 2.7 mg (18%)	100 grams: 9.3 mg (62%)
5. Peanuts	1 oz: 2.4 mg (16%)	100 grams: 8.3 mg (56%)
6. Brazil Nuts	1 oz: 1.6 mg (11%)	100 grams: 5.7 mg (38%)
7. Pistachios	1 oz: 0.8 mg (5%)	100 grams: 2.9 mg (19%)
8. Pumpkin Seeds	1 oz: 0.6 mg (4%)	100 grams: 2.2 mg (15%)
9. Pecans	1 oz: 0.4 mg (3%)	100 grams: 1.4 mg (9%)
10. Cashew Nuts	1 oz: 0.3 mg (2%)	100 grams: 0.9 mg (6%)

Fruits High in Vitamin E

While Fruits are generally not the best sources of vitamin E, many provide good amounts. Fruits are also rich in vitamin C, which cooperates with vitamin E as antioxidants.

1. Mamey Sapote	Half a fruit: 5.9 mg (39%)	100 grams: 2.1 mg (14%)
2. Avocado	Half a fruit: 2.1 mg (14%)	100 grams: 2.1 mg (14%)
3. Mango	Half a fruit: 1.5 mg (10%)	100 grams: 0.9 mg (6%)
4. Kiwifruit	1 medium fruit: 1.0 mg (7%)	100 grams: 1.5 mg (10%)
5. Blackberries	1/2 cup: 0.8 mg (6%)	100 grams: 1.2 mg (8%)
6. Black Currants	1/2 cup: 0.6 mg (4%)	100 grams: 1.0 mg (7%)
7. Cranberries (dried)	1 oz: 0.6 mg (4%)	100 grams: 2.1 mg (14%)
8. Olives (pickled)	5 pieces: 0.5 mg (3%)	100 grams: 3.8 mg (25%)
9. Apricots	1 medium fruit: 0.3 mg (2%)	100 grams: 0.9 mg (6%)
10. Raspberries	10 pieces: 0.2 mg (1%)	100 grams: 0.9 mg (6%)

Vegetables High in Vitamin E

Like Fruits, many Vegetables are decent sources of vitamin E, but do not provide nearly as much as Nuts & Seeds.

1. Red Sweet Pepper (raw)	1 medium pepper: 1.9 mg (13%)	100 grams: 1.6 mg (11%)
2. Turnip Greens (raw)	1 cup: 1.6 mg (10%)	100 grams: 2.9 mg (19%)
3. Beet Greens (cooked)	1/2 cup: 1.3 mg (9%)	100 grams: 1.8 mg (12%)
4. Butternut Squash (cooked)	1/2 cup: 1.3 mg (9%)	100 grams: 1.3 mg (9%)
5. Broccoli (cooked)	1/2 cup: 1.1 mg (8%)	100 grams: 1.5 mg (10%)
6. Mustard Greens (cooked)	1/2 cup: 1.3 mg (8%)	100 grams: 1.8 mg (12%)
7. Asparagus (cooked)	4 spears: 0.9 mg (6%)	100 grams: 1.5 mg (10%)
8. Swiss Chard (raw)	1 leaf: 0.9 mg (6%)	100 grams: 1.9 mg (13%)
9. Collards (raw)	1 cup: 0.8 mg (5%)	100 grams: 2.3 mg (15%)
10. Spinach (raw)	1 cup: 0.6 mg (4%)	100 grams: 2.0 mg (14%)

Animal Products High in Vitamin E

Many animal-based foods are also good sources of vitamin E.

1. Abalone	3 oz: 3.4 mg (23%)	100 grams: 4.0 mg (27%)
2. Goose Meat	1 cup: 2.4 mg (16%)	100 grams: 1.7 mg (12%)

3. Atlantic Salmon	Half a fillet: 2.0 mg (14%)	100 grams: 1.1 mg (8%)
4. Rainbow Trout	1 fillet: 2.0 mg (13%)	100 grams: 2.8 mg (19%)
5. Crayfish	3 oz: 1.3 mg (8%)	100 grams: 1.5 mg (10%)
6. Fish Roe	1 tbs: 1.0 mg (7%)	100 grams: 7.0 mg (47%)
7. Octopus	3 oz: 1.0 mg (7%)	100 grams: 1.2 mg (8%)
8. Lobster	3 oz: 0.9 mg (6%)	100 grams: 1.0 mg (7%)
9. Cod (dried)	1 oz: 0.8 mg (5%)	100 grams: 2.8 mg (19%)

Vitamin C

Vitamin C is a powerful antioxidant which scavenges *Reactive Oxygen Species* (ROS), reduces platelet activation, and inhibit platelet aggregation by blocking apoptosis. Thus, vitamin C may have applications in the treatment of platelet-related diseases.

Platelets are cells derived from mature megakaryocytes in the bone marrow. These cells have no nucleus, but have mitochondria and a plasma membrane. They also exhibit an irregular shape and function, primarily to maintain vascular integrity and prevent bleeding after vascular injury.

Application of antioxidants can inhibit apoptosis, while thrombin and collagen induce platelet activation and aggregation, suggesting that there is a correlation between platelet apoptosis and activation.

Vitamin C, also known as *L-ascorbic acid*, is a natural water-soluble antioxidant with weak acidity and is involved in various antioxidant mechanisms. Vitamin C is a powerful antioxidant that supports immunity, neurotransmission, cardiovascular health, connective tissue health, bone and tooth health, as well as assists in wound healing. Vitamin C, in the context of platelets aggregation for wound healing, can be controversial. If the collagen synthesis, activated as a response to a vascular injury, *is not moderated*, it has the potential to become *hyper-active* and promote intravascular platelet aggregation (intravascular blood clotting). This means that, if you are trying to prevent thromboses, it may be better to avoid synthesized Vitamin C, or Vitamin C which has been isolated from foods.

In some in-vitro studies, vitamin C, in high doses, is believed to have shown to inhibit platelet aggregation. In other studies, however, involving vascular damage, the wound healing process actually resulted in platelet hyper-activity, generating intravascular aggregation. Since the vitamin C, used in these studies, is made synthetically or has been isolated from foods, it no longer possesses the same properties as when working synergistically with the other compounds of these foods. But when taken with the other compounds found in these foods, their synergistic effect may have the potential to '*moderate*' the collagen synthesis preventing its hyper-activation thus inhibiting intravascular platelet aggregation.

