

List of All Chemicals

P Opuntia ficus-indica (Cactaceae)

Common name(s)

Nopalito; Nopal; Indian Fig; Prickly Pear

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 <input type="button" value="All"/> | Low PPM | High PPM | StdDev | *Reference |
|-------------------------|--|------------|-------------|--------|--|
| 5-DEHYDRO-AVENASTEROL | Seed Oil | -- | 30000.0 | | * |
| 7-DEHYDRO-AVENASTEROL | Seed Oil | -- | 26000.0 | | * |
| ALANINE | Seed | -- | 8480.0 | -0.36 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| 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. | | | | |
| ALANINE | Bud | -- | 7180.0 | | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| 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. | | | | |
| ARABINOSE | Fruit | -- | -- | | * |
| ARABINOSE | Gum | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| ARGININE | Seed | -- | 27100.0 | 0.1 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| 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 | | | | | |
| ARGININE | Bud | -- | 4955.0 | | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |

Activities (14)

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| Antidiabetic? | Wichtl, M. 1984. Teedrogen. Ein Handbuch für Apotheker und Ärzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. |
| Antiencephalopathic | Martindale's 29th |
| Antihepatic | Martindale's 29th |
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| 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 | |

ASCORBIC-ACID Fruit 65.0 1690.0 -0.18 *

Activities (112)

| | |
|--|--|
| Acidulant FEMA 6,000 | Aloe Research Council - Duke writeup of non-peer reviewed 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 reverse 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 reverse 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 reverse 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 reverse 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 reverse 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 | |

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|--|--|
| 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. |
| Antiosteoarthritis 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. |

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| 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 Flower -- 940.0 -0.55 *

Activities (112)

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| 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 |
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| Antiaging 400 mg/day | |
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| Antiglaucomic 2 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
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| Cold-preventive 1-2 g/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
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| Detoxicant | |
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| Immunomodulator | |

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| Immunostimulant | 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 | | | | |
| 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). | | | | |

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|---------------|-------|---------|----------|-------|--|
| ASH | Bud | -- | 235000.0 | 1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| ASH | Seed | 31700.0 | 241000.0 | 5.81 | * |
| ASH | Fruit | 3000.0 | 27000.0 | -0.77 | * |
| ASPARTIC-ACID | Seed | -- | 15900.0 | -0.59 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |

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|-----------------------|--------------------|--|--|--|--|
| Activities (3) | | | | | |
| Antimorphinic | Martindale's 28th | | | | |
| Neuroexcitant | Martindale's 28th | | | | |
| Roborant | Merck 11th Edition | | | | |

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|---------------|-----|----|--------|--|--|
| ASPARTIC-ACID | Bud | -- | 8315.0 | | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|---------------|-----|----|--------|--|--|

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|-----------------------|--------------------|--|--|--|--|
| Activities (3) | | | | | |
| Antimorphinic | Martindale's 28th | | | | |
| Neuroexcitant | Martindale's 28th | | | | |
| Roborant | Merck 11th Edition | | | | |

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|---------------|-------|------|------|-------|--|
| BETA-CAROTENE | Fruit | 0.08 | 0.09 | -0.15 | 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 (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 Bud -- 0.3 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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-SITOSTEROL Stem -- -- *

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 | |
| 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. <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. |
| Ubiquiot | 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 | |

BETA-SITOSTEROL Flower -- 400.0 -0.98 *

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 | |
| Antiophidic 2.3 mg mus | <i>Economic & Medicinal Plant Research</i> , 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. <i>Why George Should Eat Broccoli.</i> 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. |
| Ubiquiot | 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 | |

BETA-SITOSTEROL Seed -- 680000.0 -1.0 *

Oil

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 <i>Internat. J. Crude Drug Res.</i> 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., <i>Glossary of Plant-Derived Insect Deterrents</i> , 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 | |
| Antiophidic 2.3 mg mus | <i>Economic & Medicinal Plant Research</i> , 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. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Candidicide | Recently became <i>Internat. J. Crude Drug Res.</i> 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. |
| Ubiquiot | 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 | |

BETANIN Fruit -- 7.9 *

Activities (5)

| | |
|------------------------------------|--|
| Antioxidant | |
| Antiperoxidant | |
| Heme-Sparing | |
| Lipoxygenase-Inhibitor IC50=0.5 uM | |
| Pigment | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |

CALCIUM Fruit 180.0 3065.0 -0.18 *

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 Be -- 560.0 *

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 Bud -- 560.0 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 | |
| Antititic | 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-OXALATE Fruit -- -- Abstract (See species file)

Activities (4)

Emetic
Inflammatory
Laxative
Lithogenic

CALCIUM-OXALATE Leaf -- -- *

Activities (4)

Emetic
Inflammatory
Laxative
Lithogenic

CAMPESTEROL Seed Oil -- 140000.0 *

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.

