

P Actaea racemosa

Common Name(s)

Black Cohosh, Black Snakeroot

How Used

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Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference Citation
0	12-ACETYLACTION	Plant	--	--	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
0	27-DEOXYACTEIN	Root	--	--	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
0	27-DESOXYACETYLACTIONEOL	Plant	--	--	
16	ACETIC-ACID	Plant	--	--	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
2	ACTEIN	Root	--	--	
2	ACTEIN	Plant	--	--	
5	ALUMINUM	Root	--	226	-0.1912183621931245 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
112	ASCORBIC-ACID	Root	--	21	-0.6339690477813624	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
53	BETA-CAROTENE	Root	--	2.4	-0.421076046376712	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
6	BUTYRIC-ACID	Plant	--	--		
28	CALCIUM	Root	--	5970	-0.15691792968206164	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	CARBOHYDRATES	Root	--	813000	-0.21867316898818387	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
24	CHROMIUM	Root	--	1.8	-0.20117706529794718	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	CIMICIFUGIN	Root	150000	200000		
0	CIMICIFUGOSIDE	Rhizome	--	--		
0	CIMIFUGOSIDE	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
0	CIMIGENOL-XYLOSIDE	Rhizome	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
0	CIMIGONITE	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
0	CIMIGOSIDE	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
2	COBALT	Root	--	3.8	-0.4627294331957213	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	EO	Plant	1000	4000	-0.4361356820223302	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Chemical Plant Part		Low PPM	High PPM	StdDev	Reference Citation
0	FAT	Root	--	15000	-0.26278086141973483 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	FAT	Seed	326000	451000	0.9776869503428604
15	FIBER	Root	--	119000	0.6859731853584935 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
13	FORMIC-ACID	Plant	--	--	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
16	FORMONONETIN	Root	--	--	
62	GALLIC-ACID	Plant	--	--	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
6	IRON	Root	--	38	-0.38644716654057326 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
4	ISOFERULIC-ACID	Plant	--	--	
0	KILOCALORIES	Root	--	3200	-0.3666891526242119 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
65	MAGNESIUM	Root	--	1740	-0.4371484057909448 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
14	MANGANESE	Root	--	1.4	-0.5291560655019355 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	N-METHYL-CYTISINE	Plant	--	--	
39	NIACIN	Root	--	31.5	-0.5430960054757538 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
18	OLEIC-ACID	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
13	PALMITIC-ACID	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
4	PHOSPHORUS	Root	--	2080	-0.2526248106460702	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
14	POTASSIUM	Root	--	10300	-0.4011752971664641	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	PROTEIN	Root	--	82000	-0.40890217963909664	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	PROTEIN	Seed	162000	238000	0.03739615649730251	Father Nature's Farmacy: The aggregate of all these three-letter citations.
1	RACEMOSIDE	Root	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
0	RACEMOSIN	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
0	RESIN	Root	--	--		
15	RIBOFLAVIN	Root	--	0.65	-0.7494350947665785	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
34	SALICYLIC-ACID	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference Citation
60	SELENIUM	Root	--	3.2	-0.13481576486090638 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
4	SILICON	Root	--	2.7	-0.3305017922183633 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
5	STARCH	Plant	--	--	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
41	TANNIC-ACID	Plant	--	--	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
35	TANNIN	Root	--	--	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
31	THIAMIN	Root	--	58	4.565797101129107 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
4	TIN	Root	--	--	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	WATER	Root	--	790000	0.13584730298158998 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
77	ZINC	Root	--	--	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.