Symptoms of vitamin C deficiency may include: bleeding gums, frequent bruising and infections, poor wound healing, anemia, and scurvy.

The recommended *Daily Value* (DV) of vitamin C for men is 90 mg and 75 mg for woman. Here are some foods, high in vitamin C, which have shown to moderate intravascular platelet aggregation:

Rose hips: Just 100 g of Rose Hips provide 426 mg of vitamin C, or 473% of the DV.

Chili peppers: One Green Chili Pepper contains 109 mg of vitamin C, or 121% of the DV. In comparison, one Red Chili Pepper delivers 65 mg, or 72% of the DV.

Sweet Yellow/Orange Peppers: One large Yellow or Orange Pepper provides 342 mg of vitamin C, or 380% of the DV.

Blackcurrants: A half-cup (56 g) of Blackcurrants contains 102 mg of vitamin C, or 113% of the DV.

Cantaloupe: One cup of sliced Cantaloupe contains 17.4 mg of vitamin C, which is 19% of the DV.

Parsley: Two tablespoons (8 g) of fresh Parsley contain 10 mg of vitamin C, providing 11% of the DV.

Mustard greens: One cup of raw chopped Mustard Greens gives 195 mg of vitamin C, or 217% of the DV. 1 cup of cooked Mustard Greens still provides 117 mg of vitamin C, or 130% of the DV.

Kale: 100 grams of raw Kale provides 93 mg of vitamin C, or 103% of the DV. One cup (118 g) of cooked Kale provides 21 mg of vitamin C, or 23% of the DV. While cooking this vegetable reduces its vitamin C content, boiling and frying leafy greens can increase the bioavailability of health-promoting compounds.

Kiwis: One medium Kiwi packs 56 mg of vitamin C, or 62% of the DV.

Broccoli: A half-cup of cooked Broccoli provides 51 mg of vitamin C, or 57% of the DV.

Brussels Sprouts: A half-cup of cooked Brussels Sprouts provides 49 mg of vitamin C, or 54% of the DV.

Lemons: One whole Lemon contains 45 mg of vitamin C, or 50% of the DV.

Lychees: One Lychee provides nearly 7 mg of vitamin C, or 7.5% of the DV, while a 1-cup serving provides 151% of the DV.

American Persimmons: One American Persimmon contains 16.5 mg of vitamin C, or 18% of the DV.

Papayas: One cup (145 g) of Papaya provides 88 mg of vitamin C, or 98% of the DV.

Strawberries: One cup (about 166 grams) provides 97 mg of vitamin C, or 108% of the DV.

Oranges: One medium Orange provides 83 mg of vitamin C, which is 92% of the DV. A medium Mandarin Orange contains 24 mg, or 27% of the DV.

Bananas: One medium Banana gives 8.7 mg of vitamin C per 100 grams, or 9% of the DV.

Bromelain & Papain

Bromelain, especially in Pineapple and its heart and skin, help break down the mRNA spike proteins (amyloid fibrous proteins) so they are easier to eliminate out of the body. Additionally, foods containing Papain like Kiwifruit, Figs and unripe Papayas, help absorb Bromelain, while contributing in the process of elimination. Bromelain Extract (organic, home made) is still in the trial phase.

Bottom Line:

The *'Pfizer 5.3.6 Post-authorization Adverse Events Report'* clearly tells us that the *messenger Ribonucleic Acid* injections hinder the Immune System. Because all pharmaceutical drugs further come with their own panoply of side effects, the herbs, spices and foods mentioned above, if all natural and organic, seem to be the better course of action to help alleviate or at least reduce the negative outcomes of these injections. The more variety of these herbs, spices and foods you consume, because of their individual synergistic effects, as well as their synergy when combined, the greater are the chances of reestablishing normal health.

Please Share With As Many People As You Possibly Can...

May God Bless You and Your Loved Ones!

BNT 162b2

5.3.6 Cumulative Analysis of Post-authorization Adverse Events Report

5.3.6 CUMULATIVE ANALYSIS OF POST-AUTHORIZATION ADVERSE EVENTS REPORT OF PF-07302048 (BNT 162B2) RECEIVED THROUGH 28-FEB-2021

APPENDIX 1. LIST OF ADVERSE EVENTS OF SPECIAL INTEREST

1p36 deletion syndrome; 2-Hydroxyglutaric aciduria; 5'nucleotidase increased; Acoustic neuritis; Acquired C1 inhibitor deficiency; Acquired epidermolysis bullosa; Acquired epileptic aphasia; Acute cutaneous lupus erythematosus; Acute disseminated encephalomyelitis; Acute encephalitis with refractory repetitive partial seizures; Acute febrile neutrophilic dermatosis; Acute flaccid myelitis; Acute haemorrhagic leukoencephalitis; Acute haemorrhagic oedema of infancy; Acute kidney injury; Acute macular outer retinopathy; Acute motor axonal neuropathy; Acute motor-sensory axonal neuropathy; Acute myocardial infarction; Acute respiratory distress syndrome; acute respiratory failure; Addison's disease; Adenocarcinoma; Administration site thrombosis; Administration site vasculitis; Adrenal thrombosis; Ageusia; Agranulocytosis; Air embolism; Alanine aminotransferase abnormal; Alanine aminotransferase increased; Alcoholic seizure; Allergic bronchopulmonary mycosis; Allergic oedema; Alloimmune hepatitis; Alopecia areata; Alpers disease; Alveolar proteinosis; Ammonia abnormal; Ammonia increased; Amniotic cavity infection; Amygdalohippocampectomy; Amyloid arthropathy; Amyloidosis senile; Anaphylactic reaction; Anaphylactic shock; Anaphylactic transfusion reaction; Anaphylactoid reaction; Anaphylactoid shock; Anaphylactoid syndrome of pregnancy; Angioedema; Angiopathic neuropathy; Ankylosing spondylitis; Anosmia; Antiacetylcholine receptor antibody positive; Anti-actin antibody positive; Anti-aquaporin-4 antibody positive; Anti-basal ganglia antibody positive; Anti-cyclic citrullinated peptide antibody positive; Anti-epithelial antibody positive; Anti-erythrocyte antibody positive; Anti-exosome complex antibody positive; Anti-GAD antibody negative; Anti-GAD antibody positive; Anti-ganglioside antibody positive; Antigliadin antibody positive; Anti-glomerular basement membrane antibody positive; Anti-glomerular basement membrane disease; Anti-glycyl-tRNA synthetase antibody positive; Anti-HLA antibody test positive; Anti-IA2 antibody positive; Anti-insulin antibody increased; Anti-insulin antibody positive; Anti-insulin receptor antibody increased; Anti-insulin receptor antibody positive; Anti-interferon antibody negative; Anti-interferon antibody positive; Anti-islet cell antibody positive; Antimitochondrial antibody positive; Anti-muscle specific kinase antibody positive; Anti-myelin-associated glycoprotein antibody positive; Anti-neuronal antibody positive; Antineutrophil cytoplasmic antibody increased; Antineutrophil cytoplasmic antibody positive; Antineutrophil cytoplasmic antibody positive vasculitis; Anti-NMDA antibody positive; Antinuclear antibody increased; Antinuclear antibody positive; Antiphospholipid antibody positive; Antiphospholipid syndrome; Anti-platelet antibody positive; Anti-prothrombin antibody positive; Antiribosomal P antibody positive; Anti-RNA polymerase III antibody positive; Anti-

