

List of All Chemicals

P Amorphophallus konjac (Araceae)

Common name(s)

Umbrella Arum; Leopard Palm; Snake Palm; Elephant Yam; Devil's Tongue; Konjac

How used

Food

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Part All ▾	Low PPM	High PPM	StdDev	*Reference
ADENINE	Root	--	--		*
Activities (11)					
Antianemic 1.5 g/day	Martindale's 28th				
Antigranulocytopenic					
Antiviral					
CNS-Stimulant					
Diuretic					
Hyperuricemic	Martindale's 28th				
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.				
Lithogenic					
Myocardiotonic					
Pesticide					
Vasodilator					
ALUMINUM	Root	--	--		*
Activities (5)					
Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.				
Antivaginitic	Martindale's 28th				
Candidicide	Martindale's 28th				
Encephalopathic	Martindale's 29th				
Pesticide					
ASH	Root	--	24000.0	-1.24	*
ASH	Leaf	2000.0	77000.0	-0.74	*
BETA-CAROTENE	Root	--	--		*

Activities (53)

Allergenic	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiPMS	
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiaging	
Antiarthritic	
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticarcinomic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticervicaldysplasic	
Anticoronary 50 mg/man/2 days	
Antihyperkeratotic	
Antiichthyotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileukoplakic	
Antilipoperoxidant IC71=50 ug/ml	
Antilupus 150 mg/man/day/2 mos	Martindale's 28th
Antimaculitic	
Antimastitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiozenic	
Antipapillomic	
Antiphotophobic 30-300 mg/man/day	Martindale's 29th
Antipityriasic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiporphyrhic 30-300 mg/man/day	Martindale's 28th
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	
Antistress	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antitumor	Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990.
Antitumor (Breast) IC45=60 ug/ml	
Antitumor (CNS) IC43=45 ug/ml	
Antitumor (Colon) IC43=45 ug/ml	
Antitumor (Lung) IC30=60 ug/ml	
Antitumor (Prostate)	
Antitumor (Stomach) IC26=45 ug/ml	
Antiulcer 12 mg 3x/day/man/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer 15,000-25,000 IU/day	
Antixerophthalmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COX-1-Inhibitor IC78=50 ug/ml	
COX-2-Inhibitor IC82=50 ug/ml	
Cancer-Preventive 22 ppm	Jim Duke's personal files.
Chemopreventive	
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Gastroprotective	
Immunostimulant 180 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Interferon-Synergist	
Mucogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Phagocytotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant 20 ug/g	
Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

CALCIUM Root -- 234.0 -0.79 *

Activities (28)

AntiPMS 1 g/day

Antiallergic 500 mg/day

Antianxiety

Antiarrhythmic 500-1,500 mg

Antiarthritic 1,000 mg/day

Antiatherosclerotic 500 mg/day

Anticlimacteric 1,000-1,500 mg/day

Antidepressant

Antidote (Aluminum)

Antidote (Lead)

Antihyperkinetic

Antihypertensive

Antiinsomniac

Antimenopausal 1,000-1,500 mg/day

Antiobesity

Antiosteoporotic 500-2,000 mg/day

Antiperiodontitic 750 mg/day

Antirheumatic 1,000 mg/day

Antistress 500-1,500 mg/day

Antitic

Anxiolytic 500-1,500 mg/day

Calcium-Channel-Blocker

Diuretic

Hypocholesterolemic 500 mg/day

Hypotensive 1 g/day

Laxative 1,000-1,200 mg

Tranquilizer 500-1,500 mg/day

Vasodilator

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

CALCIUM Leaf 170.0 6538.0 -0.81 *

Activities (28)

AntiPMS 1 g/day

Antiallergic 500 mg/day

Antianxiety

Antiarrhythmic 500-1,500 mg

Antiarthritic 1,000 mg/day

Antiatherosclerotic 500 mg/day

Anticlimacteric 1,000-1,500 mg/day

Antidepressant

Antidote (Aluminum)

Antidote (Lead)

Antihyperkinetic

Antihypertensive

Antiinsomniac

Antimenopausal 1,000-1,500 mg/day

Antiobesity

Antiosteoporotic 500-2,000 mg/day

Antiperiodontitic 750 mg/day

Antirheumatic 1,000 mg/day

Antistress 500-1,500 mg/day

Antitic

Anxiolytic 500-1,500 mg/day

Calcium-Channel-Blocker

Diuretic

Hypocholesterolemic 500 mg/day

Hypotensive 1 g/day

Laxative 1,000-1,200 mg

Tranquilizer 500-1,500 mg/day

Vasodilator

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

CARBOHYDRATES Leaf 23000.0 885000.0 2.17 *

CHOLINE Root -- -- *

Activities (20)

