

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

Chemical	Dosage
(-)-EPIGALLOCATECHIN-GALLATE	--
AMELLIN	--
ANTHOCYANINS	--
ASCORBIC-ACID	1 g 3x/day
CAFFEINE	--
CALCIUM	--
CHROMIUM	200-1,000 ug
CONJUGATED-LINOLEIC-ACID	--
CYANIDIN-3-O-GLUCOSIDE	--
FIBER	--
GAMMA-LINOLENIC-ACID	--
GYMNEMIC-ACID	--
ISOBOLDINE	--
LIMONENE	--
OPC	--
OPCS	--
PECTIN	--
TANNIC-ACID	(Antinutrient)
ZINC	30 mg/day