

List of All Chemicals

P Pinus edulis (Pinaceae)

Common name(s)

Pinyon Pine

*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
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8,9-ISOPIMARIC-ACID	Plant	--	--		J.S. Glasby Dict.Plis Containing 2ndary Metabolite. 1991.
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ALANINE	Seed	6050.0	6430.0	-0.79	USDA's Ag Handbook 8 and sequelae)
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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.

ARGININE	Seed	22510.0	23920.0	-0.03	USDA's Ag Handbook 8 and sequelae)
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Activities (14)

Antidiabetic?	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Antiencephalopathic	Martindale's 29th
Antihepatic	Martindale's 29th
Antihypertensive	
Antiimpotence	
Antiinfertility 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antioxidant?	
Aphrodisiac 3 g/day	
Diuretic	
Hypoammonemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
NO-Genic	
Pituitary-Stimulant	
Spermigenic 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

ASCORBIC-ACID	Seed	20.0	21.0	-0.33	USDA's Ag Handbook 8 and sequelae)
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Activities (112)

Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Aldose-Reductase-Inhibitor	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Analgesic 5-10 g/day	
Angiotensin-Receptor-Blocker	
AntiAGE 2,000 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
AntiCFS 500-1,000 mg	
AntiCTS 1,000 mg 3x/day	
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th
AntiLyme 500-2,000 mg	
AntiRaynaud's 500 mg 1-2x/day	
Antiaaggregant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiaging 400 mg/day	
Antiallergic	
Antialzheimeran 2,000-6,000 mg/day	
Antiarthritic 0.2-1 g/day	
Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiatherosclerotic	
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anticataract 1 g 3x/day	
Anticervicaldysplasic 1,000-2,000 mg/day	
Anticlimacteric 500-5,000 mg/day	
Anticold 1-2 g/man/day	
Antidecubic 500 mg/man/2x/day	Martindale's 28th
Antidementia	
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Aluminum)	Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Paraquat)	Martindale's 28th
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiendometriotic 2,000 mg/day	
Antifatigue 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastritic	
Antigingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 1,000 mg	
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
Antiherpetic 1-5 g/day	
Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileptic 1.5 g/man/day	Martindale's 28th
Antilithic 1,000-3,000 mg/day	
Antimaculitic	
Antimeasles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 500-5,000 mg/day	
Antimigraine	Martindale's 29th
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuramidase	
Antinitrosic 1 g/man/day	Martindale's 28th
Antioesity 1 g 3x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiorchitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoarthritic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 500 mg/day	
Antioxidant 100 ppm	
Antiparkinsonian 1 g 2-3x/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipneumonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipoliomyelitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiretinotic	
Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbucic 10 mg/man/day	Martindale's 28th

Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASH	Seed	22600.0	27000.0	-0.63	*
ASPARTIC-ACID	Seed	10540.0	11200.0	-1.01	USDA's Ag Handbook 8 and sequelae)

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

CALCIUM	Seed	59.0	117.0	-0.74	*
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Activities (28)

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antibesity	
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	

CARBOHYDRATES Seed 131700.0 205100.0 -1.26 *

COPPER Seed 10.0 12.0 -0.26 *

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.

CYSTINE Seed 2100.0 2230.0 -0.64 USDA's Ag Handbook 8 and sequelae)

Activities (2)

Adjuvant	Merck 11th Edition
Antihomocystinuric	Martindale's 29th

FAT Seed 609000.0 648035.0 2.02 *

FIBER Seed 11000.0 53100.0 -0.64 *

Activities (15)

Angiotensin-Receptor-Blocker	
Antidiabetic	
Antihypertensive	
Antibesity	
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	

GADOLEIC-ACID Seed 11640.0 12370.0 1.13 USDA's Ag Handbook 8 and sequelae)

GLUTAMIC-ACID Seed 19690.0 20925.0 -0.88 USDA's Ag Handbook 8 and sequelae)

Activities (8)

Antialkali? 500-1,000 mg/day/orl/man	Martindale's 29th
Antiepileptic	
Antihyperammonemic	Martindale's 29th
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 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 Seed 5890.0 6260.0 -0.68 USDA's Ag Handbook 8 and sequelae)

Activities (12)

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

HEMICELLULOSE Seed -- 56000.0 1.0 Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

HISTIDINE Seed 2770.0 2945.0 -0.85 USDA's Ag Handbook 8 and sequelae)

Activities (7)

Antiarteriosclerotic	
Antinephritic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antioxidant	
Antiulcer	
Antiuremic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Oxidant	

IRON Seed 28.0 37.0 -0.53 *

Activities (6)					
Antiakathisic			Martindale's 29th		
Antianemic			Martindale's 29th		
Anticanker					
Anticheimitic			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					

ISOLEUCINE	Seed	4500.0	4780.0	-0.73	USDA's Ag Handbook 8 and sequelae)
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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.		