090177e196ea1800\Approved On: 30-Apr-2021 09:26 (GMT)

CONFIDENTIAL

saccharomyces cerevisiae antibody test positive; Anti-sperm antibody positive; Anti-SRP antibody positive; Antisynthetase syndrome; Anti-thyroid antibody positive; Anti-transglutaminase antibody increased; Anti-VGCC antibody positive; Anti-VGKC antibody positive; Anti-vimentin antibody positive; Antiviral prophylaxis; Anti-zinc transporter 8 antibody positive; Aortic embolus; Aortic thrombosis; Aortitis; Aplasia pure red cells; Aplastic anaemia; Application site thrombosis; Application site vasculitis; Arrhythmia; Arterial bypass occlusion; Arterial bypass thrombosis; Arterial thrombosis; Arteriovenous fistula thrombosis; Arteriovenous graft site stenosis; Arteriovenous graft thrombosis; Arteritis; Arteritis coronary; Arthralgia; Arthritis; Arthritis enteropathic; Ascites; Aseptic cavernous sinus thrombosis; Aspartate aminotransferase increased; Aspartate-glutamate-transporter deficiency; AST to platelet ratio index increased; AST/ALT ratio abnormal; Asthma; Asymptomatic COVID-19; Ataxia; Atheroembolism; Atonic seizures; Atrial thrombosis; Atrophic thyroiditis; Atypical benign partial epilepsy; Atypical pneumonia; Aura; Autoantibody positive; Autoimmune anaemia; Autoimmune aplastic anaemia; Autoimmune arthritis; Autoimmune blistering disease; Autoimmune cholangitis; Autoimmune colitis; Autoimmune dermyclinating disease; Autoimmune dermatitis; Autoimmune disorders; Autoimmune encephalopathy; Autoimmune endocrine disorder; Autoimmune enteropathy; Autoimmune eye disorder; Autoimmune haemolytic anaemia; Autoimmune heparin-induced thrombocytopenia; Autoimmune hepatitis; Autoimmune hyperlipidaemia; Autoimmune hypothyroidism; Autoimmune inner ear disease; Autoimmune lung disease; Autoimmune lymphoproliferative syndrome; Autoimmune myocarditis; Autoimmune myositis; Autoimmune nephritis; Autoimmune neuropathy; Autoimmune neutropenia; Autoimmune pancreatitis; Autoimmune pancytopenia; Autoimmune pericarditis; Autoimmune retinopathy; Autoimmune thyroid disorder; Autoimmune thyroiditis; Autoimmune uveitis; Autoinflammation with infantile enterocolitis; Autoinflammatory diseases; Automatism epileptic; Autonomic nervous system imbalance; Autonomic seizure; Axial spondyloarthritis; Axillary vein thrombosis; Axonal and demyelinating polyneuropathy; Axonal neuropathy; Bacterascites; Baltic myoclonic epilepsy; Band sensation; Basal cell carcinoma; Basedow's disease; Basilar artery thrombosis; Basophilopenia; B-cell aplasia; Behcet's syndrome; Benign ethnic neutropenia; Benign familial neonatal convulsions; Benign familial pemphigus; Benign rolandic epilepsy; Beta-2 glycoprotein antibody positive; Bickerstaff's encephalitis; Bile output abnormal; Bile output decreased; Biliary ascites; Bilirubin conjugated abnormal; Bilirubin conjugated increased; Bilirubin urine present; Biopsy liver abnormal; Biotinidase deficiency; Birdshot chorioretinopathy; Blood alkaline phosphatase abnormal; Blood alkaline phosphatase increased; Blood bilirubin abnormal; Blood bilirubin increased; Blood bilirubin unconjugated increased; Blood cholinesterase abnormal; Blood cholinesterase decreased; Blood pressure decreased; Blood pressure diastolic decreased; Blood pressure systolic decreased; Blood vessel sarcoma; Blue toe syndrome; Bone marrow leukemia; Bone sarcoma; Brachiocephalic vein thrombosis; Brain stem embolism; Brain stem thrombosis; Breast cancer; Bromosulphthalein test abnormal; Bronchial oedema; Bronchitis; Bronchitis mycoplasmal; Bronchitis viral; Bronchopulmonary aspergillosis allergic; Bronchospasm; Budd-Chiari syndrome; Bulbar palsy; Butterfly rash; CIq nephropathy; Caesarean section; Calcium embolism; Capillaritis; Captain's syndrome; Carcinoma; Cardiac amyloidosis; Cardiac arrest; Cardiac failure; Cardiac failure acute; Cardiac sarcoidosis; Cardiac

