

# List of All Chemicals

## **P** Musa x paradisiaca (Musaceae)

### Common name(s)

Banana; Plantain

### 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	Low PPM	High PPM	StdDev	*Reference
	All parts ...				
(-)-SALSOLINOL	Fruit	--	--		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
<b>Activities (1)</b>					
Dopamine-Blocker	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
(24R)-4,14,24-TRIMETHYL-5ALPHA-CHOLESTA-8,25(27)-DIEN-3-BETA-OL	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
(24R)-4-ALPHA-14-ALPHA-24-TRIMETHYL-...	Plant	--	--		*
(24R)-4ALPHA,14ALPHA,24-TRIMETHYL-5ALPHA-CHOLESTA-8,25(27)-3BETA-OL	Plant	--	--		*
(24S)-14ALPHA,24-DIMETHYL-9BETA,19-CYCLO-5ALPHA-CHOLEST-25EN-3BETA-OL	Plant	--	--		*
(24S)-24-METHYL-25-DEHYDROCHOLESTEROL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
2,4-METHYLENE-CHOLESTEROL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
24-METHYL-CHOLESTEROL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
24-METHYLENE-31-NOR-5ALPHA-CYCLOARTAN-3-ONE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
24-METHYLENE-31-NOR-5ALPHA-LANOST-9(11)-3BETA-OL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
24-METHYLENE-CYCLOARTENOL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
24-METHYLENE-CYCLOARTENOL	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
24-METHYLENE-CYCLOARTENOL-PALMITATE	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
24-METHYLENEPOLLINASTANOL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
31-NOR-24-BETA-METHYL-9,19-CYCLOLANOST...	Plant	--	--		*
31-NOR-24BETA-METHYL-9,19-CYCLOLANOST-25-EN-3ALPHA-OL	Flower	--	--		*

31-NORCYCLOLAUDENOL	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
31-NORCYCLOLAUDENONE	Fruit	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
5-HYDROXY-L-TRYPTOPHAN	Plant	--	--	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
5-HYDROXYTRYPTAMINE	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

#### Activities (15)

Allergenic	Mitchell, J. and Rook, A.J. 1923. Botanical Dermatology: plants and plant products injurious to the skin. Vancouver: Greengrass, 1979. xiii, 787 p.: ill.
Antidepressant	Martindale's 28th
Antidote (Manganese) to 3 g/man/day	Martindale's 28th
Antimutilation	Martindale's 28th
Antiparkinsonian	Martindale's 28th
Antitourette 400 mg/4x/day/orl/man	Martindale's 28th
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cerebrophilic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypertensive	
Insecticide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Secretagogue	
Spasmogenic	
Ulcerogenic	
Vasoconstrictor	

5-HYDROXYTRYPTAMINE	Plant	--	--	Stitt, Paul. Why George should eat broccoli.
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#### Activities (15)

Allergenic	Mitchell, J. and Rook, A.J. 1923. Botanical Dermatology: plants and plant products injurious to the skin. Vancouver: Greengrass, 1979. xiii, 787 p.: ill.
Antidepressant	Martindale's 28th
Antidote (Manganese) to 3 g/man/day	Martindale's 28th
Antimutilation	Martindale's 28th
Antiparkinsonian	Martindale's 28th
Antitourette 400 mg/4x/day/orl/man	Martindale's 28th
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cerebrophilic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypertensive	
Insecticide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Secretagogue	
Spasmogenic	
Ulcerogenic	
Vasoconstrictor	

6G-BETA-D-FRUCTOFURANOSYLSUCROSE	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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ACETIC-ACID	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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Activities (16)	
Acidulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antibacterial 5,000 ppm	
Antiotitic	Martindale's 28th
Antisalmonella	
Antivaginitic 1-2%	
Expectorant	Martindale's 28th
Fungicide	Martindale's 29th
Keratitigenic	
Mucolytic	Martindale's 29th
Osteolytic	
Perfumery FEMA 6,000-40,000 ppm	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Pesticide	
Protisticide	Martindale's 29th
Spermicide	Martindale's 28th
Ulcerogenic	HerbalGram No. 20, page 9.
Verrucolytic	

ALANINE Fruit 510.0 1469.0 -0.88 USDA's Ag Handbook 8 and sequelae)

Activities (3)	
Antioxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Oxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.

ALPHA-CAROTENE Fruit 0.12 0.36 -0.5 \*

Activities (7)	
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Liver)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Lung)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Skin)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiproliferant 10 x beta-carotene	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Previtamin-A	

ALPHA-KETO-GLUTARIC-ACID Leaf -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

ALPHA-LINOLENIC-ACID Fruit 330.0 1282.0 -0.57 USDA's Ag Handbook 8 and sequelae)

Activities (15)	
5-Alpha-Reductase-Inhibitor	
Antiaggregant	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Antihypertensive	
Antiinflammatory IC50=42 uM	
Antileukotriene-D4 IC50=42 uM	
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimetastatic	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Hypotensive	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Immunostimulant 0.12 ml/man/day	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Lymphocytogenic 0.5 ug/ml	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Propepic	
Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn	Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes Essential Fatty Acids, 54(6): 451-455. ARS, USDA.
Vasodilator	

ALPHA-LINOLENIC-ACID Plant -- -- \*

**Activities (15)**

5-Alpha-Reductase-Inhibitor	
Antianggregant	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Antihypertensive	
Antiinflammatory IC50=42 uM	
Antileukotriene-D4 IC50=42 uM	
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimetastatic	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Hypotensive	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Immunostimulant 0.12 ml/man/day	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Lymphocytogenic 0.5 ug/ml	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Propecic	
Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn	Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes Essential Fatty Acids, 54(6): 451-455. ARS, USDA.
Vasodilator	

ALPHA-TOCOPHEROL

Hull Husk

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30.0

ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (32)**

Antialzheimeran	
Antianginal	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Anticancer	
Anticataract	
Anticonvulsant Synergen	
Antidementia	
Antidiabetic	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Antiinfarctal	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Antiinfertility	
Antiischemic	
Antimaculitic	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuropathic	
Antioxidant 5 x quercetin	
Antioxidant IC34=10 uM	
Antiparkinsonian	
Antiradicular 5 x quercetin	
Antiretinotic	
Antirheumatic	
Antistroke	
Antitumor	
Antitumor (Bladder)	
Antitumor (Prostate)	
Antitumor (Stomach)	
Antitumor-Promoter	
Cancer-Preventive	
Cardioprotective	
Circulotonic	
Immunomodulator	

ALUMINUM

Fruit

1.0

35.0

-0.21

ACTA AGRIC SCAND SUPPL 22: 1980

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					

AMYLASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (1)					
Sedative					

AMYLOSE	Fruit	--	205000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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ANHYDROGALACTURONIC-ACID	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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ARABINOSE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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ARGININE	Fruit	1080.0	3111.0	-0.32	USDA's Ag Handbook 8 and sequelae)
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Activities (14)					
Antidiabetic?	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.				
Antiencephalopathic	Martindale's 29th				
Antihepatic	Martindale's 29th				
Antihypertensive					
Antiimpotence					
Antiinfertility 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antioxidant?					
Aphrodisiac 3 g/day					
Diuretic					
Hypoammonemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
NO-Genic					
Pituitary-Stimulant					
Spermigenic 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Vasodilator					

ARSENIC	Fruit	0.04	0.35	-0.09	ACTA AGRIC SCAND SUPPL 22: 1980
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Activities (2)					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					

ASCORBIC-ACID	Fruit	161.0	596.0	-0.25	USDA's Ag Handbook 8 and sequelae)
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Activities (112)					
Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Aldose-Reductase-Inhibitor	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				
Analgesic 5-10 g/day					
Angiotensin-Receptor-Blocker					
AntiAGE 2,000 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				
AntiCFS 500-1,000 mg					
AntiCTS 1,000 mg 3x/day					
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th				
AntiLyme 500-2,000 mg					
AntiRaynaud's 500 mg 1-2x/day					
Antiaggregant	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				
Antiaging 400 mg/day					
Antiallergic					

Antialzheimeran 2,000-6,000 mg/day	
Antiarthritic 0.2-1 g/day	
Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiatherosclerotic	
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 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
Anticataract 1 g 3x/day	
Anticervicaldysplasic 1,000-2,000 mg/day	
Anticlimacteric 500-5,000 mg/day	
Anticold 1-2 g/man/day	
Antidecubic 500 mg/man/2x/day	Martindale's 28th
Antidementia	
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic	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 (Aluminum)	Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Paraquat)	Martindale's 28th
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiendometriotic 2,000 mg/day	
Antifatigue 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastritic	
Antigingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 1,000 mg	
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
Antiherpetic 1-5 g/day	
Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileptic 1.5 g/man/day	Martindale's 28th
Antilithic 1,000-3,000 mg/day	
Antimaaculitic	
Antimeasles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 500-5,000 mg/day	
Antimigraine	Martindale's 29th
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuramidase	
Antinitrosic 1 g/man/day	Martindale's 28th
Antiobesity 1 g 3x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiorchitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoarthritic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 500 mg/day	
Antioxidant 100 ppm	
Antiparkinsonian 1 g 2-3x/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipneumonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipoliomyelitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	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
Antiretinotic	

Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbutic 10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/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
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/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 (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	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 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	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
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASCORBIC-ACID                      Hull Husk                      --                      1380.0                      ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

#### Activities (112)

Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Aldose-Reductase-Inhibitor	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
Analgesic 5-10 g/day	
Angiotensin-Receptor-Blocker	
AntiAGE 2,000 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
AntiCFS 500-1,000 mg	
AntiCTS 1,000 mg 3x/day	
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th
AntiLyme 500-2,000 mg	
AntiRaynaud's 500 mg 1-2x/day	
Antiaggregant	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
Antiaging 400 mg/day	
Antiallergic	
Antialzheimeran 2,000-6,000 mg/day	
Antiarthritic 0.2-1 g/day	

Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiatherosclerotic	
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 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
Anticataract 1 g 3x/day	
Anticervicaldysplasic 1,000-2,000 mg/day	
Anticlimacteric 500-5,000 mg/day	
Anticold 1-2 g/man/day	
Antidecubic 500 mg/man/2x/day	Martindale's 28th
Antidementia	
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic	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 (Aluminum)	Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Paraquat)	Martindale's 28th
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiendometriotic 2,000 mg/day	
Antifatigue 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastritic	
Antingingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 1,000 mg	
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
Antiherpetic 1-5 g/day	
Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileptic 1.5 g/man/day	Martindale's 28th
Antilithic 1,000-3,000 mg/day	
Antimaculitic	
Antimeasles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 500-5,000 mg/day	
Antimigraine	Martindale's 29th
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuramidase	
Antinitrosic 1 g/man/day	Martindale's 28th
Antioesity 1 g 3x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiorchitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoarthritic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 500 mg/day	
Antioxidant 100 ppm	
Antiparkinsonian 1 g 2-3x/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipneumonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipoliomyelitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	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
Antiretinotic	
Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbutic 10 mg/man/day	Martindale's 28th



Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/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
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/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 (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	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 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	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
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASCORBIC-ACID-OXIDASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ASH	Sprout Seedling	--	143000.0	2.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
ASH	Pith	--	6000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ASH	Leaf	--	88000.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
ASH	Hull Husk	--	121000.0	1.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ASH	Flower	--	12000.0	-1.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ASH	Shoot	11710.0	158300.0	1.29	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
ASH	Fruit	10090.0	38333.0	-0.47	USDA's Ag Handbook 8 and sequelae)
ASPARTIC-ACID	Fruit	1080.0	3110.0	-0.93	USDA's Ag Handbook 8 and sequelae)

**Activities (3)**

Antimorphinic	Martindale's 28th
Neuroexcitant	Martindale's 28th
Roborant	Merck 11th Edition

BETA-CAROTENE	Hull Husk	0.6	16.6	0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**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.

