

## Dr. Duke's Phytochemical and Ethnobotanical Databases

### List of Chemicals for Antisynndrome-X

Chemical	Dosage
ASCORBIC-ACID	1-4 g/day
CHROMIUM	200-800 ug
MAGNESIUM	400 mg/man/day
MANGANESE	10-30 mg/man/day
SELENIUM	100-200 (-400) ug/man/day
TOCOPHEROL	--
VANADIUM	?25-100 ug/man/day?
VITAMIN-E	--
ZINC	30 mg/day