| | | | | | |
|---------------|-------|----------|----------|-------|--|
| CARBOHYDRATES | Seed | 482000.0 | 558000.0 | 0.14 | * |
| CARBOHYDRATES | Fruit | 56000.0 | 892000.0 | 0.58 | * |
| CARBOHYDRATES | Bud | -- | 118600.0 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| CELLULOSE | Fruit | -- | 13000.0 | -0.53 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |

| Activities (1) | | | | | |
|----------------|--|--|--|-------------------|--|
| Hemostat | | | | Martindale's 29th | |

| | | | | | |
|-------------|----------|----|---------|--|---|
| CHOLESTEROL | Seed Oil | -- | 15000.0 | | * |
|-------------|----------|----|---------|--|---|

| Activities (1) | | | | | |
|------------------------|--|--|--|--|--|
| Antioxidant IC43=10 uM | | | | | |

| | | | | | |
|-------------|-------|-------|--------|-------|---|
| CITRIC-ACID | Fruit | 475.0 | 4560.0 | -0.58 | * |
|-------------|-------|-------|--------|-------|---|

| Activities (23) | | | | | |
|-------------------------|--|--|--|--|--|
| Allergenic | | | | | |
| Alpha-Amylase-Inhibitor | | | | | |
| Antiaphthic 20,000 ppm | Martindale's 28th | | | | |
| Antiatherosclerotic | | | | | |
| Antibacterial | | | | | |
| Anticalculic | | | | | |
| 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 | | | | |

| | | | | | |
|-------------|------|----|-------|-------|---|
| CITRIC-ACID | Leaf | -- | 310.0 | -0.63 | * |
|-------------|------|----|-------|-------|---|

Activities (23)

| | |
|---------------------------|--|
| Allergenic | |
| Alpha-Amylase-Inhibitor | |
| Antiaphthc 20,000 ppm | Martindale's 28th |
| Antiatherosclerotic | |
| Antibacterial | |
| Anticalculic | |
| 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 |

COPPER Seed -- 3.4 -1.04 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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. |

CYSTEINE Seed -- 5740.0 0.2 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (13)

| | |
|---------------------------|--|
| AntiAddisonian | |
| Antibiotic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Anticataract | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Anticytotoxic | |
| Antiophthalmic | Martindale's 28th |
| Antioxidant | Jim Duke's personal files. |
| Antitumor | |
| Antiulcer | Martindale's 29th |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Detoxicant | Merck 11th Edition |
| Glutathionergic | |
| Ophthalmic- Antialkali | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Pesticide | |

DEHYDROASCORBIC-ACID Fruit Juice -- 30.0 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.

| | | | | | |
|-------|-------|----------|----------|-------|--|
| FAT | Fruit | 4000.0 | 29400.0 | -0.42 | * |
| FAT | Bud | -- | 24800.0 | 1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| FAT | Seed | 54000.0 | 182000.0 | -0.44 | * |
| FIBER | Seed | 111000.0 | 524000.0 | 3.07 | * |

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 | 11000.0 | 59000.0 | -0.78 | * |
|-------|-------|---------|---------|-------|---|

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 | Bud | -- | 89400.0 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|-------|-----|----|---------|------|--|

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

| | | | | | |
|--------------------------|--|--------|---------|-------|--|
| FRUCTOSE | Fruit | 4500.0 | 44100.0 | -0.22 | * |
| 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. | | | | |
| GALACTOSE | Fruit | -- | -- | | * |
| Activities (1) | | | | | |
| Sweetener 0.32 x sucrose | Martindale's 28th | | | | |
| GALACTOSE | Gum | -- | -- | | 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) | | | | | |
| Sweetener 0.32 x sucrose | Martindale's 28th | | | | |
| GALACTURONIC-ACID | Stem | -- | -- | | * |
| GLUCOSE | Fruit | 50.0 | 480.0 | -0.89 | * |
| 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. | | | | |
| GLUCOSE | Stem | -- | -- | | * |
| 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 | Seed | -- | 37500.0 | -0.18 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |

| 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. |

GLUTAMIC-ACID Bud -- 16000.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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. |

GLYCINE Bud -- 4745.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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. |
| Ant ulcer | 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 | |

GLYCINE Seed -- 14200.0 0.47 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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. |
| Ant ulcer | 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 | |

HISTAMINE Seed -- 4550.0 1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 |

HISTAMINE Bud -- 2555.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 |

INDICAXANTHIN Fruit -- 22.0 *

Activities (1)

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

IRON Seed -- 100.0 -0.24 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 Fruit 12.0 65.0 -0.27 *

| 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 | | | | |

| | | | | |
|------------|-------|----|----|---|
| ISOBETANIN | Fruit | -- | -- | * |
|------------|-------|----|----|---|

| Activities (1) | | | | |
|----------------|--|--|--|--|
| Pigment | 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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|------------|------|----|--------|-------|--|
| ISOLEUCINE | Seed | -- | 6775.0 | -0.47 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|------------|------|----|--------|-------|--|

| Activities (3) | | | | |
|----------------------|--|--|--|--|
| Antiencephalopathic? | Martindale's 29th | | | |
| Antipellagic | 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. | | | |