ventricular thrombosis; Cardiogenic shock; Cardio-respiratory distress; Cardiovascular insufficiency; Carotid arterial embolus; Carotid artery thrombosis; Cartilage sarcoma; Cataplexy; Catheter site thrombosis; Catheter site vasculitis; Cavernous sinus thrombosis; CDKL5 deficiency disorder; CEC syndrome; Cement embolism; Central nervous system cancer; Central nervous system lupus; Central nervous system vasculitis; Cerebellar artery thrombosis; Cerebellar embolism; Cerebral amyloid angiopathy; Cerebral arteritis; Cerebral artery embolism; Cerebral artery thrombosis; Cerebral gas embolism; Cerebral microembolism; Cerebral septic infarct; Cerebral thrombosis; Cerebral venous sinus thrombosis; Cerebral venous thrombosis; Cerebrospinal thrombotic tamponade; Cerebrovascular accident; Cervical cancer; Change in seizure presentation; Chest discomfort; Child-Pugh-Turcotte score abnormal; Child-Pugh-Turcotte score increased; Chillblains; Chocking; Chocking sensation; Cholangitis sclerosing; Chondrosarcoma; Chronic autoimmune glomerulonephritis; Chronic cutaneous lupus erythematosus; Chronic fatigue syndrome; Chronic gastritis; Chronic inflammatory demyelinating polyradiculoneuropathy; Chronic lymphocytic inflammation with pontine perivascular enhancement responsive to steroids; Chronic recurrent multifocal osteomyelitis; Chronic respiratory failure; Chronic spontaneous urticaria; Circulatory collapse; Circumoral oedema; Circumoral swelling; Clinically isolated syndrome; Clonic convulsion; Coeliac disease; Cogan's syndrome; Cold agglutinins positive; Cold type haemolytic anaemia; Colitis; Colitis erosive; Colitis herpes; colitis microscopic; Colitis ulcerative; Collagen disorder; Collagen-vascular disease; Colorectal cancer; Complement factor abnormal; Complement factor C1; Complement factor C2 decreased; Complement factor C3 decreased; Complement factor C4 decreased; Complement factor decreased; Computerized tomogram liver abnormal; Concentric sclerosis; Congenital anomaly; Congenital bilateral perisylvian syndrome; Congenital herpes simplex infection; Congenital myasthenic syndrome; Congenital varicella infection; Congestive hepatopathy; Convulsion in children; Convulsion local; Convulsive threshold lowered; Coombs positive haemolytic anaemia; Coronary artery disease; Coronary artery embolism; Coronary artery thrombosis; Coronary bypass thrombosis; Coronavirus infection; Coronavirus test; Coronavirus test negative; Coronavirus test positive; Corpus callosotomy; Cough; Cough variant asthma; COVID-19; COVID-19 pneumonia; Carnial nerve disorder; Carnial nerve palsic multiple; Carnial nerve paralysis; CREST syndrome; Crohn's disease; Cryofibrinogenaemia; Cryoglobulinaemia; CSF oligoclonal band present; CSWS syndrome; Cutaneous amyloidosis; Cutaneous lupus erythematosus; Cutaneous sarcoidosis; Cutaneous vasculitis; Cyanosis; Cyclic neutropenia; Cystitis interstitial; Cytokine release syndrome; Cytokine storm; De novo purine synthesis inhibitors associated acute inflammatory syndrome; Death neonatal; Deep vein thrombosis; Deep vein thrombosis postoperative; Deficiency of bile secretion; Demyelinating polyneuropathy; Demyelination; Dermatitis; Dermatitis bullous; Dermatitis herpetiformis; Dermatomyositis; Device embolisation; Device related thrombosis; Diabetes mellitus; Diabetic ketoacidosis; Diabetic mastopathy; Dialysis amyloidosis; Dialysis membrane reaction; Diastolic hypotension; Diffuse vasculitis; Digital pitting scar; Disseminated intravascular coagulation; Disseminated intravascular coagulation in newborn; Disseminated neonatal herpes simplex; Disseminated varicella; Disseminated varicella zoster vaccine virus infection; Disseminated varicella zoster virus infection; DNA antibody positive; Double cortex syndrome; Double standard DNA antibody positive; Dreamy state;