Antialzheimeran 5-16 g/man/day	
Antichoreic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticirrhotic 6,000 mg/man/day	
Anticystinuric	
Antidementia	
Antidiabetic	
Antidyskinetic 150-200 mg/kg/man/day	Martindale's 28th
Antihomocysteine	
Antimanic 15-30 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antinociceptive	
Antisteatotic	
Cardiodepressant	
Cerebrotonic	
Cholinergic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hepatoprotective	
Hypotensive	
Ileorelaxant	
Lipotropic	
Memorigenic	
Parasympathomimetic (1/1,000th acetylcholine)	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.

CHROMIUM Root -- -- *

Activities (24)

Amphiglycemic?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiAGE 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
AntiCFS 200 ug	
Antiacne	
Antiaging 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiatherosclerotic 20 ug/day	
Anticorneotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic 200-1,000 ug	
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue 200 ug	
Antiglycosuric 200-1,000 ug	
Antiobesity 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 200-800 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitriglyceride 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Cardioprotective	
Energizer	
Hypocholesterolemic 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypocholesterolemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Insulinogenic	
Memorigenic	

COBALT Root -- 125.0 2.17 *

Activities (2)

Cardiomyopathogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Erythrocytogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

CONIINE Plant -- -- Willaman, J. J., Schubert, B. G. 1961. Alkaloid Bearing Plants and their Contained Alkaloids. ARS, USDA, Tech. Bull. 1234, Supt. Doc., Washington D.C.

Activities (2)					
Emetic				Merck 11th Edition	
Paralytic				Merck 11th Edition	

FAT	Root	--	9000.0	-0.46	*
-----	------	----	--------	-------	---

FIBER	Root	--	88000.0	-0.0	*
-------	------	----	---------	------	---

Activities (15)					
Angiotensin-Receptor-Blocker					
Antidiabetic					
Antihypertensive					
Antiobesity					
Antitumor				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Antiulcer				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Beta-Blocker					
Cancer-Preventive				Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.	
Cardioprotective					
Diuretic					
Hypocholesterolemic					
Hypotensive 10 g/man/day/orl				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Hypouricemic					
Laxative					
Vasodilator					

FIBER	Leaf	1000.0	38000.0	-1.53	*
-------	------	--------	---------	-------	---

Activities (15)					
Angiotensin-Receptor-Blocker					
Antidiabetic					
Antihypertensive					
Antiobesity					
Antitumor				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Antiulcer				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Beta-Blocker					
Cancer-Preventive				Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.	
Cardioprotective					
Diuretic					
Hypocholesterolemic					
Hypotensive 10 g/man/day/orl				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Hypouricemic					
Laxative					
Vasodilator					

GLUCOMANNAN	Root	--	--		*
-------------	------	----	----	--	---

Activities (3)					
Anorectic?				Martindale's 29th	
Antidiabetic					
Hypocholesterolemic					

GLUCOSE	Root	--	--		*
---------	------	----	----	--	---

Activities (7)					
Acetylcholinergic					
Antiedemic				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.	
Antihepatotoxic				Merck 11th Edition	
Antiketotic				Merck 11th Edition	
Antivaricose				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.	
Hyperglycemic				Merck 11th Edition	
Memory-Enhancer				Science News, 138: 189, 1990.	

IRON	Root	--	--		*
------	------	----	----	--	---

Activities (6)					
Antiakathisic				Martindale's 29th	
Antianemic				Martindale's 29th	
Anticanker					
Anticheilitic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antimenorrhagic 100 mg/day/wmn/orl				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Prooxidant					

IRON Leaf 3.0 115.0 -0.63 *

Activities (6)					
Antiakathisic				Martindale's 29th	
Antianemic				Martindale's 29th	
Anticanker					
Anticheilitic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antimenorrhagic 100 mg/day/wmn/orl				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Prooxidant					