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|------------|-----|----|--------|--|--|
| ISOLEUCINE | Bud | -- | 4140.0 | | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|------------|-----|----|--------|--|--|

| Activities (3) | | | | |
|----------------------|--|--|--|--|
| Antiencephalopathic? | Martindale's 29th | | | |
| Antipellagic | 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. | | | |

| | | | | |
|------------|-------|----|----|---|
| ISOMALTOSE | Fruit | -- | -- | * |
|------------|-------|----|----|---|

| | | | | |
|--------------|--------|----|--------|---|
| ISORHAMNETIN | Flower | -- | 2500.0 | * |
|--------------|--------|----|--------|---|

| Activities (11) | | | | |
|---------------------------|---|--|--|--|
| Antibacterial | | | | |
| 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. | | | |
| Antiinflammatory | 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. | | | |
| Antioxidant | 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. | | | |
| 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. | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | |
| Hepatoprotective | Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 210. | | | |
| MAO-Inhibitor | | | | |
| Pesticide | | | | |
| Quinone-Reductase-Inducer | Yannai, S., Day, A. J., Williamson, G., Rhodes, M. J. C. 1998. Characterization of Flavonoids as Monofunctional or Bifunctional Inducers of Quinone Reductase in Murine Hepatoma Cell Lines. Food Chem Toxicol, 36(8): 623-630. | | | |
| Vasodilator | | | | |

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

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|------------|--------|----|----|---|
| KAEMPFEROL | Flower | -- | -- | * |
|------------|--------|----|----|---|

| 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. <i>Plantes medicinales et phytotherapie</i> , 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. <i>J. of Natural Products</i> 55(12):1732-1740, 1992. |
| Antihistaminic | Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , 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 | <i>Life Sciences</i> 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. <i>Antioxidants & Cancer Prevention</i> . 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</i> , Revised Ed., 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? | <i>Lawrence Review of Natural Products</i> , 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 | |
| Protisticide | Meckes, M., Calzada, F., Tapia-Contreras, A., Cedillo-Rivera, R. 1999. Antiprotozoal Properties of Helianthemum glomeratum. <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 | |

KAEMPFEROL Pt -- -- *

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. <i>J Braz Chem Soc</i> , 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. <i>Plantas medicinales et phytotherapie</i> , 23: 193-201, 1989. |
| Antingingivitic 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. <i>J. of Natural Products</i> 55(12):1732-1740, 1992. |
| Antihistaminic | Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , 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. <i>Antioxidants & Cancer Prevention</i> . 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 | |
| Anti plaque 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</i> , Revised Ed., 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 | 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 Pharmacy: 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 | |

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|--------------|--------|-------|--------|-------|--|
| KILOCALORIES | Bud | -- | 1140.0 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| KILOCALORIES | Fruit | 670.0 | 3600.0 | -0.09 | * |
| LAURIC-ACID | Flower | -- | -- | | * |

| Activities (7) | | | | | |
|--------------------------|--|--|--|--|--|
| 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. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |

LEUCINE Bud -- 7040.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| Activities (2) | | | | | |
|---------------------|--|--|--|--|--|
| Antiencephalopathic | | | | | 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. |

LEUCINE Seed -- 12800.0 -0.41 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| Activities (2) | | | | | |
|---------------------|--|--|--|--|--|
| Antiencephalopathic | | | | | 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. |

LINOLEIC-ACID Seed 39640.0 133590.0 0.23 *

| Activities (27) | | | | | |
|-------------------------------|--|--|--|--|--|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| AntiMS | | | | | Economic & Medicinal Plant Research, 6: 189. |
| Antiacne | | | | | |
| Antiallopecic | | | | | |
| Antianaphylactic | | | | | Economic & Medicinal Plant Research, 6: 189. |
| Antiandrogenic | | | | | |
| Antiartherosclerotic | | | | | |
| 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 Seed -- 734000.0 1.35 *
Oil

Activities (27)**5-Alpha-Reductase-Inhibitor**

| | |
|-------------------------------|---|
| AntiMS | Economic & Medicinal Plant Research, 6: 189. |
| Antiacne | |
| Antiallopecic | |
| Antianaphylactic | Economic & Medicinal Plant Research, 6: 189. |
| Antiandrogenic | |
| Antiarteriosclerotic | |
| Antiartirhritic | 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). |
| Antiprostaitic | 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 | |

LINOLEOYLDIOLEIN Seed -- -- 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.

LUTEOLIN Flower -- -- 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 (78)

| | |
|---|--|
| Aldose-Reductase-Inhibitor EC=3 ppm | Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. Fitoterapia 64(2): 130, 1993. |
| Aldose-Reductase-Inhibitor IC50=0.45 uM rat | |
| AntiHIV | |
| Antiallergic | |
| Antiangiogenic IC60-75=10 uM | |
| Antiatherogenic | |
| Antibacterial MIC=500 ug/ml | Planta Medica, 57: A43, 1991. |
| Anticarcinogenic | |
| Anticarcinomic | 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. |
| Anticataract EC=3 ppm | Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. Fitoterapia 64(2): 130, 1993. |
| Anticomplementary | |
| Antidermatic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. |
| Antiostrogenic | |
| 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. |
| Antiherpetic 11-23 ug/ml | |
| Antihistaminic <10-15 uM | |
| Antiinflammatory #NAME? | Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. |
| Antileukemic 20-50 uM | |
| Antilymphomic | 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. |
| Antimelanomic | 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. |
| Antimutagenic ID50=2-5 nM | |
| Antimutagenic ID50=0.44 ug/ml | |