**BETA-CAROTENE**
**Fruit**
**6.0**
**21.0**
**-0.11**
**USDA's Ag Handbook 8 and sequelae)**

**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.

BETA-PHENYLETHYLAMINE	Fruit	--	--	*
BETA-SITOSTEROL	Fruit	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

**Activities (47)**

Androgenic	
Angiogenic	
Anorexic	Martindale's 28th
Antiadenomic	Merck 11th Edition
Antiandrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antibacterial	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Anticancer (Cervix)	
Anticancer (Lung)	
Antiedemic IC54=320 mg/kg orl	
Antiestrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antifertility	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antigonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antihyperlipoproteinaemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiinflammatory	
Antileukemic	
Antilymphomic	
Antimutagenic 250 ug/ml	
Antiophidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC44=10 uM	
Antiprogestational	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antiprostaglandin 30 mg/day/12 wks	
Antiprostataadenomic	Merck 11th Edition
Antiprostatic 10-20 mg 3 x/day/orl man	
Antipyretic	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Antitumor (Cervix)	
Antitumor (Lung)	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.
Apoptotic	
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry. 29(5): 1667-1670. 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Caspase-8-Inducer	
Estrogenic	
Febrifuge	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Gonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Hepatoprotective	
Hypocholesterolemic 2-6 g/man/day/orl	Martindale's 30th
Hypocholesterolemic 9-3,330 mg/man/day/orl	Martindale's 28th
Hypoglycemic	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.
Hypolipidemic 2-6 g/day	
Pesticide	
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Ulcerogenic 500 mg/kg ipr rat	

BETA-SITOSTEROL

Leaf

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Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.

**Activities (47)**

Androgenic	
Angiogenic	
Anorexic	Martindale's 28th
Antiadenomic	Merck 11th Edition
Antiandrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antibacterial	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from <i>Vaccinium myrtillus</i> (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.
Anticancer (Cervix)	
Anticancer (Lung)	
Antiedemic IC54=320 mg/kg orl	
Antiestrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antifertility	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antigonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antihyperlipoproteinaemic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiinflammatory	
Antileukemic	
Antilymphomic	
Antimutagenic 250 ug/ml	
Antiphidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC44=10 uM	
Antiprogestational	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antiprostaglandin 30 mg/day/12 wks	
Antiprostataadenomic	Merck 11th Edition
Antiprostatic 10-20 mg 3 x/day/orl man	
Antipyretic	Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from <i>Vaccinium myrtillus</i> (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.
Antitumor (Cervix)	
Antitumor (Lung)	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in <i>Artemisia annua</i> . <i>Plant Science</i> , 75: 161-165, 1991.
Apoptotic	
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of <i>Melodorum fruticosum</i> . <i>Phytochemistry</i> . 29(5): 1667-1670. 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Caspase-8-Inducer	
Estrogenic	
Febrifuge	Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
Gonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Hepatoprotective	
Hypocholesterolemic 2-6 g/man/day/orl	Martindale's 30th
Hypocholesterolemic 9-3,330 mg/man/day/orl	Martindale's 28th
Hypoglycemic	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. <i>Journal of Ethnopharmacology</i> , 27: 243-275, 1989.
Hypolipidemic 2-6 g/day	
Pesticide	
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Ubiquit	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Ulcerogenic 500 mg/kg ipr rat	

BIOTIN

Fruit

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ANON. 1948-1976. *The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi.* 11 volumes.**Activities (4)**

Antialopecic	
Antidermatitic 3 mg/2x/day	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antineuralgic	
Antiseborrheic 3 mg/2x/day	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).

BORIC-ACID	Fruit	--	--			Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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**Activities (1)**

Insecticide	Forest H. Nielsen, USDA, Grand Forks, various publications.				
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BORON	Fruit	2.8	8.5	-0.63	*	
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**Activities (4)**

Androgenic 3 mg/man/day						
Antiosteoarthritis	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Antiosteoporotic 3 mg/man/day						
Estrogenic 3 mg/man/day						

BROMINE	Fruit	0.3	27.0	0.46		ACTA AGRIC SCAND SUPPL 22: 1980
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BUTYRIC-ACID	Plant	--	--		*	
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**Activities (6)**

Anticancer	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Antitumor	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Apoptotic						
Bruchifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.					
Nematostat 880 ug/ml	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.					
Pesticide						

BUTYRIC-ACID	Fruit	--	--			ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**Activities (6)**

Anticancer	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Antitumor	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.					
Apoptotic						
Bruchifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.					
Nematostat 880 ug/ml	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.					
Pesticide						

CADMIUM	Fruit	--	0.002	-0.64		ACTA AGRIC SCAND SUPPL 22: 1980
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**Activities (3)**

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

CALCIUM	Fruit	20.0	95.0	-0.87	*	
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**Activities (28)**

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	
Tranquilizer 500-1,500 mg/day	
Vasodilator	

**CALCIUM**

Sprout Seedling -- 11600.0 0.69 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

**Activities (28)**

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	
Tranquilizer 500-1,500 mg/day	
Vasodilator	

**CALCIUM**

Pith -- 100.0 -0.79 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.



**Activities (28)**

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontitic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	
Tranquilizer 500-1,500 mg/day	
Vasodilator	

CALCIUM Leaf -- 7500.0 -0.75 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

**Activities (28)**

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontitic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	
Tranquilizer 500-1,500 mg/day	
Vasodilator	

CALCIUM Flower -- 300.0 -1.51 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (28)					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive					
Antiinsomniac					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontitic 750 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					

CALCIUM-PECTATE	Fruit	--	42000.0	1.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
CAMPESTEROL	Fruit	20.0	80.0	0.02	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Activities (2)					
Antioxidant IC37=10 uM					
Hypocholesterolemic					Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

CAPRIC-ACID	Plant	--	--		*
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Activities (3)					
Fungicide					
Irritant					
Pesticide					

CAPRIC-ACID	Fruit	10.0	39.0	-0.73	USDA's Ag Handbook 8 and sequelae)
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Activities (3)					
Fungicide					
Irritant					
Pesticide					

CAPROLIC-ACID	Plant	--	--		*
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CAPRYLIC-ACID	Plant	--	--		*
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Activities (5)					
Antiseptic					
Candidicide 300 mg/man/12 x/day					
Fungicide					
Irritant					
Pesticide					

CARBOHYDRATES	Leaf	--	695000.0	0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
CARBOHYDRATES	Hull Husk	--	631000.0	-1.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
CARBOHYDRATES	Flower	--	50000.0	-3.33	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
CARBOHYDRATES	Shoot	39000.0	527000.0	-0.37	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
CARBOHYDRATES	Fruit	318000.0	918432.0	0.72	USDA's Ag Handbook 8 and sequelae)
CARBOHYDRATES	Sprout Seedling	--	810000.0	1.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
CARBOHYDRATES	Pith	--	97000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
CARPYLIC-ACID	Plant	--	--		*
CATALASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (1)**

Antioxidant Jim Duke's personal files.

CELLULOSE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**Activities (1)**

Hemostat Martindale's 29th

CHLORINE	Fruit	--	1250.0	0.2	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**Activities (7)**

Antibacterial Martindale's 29th  
 Antiherpetic Martindale's 29th  
 Antiseptic Martindale's 29th  
 Antiviral Martindale's 29th  
 Candidicide Martindale's 29th  
 Fungicide Martindale's 29th  
 Pesticide Martindale's 29th

CHLOROPHYLL	Hull Husk	52.0	103.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**Activities (21)**

Antibacterial	
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Colon)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Liver)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antidecubitic	
Antihalitosis	
Antimemorrhagic 25 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimutagenic	Lawson, T., J. Nunnally, B. Walker, E. Bresnick, D. Wheeler, and M. Wheeler. 1989. Isolation of compounds with antimutagenic activity from savoy chieftain cabbage. J. Agric. Food Chem. 37:1363-1367.
Antiotitic	
Antioxidant	
Antirhinitic	
Antisinusitic	
Antiulcer	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Colorant	Martindale's 28th
Deodorant	Merck 11th Edition
Dye	
Oxidant	
Perfumery	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Vulnerary	

CHOLESTEROL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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**Activities (1)**

Antioxidant IC43=10 uM

CHROMIUM	Fruit	0.02	0.15	-0.49	ACTA AGRIC SCAND SUPPL 22: 1980
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**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	

CITRIC-ACID	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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**Activities (23)**

Allergenic	
Alpha-Amylase-Inhibitor	
Antiaphthtic 20,000 ppm	Martindale's 28th
Antiatherosclerotic	
Antibacterial	
Anticalclic	
Anticoagulant	Merck 11th Edition
Antileishmanic	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant Synergist	Merck 11th Edition
Antiseborrheic	
Antiseptic	Martindale's 29th
Antitubercular	
Antitumor	Economic & Medicinal Plant Research, 6: 235.
Disinfectant	Martindale's 29th
FLavor FEMA 370- 4,400	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hemostat	
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Laxative?	Lawrence Review of Natural Products, Sep-91.
Litholytic	Martindale's 29th
Mycobactericide	
Odontolytic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Refrigerant	Martindale's 28th

COBALT	Fruit	--	0.005	-0.53	ACTA AGRIC SCAND SUPPL 22: 1980
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**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.

COPPER	Fruit	0.76	6.0	-0.53	*
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**Activities (12)**

Antianemic	
Antiarthritic	
Antidiabetic 2-4 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifatigue	
Antiinflammatory	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinociceptive	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic	
Cardioprotective	
Contraceptive	Martindale's 28th
Hypocholesterolemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Schizophrenigenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

CYANIDIN	Inflorescence	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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<b>Activities (7)</b>					
Allelochemic IC90=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Antioxidant ID50=3.5-22 uM					
Antioxidant 4.4 x Vit. E					
Metal-Chelator (Copper)					
Pesticide					
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Prooxidant					
CYCLOARTENOL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
<b>Activities (7)</b>					
Antibacterial					
Antiinflammatory					
Antirheumatic 2-5 mg/man					
Antistaphylococcic					
Hypocholesterolemic					
Pesticide					
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
CYCLOEUCALENOL	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<b>Activities (3)</b>					
Antibacterial					
Antistaphylococcic					
Pesticide					
CYCLOEUCALENONE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
CYCLOLAUDENOL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
CYSTINE	Fruit	200.0	576.0	-0.47	USDA's Ag Handbook 8 and sequelae)
<b>Activities (2)</b>					
Adjuvant	Merck 11th Edition				
Antihomocystinuric	Martindale's 29th				
DEHYDROASCORBIC-ACID	Fruit	10.0	51.0	-0.71	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
DELPHINIDIN	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
<b>Activities (9)</b>					
Allelochemic IC81=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Allergenic					
Antioxidant ID50=0.7-2.4 uM					
Cancer- Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Metal-Chelator (Copper)					
NO-Inhibitor IC78=250 uM					
Pesticide					
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Prooxidant					

**Activities (9)**

Allelochemic IC81=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Allergenic	
Antioxidant ID50=0.7-2.4 uM	
Cancer- Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Metal-Chelator (Copper)	
NO-Inhibitor IC78=250 uM	
Pesticide	
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Prooxidant	

DIMETHYL-AMINE

Fruit -- --

Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (2)**

Coleoptophile	Merck 11th Edition
Pesticide	

DOPA

Fruit -- --

Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (1)**

Antiparkinsonian

DOPAMINE

Hull Husk -- 700.0

ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (20)**

Adrenergic	
Antilactagogue	
Antimycontractant	
Antineurogenic	
Antiparkinsonian	
Antiprolactin	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antishock	Martindale's 29th
Antithyretropic	
Cardiotonic	Merck 11th Edition
Diuretic	
Hypertensive	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Inotropic	Martindale's 29th
Myocontractant 10 uM	
Natriuretic	
Neurotransmitter	Martindale's 29th
Priapistic	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Sympathomimetic	Martindale's 29th
Teratogenic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vasoconstrictor	Martindale's 29th
Vasodilator	Martindale's 29th

DOPAMINE

Fruit -- --

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Activities (20)	
Adrenergic	
Antilactagogue	
Antimycontractant	
Antineurogenic	
Antiparkinsonian	
Antiprolactin	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antishock	Martindale's 29th
Antithyretropic	
Cardiotonic	Merck 11th Edition
Diuretic	
Hypertensive	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Inotropic	Martindale's 29th
Myocontractant 10 uM	
Natriuretic	
Neurotransmitter	Martindale's 29th
Priapistic	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Sympathomimetic	Martindale's 29th
Teratogenic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vasoconstrictor	Martindale's 29th
Vasodilator	Martindale's 29th