Dressler's syndrome; Drop attacks; Drug withdrawal convulsions; Dyspnoea; Early infantile epileptic encephalopathy with cerebellar infraction; Embolic cerebral infraction; Embolic pneumonia; Embolic stroke; Embolism; Embolism arterial; Embolism venous; Encephalitis; Encephalitis allergic; Encephalitis autoimmune; Encephelitis brain stem; Encephalitis haemorrhagic; Encephalitis periaxialis diffused; Encephalitis post immunization; Encephalomyelitis; Encephalopathy; Endocrine ophthalmopathy; Endotracheal intubation; Enteritis; Enteritis leukopenic; Enterobacter pneumonia; Enterocolitis; Enterocolitis spondylitis; Eosinopenia; Eosinophilic fasciitis; Eosinophilic granulomatosis with polyangiitis; Eosinophilic oesophagitis; Epidermolysis; Epilepsy; Epilepsy surgery; Epilepsy with myoclonic-atonic seizure; Epileptic aura; Epileptic psychosis; Epithelial cell carcinoma; Erythema; Erythema induratum; Esophagus cancer; Expanded disability status scale score decreased; Expanded disability status scale score increased; Exposure to communicable diseases; Exposure to SARS-CoV-2; Eye oedema; Eye puritis; Eye swelling; Eyelid oedema; Face oedema; Facial paralysis; Facial paresis; Faciobrachial dystonic seizure; Fat embolism; Febrile convulsions; Febrile infection-related epilepsy syndrome; Febrile neutropenia; Felty's syndrome; Femoral artery embolism; Fibrillary glomerulonephritis; Fibromyalgia; Flushing; Foaming at mouth; Focal cortical resection; Focal dyscognitive seizure; Focal distress syndrome; Focal placental thrombosis; Focotor hepaticus; Foreign body embolism; Frontal lobe epilepsy; Fulminant type 1 diabetes mellitus; Galactose elimination capacity test abnormal; Galactose elimination capacity test decrease; Gamma-glutamyltransferase abnormal; Gamma-glutamyltransferase increased; Gastritis herpes; Gastrointestinal amyloidosis; Gelastic seizure; Generalized onset non-motor seizure; Generalized tonic-clonic seizure; Genital herpes; Genital herpes simplex; Genital herpes zoster; Giant cell arteritis; Glioma; Glomerulonephritis; Glomerulonephritis membranoproliferative; Glomerulonephritis membranous; Glomerulonephritis rapid progressive; Glossopharyngeal nerve paralysis; Glucose transport type 1 deficiency syndrome; Glutamate dehydrogenase increased; Glycocholic acid increased; GM2 gangliosidosis; Goodpasture's syndrome; Gout; Graft Thrombosis; Granulocytopenia; Granulocytopenia neonatal; Granulomatosis with polyangiitis; Granulomatous dermatitis; Gray matter heterotopia; Guanase increased; Guillain-Barre syndrome; Haemolytic anaemia; Haemophagocytic lymphohistiocytosis; Haemorrhage; Haemorrhagic ascites; Haemorrhagic disorder; Haemorrhagic pneumonia; Haemorrhagic varicella syndrome; Haemorrhagic vasculitis; Hantavirus pulmonary infection; Hashimoto's encephalopathy; Hashitoxicosis; Hemimegalencephaly; Henoch-Schonlein purpura; Henoch-Schonlein purpura nephritis; Hepalastin abnormal; Hepalastin decreased; Heparin-induced thrombocytopenia; Hepatic amyloidosis; Hepatic artery embolism; Hepatic artery flow decreased; Hepatic artery thrombosis; Hepatic enzyme abnormal; Hepatic enzyme decreased; Hepatic enzyme increased; Hepatic fibrosis marker abnormal; Hepatic fibrosis marker increased; Hepatic function abnormal; Hepatic hydrothorax; Hepatic hypertrophy; Hepatic hypoperfusion; Hepatic lympholytic infiltration; Hepatic mass; Hepatic pain; Hepatic sequestration; Hepatic vascular resistance increased; Hepatic vascular thrombosis; Hepatic vein embolism; Hepatic vein thrombosis; Hepatic venous pressure gradient abnormal; Hepatic venous pressure gradient increased; Hepatitis; Hepatobiliary scan abnormal; Hepatomegaly; Hepatosplenomegaly; Hereditary angioedema with GI esterase inhibitor deficiency; Herpes dermatitis; Herpes gestationis; Herpes oesophagitis; Herpes

ophthalmic; Herpes pharyngitis; Herpes sepsis; Herpes simplex; Herpes simplex cervicitis; Herpes simplex colitis; Herpes simplex encephalitis; Herpes simplex gastritis; Herpes simplex hepatitis; Herpes simplex meningitis; Herpes simplex meningoencephalitis; Herpes simplex oesophagitis; Herpes simplex otitis externa; Herpes simplex pharyngitis; Herpes simplex pneumonia; Herpes simplex reactivation; Herpes simplex sepsis; Herpes simplex viraemia; Herpes simplex virus conjunctivitis neonatal; Herpes simplex visceral; Herpes virus infection; Herpes zoster; Herpes zoster cutaneous disseminated; Herpes zoster infection neurological; Herpes zoster meningitis; Herpes zoster meningoencephalitis; Herpes zoster meningomyelitis; Herpes zoster meningoradiculitis; Herpes zoster necrotising retinopathy; Herpes zoster oticus; Herpes zoster pharyngitis; Herpes zoster reactivation; Herpes radiculopathy; Histone antibody positive; Hoigne's syndrome; Human herpesvirus 6 encephalitis; Human herpesvirus 6 infection; Human herpesvirus 6 infection reactivation; Human herpesvirus 7 infection; Human herpesvirus 8 infection; Hyperammonaemia; Hyperbilirubinaemia; Hypercholia; Hypergammaglobulinaemia benign monoclonal; Hyperglycaemic seizure; Hypersensitivity; Hypersensitivity vasculitis; Hyperthyroidism; Hypertransaminaemia; Hyperventilation; Hypoalbuminaemia; Hypocalcaemic seizure; Hypogammaglobulinaemia; Hypoglossal nerve paralysis; Hypoglossal nerve paresis; Hypoglycaemic seizure; Hyponatraemic seizure; Hypotension; Hypotensive crisis; Hypothymar hammer syndrome; Hypothyroidism; Hypoxia; Idiopathic CD4 lymphocytopenia; Idiopathic generalized epilepsy; Idiopathic interstitial pneumonia; Idiopathic neutropenia; Idiopathic pulmonary fibrosis; IgA nephropathy; IgM nephropathy; IIIRD nerve paralysis; IIIRD nerve paresis; Iliac artery embolism; Immune Thrombocytopenia; Immune-mediated adverse reaction; Immune-mediated Cholangitis; Immune-mediated cholestasis; Immune-mediated cytopenia; Immune-mediated encephalitis; Immune-mediated encephalopathy; Immune-mediated endocrinopathy; Immune-mediated enterocolitis; Immune-mediated gastritis; Immune-mediated hepatic disorder; Immune-mediated hepatitis; Immune-mediated hyperthyroidism; Immune-mediated hypothyroidism; Immune-mediated myocarditis; Immune-mediated myositis; Immune-mediated nephritis; Immune-mediated neuropathy; Immune-mediated pancreatitis; Immune-mediated pneumonitis; Immune-mediated renal disorder; Immune-mediated thyroiditis; Immune-mediated uveitis; Immunoglobulin G4 related disease; Immunoglobulins abnormal; Implant site thrombosis; Inclusion body myositis; Infantile genetic agranulocytosis; Infantile spasms; Infected vasculitis; Infective thrombosis; Inflammation; Inflammation bowel disease; Infusion site thrombosis; Infusion site vasculitis; Injection site thrombosis; Injection site urticaria; Injection site vasculitis; Instillation site thrombosis; Insulin autoimmune syndrome; Interstitial granulomatous dermatitis; Interstitial lung disease; Intestinal cancer; Intracardiac mass; Intracardiac thrombus; Intracranial pressure increased; Intrapericardial thrombosis; Intrinsic factor antibody abnormal; Intrinsic factor antibody positive; IPEX syndrome; Irregular breathing; IPEX syndrome; Irregular breathing; IRVAN syndrome; IVth nerve paralysis; IVth nerve paresis; JC virus CSF test positive; Jeavons syndrome; Jugular vein embolism; Jugular vein thrombosis; Juvenile idiopathic arthritis; Juvenile myoclonic epilepsy; Juvenile polymyositis; Juvenile psoriatic arthritis; Juvenile spondyloarthritis; Kaposi sarcoma inflammatory cytokine syndrome; Kawasaki's disease; Kayser-Fleischer ring; Keratoderma blenorrhagica; Ketosis-prone diabetes mellitus; Kounis syndrome; Lafora's myoclonic