KILOCALORIES Root -- 2610.0 -1.67 *

KILOCALORIES Leaf 80.0 3080.0 0.1 *

MAGNESIUM Root -- -- *

Activities (65)					
AntiCFS					
AntiLyme 400-1,000 mg					
AntiMS					
AntiPMS 400-800 mg/day/wmn/orl					
AntiPMS 400-800 mg/day/wmn orl					
AntiRaynaud's 280-350 mg/day					
Antiaggregant 400 mg/day					
Antialcoholic					
Antianginal 400 mg/day				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.	
Antianorectic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antianxiety 400 mg/day				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.	
Antiarrhythmic 400 mg/day					
Antiarthritic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antiasthmatic				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	
Antiatherosclerotic 400 mg/day					
Anticephalagic					
Anticlimacteric 500-750 mg/day					
Anticonvulsant				Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.	
Anticoronary 400 mg/day				Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95	
Antidepressant				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antidiabetic 400-800 mg/man/day					
Antidysmenorrhagic 100 mg 4 x/day				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.	
Antidometriotic 500 mg/day					
Antienterotic					
Antiepileptic 450 mg/day					
Antifatigue					
Antifibromyalgic 200-300 mg 3x/day					
Antigastroic					
Antiglaucomic					
Antihyperkinetic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antihypertensive					
Antihypoglycemic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antiinflammatory 100 mg 4 x/day				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.	
Antiinsomniac				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.	
Antilithic				Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).	

Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimitral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplateau 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE Root -- -- *

Activities (14)

AntiPMS	
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.
Antianemic	Martindale's 28th
Antiarthritic	
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic 10-30 mg/man/day	
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidyskinetic	Martindale's 28th
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic	
Antiototic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant	
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 10-30 mg/man/day	

NIACIN Root -- -- *

Activities (39)

Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiLyme 50 mg/day	
AntiMeniere's	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
AntiRaynaud's 1,500-4,000 mg/day	
Antiacrodynic	
Antiallergic 50 mg/2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antialzheimeran	
Antiamblyopic	
Antianginal	
Anticataract	
Antichilblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticonvulsant 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia	
Antidermatitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic	
Antidysphagic	
Antiepileptic 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 50 mg	
Antihistaminic 50 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihyperactivity 1.5-6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomnic 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antineuralgic	
Antiparkinsonian 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipellagric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiscotomic	
Antispasmodic 100 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antivertigo	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Circulotonic	
Fibrinolytic	
Hepatoprotective	
Hepatotoxic	
Hypocholesterolemic 50-100 mg 3x/day	
Hypoglycemic	
Hypolipidemic	
Sedative	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Serotonergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vasodilator	Martindale's 29th

PHOSPHORUS Root -- 39.0 -0.61 *

Activities (4)

Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

PHOSPHORUS Leaf 70.0 2692.0 -0.42 *

Activities (4)

Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

POTASSIUM Root -- 1740.0 -1.03 *

Activities (14)

Angiotensin-Receptor-Blocker	
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

PROTEIN	Root	--	39000.0	-0.89	*
---------	------	----	---------	-------	---

PROTEIN	Leaf	1000.0	38000.0	-1.73	*
---------	------	--------	---------	-------	---

RIBOFLAVIN	Bark	--	--		*
------------	------	----	----	--	---

Activities (15)

AntiLyme 50 mg/day	
Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalagic	
Anticervicaldysplasic 1.6-10 mg/day	
Anticheilitic	
Antidecubitic	
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antikeratitic	
Antimigraine	
Antioxidant	
Antipellagic	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SELENIUM	Root	--	--		*
----------	------	----	----	--	---

Activities (60)

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiNF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiaaggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antiangiogenic 230 ug/kg orl rat	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	
Anticirrhotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticlimacteric 200 ug/day	
Anticoronary 200 ug/day	
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaculitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	
Antimetastatic 480 ug/kg	
Antimyalgic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoarthritic	
Antioxidant 100-200 (-400) ug/man/day	
Antiparkinsonian 200-400 ug/day	
Antiproliferant 2 uM	
Antiradicular 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antirheumatic	
Antisyndrome-X 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 333.6 ug/day	
Antitumor (Breast) 0.8 mg/kg scu mus	
Antitumor (Breast) 150 ug/kg diet rat	
Antitumor (Breast) 230 ug/kg orl rat	
Antitumor (Lung) 240 ug/kg diet	
Antitumor (Prostate)	
Antitumor (brain) 38-150 ug/kg	
Antiulcerogenic	Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric (<i>Curcuma longa</i>) for Gastric and Duodenal Antiulcer Activity in Rats. <i>J. of Ethnopharmacology</i> , 29: 25-34, 1990.
Anxiolytic	
Apoptotic	
Cancer-Preventive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Immunostimulant 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
NF-kB-Inhibitor	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Prostaglandin-Sparer	Fujita, T., Nakatani, E., Funaishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. <i>J. Pharm. Pharmacol.</i> 42: 655-657, 1990.
Protein-Kinase-C-Inhibitor IC50=2-50 uM	
VEGF-Inhibitor	