EMENOLONE Plant -- -- \*

Activities (1)	
Phytoalexin	

ERUCIC-ACID Plant -- -- \*

Activities (2)	
Antitumor	
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

ETHYL-AMINE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
FAT	Flower	--	2000.0	-0.88	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
FAT	Sprout Seedling	--	23000.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
FAT	Pith	--	1000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
FAT	Leaf	--	118000.0	1.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
FAT	Shoot	8480.0	115000.0	1.29	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
FAT	Hull Husk	--	87000.0	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
FAT	Fruit	2970.0	12758.0	-0.54	USDA's Ag Handbook 8 and sequelae)
FIBER	Sprout Seedling	--	205000.0	1.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses



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 Pith -- 8000.0 -1.0 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

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 -- 240000.0 0.97 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

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 Hull Husk -- 100000.0 1.0 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**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 Flower -- 19000.0 -1.38 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**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 Shoot 13210.0 178600.0 0.0 Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**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 Fruit 4250.0 16560.0 -1.18 USDA's Ag Handbook 8 and sequelae)

**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	

FLUORINE Fruit 0.1 0.4 -0.94 ACTA AGRIC SCAND SUPPL 22: 1980

FOLACIN Fruit 0.2 0.7 -0.55 USDA's Ag Handbook 8 and sequelae)

**Activities (15)**

AntiSpina-Bifida	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianemic 5-20 mg/man/day	
Anticervicaldysplasic 8-30 mg/wmn/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticheilitic	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.
Antigingivitic 2-5 mg/day/man	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimyelotoxic 5 mg/day/orl/man	Martindale's 29th
Antineuropathic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplateau	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipsychotic	Martindale's 29th
Hematopoietic	Merck 11th Edition
Uricosuric	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Xanthine-Oxidase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

FORMIC-ACID Fruit -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (13)**

Acaricide	
Antiseptic	
Antisyncopic	
Astringent	Merck 11th Edition
Corrosive	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Counterirritant	Merck 11th Edition
FLavor FEMA 500-2,500	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Fungistat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fungitoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Irritant	
Pesticide	
Preservative	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Toxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

FRUCTOSE Fruit -- 35000.0 -0.37 Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

Activities (8)				
Antialcoholic				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antidiabetic				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihangover				
Antiketotic				Merck 11th Edition
Antinauseant				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Laxative				
Neoplastic				CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sweetener 2 x glucose				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

GABA	Fruit	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (22)				
Analeptic				
Anticephalagic				
Anticerebrotic				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antichoreic 1-32 g/man/day				Martindale's 29th
Anticonvulsant 4,120 mg/kg ipr mus				Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antihypertensive 1,000-4,000 mg/man/day				
Antiinsomniac				
Antilethargic				
Antistress				
Antitinnitic				
Anxiolytic				
CNS-Inhibitor 2,500 mg/kg scu mus				Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
CNS-Inhibitor 0.1 mg/kg ivn cat				Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
CNS-Inhibitor 100 mg/kg ivn dog				Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Cardiovascular 208 ivn dog				Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Diuretic 1,500-4,000 mg/man/day				
Hypotensive 1,000-4,000 mg/day				
Neuroinhibitor				
Neurotoxic (to birds)				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Neurotransmitter				
Sedative				
Tranquilizer				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

GADOLEIC-ACID	Plant	--	--	*
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GALACTOSE	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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Activities (1)				
Sweetener 0.32 x sucrose				Martindale's 28th
GAMMA-GUANIDINO-N-BUTYRIC-ACID	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
GAMMA-GUANIDINOBUTYRIC-ACID	Fruit	--	--	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
GLUCOSE	Fruit	--	45000.0 -0.42	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**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.

GLUTAMIC-ACID                      Fruit                      1160.0      3341.0      -0.77      USDA's Ag Handbook 8 and sequelae)

**Activities (8)**

Antialkali? 500-1,000 mg/day/orl/man	Martindale's 29th
Antiepileptic	
Antihyperammonemic	Martindale's 29th
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprosthetic 125-250 mg 3 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiretardation	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anxiolytic	Merck 11th Edition
Neurotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

GLUTARIC-ACID                      Leaf                      --                      --                      Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

GLYCERIC-ACID                      Leaf                      --                      --                      Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (3)**

Cholesterolytic	
Diuretic	
Hepatotonic	Fitoterapia No.5-1986.

GLYCINE                                      Fruit                      450.0      1296.0      -0.89      USDA's Ag Handbook 8 and sequelae)

**Activities (12)**

Antiacid	Martindale's 29th
Antialdosteronic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidote (Hypoglycin-A)	Martindale's 29th
Antiencephalopathic	Martindale's 29th
Antigastric	Martindale's 29th
Antiprosthetic 125-250 mg 3 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipruritic	Merck 11th Edition
Antisickling	Ekeke, G.I. and Shode, F.O. 1988. Phenylalanine is the Predominant Antisickling Agent in Cajanus cajan Seed Extract. Planta Medica 56(1): 41, 1990.
Antiulcer	Martindale's 29th
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Neuroinhibitor	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Uricosuric	

GLYCOLIC-ACID                      Leaf                      --                      --                      Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (4)**

Cholesterolytic	
Diuretic	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hepatotonic	Fitoterapia No.5-1986.
Irritant	Merck 11th Edition

GLYOXALIC-ACID	Leaf	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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HEMICELLULOSE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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HISTAMINE	Fruit	--	--	*	
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Activities (18)					
Allergenic					
AntiMeniere's	Martindale's 28th				
Antichilblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antimigraine	Martindale's 28th				
Bronchoconstrictor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Bronchostimulant	Martindale's 28th				
Cardiovascular 0.15 mg/kg ivn rbt	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Gastrostimulant	Martindale's 28th				
Histaminic Antidote:Adrenaline	Martindale's 29th				
Hypotensive	Martindale's 28th				
Irritant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Myostimulant	Martindale's 29th				
Radioprotective	Martindale's 28th				
Secretogogue	Martindale's 29th				
Spasmogenic					
Tachycardic	Martindale's 29th				
Ulcerogenic 100 mg/kg ipr rat					
Vasodilator	Martindale's 29th				

HISTIDINE	Fruit	640.0	1843.0	0.09	USDA's Ag Handbook 8 and sequelae)
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Activities (7)					
Antiarteriosclerotic					
Antinephritic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antioxidant					
Antiulcer					
Antiuremic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Oxidant					

INDOLE-3-ACETIC-ACID	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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Activities (7)					
Allelochemic	Korhammer, S.A. and Haslinger, E. 1994. Isolation of a Biologically Active Substance from Rhizomes of Quackgrass [Elymus repens (L.) Gould]. J. Agric. Food Chem. 42: 2048-2050.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Herbicide	Korhammer, S.A. and Haslinger, E. 1994. Isolation of a Biologically Active Substance from Rhizomes of Quackgrass [Elymus repens (L.) Gould]. J. Agric. Food Chem. 42: 2048-2050.				
Hypoglycemic	Economic & Medicinal Plant Research, 6: 157.				
Insulinase-Inhibitor	Economic & Medicinal Plant Research, 6: 157.				
Insulinotonic	Economic & Medicinal Plant Research, 6: 157.				
Pesticide					

INOSITOL	Fruit	--	340.0	-1.0	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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Activities (8)					
Antiallopecic					
Anticirrhotic					
Antidiabetic?	Martindale's 29th				
Antineuropathic? 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Cholesterolytic 2,000 mg/man/day					
Lipotropic	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Sweetener	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Ubiquiot	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.				

INVERTASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
IRENOLONE	Plant	--	--		*
IRON	Fruit	4.0	17.0	-0.46	*

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	Pith	--	11.0	-0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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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	Flower	--	1.0	-1.1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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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					

ISOAMYL-AMINE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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ISOBUTYL-AMINE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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ISOFUCISTEROL	Fruit	--	--		*
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ISOFUCOSTEROL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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ISOLEUCINE	Fruit	360.0	1037.0	-0.78	USDA's Ag Handbook 8 and sequelae)
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**Activities (3)**

Antiencephalopathic?	Martindale's 29th
Antipellagric	Martindale's 28th
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

ISOVALERIANIC-ACID	Plant	--	--	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
KAEMPFEROL	Plant	--	--	Stitt, Paul. Why George should eat broccoli.

**Activities (75)**

11B-HSD-Inhibitor	
5-Lipoxygenase-Inhibitor IC50 (uM)=20	
Aldose-Reductase-Inhibitor 100 uM	Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. J Braz Chem Soc, 8(3): 211-213.
Antiaflatoxin IC50=8.73 uM	
Antiaflatoxin IC50=3.28 ppm	
Antiaggregant 30 uM	
Antiallergic	
Antibacterial 20 ug/ml	
Anticancer	
Antifertility 250 mg/kg/day/60 days/orl rat	Kumar, P., Dixit*, V.P., and Khanna, P. Antifertility Studies of Kaempferol: Isolation and Identification from Tissue Culture of some Medicinally Important Plant Species. Plantes medicinales et phytotherapie, 23: 193-201, 1989.
Antigingivitic 20 ug/ml	
Antiherpetic 23-92 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992.
Antihistaminic	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.
Antiimplantation	
Antiinflammatory 20 mg/kg	
Antiinflammatory 200 mg/kg ipr rat	
Antileukemic IC50=3.1 ug/ml	Life Sciences 55: 1061.
Antilymphocytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antimutagenic ID50=10-40 nM	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antioxidant IC50=40 uM	
Antioxidant 3/4 quercetin	
Antioxidant IC50=1.2 ug/ml	
Antiperiodontic 20 ug/ml	
Antiplateau 20 ug/ml	
Antiradicular 7 x quercetin	
Antiseptic 20 ug/ml	
Antiserotonin 200 mg/kg ipr rat	
Antispasmodic	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.
Antistaphylococcic	
Antitumor	
Antitumor-Promoter	Yasukawa, K., Takido, M., Takeuchi, M., Sato, Y., Nitta, K., and Nakagawa, S. 1989. Inhibitory Effects of Flavonol Glycosides on 12-O-Tetradecanoylphorbol-13-acetate-Induced Tumor Promotion. Chem. Pharm. Bull. 38(3): 774-776, 1990.
Antiulcer 50-200 mg/kg ipr rat	
Antiviral 23-92 ug/ml	
Apoptotic 60 uM	
Aromatase-Inhibitor IC12=1 uM/l	Journal of Medicinal Food 2: 235.1999.
COX-2-Inhibitor	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
Choleretic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Copper-Chelator	
Cyclooxygenase-Inhibitor IC50 (uM) =20	
Cytotoxic	
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.



Diuretic	
Estrogenic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
Estrogenic EC50=0.56 uM	
Fungicide 20 ug/ml	Father Nature's Farmacy: The aggregate of all these three-letter citations.
HIV-RT-Inhibitor IC50=50-150 ug/ml	Garcia, J., Morin,* C., Nyasse, B., Sondengam, B-L., Tchouankeu, J-C., and Tsamo, E. Complete Structural Assignments Of An Ergosterol Derivative From Entandrophragma utile. Journal of Natural Products, 54(1): 136-142, 1991.
Hepatoprotective IC50=5.46 uM	
Hepatoprotective IC50=1.30 ppm	
Hypotensive	
ICAM-1-Inhibitor	
Inotropic	
Iodothyronine-Deiodinase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
JNK-Inhibitor	
Lipoxygenase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
MAO-Inhibitor	
Mutagenic	
NO-Inhibitor IC50=13.9 uM	
Natriuretic	
Neuroprotective	
PAF-Inhibitor	
Pesticide	
Protisticide	Meckes, M., Calzada, F., Tapia-Contreras, A., Cedillo-Rivera, R. 1999. Antiprotozoal Properties of Helianthemum glomeratum. Phytotherapy Research, 13(2): 102-105.
Quinone-Reductase-Inducer 3 uM	
TNF-alpha-Inhibitor IC50=3.99 uM	
Teratologic	
Topoisomerase-I-Inhibitor	Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237.
Topoisomerase-II-Inhibitor IC50=8.1 ug/ml	Constantinou, A., Mehta, R., Runyan, C., Rao, K., Vaughan, A., Moon, R. 1995. Flavonoids as DNA Topoisomerase Antagonists and Poisons: Structure-Activity Relationships. J Natural Products, 58: 217-225.
Tyrosinase-Inhibitor ID50=230 uM	
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
Vasodilator	
cAMP-Phosphodiesterase-Inhibitor	
iNOS-Inhibitor IC50=<15 uM	
iNOS-Inhibitor IC50=13.9 uM	

