

Activity	Dosage	Reference
<u>Antialcoholic</u>	not available	Forest H. Nielsen, USDA, Grand Forks, various publications.
<u>Antianemic</u>	not available	Martindale's 28th
<u>Antidiabetic</u>	3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
<u>Antidiscotic</u>	not available	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
<u>Antidyskinetic</u>	not available	Martindale's 28th
<u>Antiepileptic</u>	450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
<u>Antiototic</u>	not available	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
<u>Hypoglycemic</u>	10-30 mg/man/day	Duke, 1992 *
<u>Antidiabetic</u>	10-30 mg/man/day	Duke, 1992 *
<u>Antisyndrome-X</u>	10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
<u>Antiarthritic</u>	not available	Duke, 1992 *
<u>Antiosteoporotic</u>	not available	Duke, 1992 *
<u>Antioxidant</u>	not available	Duke, 1992 *
<u>AntiPMS</u>	not available	Duke, 1992 *