| | |
|---|--|
| Antinociceptive | |
| Antioxidant IC50=10 uM | |
| Antipolio | Economic & Medicinal Plant Research, 5: 197. |
| Antiproliferant | |
| Antispasmodic | Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| Antitumor 1-50 uM | |
| Antitumor (Colon) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Kidney) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Lung) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Ovary) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Pancreas) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Skin) 20 uM | |
| Antitumor (Stomach) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Thyroid) 12-50 uM | |
| Antitumor (brain) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitussive | |
| Antiviral 11-23 ug/ml | |
| Aphidifuge | |
| Apoptotic 12-50 uM | |
| Aromatase-Inhibitor IC35=1 uM/l | Journal of Medicinal Food 2: 235.1999. |
| Beta-Glucuronidase-Inhibitor IC50= ~40 uM | |
| Calcium-Antagonist IC50=1.2 uM rbt | |
| Cancer-Preventive | |
| Chemopreventive | |
| Choleretic | |
| Cytotoxic 1-50 uM | |
| Deiodinase-Inhibitor | Jim Duke's personal files. |
| Differentiator IC>40=40 uM | |
| Diuretic | Jim Duke's personal files. |
| Estrogenic 58% genistein | |
| Hepatoprotective | |
| Hyaluronidase-Inhibitor IC50+=100-250 uM | |
| Hypocholesterolemic | |
| ICAM-1-Inhibitor | |
| IKK-Inhibitor | |
| 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. |
| Lipoxygenase-Inhibitor | |
| MAPK-Inhibitor | |
| MMP-9-Inhibitor 20 uM | |
| Metalloproteinase-Inhibitor | |
| Myorelaxant | |
| NEP-Inhibitor IC50=>42 uM | |
| NF-kB-Inhibitor | |
| NO-Inhibitor | |
| PTK-Inhibitor 10-100 uM | |
| Pesticide | |
| Proliferant | |
| Prostaglandin-Synthetase-Inhibitor | |
| Protein-Kinase-C-Inhibitor IC70=50 uM | |
| Succinoxidase-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. |
| TNF-alpha-Inhibitor IC50=14.44 uM | |
| 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. |
| VEGF-Inhibitor IC50=2-7 uM | |
| Vasodilator | |

Xanthine-Oxidase-Inhibitor IC50=0.11 ug/ml
iNOS-Inhibitor

Chem. & Pharm. Bull. 38: 1772.

LUTEOLIN Pt -- -- *

Activities (78)

Aldose-Reductase-Inhibitor EC=3 ppm Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. *Fitoterapia* 64(2): 130, 1993.

Aldose-Reductase-Inhibitor IC50=0.45 uM rat

AntiHIV

Antiallergic

Antiangiogenic IC60-75=10 uM

Antiatherogenic

Antibacterial MIC=500 ug/ml *Planta Medica*, 57: A43, 1991.

Anticarcinogenic

Anticarcinomic 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.

Anticataract EC=3 ppm Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. *Fitoterapia* 64(2): 130, 1993.

Anticomplementary

Antidermatic Bisset, N.G., ed. 1994. *Herbal Drugs and Phytopharmaceuticals*. CRC Press. Boca Raton, FL. 566 pp.

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.

Antiherpetic 11-23 ug/ml

Antihistaminic <10-15 uM

Antiinflammatory #NAME? Wichtl, M. 1984. *Teedrogen. Ein Handbuch für Apotheker und Ärzte*. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.

Antileukemic 20-50 uM

Antilymphomic 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.

Antimelanomic 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.

Antimutagenic ID50=2-5 nM

Antimutagenic ID50=0.44 ug/ml

Antinociceptive

Antioxidant IC50=10 uM

Antipolio *Economic & Medicinal Plant Research*, 5: 197.

Antiproliferant

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.

Antitumor 1-50 uM

Antitumor (Colon) 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.

Antitumor (Kidney) 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.

Antitumor (Lung) 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.

Antitumor (Ovary) 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.

Antitumor (Pancreas) 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.

Antitumor (Skin) 20 uM

Antitumor (Stomach) 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.

Antitumor (Thyroid) 12-50 uM

Antitumor (brain) 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.

Antitussive

Antiviral 11-23 ug/ml

Aphidifuge

Apoptotic 12-50 uM

Aromatase-Inhibitor IC35=1 uM/l *Journal of Medicinal Food* 2: 235.1999.