KAEMPFEROL	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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#### Activities (75)

11B-HSD-Inhibitor	
5-Lipoxygenase-Inhibitor IC50 (uM)=20	
Aldose-Reductase-Inhibitor 100 uM	Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. J Braz Chem Soc, 8(3): 211-213.
Antiaflatoxin IC50=8.73 uM	
Antiaflatoxin IC50=3.28 ppm	
Antiaggregant 30 uM	
Antiallergic	
Antibacterial 20 ug/ml	
Anticancer	
Antifertility 250 mg/kg/day/60 days/orl rat	Kumar, P., Dixit* V.P., and Khanna, P. Antifertility Studies of Kaempferol: Isolation and Identification from Tissue Culture of some Medicinally Important Plant Species. Plantes medicinales et phytotherapie, 23: 193-201, 1989.
Antigingivitic 20 ug/ml	
Antiherpetic 23-92 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992.
Antihistaminic	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.
Antiimplantation	

Antiinflammatory 20 mg/kg	
Antiinflammatory 200 mg/kg ipr rat	
Antileukemic IC50=3.1 ug/ml	Life Sciences 55: 1061.
Antilymphocytic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antimutagenic ID50=10-40 nM	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antioxidant IC50=40 uM	
Antioxidant 3/4 quercetin	
Antioxidant IC50=1.2 ug/ml	
Antiperiodontic 20 ug/ml	
Antiplatelet 20 ug/ml	
Antiradicular 7 x quercetin	
Antiseptic 20 ug/ml	
Antiserotonin 200 mg/kg ipr rat	
Antispasmodic	Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed.</i> , Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Antistaphylococccic	
Antitumor	
Antitumor-Promoter	Yasukawa, K., Takido, M., Takeuchi, M., Sato, Y., Nitta, K., and Nakagawa, S. 1989. Inhibitory Effects of Flavonol Glycosides on 12-O-Tetradecanoylphorbol-13-acetate-Induced Tumor Promotion. <i>Chem. Pharm. Bull.</i> 38(3): 774-776, 1990.
Antiulcer 50-200 mg/kg ipr rat	
Antiviral 23-92 ug/ml	
Apoptotic 60 uM	
Aromatase-Inhibitor IC12=1 uM/l	<i>Journal of Medicinal Food</i> 2: 235.1999.
COX-2-Inhibitor	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory.</i> University of Natal Press, Pietermaritzburg. 450 pp.
Choleretic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Copper-Chelator	
Cyclooxygenase-Inhibitor IC50 (uM) =20	
Cytotoxic	
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Diuretic	
Estrogenic EC50=0.1-25 uM/l	<i>Journal of Medicinal Food</i> 2: 227.1999.
Estrogenic EC50=0.56 uM	
Fungicide 20 ug/ml	Father Nature's Farmacy: The aggregate of all these three-letter citations.
HIV-RT-Inhibitor IC50=50-150 ug/ml	Garcia, J., Morin,* C., Nyasse, B., Sondengam, B-L., Tchouankeu, J-C., and Tsamo, E. Complete Structural Assignments Of An Ergosterol Derivative From <i>Entandrophragma utile</i> . <i>Journal of Natural Products</i> , 54(1): 136-142, 1991.
Hepatoprotective IC50=5.46 uM	
Hepatoprotective IC50=1.30 ppm	
Hypotensive	
ICAM-1-Inhibitor	
Inotropic	
Iodothyronine-Deiodinase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
JNK-Inhibitor	
Lipoxygenase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
MAO-Inhibitor	
Mutagenic	
NO-Inhibitor IC50=13.9 uM	
Natriuretic	
Neuroprotective	
PAF-Inhibitor	
Pesticide	
Protistocidal	Meckes, M., Calzada, F., Tapia-Contreras, A., Cedillo-Rivera, R. 1999. Antiprotozoal Properties of <i>Helianthemum glomeratum</i> . <i>Phytotherapy Research</i> , 13(2): 102-105.
Quinone-Reductase-Inducer 3 uM	
TNF-alpha-Inhibitor IC50=3.99 uM	
Teratologic	

Topoisomerase-I-Inhibitor	Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. <i>Toxicol Ind Health</i> , 14: 223-237.
Topoisomerase-II-Inhibitor IC50=8.1 ug/ml	Constantinou, A., Mehta, R., Runyan, C., Rao, K., Vaughan, A., Moon, R. 1995. Flavonoids as DNA Topoisomerase Antagonists and Poisons: Structure-Activity Relationships. <i>J Natural Products</i> , 58: 217-225.
Tyrosinase-Inhibitor ID50=230 uM	
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
Vasodilator	
cAMP-Phosphodiesterase-Inhibitor	
iNOS-Inhibitor IC50=<15 uM	
iNOS-Inhibitor IC50=13.9 uM	

KILOCALORIES	Fruit	1220.0	3514.0	-0.22	USDA's Ag Handbook 8 and sequelae)
L-NORADRENALINE	Fruit	--	--		*
L-OCTACOSANOL	Plant	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. <i>Pharmacopees Traditionnelles en Guyane</i> . l'ORSTROM, Paris. 569 pp.
L-TRIACONTAOL	Plant	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. <i>Pharmacopees Traditionnelles en Guyane</i> . l'ORSTROM, Paris. 569 pp.
LATEX	Hull Husk	--	20000.0		ANON. 1948-1976. <i>The Wealth of India raw materials</i> . Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
LAURIC-ACID	Plant	--	--		*

<b>Activities (7)</b>					
Antibacterial					
Antioxidant IC71=60					
Antiviral					
COX-1-Inhibitor IC40=100					
COX-2-Inhibitor IC20=100					
Candidicide					
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition</i> . CRC Press. Boca Raton, FL. 233 pp.)				

LAURIC-ACID	Fruit	20.0	78.0	-0.44	USDA's Ag Handbook 8 and sequelae)
<b>Activities (7)</b>					
Antibacterial					
Antioxidant IC71=60					
Antiviral					
COX-1-Inhibitor IC40=100					
COX-2-Inhibitor IC20=100					
Candidicide					
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition</i> . CRC Press. Boca Raton, FL. 233 pp.)				

LEAD	Fruit	0.02	0.2	-0.48	USDA's Ag Handbook 8 and sequelae)
LEUCINE	Fruit	590.0	1699.0	-0.72	USDA's Ag Handbook 8 and sequelae)

<b>Activities (2)</b>					
Antiencephalopathic	Martindale's 29th				
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
LEUCOCYANIDIN	Fruit	--	--		ANON. 1948-1976. <i>The Wealth of India raw materials</i> . Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

<b>Activities (1)</b>					
Capillariprotective					Merck 11th Edition

LEUCODELPHINIDIN	Fruit	--	--		ANON. 1948-1976. <i>The Wealth of India raw materials</i> . Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (2)					
Antiinflammatory	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses				
Antineoplastic					

LIGNIN	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (13)					
AntiHIV					
Antibacterial					
Anticancer					
Anticoronary					
Antidiarrheic				Martindale's 29th	
Antinitrosaminic					
Antioxidant					
Antitumor					
Antiviral					
Chelator					
Hypocholesterolemic					
Laxative					
Pesticide					

LINOLEIC-ACID	Fruit	560.0	2176.0	-0.32	USDA's Ag Handbook 8 and sequelae)
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Activities (27)					
5-Alpha-Reductase-Inhibitor					
AntiMS	Economic & Medicinal Plant Research, 6: 189.				
Antiacne					
Antiallopic					
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.				
Antiandrogenic					
Antiarteriosclerotic					
Antiarthritic	Economic & Medicinal Plant Research, 6: 189.				
Anticoronary	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antieczemic	Economic & Medicinal Plant Research, 6: 189.				
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.				
Antigranular					
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.				
Antiinflammatory IC50=31 uM					
Antileukotriene-D4 IC50=31 uM					
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Carcinogenic	Science News, 146: 421.				
Comedolytic					
Hepatoprotective					
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.				
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Metastatic	Science News, 146: 421.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Propecic					

LINOLEIC-ACID	Plant	--	--		*
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**Activities (27)****5-Alpha-Reductase-Inhibitor**

AntiMS	Economic & Medicinal Plant Research, 6: 189.
Antiacne	
Antiallopecic	
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.
Antiandrogenic	
Antiarteriosclerotic	
Antiartritic	Economic & Medicinal Plant Research, 6: 189.
Anticoronary	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antieczemic	Economic & Medicinal Plant Research, 6: 189.
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antigranular	
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.
Antiinflammatory IC50=31 uM	
Antileukotriene-D4 IC50=31 uM	
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Science News, 146: 421.
Comedolytic	
Hepatoprotective	
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Metastatic	Science News, 146: 421.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Propepic	

LIPASE Fruit -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

LUTEIN Fruit 0.033 0.1 -0.83 \*

**Activities (15)**

Antiatherosclerotic	
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Antimaculitic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antinyctalopic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antioxidant	
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiradicular	
Antiretinitic Optometry	
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Antitumor (Colon)	
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Prooxidant 5-40 ug/g	
Quinone-Reductase-Inducer 2.5 ug	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Retinoprotectant Optometry	
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

LYSINE Fruit 600.0 1728.0 -0.62 USDA's Ag Handbook 8 and sequelae)

**Activities (4)**

Antialkalotic	Martindale's 29th
Antiherpetic 0.5-3 g/day	
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypoarginanemic 250 mg/kg	Martindale's 29th

MAGNESIUM Fruit 355.0 1118.0 -0.47 \*

**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	
Antidysmenorrheic 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiendometriotic 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					

**MALIC-ACID** Fruit 530.0 3730.0 -0.71 Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

#### Activities (15)

Antiatherosclerotic	
Antibacterial	
Antifibromyalgic 300 mg 3x/day	
Antioxidant Synergist	Merck 11th Edition
Antiseborrheic	
Antiseptic	Martindale's 29th
Antitubercular	
Antitumor	Economic & Medicinal Plant Research, 6: 235.
Bacteristat	
Bruchiphobe	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Hemopoietic	
Laxative?	Lawrence Review of Natural Products, Sep-91.
Mycobactericide	
Pesticide	
Sialogogue	Martindale's 29th

**MALONIC-ACID** Leaf -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

#### Activities (1)

Irritant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
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**MALTOSE** Fruit -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

#### Activities (2)

Antidiabetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Sweetener 0.32 x sucrose	Martindale's 28th

**MALVIDIN** Inflorescence -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

#### Activities (6)

Antifertility	
Antioxidant	
Antiperiodontal	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplateque	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Prooxidant	

**MANGANESE** Fruit 0.6 1.8 -0.39 \*

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	

MERCURY Fruit 0.001 0.007 -0.51 ACTA AGRIC SCAND SUPPL 22: 1980

Activities (1)	
Nephrotoxic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

METHIONINE Fruit 170.0 490.0 -0.58 USDA's Ag Handbook 8 and sequelae)

Activities (15)	
Anticataract	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidote (Acetaminophen) 10 g/16hr/man/orl	Martindale's 29th
Antidote (Paracetamol) 10 g/16hr/man/orl	Martindale's 29th
Antieczemic	
Antihepatotoc	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antioxidant	
Antiparkinsonian 1-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Emetic	Martindale's 29th
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Glutathionigenic	Martindale's 29th
Hepatoprotective	
Lipotropic	Merck 11th Edition
Urine-Acidifier 200 mg/3x/day/man/orl	Martindale's 28th
Urine-Deodorant	Martindale's 29th

METHYL-AMINE Fruit -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

Activities (1)	
Irritant	

MFA Fruit 410.0 1593.0 USDA's Ag Handbook 8 and sequelae)

MOLYBDENUM Fruit -- 0.1 -0.47 ACTA AGRIC SCAND SUPPL 22: 1980

Activities (2)	
Anticancer (Esophagus)?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antitumor (Esophagus)?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

MUFA Fruit 410.0 1593.0 -0.23 USDA's Ag Handbook 8 and sequelae)



Activities (13)					
Allergenic					
Anemiagenic					
Antiinflammatory IC50=21 uM					
Antileukotriene-D4 IC50=21 uM					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Choleretic 5 ml/man					
Dermatitigenic					
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Irritant	Merck 11th Edition				
Percutaneostimulant	Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugibayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. Chem. Pharm. Bull. 38(11): 3086-3089, 1990.				
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

MYRISTIC-ACID	Fruit	30.0	117.0	-0.26	USDA's Ag Handbook 8 and sequelae)
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Activities (6)					
Antioxidant IC71=60					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				

MYRISTIC-ACID	Plant	--	--		*
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Activities (6)					
Antioxidant IC71=60					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				

NEO-BETA-CAROTENE-U	Hull Husk	0.1	0.3		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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NIACIN	Pith	--	2.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**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

NIACIN	Hull Husk	--	50.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**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).
Serotoninerbic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vasodilator	Martindale's 29th

NIACIN	Flower	--	6.0	-0.87	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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**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	
Antiacrodynamic	
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).
Serotoninerbic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vasodilator	Martindale's 29th

NIACIN Fruit 5.0 29.0 -0.42 \*

**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

NICKEL Fruit 0.01 0.1 -0.75 ACTA AGRIC SCAND SUPPL 22: 1980

**Activities (3)**

Antiadrenalinic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticirrhotic?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Insulin-Sparing	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

NITROGEN Fruit 1600.0 15000.0 0.03 ACTA AGRIC SCAND SUPPL 22: 1980

NONACOSANE Plant -- -- Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.