KILOCALORIES	Seed	5680.0	7140.0	1.79	*
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LEUCINE	Seed	8340.0	8865.0	-0.79	USDA's Ag Handbook 8 and sequelae)
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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	248820.0	264420.0	1.35	USDA's Ag Handbook 8 and sequelae)
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Activities (27)					
5-Alpha-Reductase-Inhibitor					
AntiMS			Economic & Medicinal Plant Research, 6: 189.		
Antiacne					
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					

LINOLENIC-ACID	Seed	7870.0	8365.0	-0.43	USDA's Ag Handbook 8 and sequelae)
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LYSINE	Seed	4340.0	4615.0	-1.01	USDA's Ag Handbook 8 and sequelae)
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Activities (4)

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

MAGNESIUM Seed 2180.0 2650.0 -0.12 USDA's Ag Handbook 8 and sequelae)

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	
Antigastrotic	
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

Antisyn-drome-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	

METHIONINE Seed 2070.0 2200.0 -0.55 USDA's Ag Handbook 8 and sequelae)

Activities (15)

Anticataract	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidote (Acetaminophen) 10 g/16hr/man/orl	Martindale's 29th
Antidote (Paracetamol) 10 g/16hr/man/orl	Martindale's 29th
Antieczemic	
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

MUFA Seed 229420.0 243800.0 0.97 USDA's Ag Handbook 8 and sequelae)

Activities (13)

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

NIACIN Seed 43.0 46.0 0.09 USDA's Ag Handbook 8 and sequelae)

Activities (39)

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

OLEIC-ACID Seed 215280.0 228780.0 0.9 USDA's Ag Handbook 8 and sequelae)

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antialopecic

Antiandrogenic

Antiinflammatory
IC50=21 uM

Antileukotriene-D4
IC50=21 uM

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

Choleretic 5 ml/man

Dermatitigenic

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

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

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

Irritant Merck 11th Edition

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

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

Propecic

PALMITIC-ACID Seed 44160.0 46930.0 0.27 USDA's Ag Handbook 8 and sequelae)

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.

PALMITOLEIC-ACID Seed 2500.0 2655.0 -0.23 USDA's Ag Handbook 8 and sequelae)

Activities (2)

5-Alpha-Reductase-Inhibitor

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

PHENYLALANINE Seed 4430.0 4710.0 -0.82 USDA's Ag Handbook 8 and sequelae)

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

PHOSPHORUS Seed 145.0 590.0 -1.26 USDA's Ag Handbook 8 and sequelae)

Activities (4)					
Antiosteoporotic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic					
Immunostimulant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Osteogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

POTASSIUM	Seed	5600.0	7853.0	-0.41	*
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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	6220.0	6610.0	-0.93	USDA's Ag Handbook 8 and sequelae)
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PRPTEIN	Seed	115700.0	154100.0		*
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PUFA	Seed	256680.0	272775.0	1.27	USDA's Ag Handbook 8 and sequelae)
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Activities (4)					
AntiMS					Martindale's 28th
Antiacne					Martindale's 28th
Antieczemic					Martindale's 28th
Antipolyneuritic					Martindale's 28th

RIBOFLAVIN	Seed	2.0	3.0	-0.2	USDA's Ag Handbook 8 and sequelae)
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Activities (15)					
AntiLyme 50 mg/day					
Antiarabiflavinotic 2-10 mg/day orl					Martindale's 28th
Anticarpal-Tunnel 50 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalagic					
Anticervicaldysplasic 1.6-10 mg/day					
Anticheilitic					
Antidecubitic					
Antiglossitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antikeratitic					
Antimigraine					
Antioxidant					
Antipellagic					
Antiphotophobic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SALICYLATES	Seed	5.0	6.0	-0.31	J. Amer. Diet. Ass. 85{8}:950.
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Activities (7)					
Antiaaggregant	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Antiinflammatory	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Antipyretic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Antiuricosuric	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Hyperglycemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Hypoglycemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Uricosuric	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				

SERINE Seed 4910.0 5220.0 -1.03 USDA's Ag Handbook 8 and sequelae)

Activities (1)					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				

SFA Seed 93770.0 99650.0 0.4 USDA's Ag Handbook 8 and sequelae)

SODIUM Seed 675.0 860.0 0.65 *

Activities (1)					
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

STEARIC-ACID Seed 20110.0 21400.0 -0.1 USDA's Ag Handbook 8 and sequelae)

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

THIAMIN Seed 12.0 13.0 1.53 USDA's Ag Handbook 8 and sequelae)

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 3670.0 3900.0 -0.95 USDA's Ag Handbook 8 and sequelae)

Activities (4)

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

TRYPTOPHAN Seed 1460.0 1550.0 -0.61 USDA's Ag Handbook 8 and sequelae)

Activities (29)

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

TYROSINE Seed 4240.0 4505.0 -0.75 USDA's Ag Handbook 8 and sequelae)

Activities (8)

Antidepressant?	
Antiencephalopathic	Martindale's 29th
Antiparkinsonian 100 mg/kg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
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).

VALINE Seed 5980.0 6255.0 -0.71 USDA's Ag Handbook 8 and sequelae)

Activities (3)

Antiencephalopathic	Martindale's 29th
Essential	
FLavor FEMA 1,000-2,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

WATER Seed 30000.0 59000.0 -0.65 *

ZINC Seed 40.0 50.0 0.14 *

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	
Antialopecic	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.
Anticoilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
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
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
Leptinogenic 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.
Testosteronogenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th