Beta-Glucuronidase-Inhibitor IC50=-40 uM

Calcium-Antagonist IC50=1.2 uM rbt

Cancer-Preventive

Chemopreventive

Choleretic

Cytotoxic 1-50 uM

Deiodinase-Inhibitor Jim Duke's personal files.

| | |
|--|---|
| Differentiator IC>40=40 uM | |
| Diuretic | Jim Duke's personal files. |
| Estrogenic 58% genistein | |
| Hepatoprotective | |
| Hyaluronidase-Inhibitor IC50+=100-250 uM | |
| Hypocholesterolemic | |
| ICAM-1-Inhibitor | |
| IKK-Inhibitor | |
| 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. |
| Lipoxygenase-Inhibitor | |
| MAPK-Inhibitor | |
| MMP-9-Inhibitor 20 uM | |
| Metalloproteinase-Inhibitor | |
| Myorelaxant | |
| NEP-Inhibitor IC50=>42 uM | |
| NF-kB-Inhibitor | |
| NO-Inhibitor | |
| PTK-Inhibitor 10-100 uM | |
| Pesticide | |
| Proliferant | |
| Prostaglandin-Synthetase-Inhibitor | |
| Protein-Kinase-C-Inhibitor IC70=50 uM | |
| Succinoxidase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| TNF-alpha-Inhibitor IC50=14.44 uM | |
| 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. |
| VEGF-Inhibitor IC50=2-7 uM | |
| Vasodilator | |
| Xanthine-Oxidase-Inhibitor IC50=0.11 ug/ml | Chem. & Pharm. Bull. 38: 1772. |
| iNOS-Inhibitor | |

LYSINE Seed -- 6275.0 -0.79 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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. |
| Hypogarginanemic 250 mg/kg | Martindale's 29th |

LYSINE Bud -- 6005.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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. |
| Hypogarginanemic 250 mg/kg | Martindale's 29th |

MAGNESIUM Seed -- 790.0 -0.85 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 | |
| Antiplateque 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

MAGNESIUM Bud -- 1420.0 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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

Antiplateque 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 180.0 1700.0 -0.84 *

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 |

MALIC-ACID Leaf -- 950.0 -1.18 *

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 |

MALIC-ACID Plant -- -- * *

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 -- -- *

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.

MALONIC-ACID Fruit -- -- *

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.

MESCALINE Shoot -- -- *

Activities (10)

| | |
|---------------------------------|---|
| CNS-Active 30 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-Depressant | UNESCO. 1960. Medicinal Plants of the Arid Zones. eds.(botany) I.C. Chopra, B.K. Abrol and K.L. Hands; eds (pharmacology), R. Paris and G. Dillemann UNESCO, Place de Fontenoy, Paris 7E. 96 pp. |
| Cardiovascular 25 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. |
| Hallucinogen | Merck 11th Edition |
| Neurotoxic | R.J. Hixtable (Huxtable, R.J., (as T. Max). 1992. This and That:The Essential Pharmacology of Herbs and Spices. Tips 13:15-20 Huxtable, R.J. 1992b. The Myth of Benficient Nature. The Risk of Herbal Preparations. Anns. Intern. Med. 117(2):165-6; Huxtable, R. |
| Psychoactive | |
| Psychotomimetic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Sympathomimetic | Martindale's 29th |
| Teratogenic | |
| Tremorigenic | |

METHIONINE Seed -- 4830.0 0.13 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 | |
| Antihepatotic | 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 |

METHIONINE Bud -- 1890.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 | |
| Antihepatotic | 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 |

MUCILAGE Stem -- -- *

| Activities (3) | |
|---------------------|---|
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Demulcent | |
| Hypocholesterolemic | |

MYRISTIC-ACID Flower -- -- *

| 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. |

N-METHYL-TYRAMINE Shoot -- -- *

| Activities (1) | | | | | |
|-------------------|--------|-----|------|-------|---|
| Cancer-Preventive | | | | | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| NEOBETANIN | Fruit | -- | -- | | * |
| NEOBETANIN | Plant | -- | -- | | J.S. Glasby Dict.Plis Containing 2ndary Metabolite. 1991. |
| NEOBETANIN | Flower | -- | -- | | * |
| NIACIN | Fruit | 3.0 | 27.0 | -0.45 | * |

| 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 | Bud | -- | 4.6 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |

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 |

OLEIC-ACID Seed 4750.0 16015.0 -0.85 *

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antiallopecic

Antiandrogenic

Antiinflammatory
IC50=21 uMAntileukotriene-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

Propecic

OLEIC-ACID Flower -- -- *

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antiallopecic

Antiandrogenic

Antiinflammatory
IC50=21 uMAntileukotriene-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

Propecic

OLEIC-ACID Seed -- 88000.0 -1.22 *
Oil

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antialopecic

Antiandrogenic

Antiinflammatory
IC50=21 uMAntileukotriene-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

Propecic

| | | | | | |
|-----------------|-------|----|----|--|---|
| OPUNTIA XANTHIN | Fruit | -- | -- | | * |
|-----------------|-------|----|----|--|---|

| | | | | | |
|-------------|-------|----|----|--|---|
| OXALIC-ACID | Fruit | -- | -- | | * |
|-------------|-------|----|----|--|---|

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

| | | | | | |
|---------------|------|--------|---------|-------|---|
| PALMITIC-ACID | Seed | 6480.0 | 21840.0 | -0.25 | * |
|---------------|------|--------|---------|-------|---|

Activities (13)

5-Alpha-Reductase-Inhibitor

Antialopecic

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

Propecic

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 | Seed Oil | -- | 120000.0 | -0.41 | * |
|---------------|-------------|----|----------|-------|---|

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 reviewed 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 Flower -- -- *

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 reviewed 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. |

PALMITOYLDILINOLEIN Seed -- -- 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.