5.3.6 Cumulative Analysis of Post-authorization Adverse Event Reports

epilepsy; Lambl's excrescences; Laryngospasm; Laryngotracheal oedema; Latent autoimmune diabetes in adults; LE cells present; Leiomyosarcoma; Lemierre syndrome; Lennox-Gastaut syndrome; Leucine aminopeptidase increased; Leukemia; Leukoencephalomyelitis; Leukoencephalopathy; Leukopenia; Leukopenia neonatal; Lewis-Sumner syndrome; L. hermitte's sign; Lichen planopilaris; Lichen planus; Lichen sclerosus; Limbic encephalitis; Linear IgA disease; Lip oedema; Lip swelling; Liver cancer; Liver function test abnormal; Liver function test decreased; Liver function test increased; Liver induration; Liver injury; Liver iron concentration abnormal; Liver iron concentration increased; Liver opacity; Liver sarcoidosis; Liver scan abnormal; Liver tenderness; Low birth weight baby; Lower respiratory track herpes infection; Lower respiratory track infection; Lower respiratory track infection viral; Lung abscess; Lung cancer; Lupoid hepatic cirrhosis; Lupus cystitis; Lupus encephalitis; Lupus endocarditis; Lupus enteritis; Lupus hepatitis; Lupus myocarditis; Lupus myositis; Lupus nephritis; Lupus pancreatitis; Lupus pleuritis; Lupus pneumonitis; Lupus vasculitis; Lupus-like syndrome; Lymphocytic hypophysitis; Lymphocytopenia neonatal; Lymphopenia; Lymphoma; MAGIC syndrome; Magnetic resonance imaging liver abnormal; Mahler sign; Marburg's variant multiple sclerosis; Marchiafava-Bignami disease; Marine Lenhart syndrome; Mastocytic enterocolitis; Medical device site thrombosis; Medical device site vasculitis; Melanoma; MELAS syndrome; Meningitis; Meningitis aseptic; Meningitis herpes; Meningoencephalitis herpes simplex neonatal; Meningoencephalitis herpetic; Meningomyelitis herpes; MERS-CoV test negative; MERS-CoV test positive; Mesangioproliferative glomerulonephritis; Mesenteric artery embolism; Mesenteric artery thrombosis; Mesentery vein thrombosis; Metapneumovirus infection; Metastatic cutaneous Crohn's disease; Metastatic pulmonary embolism; Microangiopathy; Microembolism; Microscopic polyangiitis; Middle East respiratory syndrome; Migraine-triggered seizure; Miliary pneumonia; Miller Fisher syndrome; Mitochondrial aspartate aminotransferase increased; Mixed connective tissue disease; Model for end stage liver disease score abnormal; Model for end stage liver disease score increased; Molar ratio of total branched-chain amino acid to tyrosine; Molybdenum cofactor deficiency; Monocytopenia; Mononeuritis; Mononeuropathy multiplex; Morphoc; Morvan syndrome; Mouth swelling; Moyamoya disease; Multifocal motor neuropathy; Multiple organ dysfunction syndrome; Multiple sclerosis; Multiple sclerosis relapse; Multiple sclerosis relapse prophylaxis; Multiple subpinal transection; Multisystem inflammatory syndrome in children; Muscular sarcoidosis; Myasthenia gravis; Myasthenia gravis crisis; Myasthenia gravis neonatal; Myasthenic syndrome; Myelitis; Myelitis transverse; Myeloma; Myocardial infarction; Myocarditis; Myocarditis post infection; Myoclonic epilepsy; Myoclonic epilepsy and ragged-red fibres; Myokymia; Myositis; Narcolepsy; Nasal herpes; Nasal obstruction; Necrotising herpetic retinopathy; Neonatal Crohn's disease; Neonatal epilepsy seizure; Neonatal lupus erythematosus; Neonatal mucocutaneous herpes simplex; Neonatal pneumonia; Neonatal seizures; Nephritis; Nephrogenic systemic fibrosis; Neuralgic amyotrophy; Neutritis; Neutritis carnial; Neuromyelitis optica pseudo relapse; Neuromyelitis optice spectrum disorder; Neuromyotonia; Neuronal neuropathy; Neuropathy peripheral; Neuropathy ataxia retinitis pigmentosa syndrome; Neuropsychiatric lupus; Neurosarcoidosis; Neutropenia; Neutropenia neonatal; Neutropenic colitis; Neutropenic infection; Neutropenic sepsis; Nodular rash; Nodular vasculitis; Noninfectious myelitis; Noninfective encephalitis;

090177e196ea1800\Approved On: 30-Apr-2021 09:26 (GMT)