**Activities (2)**

Antimutagenic 250 ug/ml	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.

NONANCOSANE Plant -- -- Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.

NOREPINEPHRINE Hull Husk -- 122.0 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

NOREPINEPHRINE	Fruit	--	1.9		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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OBTUSIFOLIOL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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OLEIC-ACID	Fruit	270.0	1049.0	-0.47	USDA's Ag Handbook 8 and sequelae)
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**Activities (18)**

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antialopecic

Antiandrogenic

Antiinflammatory  
IC50=21 uM

Antileukotriene-D4  
IC50=21 uM

Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

Choleretic 5 ml/man

Dermatitigenic

FLavor FEMA 1-30 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

Hypocholesterolemic Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Insectifuge Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.

Irritant Merck 11th Edition

Percutaneostimulant Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugibayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. Chem. Pharm. Bull. 38(11): 3086-3089, 1990.

Perfumery Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

Propepic

OLEIC-ACID	Plant	--	--		*
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**Activities (18)**

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antialopecic

Antiandrogenic

Antiinflammatory  
IC50=21 uM

Antileukotriene-D4  
IC50=21 uM

Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

Choleretic 5 ml/man

Dermatitigenic

FLavor FEMA 1-30 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

Hypocholesterolemic Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Insectifuge Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.

Irritant Merck 11th Edition

Percutaneostimulant Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugibayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. Chem. Pharm. Bull. 38(11): 3086-3089, 1990.

Perfumery Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

Propepic

OXALIC-ACID	Fruit	22.0	5240.0	-0.02	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
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**Activities (9)**

Acaricide	
Antiseptic	
CNS-Paralytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fatal	Martindale's 29th
Hemostatic	Merck 11th Edition
Irritant	
Pesticide	
Renotoxic	Merck 11th Edition
Varroacide	

OXALIC-ACID	Leaf	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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**Activities (9)**

Acaricide	
Antiseptic	
CNS-Paralytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fatal	Martindale's 29th
Hemostatic	Merck 11th Edition
Irritant	
Pesticide	
Renotoxic	Merck 11th Edition
Varroacide	

OXYGENASE	Fruit	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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PALMITIC-ACID	Plant	--	--	*
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**Activities (13)**

5-Alpha-Reductase-Inhibitor	
Antiallopecic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
Propepic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PALMITIC-ACID	Fruit	1250.0	4856.0	-0.29	USDA's Ag Handbook 8 and sequelae)
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**Activities (13)**

5-Alpha-Reductase-Inhibitor	
Antiallopecic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
Propepic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PALMITOLEIC-ACID

Plant

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**Activities (2)**

5-Alpha-Reductase-Inhibitor

Soap

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

PALMITOLEIC-ACID

Fruit

120.0

466.0

-0.26

USDA's Ag Handbook 8 and sequelae)

**Activities (2)**

5-Alpha-Reductase-Inhibitor

Soap

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

PANTOTHENIC-ACID

Fruit

2.5

10.1

-0.51

USDA's Ag Handbook 8 and sequelae)

**Activities (11)**

Antiallergic 100-500 mg/day

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

Antiarthritic 500-2,000 mg/day

Anticephalagic

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

Anticlaudificant?

Martindale's 29th

Antidermatitic

Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Antifatigue

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

Antihypercholesterolemic 300 mg/meal

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

Antielus?

Martindale's 29th

Antiinsomniac?

Martindale's 29th

Antirheumatic?

Martindale's 29th

Cancer-Preventive

Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

PECTIN

Hull Husk

3800.0

12800.0

ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (24)**

Antiatheromic 15 g/man/day

Cerde, J.J. Pectin in Health and Disease. HortScience, 25(12): 1485, 1990.

Antibacterial

Antidiabetic 10 g/man/day/orl

Antidiarrheic

Merck 11th Edition

Antienteric

Antigallstone

Antigastritic

Antilithic

Antimetastatic

Antimutagenic

Antiobesity

Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Antitumor (Colon)

Antitumor (Prostate)

Antitussive

Antiulcer

Cancer-Preventive

Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

Chemopreventive

Demulcent

Fungicide

Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley &amp; Sons, New York. 649 pp.

Hemostat

Hypocholesterolemic

Hypoglycemic

Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Peristaltic

Pesticide

PECTIN

Fruit

7000.0

40000.0

-0.16

\*



Activities (24)					
Antiatheromic 15 g/man/day	Cerda, J.J. Pectin in Health and Disease. HortScience, 25(12): 1485, 1990.				
Antibacterial					
Antidiabetic 10 g/man/day/orl					
Antidiarrheic	Merck 11th Edition				
Antienteric					
Antigallstone					
Antigastric					
Antilithic					
Antimetastatic					
Antimutagenic					
Antiobesity	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Antitumor (Colon)					
Antitumor (Prostate)					
Antitussive					
Antiulcer					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Chemopreventive					
Demulcent					
Fungicide	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.				
Hemostat					
Hypocholesterolemic					
Hypoglycemic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Peristaltic					
Pesticide					

PELARGONIDIN	Inflorescence	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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Activities (7)					
Antiherpetic	Economic & Medicinal Plant Research, 5: 197.				
Antioxidant ID50=85-456 uM					
Antiviral					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Pesticide					
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Prooxidant					

PEONIDIN	Inflorescence	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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Activities (3)					
Larvostat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Pesticide					
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

PEROXIDASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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PETUNIDIN	Inflorescence	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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Activities (3)					
Larvostat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Pesticide					
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

PHENYLALANINE	Fruit	380.0	1476.0	-0.64	USDA's Ag Handbook 8 and sequelae)
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Activities (7)	
AntiADD 587 mg/day/orl	Martindale's 29th
Antidepressant 50-4,000 mg/day/man	
Antiparkinsonian 200-500 mg/day/man	Martindale's 28th
Antisickling 690 ug/ml	
Antivilitigic 100 mg/kg/day/orl/man	Martindale's 29th
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Tremorigenic 1,600-12,600 mg/man/day	Martindale's 28th

PHOSPHATASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
PHOSPHORIC-ACID	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

Activities (4)	
Acidulant	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Additive	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
FLavor FEMA 500-5,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Sequestrant	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

PHOSPHORUS	Fruit	110.0	1127.0	-0.63	*
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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	Pith	--	100.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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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	--	2400.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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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	Flower	--	500.0	-1.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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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.

PHYLLUQUINONE	Fruit	--	0.001	-0.23	*
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<b>Activities (5)</b>					
Antihemorrhagic 1 mg ims man					Martindale's 28th
Fungicide					
Hypotensive					
Pesticide					
Toxic					Martindale's 28th
PHYTATE	Fruit	320.0	1110.0	-0.6	*
PHYTOSTEROLS	Fruit	160.0	622.0	-0.42	USDA's Ag Handbook 8 and sequelae)
<b>Activities (2)</b>					
Antiprostatotic					
Hypocholesterolemic					
PHYTOSTEROLS	Plant	--	--		*
<b>Activities (2)</b>					
Antiprostatotic					
Hypocholesterolemic					
PIPECOLIC-ACID	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<b>Activities (2)</b>					
Herbistat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Pesticide					
POTASSIUM	Fruit	3700.0	15631.0	-0.2	*
<b>Activities (14)</b>					
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					
PROLINE	Fruit	400.0	1554.0	-0.67	USDA's Ag Handbook 8 and sequelae)
PROPANOLAMINE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
PROTEASE	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
PROTEIN	Sprout Seedling	--	24000.0	-1.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
PROTEIN	Shoot	18930.0	255900.0	0.41	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
PROTEIN	Pith	--	5000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
PROTEIN	Fruit	10040.0	65400.0	-0.59	*
PROTEIN	Leaf	--	99000.0	-1.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

PROTEIN	Flower	--	61000.0	-0.95	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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PUFA	Fruit	890.0	3458.0	-0.59	USDA's Ag Handbook 8 and sequelae)
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#### Activities (4)

AntiMS	Martindale's 28th
Antiacne	Martindale's 28th
Antieczemic	Martindale's 28th
Antipolyneuritic	Martindale's 28th

PUTRESINE	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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PYRUVIC-ACID	Leaf	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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#### Activities (1)

FLavor FEMA 1-110	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
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QUERCETIN	Fruit	--	--	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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#### Activities (176)

11B-HSD-Inhibitor	
5-Lipoxygenase-Inhibitor IC50 (uM)=4	
ATPase-Inhibitor	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Aldehyde-Oxidase-Inhibitor IC70-96=10 uM	
Aldose-Reductase-Inhibitor 100 uM	
Aldose-Reductase-Inhibitor 4 ug/ml	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. Sankyo Kenkyusho Nempo, 43: 99-110.
Aldose-Reductase-Inhibitor IC50=0.84 ug/ml cow	Okada, Y. et al. 1995. Search for Naturally Occurring Substances to Prevent the Complications of Diabetes. II. Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation. Chem Pharm Bull 43(8):1385-1387
Aldose-Reductase-Inhibitor IC50=0.344 uM	Mao, X. M., Zhang, J. Q. 1993. Inhibition of Aldose Reductase by Extracts of Chinese Herbal Medicine. Zhongguo Zhongyao Zazhi, 18(10): 623-624.
Allelochemic IC82=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Allergenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Analgesic	
AntiCrohn's 400 mg/man/3x/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiGTF ID50=120 ug/ml	
AntiHIV	
AntiPMS 500 mg/2x/day/wmn	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiaflatoxin IC50=25 uM	
Antiaflatoxin IC50=7.5 ppm	
Antiaggregant IC50=55 uM	Economic & Medicinal Plant Research, 5: 333.
Antiaggregant 30 uM	
Antiaging	
Antiallergic IC50=14 uM	Jim Duke's personal files.
Antialzheimeran	
Antianaphylactic	Meli, R., Autore, G., Di Carlo, G., Capasso, F. Inhibitory Action of Quercetin on Intestinal Transit in Mice. Phytotherapy Research 4(5): 201, 1990.
Antiangiogenic	
Antiarthritic	
Antiasthmatic IC50=14 uM	
Antiatherosclerotic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticarcinomic (Breast) IC50=1.5 uM	Medline (post 1990 searches filed in my computer)
Anticariogenic ID50=120 ug/ml	
Anticataract	
Anticolitic 400 mg/man/3x/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Anticomplementary	
Anticystitic 1,000 mg/day/4 weeks	
Antidepressant	
Antidermatitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidiabetic	
Antielastase IC50=0.8 ug/ml	
Antiencephalitic	Economic & Medicinal Plant Research, 5: 199.
Antiescherichic	
Antiestrogenic	
Antifeedant IC52=<1,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Antifibrosarcomic	
Antiflu	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Antigastric	Rastitel'nye Resursy, 21: 85.
Antigonadotropic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihepatotoxic	Joyeux, M., Rolland, A., Fleurentin, J., Mortier, F., and Dorfman, P. 1989. Tert-Butyl Hydroperoxide-Induced Injury in Isolated Rat Hepatocytes: A Model for Studying Anti-Hepatotoxic Crude Drugs. Planta Medica 56(2): 171-173, 1990.
Antiherpetic 48-150 ug/ml	
Antihistaminic IC50=<10 uM	
Antihydrophobic	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Antihypertensive	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antiinflammatory 20-150 mg/kg	Fitoterapia No.5-1990.
Antileishmanic IC50=64	
Antileukemic IC50=10 uM	Economic & Medicinal Plant Research, 5: 225.
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antileukemic 5.5-60 uM	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilipoperoxidant IC67=50	
Antimalarial IC50=1-6.4 ug/ml	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Antimelanomic	
Antimetastatic	
Antimutagenic ID50=2-5 nM	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antimutagenic ID50=0.62 ug/ml	
Antimyocarditic	Economic & Medicinal Plant Research, 5: 199.
Antinitrosaminic	
Antinociceptive	
Antioxidant IC96=300 ppm	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antioxidant ED50=2.3 uM	Seidel, V., Verholle, M., Malard, Y., Tilleguin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from Ballota nigra L. Inhibit in vitro LDL Peroxidation. Phytotherapy Research, 14(2): 93-98.
Antioxidant 4.7 x Vit. E	
Antioxidant IC47=10 uM	
Antipancreatic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiperiodontal	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiperistaltic	
Antipermeability	
Antiperoxidant	Planta Medica, 57: A110, 1991.
Antipharyngitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplaque	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplasmodial IC50=13-64	
Antipodriac	
Antipolio	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiproliferant 10 nM	
Antiprostanoic	
Antiprostatic	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 IC50=4.6 uM	Planta Medica, 56(6): 695, 1990.
Antispasmodic	
Antistreptococcic ID50=120 ug/ml	
Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithrombic	