PECTIN Fruit -- -- 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 | 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 | |
| Antigastritic | |
| Antilithic | |
| Antimetastatic | |
| Antimutagenic | |
| Antioesity | 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 | |

PECTIN

Stem

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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 | |
| 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 & Sons, New York. 649 pp. |
| Hemostat | |
| Hypocholesterolemic | |
| Hypoglycemic | Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY. |
| Peristaltic | |
| Pesticide | |

PENDULETIN

Flower

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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)

Antipolio
Antirhinoviral
Antiviral
Pesticide

PENDULETIN

Pt

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Activities (4)

Antipolio
Antirhinoviral
Antiviral
Pesticide

PHENYLALANINE

Seed

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8255.0

-0.39

Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 |

PHENYLALANINE

Bud

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4250.0

Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 |

| | | | | | |
|--------------|-------|----|--------|-------|--|
| PHORBIC-ACID | Stem | -- | -- | | * |
| PHORBIC-ACID | Fruit | -- | -- | | * |
| PHOSPHORUS | Seed | -- | 1605.0 | -0.99 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |

| 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. |

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|------------|-------|-------|--------|-------|---|
| PHOSPHORUS | Fruit | 320.0 | 1985.0 | -0.37 | * |
|------------|-------|-------|--------|-------|---|

| 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. |

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|------------|-----|----|-------|------|--|
| PHOSPHORUS | Bud | -- | 243.0 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|------------|-----|----|-------|------|--|

| 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. |

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|---------------|-------|----|----|--|---|
| PISCIDIC-ACID | Fruit | -- | -- | | * |
|---------------|-------|----|----|--|---|

| | | | | | |
|---------------|-------|----|----|--|---|
| PISCIDIC-ACID | Plant | -- | -- | | J.S. Glasby Dict.Plis Containing 2ndary Metabolite. 1991. |
|---------------|-------|----|----|--|---|

| | | | | | |
|-----------------------------|-------|----|----|--|---|
| PISCIDIC-ACID-DIETHYL-ESTER | Plant | -- | -- | | * |
|-----------------------------|-------|----|----|--|---|

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

| | | | | | |
|----------------------------|--------|----|----|--|--|
| PISCIDIC-ACID-METHYL-ESTER | Flower | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
|----------------------------|--------|----|----|--|--|

| | | | | | |
|-------------------------------|-------|----|----|--|---|
| PISCIDIC-ACID-MONOETHYL-ESTER | Plant | -- | -- | | * |
|-------------------------------|-------|----|----|--|---|

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

| | | | | | |
|-----------|-------|-------|--------|------|--|
| POTASSIUM | Fruit | 700.0 | 6615.0 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|-----------|-------|-------|--------|------|--|

Activities (14)

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

POTASSIUM Bud -- 2600.0 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (14)

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

POTASSIUM Seed -- 1720.0 -0.95 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (14)

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

PROLINE Seed -- 10500.0 -0.16 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

PROLINE Bud -- 3995.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

PROTEIN Seed 121000.0 175300.0 -0.52 *

PROTEIN Fruit 11000.0 73500.0 -0.48 *

PROTEIN Bud -- 110300.0 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

QUERCITRIN Flower -- -- 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 (44)

ACE-Inhibitor
IC50=0.67 mM/

Aldose-Reductase-Inhibitor IC50=2 uM Terashima, S., Shimizu, M., Nakayama, H., Ishikura, M., et al. 1990. Studies on Aldose Reductase Inhibitors from Medicinal Plant of 'Sinfito,' *Potentilla candicans*, and Further Synthesis of Their Related Compounds. *Chem. Pharm. Bull* 38(10):2733-2736, 1990

Aldose-Reductase-Inhibitor IC55=0.15 uM

Aldose-Reductase-Inhibitor 0.1-100 uM

Aldose-Reductase-Inhibitor 0.5-4 ug/ml

Aldose-Reductase-Inhibitor IC50=64 uM rat Al-Khalil, S. 1996. Inhibition of Lens Alkaloids Reductase by Protopine Alkaloids. *Saudi Pharm J*, 4(1): 45-47.

Aldose-Reductase-Inhibitor IC55=0.1 uM

Antiarrhythmic

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

Anticataract

Antiedemic Huang, K. C. 1993. *The Pharmacology of Chinese Herbs.* CRC Press, Boca Raton, FL 388 pp.

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.

Antiflu Leung, A.Y., *Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics*, John Wiley & Sons, New York, 1980.

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

Antihepatotoxic

Antiherpetic Economic & Medicinal Plant Research, 5: 198.

Antiinflammatory Huang, K. C. 1993. *The Pharmacology of Chinese Herbs.* CRC Press, Boca Raton, FL 388 pp.

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.

Antioxidant IC50=120 uM

Antipurpuric

Antispasmodic

Antistaphylococcic 0.41%

Antithrombogenic

Antitumor

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

Antiviral

CNS-Depressant

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

Cardiotonic

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

Cyclooxygenase-Activator 200 uM Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. *Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D)*, 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.

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

Diuretic Huang, K. C. 1993. *The Pharmacology of Chinese Herbs.* CRC Press, Boca Raton, FL 388 pp.