5.3.6 Cumulative Analysis of Post-authorization Adverse Event Reports

Noninfective encephalomyelitis; Noninfective oophoritis; Obstetrical pulmonary embolism; Ocular hyperaemia; Ocular myasthenia; Ocular pemphigoid; Ocular sarcoidosis; Ocular vasculitis; Oculofacial paralysis; Oedema; Oedema blister; Oedema due to hepatic disease; Oedema mouth; Oesophageal achalasia; Ophthalmic artery thrombosis; Ophthalmic herpes simplex; Ophthalmic herpes zoster; Ophthalmic vein thrombosis; Optic neuritis; Optic neuropathy; Optic perineuritis; Oral herpes; Oral lichen planus; Oropharyngeal oedema; Oropharyngeal spasms; Oropharyngeal swelling; Osmotic demyelination syndrome; Osteosarcoma; Ovarian cancer; Ovarian vein thrombosis; Overlap syndrome; Paediatric autoimmune neuropsychiatric disorder associated with streptococcal infection; Paget-Schroetter syndrome; Palindromic rheumatism; Palisaded neutrophilic granulomatous dermatitis; Palmoplantar keratoderma; Palpable purpura; Pancreatic cancer; Pancreatitis; panencephalitis; Papillophlebitis; Paracancerous pneumonia; Paradoxical embolism; Parainfluenzae; viral laryngotracheobronchitis; Paraneoplastic dermatomyositis; Parancoplastic pemphigus; Parancoplastic thrombosis; Paresis carnial nerve; Parietal cell antibody positive; Patroxysmal nocturnal haemoglobinuria; Partial seizure; Partial seizure with secondary generalization; Pelvic venous thrombosis; Pemphigoid; Pemphigus; Penile vein thrombosis; Pericarditis; Pericarditis lupus; Perihepatic discomfort; Periorbital oedema; Periorbital swelling; Peripheral artery thrombosis; Peripheral embolism; Peripheral ischaemia; Peripheral vein thrombus extension; Periportal oedema; Peritoneal fluid protein abnormal; Peritoneal fluid protein decreased; Peritoneal fluid protein increased; Peritonitis lupus; Pernicious anaemia; Petit mal epilepsy; Pharyngeal oedema; Pharyngeal swelling; Pityriasis lichenoides et varioliformis acuta; Placenta praevia; Pleuroparenchymal fibroelastosis; Pneumobilia; Pneumonia; Pneumonia adenoviral; Pneumonia cytomegaloviral; Pneumonia herpes viral; Pneumonia influenzal; pneumonia measles; Pneumonia mycoplasmal; Pneumonia necrotizing; Pneumonia parainfluenzae viral; Pneumonia respiratory syncytial viral; Pneumonia viral; POEMS syndrome; Polyarteritis nodosa; Polyarthritis; Polychondritis; Polyglandular autoimmune syndrome type 1; Polyglandular autoimmune syndrome type II; Polyglandular autoimmune syndrome type III; Polyglandular disorder; Polymicrogyria; Polymyalgia rheumatica; Polymyositis; Polyneuropathy; Polyneuropathy idiopathic progressive; Portal Pyaemia; Portal vein embolism; Portal vein flow decreased; Portal vein pressure increased; Portal vein thrombosis; Prostatic cancer; Protosplenomesenteric venous thrombosis; Post procedural hypotension; Post procedural pneumonia; Post procedural pulmonary embolism; Post stroke epilepsy; Post stroke seizure; Post thrombotic retinopathy; Post thrombotic syndrome; Post viral fatigue syndrome; Postictal headache; Postictal paralysis; Postictal psychosis; Postictal state; Postoperative respiratory distress; Postoperative respiratory failure; Postoperative thrombosis; Postpartum thrombosis; Postpartum venous thrombosis; Post pericardiotomy syndrome; Post-traumatic epilepsy; Postural orthostatic tachycardia syndrome; Precerebral artery Thrombosis; Pre-eclampsia; Preictal state; Premature labour; Premature menopause; Primary amyloidosis; Primary biliary cholangitis; Primary progressive multiple sclerosis; Procedural shock; Proctitis herpes; Proctitis ulcerative; Progressive facial herniopathy; Progressive multifocal leukoencephalopathy; Progressive multiple sclerosis; Progressive relapsing multiple sclerosis; Prosthetic cardiac valve thrombosis; Pruritus; Pruritus allergic; Pseudovasculitis; Psoriasis; Psoriatic arthropathy; Pulmonary amyloidosis; Pulmonary

090177e196ea1800\Approved On: 30-Apr-2021 09:26 (GMT)

artery thrombosis; Pulmonary embolism; Pulmonary fibrosis; Pulmonary haemorrhage; Pulmonary microembolism; Pulmonary oil microembolism; Pulmonary renal syndrome; Pulmonary sarcoidosis; Pulmonary vasculitis; Pulmonary veno-occlusive disease; Pulmonary venous thrombosis; Pyoderma gangrenosum; Pyostomatitis vegetans Pyrexia; Quarantine; Radiation leukopenia; Radiculitis brachial; Radiologically isolated syndrome; Random bleeding; Rash; Rash erythematous; Rash pruritic; Rasmussen encephalitis; Raynaud's phenomenon; Reactive capillary endothelial proliferation; Relapsing multiple sclerosis; Relapsing-remitting multiple sclerosis; Renal amyloidosis; Renal arthritis; Renal artery thrombosis; Renal embolism; Renal failure; Renal vascular thrombosis; Renal vasculitis; Renal vein embolism; Renal vein thrombosis; Respiratory arrest; Respiratory disorder; Respiratory distress; Respiratory failure; Respiratory paralysis; Respiratory syncytial virus bronchiolitis; Respiratory syncytial virus bronchitis; Retinal artery embolism; Retinal artery occlusion; Retinal artery thrombosis; Retinal vascular thrombosis; Retinal vasculitis; Retinal vein occlusion; Retinal vein thrombosis; Retinal binding protein decreased; Retinopathy; Retrograde portal vein flow; Retroperitoneal fibrosis; Reversible airways obstruction; Reynold's syndrome; Rhabdomyosarcoma; Rheumatic brain disease; Rheumatic disorder; Rheumatoid arthritis; Rheumatoid factor increased; Rheumatoid factor positive; Rheumatoid factor quantitative increased; Rheumatoid lung; Rheumatoid neutrophilic dermatosis; Rheumatoid nodule; Rheumatoid nodule removal; Rheumatoid scleritis; Rheumatoid vasculitis; Saccadic eye movement; SAPHO syndrome; Sarcoidosis; Sarcoma; SARS-CoV-1 test positive; SARS-CoV-2 positive; SARS-CoV-1 antibody test negative; SARS-CoV-2 antibody test negative; SARS-CoV-1 carrier; SARS-CoV-2 carrier; SARS-CoV-1 sepsis; SARS-CoV-2 sepsis; SARS-CoV-1 test false negative; SARS-CoV-2 test false negative; SARS-CoV-1 viraemia; SARS-CoV-2 viraemia; Satoyoshi syndrome; Schizencephaly; Scleritis; Sclerodactylia; Scleroderma; Scleroderma associated digital ulcer; Scleroderma renal crisis; Scleroderma-like reaction; Secondary amyloidosis; Secondary cerebellar degeneration; Secondary progressive multiple sclerosis; Segmented hyalinising vasculitis; Seizures; Seizure anoxic; Seizure cluster; Seizure-like phenomena; Seizure prophylaxis; Sensation of foreign body; Septic embolus; Septic pulmonary embolism; Severe acute respiratory syndrome; Severe myoclonic epilepsy of infancy; Shock; Shock symptom; Shrinking lung syndrome; Shunt thrombosis; Silent Thyroiditis; Simple partial seizure; Sjogren's syndrome; Skin swelling; SLE arthritis; Smooth muscle antibody positive; Sneezing; Spinal artery embolism; Spinal artery Thrombosis; Splenic artery Thrombosis; Splenic embolism; Splenic thrombosis; Splenic vein thrombosis; Spondylitis; Spondyloarthropathy; Spontaneous heparin-induced thrombocytopenia syndrome; Status epilepticus; Stevens-Johnson syndrome; Stiff leg syndrome; Stiff person syndrome; Stillbirth; Still's disease; Stoma site thrombosis; Stoma Shrinking lung syndrome; Shunt thrombosis; Silent Thyroiditis; Simple partial seizure; Sjogren's syndrome; Skin swelling; SLE arthritis; Smooth muscle antibody positive; Sneezing; Spinal artery embolism; Spinal artery Thrombosis; Splenic artery Thrombosis; Splenic embolism; Splenic thrombosis; Splenic vein thrombosis; Spondylitis; Spondyloarthropathy; Spontaneous heparin-induced thrombocytopenia syndrome; Squamous cell carcinoma; Status epilepticus; Stevens-Johnson syndrome; Stiff leg site vasculitis; Stress cardiomyopathy; Stridor; Subacute cutaneous lupus erythematosus; Subacute endocarditis; Subacute inflammatory demyelinating polyneuropathy; Subclavian artery embolism; Subclavian artery

