

List of All Chemicals

P Anthriscus cerefolium (Apiaceae)

Common name(s)

Chervil

How used

GRAS

*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
1-ALLYL-2,4-DIMETHOXYBENZENE	Essential Oil	--	--		*
APIIN	Plant	--	--		*
Activities (4)					
Aldose-Reductase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antiarrhythmic					
Antibradykinic	Economic & Medicinal Plant Research, 5: 366.				
Antispasmodic	Iwu, M.M. 1993. Handbook of African Medicinal Plants. CRC Press, Boca Raton, FL 435 pp.				
ASH	Leaf	166000.0	178950.0	1.06	*
CALCIUM	Leaf	13460.0	14509.0	-0.27	*
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					
CARBOHYDRATES	Leaf	491000.0	529300.0	-0.66	*
COPPER	Leaf	--	4.4	-0.64	*

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.				

DEOXYPICROPODOPHYLLIN	Plant	--	--		*
DEOXYPODOPHYLLOTOXIN	Plant	--	--		*

Activities (14)					
Antiherpetic 414 ppb	Bedows, E. and Hatfield, G.M. An Investigation of the Antiviral Activity of Podophyllum peltatum. J. Nat. Prod. 45: 725.				
Antiherpetic IC50=0.025 uM					
Antileukemic 4.7 ppb					
Antimitotic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antistomatitic IC50=0.025 uM					
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antiviral MIC=38 nM					
Antiviral IC50=0.025 uM					
Artemicide 150 ppb					
Cytotoxic 4-400 ppm	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)				
Herbicide					
Insecticide					
Topoisomerase-II-Inhibitor IC50=186.5 uM	Terada, T., et al. 1992. Antitumor Agents. I. DNA Topoisomerase II Inhibitory Activity and the Structural Relationship of Podophyllotoxin Derivatives as Antitumor Agents. Chem Pharm Bull, 40: 2720-2727.				
Topoisomerase-II-Inhibitor 10 ug/ml	Figgitt, D. P., Denyer, S. P., Dewick, P. M., Jaackson, D. E., Williams, P. Differential Sensitivity of Fungal Topoisomerases to Podophyllotoxin Derivatives. J Pharm Pharmacol Suppl, 41: 44pp.				

EO	Seed	--	9000.0	-0.44	*
EO	Plant	--	300.0	-0.72	*
FAT	Seed	105000.0	156000.0	-0.58	*
FAT	Leaf	39000.0	42040.0	-0.29	*
FIBER	Leaf	113000.0	121815.0	-0.49	*

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					

IRON	Leaf	320.0	345.0	-0.05	*
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Activities (6)	
Antiakathisic	Martindale's 29th
Antianemic	Martindale's 29th
Anticanker	
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant	

LINOLEIC-ACID	Seed	--	68900.0	-0.33	*
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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	
Antiartritic	Economic & Medicinal Plant Research, 6: 189.
Anticoronary	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antieczemic	Economic & Medicinal Plant Research, 6: 189.
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antigranular	
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.
Antiinflammatory IC50=31 uM	
Antileukotriene-D4 IC50=31 uM	
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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.
Propepic	

MAGNESIUM	Leaf	1300.0	1400.0	-1.05	*
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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	
Antiartritic	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/ori	
Antiplatelet 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE

Leaf

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21.0

-0.42

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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	

PROTEIN	Plant	--	--		*
PROTEIN	Leaf	232000.0	250100.0	0.38	*
SODIUM	Leaf	830.0	895.0	-0.49	*

Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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VIT-B-6	Leaf	11.0	14.0	-0.13	*
WATER	Leaf	--	72000.0	-3.67	*
ZINC	Leaf	9.0	10.0	-0.47	*

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.
Antisomniac	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	
Antiplatelet	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.
Testosteronigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th