Dye Merck 11th Edition

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

Hepatotonic

Hypoglycemic Economic & Medicinal Plant Research, 6: 189.

Hypotensive

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

MAO-A-Inhibitor

MAO-Inhibitor

Paralytic

Pesticide

Vasopressor

QUERCITRIN

Pt

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Activities (44)

| | |
|---|--|
| ACE-Inhibitor IC50=0.67 mM/ | |
| Aldose-Reductase-Inhibitor IC50=2 uM | Terashima, S., Shimizu, M., Nakayama, H., Ishikura, M., et al. 1990. Studies on Aldose Reductase Inhibitors from Medicinal Plant of 'Sinfito,' <i>Potentilla candicans</i> , and Further Synthesis of Their Related Compounds. <i>Chem. Pharm. Bull</i> 38(10):2733-2736, 1990 |
| Aldose-Reductase-Inhibitor IC55=0.15 uM | |
| Aldose-Reductase-Inhibitor 0.1-100 uM | |
| Aldose-Reductase-Inhibitor 0.5-4 ug/ml | |
| Aldose-Reductase-Inhibitor IC50=64 uM rat | Al-Khalil, S. 1996. Inhibition of Lens Alkaloids Reductase by Protopine Alkaloids. <i>Saudi Pharm J</i> , 4(1): 45-47. |
| Aldose-Reductase-Inhibitor IC55=0.1 uM | |
| Antiarrhythmic | |
| 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. |
| Anticataract | |
| Antiedemic | Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp. |
| Antifeedant IC52=<1,000 ppm diet | Lydon, J. & Duke, S., <i>The potential of pesticides from plants</i> , pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Antiflu | Leung, A.Y., <i>Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics</i> , John Wiley & Sons, New York, 1980. |
| Antihemorrhagic | 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 | |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 198. |
| Antiinflammatory | Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp. |
| Antimutagenic ID50=2-5 nM | <i>Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention.</i> Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. <i>ACS Symposium Series 507.</i> ACS, Washington 402 pp. |
| Antioxidant IC50=120 uM | |
| Antipurpuric | |
| Antispasmodic | |
| Antistaphylococcic 0.41% | |
| Antithrombogenic | |
| Antitumor | |
| Antiulcer | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| Antiviral | |
| CNS-Depressant | |
| Cancer-Preventive | Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Cardiotonic | |
| Choleretic | Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients 2nd Ed.</i> John Wiley & Sons, New York. 649 pp. |
| Cyclooxygenase-Activator 200 uM | Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. <i>Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D)</i> , 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin. |
| Detoxicant | Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients 2nd Ed.</i> John Wiley & Sons, New York. 649 pp. |
| Diuretic | Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp. |
| Dye | Merck 11th Edition |
| Hemostat | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| Hepatotonic | |
| Hypoglycemic | <i>Economic & Medicinal Plant Research</i> , 6: 189. |
| Hypotensive | |
| Insectiphile | 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-A-Inhibitor | |
| MAO-Inhibitor | |
| Paralytic | |
| Pesticide | |
| Vasopressor | |

| | | | | | |
|-------------|-------|-------|--------|-------|---|
| QUINIC-ACID | Fruit | 150.0 | 1400.0 | -1.27 | Laferriere, J.E., 1988, <i>Nutricomp Program</i> , <i>Nutricomp Database</i> ; reviewed in <i>J. Ethnobiology</i> 9(1):27-29. |
|-------------|-------|-------|--------|-------|---|

Activities (1)

| | |
|------------|------------------------|
| Choleretic | Fitoterapia No.5-1986. |
|------------|------------------------|

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|----------|-----|----|----|--|--|
| RHAMNOSE | Gum | -- | -- | | List, P.H. and Horhammer, L., <i>Hager's Handbuch der Pharmazeutischen Praxis</i> , Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
|----------|-----|----|----|--|--|

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|----------|-------|----|----|---|--|
| RHAMNOSE | Fruit | -- | -- | * | |
|----------|-------|----|----|---|--|

RIBOFLAVIN Bud -- 0.6 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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.

RIBOFLAVIN Fruit 0.2 2.2 -0.6 *

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.

RUTIN Pt -- -- *

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. |
| Antiherpetic | 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 | |
| Protistocide | |
| 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. <i>Antimicrobial Agents & Chemotherapy</i> , 41: 992-998. |
| Vasodilator | |
| Vasopressor | |
| cAMP-Phosphodiesterase-Inhibitor | Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf). |

RUTIN Flower -- -- 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 (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. <i>Sankyo Kenkyusho Nempo</i> , 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. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| Anticancer | |
| Anticapillary-Fragility 20-100 mg orl man | Merck 7th Ed. |
| Anticataract | |
| Anticlastogen | |
| Anticonvulsant | Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp. |
| Antidementia | Bruneton, J. 1999. <i>Pharmacognosy, Phytochemistry, Medicinal Plants</i> . 2nd Ed. Lavoisier Publishing, Paris. 1119 pp. |
| Antidermatitic | Bisset, N.G., ed. 1994. <i>Herbal Drugs and Phytopharmaceuticals</i> . CRC Press. Boca Raton, FL. 566 pp. |
| Antidiabetic | Jin, G-Z., Yamagata, Y., and Tomita, K.-i. 1989. Structure of Rutin Pentamethanol. <i>Chem. Pharm. Bull.</i> 38(2): 297-300, 1990. |
| Antiedemic 270 mg/day orl man | |
| Antierythemic | |
| Antifeedant | |
| Antiglaucomic 60 mg/day | Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp. |
| Antihematuric | |
| Antihemorrhoidal | |
| Antihepatotoxic | Keeler, R.F. and Tu, A.T. eds. 1991. <i>Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6)</i> Marcel Dekker, Inc. NY. 665 pp. |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 198. |
| Antihistaminic | |
| Antihypertensive | Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . 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 <i>Plasmodium falciparum</i> *. <i>Journal of Ethnopharmacology</i> , 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 | |
| Hepatomaigenic 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). |

