

List of All Chemicals

P Polystichum polyblepharum (Dryopteridaceae)

Common name(s)

Chinese Polystichum

How used

Medicinal

*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
ARSENIC	Plant	--	--		*
Activities (2)					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					
BARIUM	Plant	22.0	90.0	1.74	*
BROMINE	Plant	2.0	10.0	-0.72	*
CALCIUM	Plant	6000.0	6900.0	-0.72	*
Activities (28)					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihypertensive					
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					
CHLORINE	Plant	3000.0	4700.0	-0.4	*

Activities (7)					
Antibacterial			Martindale's 29th		
Antiherpetic			Martindale's 29th		
Antiseptic			Martindale's 29th		
Antiviral			Martindale's 29th		
Candidicide			Martindale's 29th		
Fungicide			Martindale's 29th		
Pesticide			Martindale's 29th		

CHROMIUM Plant 4.0 20.0 1.0 *

Activities (24)					
Amphiglycemic?			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
AntiAGE 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
AntiCFS 200 ug					
Antiacne					
Antiaging 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Antiatherosclerotic 20 ug/day					
Anticorneotic			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antidiabetic 200-1,000 ug					
Antidote (Lead)			Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.		
Antifatigue 200 ug					
Antiglycosuric 200-1,000 ug					
Antiobesity 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Antisyndrome-X 200-800 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Antitriglyceride 20 ug/day			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Antitriglyceride 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Cardioprotective					
Energizer					
Hypocholesterolemic 20 ug/day			Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.		
Hypocholesterolemic 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Hypoglycemic 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Hypotensive 200-1,000 ug			Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95		
Immunomodulator					
Insulinogenic					
Memorigenic					

COPPER Plant -- 10.0 -0.44 *

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.		

IODINE Plant -- -- *

Activities (12)					
Acnegenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antibacterial					
Antigoiter					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiseptic					
Antithyrototoxic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiviral					
Dermatitigenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Fungicide					
Goitrogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hyperthyroid >1 mm/day/diet					
Protisticide					
Thyrotropic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

IRON	Plant	500.0	1900.0	1.5	*
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Activities (6)					
Antiakathisic					Martindale's 29th
Antianemic					Martindale's 29th
Anticanker					
Anticheilitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenorrhagic 100 mg/day/wmn/ori					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant					

LEAD	Plant	--	--		*
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MANGANESE	Plant	37.0	62.0	-0.25	*
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Activities (14)					
AntiPMS					
Antialcoholic					Forest H. Nielsen, USDA, Grand Forks, various publications.
Antianemic					Martindale's 28th
Antiarthritic					
Antidiabetic 3-5 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic 10-30 mg/man/day					
Antidiscotic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidyskinetic					Martindale's 28th
Antiepileptic 450 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic					
Antiototic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant					
Antisyndrome-X 10-30 mg/man/day					Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 10-30 mg/man/day					

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

NICKEL	Plant	--	--		*
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Activities (3)					
Antiadrenalinic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticirrhotic?					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Insulin-Sparing					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

PHOSPHORUS	Plant	--	900.0	-1.29	*
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Activities (4)					
Antiosteoporotic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic					
Immunostimulant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Osteogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

POTASSIUM	Plant	12000.0	20000.0	-0.13	*
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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					

RUBIDIUM	Plant	10.0	13.0	-0.9	*
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STRONTIUM	Plant	20.0	60.0	-0.61	*
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SULFUR	Plant	1700.0	2100.0	-0.75	*
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Activities (14)

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

TITANIUM	Plant	50.0	121.0	-0.34	*
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ZINC	Plant	34.0	60.0	0.08	*
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Activities (77)

ACE-Inhibitor					
Analgesic					
AntiBPH 25-60 mg/day					
AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
AntiHIV					
Antiacne 135 mg/day					
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th				
Antialcoholic					
Antialopepic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiangiogenic					
Antianorexic	Martindale's 29th				
Antiarthritic 50 mg/3x/day/orl/man					
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticoeliac	Martindale's 28th				
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anticolitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
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	
Anti plaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antispare-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitic 60-120 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Leptingenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. J. Pharm. Pharmacol. 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Testosteronigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th