Antitrypanosomic IC50=13	
Antitumor 10 uM	
Antitumor (Bladder)	
Antitumor (Breast)	
Antitumor (Colon)	
Antitumor (Lung)	
Antitumor (Ovary)	
Antitumor (Skin) 20 uM	
Antitumor-Promoter	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer	
Antiviral IC50=10 uM	Economic & Medicinal Plant Research, 5: 225.
Antiviral 48-150 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992.
Apoptotic 20-60 uM	
Bacteristat 10 mg/ml	
Bradycardiac	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
COMT-Inhibitor	
COX-2-Inhibitor <40 uM	
Calmodulin-Antagonist	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	
Capillariprotective	Merck 11th Edition
Carcinogenic 40,000 ppm (diet) mus	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Catabolic	
Copper-Chelator	
Cyclooxygenase-Inhibitor	
Cytochrome-P450-1A2-Inhibitor	
Cytotoxic ED50=70 ug/ml	Matsukawa, Y., et al. The Effect of Quercetin and Other Flavonoids on Cell Cycle Progression and Growth of Human Gastric Cancer Cells. Planta Medica, 56(6): 677, 1990.
Cytotoxic IC82=100 ug/ml	Planta Medica, 57: A113, 1991.
Deiodinase-Inhibitor	Jim Duke's personal files.
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Differentiator 5.5 uM	
Estrogenic 10% genistein	
Fungicide	
Glucosyl-Transferase-Inhibitor ID50=120 ug/ml	
HIV-RT-Inhibitor IC50=<1 ug/ml	Nakane, H., Fukushima, M., and Ono*, K. Differential Inhibition Of Reverse Transcriptase And Various DNA Polymerases By Digallic Acid And Its Derivatives. Journal of Natural Products, 53(5): 1234-1240, 1990.
Hemostat	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Hepatomagenic 5,000 ppm (diet) rat	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Hepatoprotective	
Hypoglycemic 100 mg/kg orl rat	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.
Inotropic	
Insulinogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Juvabional	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Larvostat 8,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Lipoxygenase-Inhibitor IC11=1.25 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Lipoxygenase-Inhibitor IC50=0.1-5 uM	
MAO-A-Inhibitor	
MMP-9-Inhibitor 20 uM	
Mast-Cell-Stabilizer	
Metal-Chelator (Copper)	Seidel, V., Verholle, M., Malard, Y., Tilleguin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from Ballota nigra L. Inhibit in vitro LDL Peroxidation. Phytotherapy Research, 14(2): 93-98.
Metalloproteinase-Inhibitor IC50=>42 uM	
Mutagenic	
NADH-Oxidase-Inhibitor	
NEP-Inhibitor IC50=>42 uM	
NF-kB-Inhibitor	
NO-Inhibitor IC>50=125 uM	
NO-Inhibitor IC50=20 uM	
NO-Synthase-Inhibitor 5-50 uM	

Neuroprotective 5-25 $\mu$ M	
Ornithine-Decarboxylase-Inhibitor <10 $\mu$ M	
P450-Inducer 5 $\mu$ M	Father Nature's Pharmacy: The aggregate of all these three-letter citations.
P450-Inhibitor 50-100 $\mu$ M	Father Nature's Pharmacy: The aggregate of all these three-letter citations.
PGE2-Inhibitor	
PTK-Inhibitor 0.4-24 $\mu$ M	
Pesticide	
Phospholipase-Inhibitor	
Plasmodicide	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Proliferant	
Prostaglandin-Synthesis-Inhibitor 40 $\mu$ g/ml	Ibewuiké, J. C., Ogungbamila, F. O., Ogundaini, A. O., Okeke, I. N., Bohlin, L. 1997. Antiinflammatory and Antibacterial Activities of C-methylflavonol from <i>Piliostigma thonningii</i> . <i>Phytotherapy Research</i> , 11(4): 281-284.
Protein-Kinase-C-Inhibitor	Naim, M., Zehavi, U., Nagy, S., and Rouseff, R.L. Hydroxycinnamic Acids as Off-Flavor Precursors in Citrus Fruits and Their Products. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.14.
Quinone-Reductase-Inducer 6 $\mu$ M	Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. <i>Cancer Lett.</i> , 120 (2): 213-216.
Quinone-Reductase-Inducer 13 $\mu$ M	
TNF-alpha-Inhibitor IC50=3.11 $\mu$ M	
Teratologic	
Topoisomerase-I-Inhibitor IC50=12.8 $\mu$ g/ml	
Topoisomerase-I-Inhibitor IC50=42 $\mu$ M	
Topoisomerase-II-Inhibitor IC50=1-6.9 $\mu$ g/ml	
Topoisomerase-II-Inhibitor IC50=23-40 $\mu$ M	
Tumorigenic 0.1% diet orl rat/yr	Jim Duke's personal files.
Tyrosinase-Inhibitor ID50=70 $\mu$ M	
Tyrosine-Kinase-Inhibitor	Economic & Medicinal Plant Research, 6: 170.
VEGF-Inhibitor	
Vasodilator	
Xanthine-Oxidase-Inhibitor IC50=>0.4 $\mu$ g/ml	Chem. & Pharm. Bull. 38: 1772.
Xanthine-Oxidase-Inhibitor IC50=10.6 $\mu$ g/ml	
Xanthine-Oxidase-Inhibitor 3.1 $\mu$ M	
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
iNOS-Inhibitor IC50=20 $\mu$ M	

QUERCETIN                                      Plant                                      --                                      --                                      Stitt, Paul. Why George should eat broccoli.

#### Activities (176)

11B-HSD-Inhibitor	
5-Lipoxygenase-Inhibitor IC50 ( $\mu$ M)=4	
ATPase-Inhibitor	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Aldehyde-Oxidase-Inhibitor IC70-96=10 $\mu$ M	
Aldose-Reductase-Inhibitor 100 $\mu$ M	
Aldose-Reductase-Inhibitor 4 $\mu$ g/ml	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. <i>Sankyo Kenkyusho Nempo</i> , 43: 99-110.
Aldose-Reductase-Inhibitor IC50=0.84 $\mu$ g/ml cow	Okada, Y. et al. 1995. Search for Naturally Occurring Substances to Prevent the Complications of Diabetes. II. Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation. <i>Chem Pharm Bull</i> 43(8):1385-1387
Aldose-Reductase-Inhibitor IC50=0.344 $\mu$ M	Mao, X. M., Zhang, J. Q. 1993. Inhibition of Aldose Reductase by Extracts of Chinese Herbal Medicine. <i>Zhongguo Zhongyao Zazhi</i> , 18(10): 623-624.
Allelochemic IC82=1 mM	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craiker, L. & Simon, J., eds, <i>Herbs, Spices &amp; Medicinal Plants: Recent Advances in Botany, Horticulture, &amp; Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Allergenic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Analgesic	
AntiCrohn's 400 mg/man/3x/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiGTF ID50=120 $\mu$ g/ml	
AntiHIV	

AntiPMS 500 mg/2x/day/wmn	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiaflatoxin IC50=25 uM	
Antiaflatoxin IC50=7.5 ppm	
Antiaggregant IC50=55 uM	Economic & Medicinal Plant Research, 5: 333.
Antiaggregant 30 uM	
Antiaging	
Antiallergic IC50=14 uM	Jim Duke's personal files.
Antialzheimeran	
Antianaphylactic	Meli, R., Autore, G., Di Carlo, G., Capasso, F. Inhibitory Action of Quercetin on Intestinal Transit in Mice. <i>Phytotherapy Research</i> 4(5): 201, 1990.
Antiangiogenic	
Antiarthritic	
Antiasthmatic IC50=14 uM	
Antiatherosclerotic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Anticarcinomic (Breast) IC50=1.5 uM	Medline (post 1990 searches filed in my computer)
Anticariogenic ID50=120 ug/ml	
Anticataract	
Anticolitic 400 mg/man/3x/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticomplementary	
Anticystitic 1,000 mg/day/4 weeks	
Antidepressant	
Antidermatitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidiabetic	
Antielastase IC50=0.8 ug/ml	
Antiencephalitic	Economic & Medicinal Plant Research, 5: 199.
Antiescherichic	
Antiestrogenic	
Antifeedant IC52=<1,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices &amp; Medicinal Plants: Recent Advances in Botany, Horticulture, &amp; Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Antifibrosarcomic	
Antiflu	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Antigastric	Rastitel'nye Resursy, 21: 85.
Antigonadotropic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antihepatotoxic	Joyeux, M., Rolland, A., Fleurentin, J., Mörter, F., and Dorfman, P. 1989. Tert-Butyl Hydroperoxide-Induced Injury in Isolated Rat Hepatocytes: A Model for Studying Anti-Hepatotoxic Crude Drugs. <i>Planta Medica</i> 56(2): 171-173, 1990.
Antihypertic 48-150 ug/ml	
Antihistaminic IC50=<10 uM	
Antihydrophobic	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Antihypertensive	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Antiinflammatory 20-150 mg/kg	Fitoterapia No.5-1990.
Antileishmanic IC50=64	
Antileukemic IC50=10 uM	Economic & Medicinal Plant Research, 5: 225.
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antileukemic 5.5-60 uM	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilipoperoxidant IC67=50	
Antimalarial IC50=1-6.4 ug/ml	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Antimelanomic	
Antimetastatic	
Antimutagenic ID50=2-5 nM	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antimutagenic ID50=0.62 ug/ml	
Antimyocarditic	Economic & Medicinal Plant Research, 5: 199.
Antinitrosaminic	
Antinociceptive	
Antioxidant IC96=300 ppm	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antioxidant ED50=2.3 uM	Seidel, V., Verholle, M., Malard, Y., Tillequin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. <i>Phytotherapy Research</i> , 14(2): 93-98.



