

<b>Chemical Name</b>	<b>Dosage</b>	<b>Reference</b>
<a href="#"><u>HISTAMINE</u></a>		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
<a href="#"><u>NIACIN</u></a>		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
<a href="#"><u>NICOTINIC-ACID</u></a>	50 mg/3x/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
<a href="#"><u>VITAMIN-B</u></a>		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
<a href="#"><u>VITAMIN-B3</u></a>		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.