

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

<b>Chemical</b>	<b>Dosage</b>
ANTHOCYANIDINS	20-40 mg 3 x day
MAGNESIUM	100 mg 4 x/day
TOCOPHEROL	--
APIOLE	--
BENZYL-BENZOATE	--
FERULIC-ACID	--
TETRAMETHYL-PYRAZINE	--
VITAMIN-E	--
BROMELAIN	--