SILICON Root -- -- *

Activities (4)

Antiarteriosclerotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antionychyotic	
Antiosteoporotic	
Cardioprotective	

SODIUM Root -- 130.0 -0.45 *

Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
--------------	--

THIAMIN Root -- -- *

Activities (31)

Analgesic 1-4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiLyme 50 mg	
Antialcoholic 50-100 mg/day	
Antialzheimeran 100-3,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antianorectic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antibackache 1-4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiberiberi	
Anticanker	
Anticardiospasmic	
Anticataract	
Anticolitic	
Antidecubitic	
Antideliriant	
Antidementia	
Antidyspeptic	
Antiencephalopathic	Martindale's 29th
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antigastritic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihangover 50 mg	
Antiheartburn	
Antiherpetic	
Antimigraine	
Antimyocarditic	
Antineuralgic 1-4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antineurasthenic	
Antineuritic	
Antineuropathic 50 mg	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipoliomyelitic	
Insectifuge 75-150 mg/man/day	Martindale's 28th
Neuroprotective	
Pesticide	

TIN Root -- -- *

Activities (4)

Antiacne	
Antibacterial	
Pesticide	
Taenicide	Martindale's 28th

TRIGONELLINE Root -- -- *

Activities (15)

Anticancer (Cervix)	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.
Anticancer (Liver)	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.
Antihyperglycemic	Iwu, M.M. 1993. Handbook of African Medicinal Plants. CRC Press, Boca Raton, FL 435 pp.
Antimigraine	
Antiseptic	Iwu, M.M. 1993. Handbook of African Medicinal Plants. CRC Press, Boca Raton, FL 435 pp.
Antitumor (Cervix)	
Antitumor (Liver)	
Epidermal-Stimulant	
Hypocholesterolemic	
Hypoglycemic 500-3,000 mg/man/day	Martindale's 28th
Hypoglycemic 50 mg/kg orl rat	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Mutagenic	
Osmoregulator	
Pesticide	
Propepic	

TRIMETHYLAMINE Root -- -- *

Activities (1)

Antioxidant

WATER Leaf -- 974000.0 0.83 *

ZINC Root -- -- *

Activities (77)

ACE-Inhibitor

Analgesic

AntiBPH 25-60 mg/day

AntiCrohn's Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

AntiHIV

Antiacne 135 mg/day

Antiacrodermatitic 8-34 mg/day/orl/chd Martindale's 29th

Antialcoholic

Antialopepic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antialzheimeran 50 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiangiogenic

Antianorexic Martindale's 29th

Antiarthritic 50 mg/3x/day/orl/man

Anticanker 100 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Anticataract 30 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Anticoeliac Martindale's 28th

Anticold 50 mg Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Anticolitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Anticoronary 30 mg/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Antidandruff Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antidementia

Antidiabetic 30 mg/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Antidote (Cadmium) Let's Live, May 1989.

Antidyseuzic

Antieczemic 150 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiencephalopathic Martindale's 29th

Antiepileptic 100 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antifibrotic 30 mg

Antifuruncular 45 mg/3x/day/man Martindale's 28th

Antihangover 15 mg

Antiherpetic? 25-60 mg/day

Antiimpotence Martindale's 29th

Antiinfective 50 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiinfertility 60 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiinsomniac Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antileptic Martindale's 29th

Antileukonychic

Antilymphomic

Antimaculitic

Antimetastatic

Antineuropathic

Antinyctalopic

Antioesity 30 mg/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Antiosteoporotic

Antiperiodontitic

Antiplaque Martindale's 29th

Antiprolactin Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiprostatic 50 mg/man/day/orl Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antirheumatic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antiseptic 50 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antispare-Tire 30 mg/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Antistomatitic 50 mg/man/3x/day Martindale's 28th

Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitic 60-120 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Leptingenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. J. Pharm. Pharmacol. 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Testosteronigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th