

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

Chemical	Dosage
(+)-SYRINGARESINOL-DI-O-BETA-D-GLUCOSIDE	--
3-N-BUTYL-PHTHALIDE	--
ACANTHOSIDE-D	--
APIGENIN	10 mg/kg
ASCORBIC-ACID	500-1,000 mg
AURICULOSIDE	--
BETA-CAROTENE	--
CALCIUM	500-1,500 mg/day
CHRYSIN	--
DICHOTOSIN	--
DIFFUTIN	--
DIOSGENIN	--
ELEMICIN	ihl
ELEUTHEROSIDE-C	--
ELEUTHEROSIDE-E	--
ELEUTHEROSIDES	--
GABA	--
GAMMA-AMINOBTYRIC-ACID	--
GERMACRONE	--
GINSENSIDE-RB-1	--
GINSENSIDE-RG-1	--
MAGNESIUM	500-750 mg/day
MYRISTICIN	ihl
PAEONOL	--
PEDICELLANIN	--
PEDICELLIN	--
RESERPINE	--

Chemical	Dosage
SITOINDOSIDE-IX	50-200/kg mg orl rat
SITOINDOSIDE-X	50-200/kg mg orl rat
SITOINDOSIDES	--
SYRINGARESINOL-BISGLUCOSIDE	--
SYRINGARESINOL-DI-O-GLUCOSIDE	--
SYRINGIN	--