Antioxidant 4.7 x Vit. E	
Antioxidant IC47=10 uM	
Antipancreatic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiperiodontal	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiperistaltic	
Antipermeability	
Antiperoxidant	Planta Medica, 57: A110, 1991.
Antipharyngitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplaque	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplasmodial IC50=13-64	
Antipodriac	
Antipolio	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiproliferant 10 nM	
Antiprostanoïd	
Antiprostatic	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 IC50=4.6 uM	Planta Medica, 56(6): 695, 1990.
Antispasmodic	
Antistreptococcic ID50=120 ug/ml	
Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithrombic	
Antitrypanosomic IC50=13	
Antitumor 10 uM	
Antitumor (Bladder)	
Antitumor (Breast)	
Antitumor (Colon)	
Antitumor (Lung)	
Antitumor (Ovary)	
Antitumor (Skin) 20 uM	
Antitumor-Promoter	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer	
Antiviral IC50=10 uM	Economic & Medicinal Plant Research, 5: 225.
Antiviral 48-150 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992.
Apoptotic 20-60 uM	
Bacteristat 10 mg/ml	
Bradycardiac	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
COMT-Inhibitor	
COX-2-Inhibitor <40 uM	
Calmodulin-Antagonist	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	
Capillariprotective	Merck 11th Edition
Carcinogenic 40,000 ppm (diet) mus	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Catabolic	
Copper-Chelator	
Cyclooxygenase-Inhibitor	
Cytochrome-P450-1A2-Inhibitor	
Cytotoxic ED50=70 ug/ml	Matsukawa, Y., et al. The Effect of Quercetin and Other Flavonoids on Cell Cycle Progresssion and Growth of Human Gastric Cancer Cells. Planta Medica, 56(6): 677, 1990.
Cytotoxic IC82=100 ug/ml	Planta Medica, 57: A113, 1991.
Deiodinase-Inhibitor	Jim Duke's personal files.
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Differentiator 5.5 uM	
Estrogenic 10% genistein	
Fungicide	
Glucosyl-Transferase-Inhibitor ID50=120 ug/ml	
HIV-RT-Inhibitor IC50=<1 ug/ml	Nakane, H., Fukushima, M., and Ono*, K. Differential Inhibition Of Reverse Transcriptase And Various DNA Polymerases By Digallic Acid And Its Derivatives. Journal of Natural Products, 53(5): 1234-1240, 1990.
Hemostat	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Hepatomagenic 5,000 ppm (diet) rat	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Hepatoprotective	
Hypoglycemic 100 mg/kg orl rat	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.

Inotropic	
Insulinogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Juvabional	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Larvistat 8,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Lipoxygenase-Inhibitor IC11=1.25 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Lipoxygenase-Inhibitor IC50=0.1-5 uM	
MAO-A-Inhibitor	
MMP-9-Inhibitor 20 uM	
Mast-Cell-Stabilizer	
Metal-Chelator (Copper)	Seidel, V., Verholle, M., Malard, Y., Tilleguin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. Phytotherapy Research, 14(2): 93-98.
Metalloproteinase-Inhibitor IC50=>42 uM	
Mutagenic	
NADH-Oxidase-Inhibitor	
NEP-Inhibitor IC50=>42 uM	
NF-kB-Inhibitor	
NO-Inhibitor IC>50=125 uM	
NO-Inhibitor IC50=20 uM	
NO-Synthase-Inhibitor 5-50 uM	
Neuroprotective 5-25 uM	
Ornithine-Decarboxylase-Inhibitor <10 uM	
P450-Inducer 5 uM	Father Nature's Farmacy: The aggregate of all these three-letter citations.
P450-Inhibitor 50-100 uM	Father Nature's Farmacy: The aggregate of all these three-letter citations.
PGE2-Inhibitor	
PTK-Inhibitor 0.4-24 uM	
Pesticide	
Phospholipase-Inhibitor	
Plasmodicide	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Proliferant	
Prostaglandin-Synthesis-Inhibitor 40 ug/ml	Ibewuike, J. C., Ogungbamila, F. O., Ogundaini, A. O., Okeke, I. N., Bohlin, L. 1997. Antiinflammatory and Antibacterial Activities of C-methylflavonol from <i>Piliostigma thonningii</i> . Phytotherapy Research, 11(4): 281-284.
Protein-Kinase-C-Inhibitor	Naim, M., Zehavi, U., Nagy, S., and Rouseff, R.L. Hydroxycinnamic Acids as Off-Flavor Precursors in Citrus Fruits and Their Products. Phenolic Compounds in Food and Their Effects on Health, Ch.14.
Quinone-Reductase-Inducer 6 uM	Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. Cancer Lett., 120 (2): 213-216.
Quinone-Reductase-Inducer 13 uM	
TNF-alpha-Inhibitor IC50=3.11 uM	
Teratologic	
Topoisomerase-I-Inhibitor IC50=12.8 ug/ml	
Topoisomerase-I-Inhibitor IC50=42 uM	
Topoisomerase-II-Inhibitor IC50=1-6.9 ug/ml	
Topoisomerase-II-Inhibitor IC50=23-40 uM	
Tumorigenic 0.1% diet orl rat/yr	Jim Duke's personal files.
Tyrosinase-Inhibitor ID50=70 uM	
Tyrosine-Kinase-Inhibitor	Economic & Medicinal Plant Research, 6: 170.
VEGF-Inhibitor	
Vasodilator	
Xanthine-Oxidase-Inhibitor IC50=>0.4 ug/ml	Chem. & Pharm. Bull. 38: 1772.
Xanthine-Oxidase-Inhibitor IC50=10.6 ug/ml	
Xanthine-Oxidase-Inhibitor 3.1 uM	
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
iNOS-Inhibitor IC50=20 uM	

QUINIC-ACID	Fruit	--	--			List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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#### Activities (1)

Choleretic Fitoterapia No.5-1986.

RHAMNOSE	Fruit	--	--			Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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RIBOFLAVIN	Fruit	0.4	6.0	0.21	*	
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#### 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.

RUBIDIUM	Fruit	2.5	20.0	0.07		ACTA AGRIC SCAND SUPPL 22: 1980
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RUTIN	Fruit	--	--			List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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#### Activities (87)

5-HT-Inhibitor  
 Aldehyde-Oxidase-Inhibitor IC27-52=10 uM  
 Aldose-Reductase-Inhibitor 100 uM  
 Aldose-Reductase-Inhibitor 4 ug/ml Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. Sankyo Kenkyusho Nempo, 43: 99-110.  
 Allelochemic  
 AntiCVI 270 mg/man/day  
 Antiaggregant ED50=33 nmol/kg iv  
 Antiallergic  
 Antiapoplectic  
 Antiatherogenic  
 Antiatherosclerotic  
 Antibacterial Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.  
 Anticancer  
 Anticapillary-Fragility 20-100 mg orl man Merck 7th Ed.  
 Anticataract  
 Anticlastogen  
 Anticonvulsant Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.  
 Antidementia Bruneton, J. 1999. Pharmacognosy, Phytochemistry, Medicinal Plants. 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.  
 Antidermatitic Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.  
 Antidiabetic Jin, G-Z., Yamagata, Y., and Tomita, K.-i. 1989. Structure of Rutin Pentamethanol. Chem. Pharm. Bull. 38(2): 297-300, 1990.  
 Antiedemic 270 mg/day orl man  
 Antierythemic  
 Antifeedant  
 Antiglaucomic 60 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.  
 Antihematuric  
 Antihemorrhoidal  
 Antihepatotoxic Keeler, R.F. and Tu, A.T. eds. 1991. Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6) Marcel Dekker, Inc. NY. 665 pp.

Antihyperpetic	Economic & Medicinal Plant Research, 5: 198.
Antihistaminic	
Antihypertensive	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antiinflammatory 20 mg/kg	
Antimalarial IC50=>100 ug/ml	Khalid, S.A., Farouk, A., Geary**, T.G., and Jensen, J.B. 1985. Potential Antimalarial Candidates From African Plants: An In Vitro Approach Using Plasmodium falciparum*. Journal of Ethnopharmacology, 15: 201-209, 1986.
Antimelanomic	
Antimetastatic	
Antimutagenic ID50=2-5 nM	
Antinephritic	
Antinociceptive	
Antioxidant IC28=30 ppm	
Antioxidant IC50=120 uM	
Antioxidant IC54=10 uM	
Antiperoxidant IC50=10-20 uM	
Antiplatelet	
Antiproliferant 50-75 uM/l	
Antiprotozoal	
Antipurpuric	
Antiradicular 9 x quercetin	
Antispasmodic	
Antisunburn	
Antithrombogenic EC50=500 nM	
Antithyroid IC50=68 uM	
Antitrypanosomic 100 mg/kg	Planta Medica, 57: A44, 1991.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antivaricose	
Antiviral	
Apoptotic 75 uM/l	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Capillariprotective	Merck 11th Edition
Catabolic	
Chemopreventive	
Cytoprotective IC50=3 uM	
Estrogenic?	Economic & Medicinal Plant Research, 6: 189.
Hemostat	
Hepatomagenic 20,000 ppm (diet) rat	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Hepatoprotective 20 mg/kg rat	
Hypocholesterolemic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Hypotensive	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Immunomodulator	
Insecticide	Keeler, R.F. and Tu, A.T. eds. 1991. Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6) Marcel Dekker, Inc. NY. 665 pp.
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Juvabional	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvostat IC95=4,000-8,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Lipoxygenase-Inhibitor IC75=2.5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Mutagenic	Economic & Medicinal Plant Research, 6: 189.
Myoprotective	
Myorelaxant	Economic & Medicinal Plant Research, 6: 189.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
PAF-Inhibitor	
Pesticide	
Protisticide	
Radioprotective	
Sunscreen	
Topoisomerase-II-Inhibitor IC50=1 ug/ml	Bernard, F. X., Sable, S., Cameron, B., Provost, J., Desnottes, J. F., Crouzet, J., Blanche, F. 1997. Glycosylated Flavones as Selective Inhibitors of Topoisomerase IV. Antimicrobial Agents & Chemotherapy, 41: 992-998.
Vasodilator	

Vasopressor

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

SALICYLATES Fruit -- -- -0.34 \*

**Activities (7)**

Antiaggregant	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antiinflammatory	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antipyretic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antiuricosuric	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hyperglycemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hypoglycemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Uricosuric	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

SELENIUM Fruit 0.001 0.04 -0.38 ACTA AGRIC SCAND SUPPL 22: 1980

**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.
Antiaggregant	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	
Antitumor	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. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., <i>Chemical substances in plants toxic to animals</i> , pp. 213-47 in Rechcigl, M., Jr., ed. <i>CRC Handbook of Naturally Occurring Food Toxicants</i> , CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . 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 reverse 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	

SERINE Fruit 410.0 1826.0 -0.64 USDA's Ag Handbook 8 and sequelae)

#### Activities (1)

Cancer-Preventive Stitt, P. A. *Why George Should Eat Broccoli*. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SEROTONIN Hull Husk 47.0 93.0 ANON. 1948-1976. *The Wealth of India raw materials*. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

#### Activities (26)

Abortifacient	
Analgesic 0.1 mg/rat ith	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antiaggregant	Martindale's 29th
Antialzheimeran?	Martindale's 29th
Anticholinesterase	Martindale's 29th
Anticonvulsant 50 mg/kg scu rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antidepressant	
Antidotoxic 32.5 mg/kg ipr mus	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antigastric	
Antigastrisecretogogic	Grenand, P., Moretti, C., and Jacquemin, H. 1987. <i>Pharmacopees Traditionnelles en Guyane</i> . l'ORSTROM, Paris. 569 pp.
Antipredatory	
Antireserpine 12.5 mg/kg ipr mus	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antiscoliotic 0.1% diet	
Bronchoconstrictor 0.006 mg/kg ivn gpg	
Cardiovascular 0.003 mg/kg ivn rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Coagulant	
Euphoriant	
Myorelaxant	
Myostimulant	
Neurotransmitter	
Oxytotic	
Succinic-Dehydrogenase-Inhibitor	ANON. 1948-1976. <i>The Wealth of India raw materials</i> . Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Teratogenic	Martindale's 29th
Ulcerogenic 20 mg/kg ipr rat	
Vasoactive	Merck 11th Edition
Vasoconstrictor	

**Activities (26)****Abortifacient**

Analgesic 0.1 mg/rat ith Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

Antiaggregant Martindale's 29th

Antialzheimeran? Martindale's 29th

Anticholinesterase Martindale's 29th

Anticonvulsant 50 mg/kg scu rat Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

**Antidepressant**

Antidotoxic 32.5 mg/kg ipr mus Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

**Antigastric**

Antigastrisecretogic Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.