5.3.6 Cumulative Analysis of Post-authorization Adverse Event Reports

thrombosis; Subclavian vein thrombosis; Superior sagittal sinus thrombosis; Susac's syndrome; Swelling; Swelling face; Swelling of eyelid; Swollen tongue; Sympathetic ophthalmia; Systemic lupus erythematosus; Systemic lupus erythematosus disease activity index abnormal; Systemic lupus erythematosus disease activity index decreased; Systemic lupus erythematosus disease activity index increased; Systemic lupus erythematosus rash; Systemic scleroderma; Systemic sclerosis pulmonary; Tachycardia; Tachypnoea; Takayasu's arteritis; Temporal lobe epilepsy; Terminal deitis; Testicular autoimmunity; Throat tightness; Thromboangiitis obliterans; Thrombocytopenia; Thrombocytopenic purpura; Thrombophlebitis; Thrombophlebitis migrans; Thrombophlebitis neonatal; Thrombophlebitis septic; Thrombophlebitis superficial; Thromboplastin antibody positive; Thrombosis; Thrombosis corpora cavernosa; Thrombosis mesenteric vessel; Thrombotic cerebral infarction; Thrombotic microangiopathy; Thrombotic stroke; Thrombotic Thrombocytopenic purpura; Thyroid disorder; Thyroid stimulating immunoglobulin increased; Thyroiditis; Tongue amyloidosis; Tongue oedema; Tonic clonic movements; Tonic convulsion; Tonic posturing; Topectomy; Total bile acids increased; Toxic epidermal necrolysis; Toxic leukoencephalopathy; Toxic oil syndrome; Tracheal obstruction; Tracheal oedema; Tracheobronchitis; Tracheobronchitis mycoplasmal; Tracheobronchitis viral; Transaminases abnormal; Transaminases increased; Transfusion-related alloimmune neutropenia; Transient epileptic amnesia; Transitional cell carcinoma; Transverse sinus thrombosis; Trigeminal nerve paresis; Trigeminal neuralgia; Trigeminal palsy; Truncus coeliacus; thrombosis; Tuberous sclerosis complex; Tubulointerstitial nephritis and uveitis syndrome; Tumefactive multiple sclerosis; Tumour embolism; Tumour Thrombosis; Type 1 diabetes mellitus; Type 1 hypersensitivity; Type III immune complex mediated reaction; Uhthoff's phenomenon; Ulcerative keratitis; Umbilical cord thrombosis; Uncinate fits; Undifferentiated connective tissue diseases; Unexplained sudden death in epilepsy; Upper airway obstruction; Urine bilirubin increased; Urobilinogen urine decreased; Urobilinogen urine increased; Urticaria; Urticaria papular; Urticaria vasculitis; Uterine cancer; Uterine rupture; Uveitis; Vaccination site thrombosis; Vaccination site vasculitis; Vaginal cancer; Vagus nerve Paralysis; Varicella; Varicella keratitis; Varicella post vaccine; Varicella zoster sepsis; Varicella zoster virus infection; Vasa praevia; Vascular graft thrombosis; Vascular pseudoaneurysm thrombosis; Vascular purpura; Vascular stent thrombosis; Vasculitic rash; Vasculitic ulcer; Vasculitis; Vasculitis gastrointestinal; Vasculitis necrotising; Vena cava embolism; Vena cava thrombosis; Venous intravasation; Venous recanalisation; Venous thrombosis; Venous thrombosis in pregnancy; Venous thrombosis limb; venous thrombosis neonatal; Vertebral artery thrombosis; Vessel puncture site thrombosis; Visceral venous thrombosis; VIth nerve paralysis; VIth nerve paresis; Vitiligo; Vocal cord paralysis; Vocal cord paresis; Vogt-Koyanagi-Harada disease; Vulvar cancer; Warm type haemolytic anaemia; Wheezing; White nipple sign; XIth nerve paralysis; X-ray hepatobiliary abnormal; Young's syndrome; Zika virus associated Guillain-Barre syndrome.