SERINE Seed -- 7665.0 -0.56 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (1)

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

SERINE Bud -- 3830.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (1)

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

SHIKIMIC-ACID Fruit 25.0 220.0 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 | |

SODIUM Seed -- 714.0 0.42 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (1)

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

SODIUM Bud -- 90.0 -1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Activities (1)

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

STEARIC-ACID Seed 3130.0 10555.0 -0.34 *

Activities (8)

| | |
|-----------------------------|--|
| 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 Flower -- -- *

Activities (8)

| | |
|-----------------------------|--|
| 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 Seed Oil -- 58000.0 -0.47 *

Activities (8)**5-Alpha-Reductase-Inhibitor**

| | |
|---------------------|---|
| Cosmetic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> 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. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.) |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| Perfumery | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry |
| Propecic | |
| Suppository | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |

STIGMAST-7-EN-3-BETA-OL Seed -- 70000.0 *

STIGMASTEROL Seed -- 65000.0 *

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 Fruit -- -- *

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 -- -- *

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

Antiophthalmic 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 (*Trigonella foenum graecum* L.). *Plant Foods for Human Nutrition*. 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

| | | | | | |
|--------|-------|---------|----------|------|--|
| SUGARS | Fruit | 56000.0 | 560000.0 | 1.43 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
|--------|-------|---------|----------|------|--|

| | | | | | |
|---------------|-------|----|----|--|---|
| TARTARIC-ACID | Fruit | -- | -- | | * |
|---------------|-------|----|----|--|---|

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 reviewd 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 reviewd 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 reviewd book by Coats and draft by Henry |

| | | | | | |
|---------|-------|-----|-----|-------|---|
| THIAMIN | Fruit | 0.1 | 1.3 | -0.52 | * |
|---------|-------|-----|-----|-------|---|

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 | |

| | | | | | |
|---------|-----|----|-----|------|--|
| THIAMIN | Bud | -- | 0.1 | -1.0 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|---------|-----|----|-----|------|--|

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 Seed -- 7330.0 -0.18 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 |

THREONINE Bud -- 3845.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 Bud -- 2.5 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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 |

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|---|--|
| 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/ori | |
| 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 |

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|------------|------|----|--------|-------|--|
| TRYPTOPHAN | Seed | -- | 1665.0 | -0.57 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|------------|------|----|--------|-------|--|

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 | |
| Serotoninerpic 6-12 g/day/orl/man | Martindale's 28th |
| Tumor-Promoter | J. Agri. & Food Chemistry, 36: 1079. |

TYRAMINE Shoot -- -- *

Activities (11)

| | |
|---------------------------------|--|
| Adrenergic | Merck 11th Edition |
| Antiaggregant | |
| Cardiovascular 0.8 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. |
| Cardiovascular 30 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. |
| Hypertensive | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Insectifuge | Grainge, M. and Ahmed, S., Handbook of Plants with Pest-Control Properties, John Wiley & Sons, New York, NY, 1988, 470. |
| Neurotoxic 1 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. |
| Pesticide | |
| Sympathomimetic | |
| Vasoconstrictor | |
| Vasopressor | |

TYROSINE Seed -- 6590.0 -0.27 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 | | |
| Antiulcer 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. | | |
| Antiulcer 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). | | |

TYROSINE Bud -- 3220.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 | | |
| Antiulcer 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. | | |
| Antiulcer 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). | | |

URONIC-ACID Gum -- -- 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.

VALINE Seed -- 10500.0 -0.19 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 | | |

VALINE Bud -- 5485.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

| 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 | | |

VIT-D Bud -- 0.07 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

VIT-D0.07 Bud -- -- *

WATER Bud -- 952600.0 1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

WATER Seed 53000.0 136000.0 -0.35 *

WATER Fruit 814000.0 864000.0 0.41 *

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

| Activities (3) | | | | | |
|-----------------------------|--|--|--------------------|--|--|
| Antidiabetic Diagnostic Dye | | | | | |
| | | | Martindale's 28th | | |
| | | | Merck 11th Edition | | |

XYLOSE Fruit -- -- *

Activities (3)

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

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|------|------|----|------|-------|--|
| ZINC | Seed | -- | 15.0 | -0.86 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
|------|------|----|------|-------|--|

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 | |
| Antimaclitic | |
| Antimetastatic | |
| Antineuropathic | |
| Antinyctalopic | |
| Antiobesity 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 |

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