**Antipredatory**

Antireserpine 12.5 mg/kg ipr mus Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

**Antiscoliotic 0.1% diet**

Bronchoconstrictor 0.006 mg/kg ivn gpg

Cardiovascular 0.003 mg/kg ivn rat Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

**Coagulant****Euphoriant****Myorelaxant****Myostimulant****Neurotransmitter****Oxytotic**

Succinic-Dehydrogenase-Inhibitor ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Teratogenic Martindale's 29th

Ulcerogenic 20 mg/kg ipr rat

Vasoactive Merck 11th Edition

**Vasoconstrictor**

**Activities (26)**

Abortifacient	
Analgesic 0.1 mg/rat ith	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antianggregant	Martindale's 29th
Antialzheimeran?	Martindale's 29th
Anticholinesterase	Martindale's 29th
Anticonvulsant 50 mg/kg scu rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antidepressant	
Antididotoxic 32.5 mg/kg ipr mus	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antigastric	
Antigastrisecretogic	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Antipredatory	
Antireserpine 12.5 mg/kg ipr mus	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Antiscoliotic 0.1% diet	
Bronchoconstrictor 0.006 mg/kg ivn gpg	
Cardiovascular 0.003 mg/kg ivn rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.
Coagulant	
Euphoriant	
Myorelaxant	
Myostimulant	
Neurotransmitter	
Oxytotic	
Succinic-Dehydrogenase-Inhibitor	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Teratogenic	Martindale's 29th
Ulcerogenic 20 mg/kg ipr rat	
Vasoactive	Merck 11th Edition
Vasoconstrictor	

SFA	Fruit	1850.0	7187.0	-0.22	USDA's Ag Handbook 8 and sequelae)
SHIKIMIC-ACID	Leaf	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (14)**

Analgesic	
Anticancer	
Anticonvulsant	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antioxidant 7 x quercetin	
Antiradicular 7 x quercetin	
Antispasmodic	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Antitumor	
Antitumor-Promoter	
Bruchifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Cancer-Preventive	
Carcinogenic	Merck 11th Edition
Ileorelaxant	
Mutagenic	
Pesticide	

SILICA	Fruit	--	238.0	-0.98	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
SILICON	Fruit	70.0	350.0	0.53	ACTA AGRIC SCAND SUPPL 22: 1980

**Activities (4)**

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

SITOINDOSIDE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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SITOSATEROL	Fruit	--	--		*
SITOSTEROL	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
SODIUM	Fruit	8.0	670.0	-0.12	*
<b>Activities (1)</b>					
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
SPERMIDINE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
<b>Activities (1)</b>					
Antioxidant					
STARCH	Stem	--	50000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<b>Activities (5)</b>					
Absorbent	Martindale's 29th				
Antidote (Iodine)	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antinesidioblastotic	Martindale's 29th				
Emollient	Martindale's 29th				
Poultice	Martindale's 29th				
STARCH	Fruit	7000.0	17500.0	-0.43	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<b>Activities (5)</b>					
Absorbent	Martindale's 29th				
Antidote (Iodine)	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antinesidioblastotic	Martindale's 29th				
Emollient	Martindale's 29th				
Poultice	Martindale's 29th				
STEARIC-ACID	Fruit	60.0	233.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<b>Activities (8)</b>					
5-Alpha-Reductase-Inhibitor					
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Propepic					
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
STEARIC-ACID	Plant	--	--		*
<b>Activities (8)</b>					
5-Alpha-Reductase-Inhibitor					
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Propepic					
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

STIGMASTEROL Fruit -- -- List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

**Activities (12)**

Antihepatotoxic  
 Antiinflammatory Lawrence Review of Natural Products, 1995  
 Antinociceptive  
 Antiophidic 2.3 mg ipr mus Economic & Medicinal Plant Research, 5: 363.  
 Antioxidant IC33=10 uM  
 Antiviral Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.  
 Artemicide LC50=110 ppm Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry. 29(5): 1667-1670. 1990.  
 Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.  
 Estrogenic  
 Hypocholesterolemic Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.  
 Ovulant  
 Sedative

SUCCINIC-ACID Leaf -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

**Activities (7)**

Additive FEMA 200-2,000 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry  
 Antifeedant  
 Bruchiphobe Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.  
 Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.  
 Dye Merck 11th Edition  
 Perfumery Merck 11th Edition  
 Pesticide

SUCCINIC-ACID Fruit -- -- List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

**Activities (7)**

Additive FEMA 200-2,000 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry  
 Antifeedant  
 Bruchiphobe Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.  
 Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.  
 Dye Merck 11th Edition  
 Perfumery Merck 11th Edition  
 Pesticide

SUCROSE Fruit 500.0 18400.0 -0.62 List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (14)	
Aggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antihiccup 1 tsp	Martindale's 29th
Antiphthalmic	Martindale's 29th
Antioxidant	Merck 11th Edition
Atherogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Collyrium	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Demulcent	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Flatugenic	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek ( <i>Trigonella foenum graecum</i> L.). <i>Plant Foods for Human Nutrition</i> . 46: 77-84, 1994.
Hypercholesterolemic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Preservative	Merck 11th Edition
Sweetener 1 x sucrose	Merck 11th Edition
Triglycerigenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Uricogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vulnerary	Martindale's 29th

SULFUR Fruit -- 100.0 -0.91 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (14)	
Acarifuge	
Antiacne	Martindale's 29th
Antiarthritic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidandruff	Martindale's 29th
Antigrey	Martindale's 29th
Antiosteoarthritic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiseborrheic	Martindale's 29th
Antiseptic	Martindale's 29th
Comedogenic	Martindale's 29th
Keratolytic	Martindale's 29th
Laxative	Martindale's 29th
Parasiticide	Martindale's 29th
Pesticide	
Scabicide	Martindale's 29th

TARTARIC-ACID Fruit -- -- Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

Activities (6)	
Acidifier	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Additive	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Antioxidant Synergist	Martindale's 29th
FLavor FEMA 500-10,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Sequestrant	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

THIAMIN Fruit 0.3 6.9 0.2 \*

**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	

THREONINE Fruit 340.0 1321.0 -0.71 USDA's Ag Handbook 8 and sequelae)

**Activities (4)**

Antioxidant?	
Antiulcer	Martindale's 29th
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
FLavor FEMA 1,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

TOCOPHEROL Fruit 2.0 11.0 -0.64 USDA's Ag Handbook 8 and sequelae)

**Activities (93)**

5-HETE-Inhibitor	
Allergenic	
Analgesic 100 IU 3 x day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiMD	
AntiMS	
AntiPMS 300 IU 2 x day	
Antiaggregant	Martindale's 28th
Antiaging	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
Antialzheimeran 2,000 IU	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
Antianginal 1,067 mg/man/day	
Antiartherosclerotic	
Antiarthritic	
Antiatherosclerotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antibronchitic	
Anticancer (Breast) IC50=125 ug/ml	
Anticariogenic	

Anticataract	
Antichorea	
Antichoreic	
Anticonvulsant	
Anticoronary 100-200 IU/day	
Antidecubic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidermatitic	
Antidiabetic 600-1,200 mg/day	
Antidysmenorrheic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiepitheleomic	
Antifibrositic	Martindale's 28th
Antiglycosation	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
Antiherpetic	Martindale's 28th
Antiinfertility	
Antiinflammatory	
Antiischemic	
Antileukemic 100-250 uM	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilithic 600 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antilupus	
Antimaculitic	
Antimastalgic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimelanomic	
Antimyoclonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antineuritic	Martindale's 29th
Antineuropathic	
Antinitrosaminic	
Antiphthalmic	
Antiosteoarthritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant IC50=30 ug/ml	
Antioxidant IC95=650 uM	
Antioxidant IC36=10 uM	
Antiparkinsonian	
Antiproliferant IC50=150 ug/ml	
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiretinopathic?	Martindale's 29th
Antirheumatic	
Antisenility	
Antisickling	Martindale's 28th
Antispasmodic 300 mg/man/day	Martindale's 28th
Antisterility	
Antistroke	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antisunburn	
Antisyndrome-X	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
Antithalassemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antithrombotic 600 IU/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antithromboxane-B2	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
Antitoxemic	
Antitumor 7 uM ckn	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antitumor (Breast) IC50=125 ug/ml	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) 100-250 uM	
Antitumor (Colorectal) 500-10,000 uM	
Antitumor (Prostate) 100-250 uM	
Antitumor (Stomach)	
Antiulcerogenic 67 mg/man/3 x/day/orl	
Apoptotic 100-250 uM	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cerebroprotective	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

Circulatory-Stimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Circulotonic	
Hepatoprotective	
Hypocholesterolemic 100-450 IU/man/day	
Hypoglycemic 600 IU/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
Immunomodulator	
Immunostimulant 60-800 IU	
Insulin-Sparing 1,000 IU	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Lipoxygenase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
NO-Inhibitor	
Ornithine-Decarboxylase-Inhibitor 400 mg/kg	
P21-Inducer 500-10,000 uM	
Phospholipase-A2-Inhibitor	
Protein-Kinase-C-Inhibitor 10-50 uM	
Protein-Kinase-C-Inhibitor IC50=450 uM	
Vasodilator	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

TRYPTOPHAN Fruit 120.0 466.0 -0.54 USDA's Ag Handbook 8 and sequelae)

Activities (29)	
Analgesic 750 mg/4x/day/orl/man	Martindale's 29th
Antianxiety 500-1,000 mg/meal	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidepressant 1-3 g/3x/day/orl/man	Martindale's 29th
Antidyskinetic 2-8 g/orl/wmn/day	Martindale's 29th
Antihypertensive	J. Agri. & Food Chemistry, 36: 1079.
Antiinsomniac 1-3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimanic 12 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimigraine 500 mg/man/4x/day	Martindale's 29th
Antioxidant 125 ug/ml	
Antiparkinsonian 2 g 3 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
Antiprostaglandin 250 pg/ml	
Antipsychotic 12 g/man/day	Martindale's 29th
Antirheumatic	Martindale's 29th
Antiscoliotic	
Carcinogenic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypnotic	Martindale's 29th
Hypoglycemic	Economic & Medicinal Plant Research, 6: 157.
Hypotensive 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Insulinase-Inhibitor	Economic & Medicinal Plant Research, 6: 157.
Insulinotonic	J. Agri. & Food Chemistry, 36: 1079.
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prolactinogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Sedative 3-10 g/man/day	
Serotonergic 6-12 g/day/orl/man	Martindale's 28th
Tumor-Promoter	J. Agri. & Food Chemistry, 36: 1079.

TYROSINE Fruit 240.0 932.0 -0.62 USDA's Ag Handbook 8 and sequelae)

Activities (8)					
Antidepressant?					
Antiencephalopathic	Martindale's 29th				
Antiparkinsonian 100 mg/kg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiphenylketonuric	Martindale's 29th				
Antulcer 256 mg scu	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Antulcer 400 mg/kg ipr rat	Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				

VALINE	Fruit	460.0	1826.0	-0.54	USDA's Ag Handbook 8 and sequelae)
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Activities (3)					
Antiencephalopathic Essential	Martindale's 29th				
FLavor FEMA 1,000-2,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

VANILLIC-ACID	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
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Activities (24)					
Aldose-Reductase-Inhibitor 100 uM/l					
Allelopathic					
Anthelmintic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antibacterial 1.5-15 mg/ml	Recio, M. C., Rios, J. L., and Villar, A., A review of some antimicrobial compounds isolated from medicinal plants reported in the literature 1978-1988, Phytotherapy Research, 3(4), 1989, 117-125.				
Anticancer					
Antifatigue					
Antiinflammatory	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.				
Antioxidant IC21=30 ppm					
Antioxidant 1/3 BHA					
Antiperoxidant IC15-65=100-200 ug/ml					
Antiradicular 7 x quercetin					
Antiseptic					
Antisickling	Planta Medica, 56(6): 681, 1990.				
Antitumor					
Antitumor-Promoter					
Ascaricide					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Choleretic					
Fungicide					
Immunosuppressant					
Laxative	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp				
Pesticide					
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

VIT-B-6	Fruit	3.0	22.5	2.4	USDA's Ag Handbook 8 and sequelae)
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WATER	Shoot	--	926000.0	1.04	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
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WATER	Fruit	626000.0	757000.0	-0.06	*
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WATER	Pith	--	883000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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WATER	Latex Exudate	--	114600.0	-1.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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WATER	Flower	--	902000.0	0.59	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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WATER	Bulb	--	902000.0	0.63	*
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XANTHOPHYLLS	Hull Husk	1.0	7.3		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
XYLOSE	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.

### Activities (3)

Antidiabetic					
Diagnostic			Martindale's 28th		
Dye			Merck 11th Edition		

ZINC	Fruit	1.0	6.5	-0.72	USDA's Ag Handbook 8 and sequelae)
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### 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.				
Antidysgeuzic					
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/ori/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