

**Dr. Duke's Phytochemical and Ethnobotanical Databases**  
**List of Chemicals for Anticlimacteric**

<b>Chemical</b>	<b>Dosage</b>
8-PRENYLNARINGENIN	--
ASCORBIC-ACID	500-5,000 mg/day
CALCIUM	1,000-1,500 mg/day
GENISTEIN	--
MAGNESIUM	500-750 mg/day
PUERARIN	--
SELENIUM	200 ug/day
TESTOSTERONE	10-20 mg/man/day