

List of All Chemicals

P Prunus persica (Rosaceae)

Common name(s)

Peach

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 All parts ... ▾	Low PPM	High PPM	StdDev	*Reference
(+)-ABSCISIC-ACID	Plant	--	--		*
24-METHYLENE-CYCLOARTANOL	Seed	--	--		*
Activities (5)					
Antiinflammatory					
Antinociceptive					
Antirheumatic 2-5 mg/man					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Hypocholesterolemic					
3',5'-DIHYDROXY-4',7-DIMETHOXY-FLAVANONE	Plant	--	--		*
4-ALPHA-METHYLSTIGMASTA-7,Z,24(28)-DIEN-3-BETA-OL	Seed	--	--		*
A-DECALACTONE	Fruit	--	--		*
ACETALDEHYDE	Plant	--	--		*
Activities (6)					
Addictive 8 ug/kg	Science News, 145: 294.				
Fungicide					
Perfumery FEMA 4-25	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Pesticide					
Respirapalytic					
Tyrosinase-Inhibitor ID50=43 ug/ml					
ACETIC-ACID	Fruit	--	--		*
Activities (16)					
Acidulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antibacterial 5,000 ppm					
Antiotitic	Martindale's 28th				
Antisalmonella					
Antivaginitic 1-2%					
Expectorant	Martindale's 28th				
Fungicide	Martindale's 29th				
Keratitigenic					
Mucolytic	Martindale's 29th				
Osteolytic					
Perfumery FEMA 6,000-40,000 ppm	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Pesticide					
Protisticide	Martindale's 29th				
Spermicide	Martindale's 28th				
Ulcerogenic	HerbalGram No. 20, page 9.				
Verrucolytic					
AFZELIN	Flower	--	--		*

Activities (1)

ACE-Inhibitor IC50=2.8 mM

ALANINE	Fruit	420.0	3402.0	-0.12	*
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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.

ALPHA-TOCOPHEROL	Fruit	10.0	86.0	0.2	*
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Activities (32)

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

ALUMINUM	Fruit	2.25	1050.0	0.08	*
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Activities (5)

Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Antivaginitic	Martindale's 28th
Candidicide	Martindale's 28th
Encephalopathic	Martindale's 29th
Pesticide	

ALUMINUM	Bark	--	43.0	-0.66	*
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Activities (5)

Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Antivaginitic	Martindale's 28th
Candidicide	Martindale's 28th
Encephalopathic	Martindale's 29th
Pesticide	

AMANDIN	Seed	--	--		*
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AMYGDALIN	Seed	25500.0	60000.0	0.63	*
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Activities (8)

Antiinflammatory	
Antispasmodic	
Antitussive	Oriental Materia Medica (three volumes by Dr. Hsu and collaborators)
Bitter	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cyanogenic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Expectorant	Oriental Materia Medica (three volumes by Dr. Hsu and collaborators)
Toxic	

AMYGDALIN	Leaf	--	10000.0	1.41	*
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Activities (8)

Antiinflammatory	
Antispasmodic	
Antitussive	Oriental Materia Medica (three volumes by Dr. Hsu and collaborators)
Bitter	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cyanogenic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Expectorant	Oriental Materia Medica (three volumes by Dr. Hsu and collaborators)
Toxic	

ANTHOCYANIDIN	Fruit	--	--		*
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ARGININE	Fruit	180.0	1458.0	-0.76	*
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Activities (14)

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

ARSENIC	Fruit	0.001	0.053	-0.47	*
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Activities (2)

Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.
Pesticide	

ASCORBIC-ACID	Fruit	14.0	1127.0	-0.21	*
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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	
Antidecubitic 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.
Antidendometriotic 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	
Antiscorbutic 10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASH	Fruit	4000.0	150000.0	2.42	*
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ASH	Bark	--	63000.0	-0.48	*
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ASPARTIC-ACID	Fruit	1170.0	8586.0	-0.21	*
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Activities (3)

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

BARIUM	Fruit	0.045	30.0	0.24	*
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BENZALDEHYDE	Seed	--	--		*
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Activities (24)

Allergenic	
Anesthetic	
Antibacterial	
Anticancer	
Antimutagenic	
Antipeptic	
Antiseptic	
Antispasmodic	
Antitumor	
Candidicide	
FLavor FEMA 150-800	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Immunostimulant	
Insecticide	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Insectifuge 50 ppm	J. Stored. Prod. Res., 22:141, 1986.
Motor-Depressant	Buchbauer et al, e.g. Buchbauer et al, 1993. Therapeutic properties of essential oils and fragrances. Chap.12 in Teranishi, R, Buttery, R.G and Sugisawa, H. Eds. Bioactive Volatile Compounds from Plants. ACS Symposium Series 525. Amer. Chem. Soc., Washington DC
Narcotic	Merck 11th Edition
Nematicide MLC=1 mg/ml	Shoyakugaku Zasshi, 44: 183.
Pesticide	
Sedative	Buchbauer et al, e.g. Buchbauer et al, 1993. Therapeutic properties of essential oils and fragrances. Chap.12 in Teranishi, R, Buttery, R.G and Sugisawa, H. Eds. Bioactive Volatile Compounds from Plants. ACS Symposium Series 525. Amer. Chem. Soc., Washington DC
Termiticide LD100=5 mg/g	
Tyrosinase- Inhibitor ID50=820 uM	
Tyrosinase- Inhibitor ID50=87 ug/ml	
Tyrosinase- Inhibitor ID50=0.82 mM	
Tyrosinase- Inhibitor ID50=830 uM	

BENZALDEHYDE Fruit -- -- *

Activities (24)

Allergenic	
Anesthetic	
Antibacterial	
Anticancer	
Antimutagenic	
Antipeptic	
Antiseptic	
Antispasmodic	
Antitumor	
Candidicide	
FLavor FEMA 150-800	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Immunostimulant	
Insecticide	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Insectifuge 50 ppm	J. Stored. Prod. Res., 22:141, 1986.
Motor-Depressant	Buchbauer et al, e.g.Buchbauer et al,1993.Therapeutic properties of essential oils and fragrances. Chap.12 in Teranishi,R, Buttery,R.G and Sugisawa,H. Eds. Bioactive Volatile Compounds from Plants. ACS Symposium Series 525. Amer. Chem. Soc., Washington DC
Narcotic	Merck 11th Edition
Nematicide MLC=1 mg/ml	Shoyakugaku Zasshi, 44: 183.
Pesticide	
Sedative	Buchbauer et al, e.g.Buchbauer et al,1993.Therapeutic properties of essential oils and fragrances. Chap.12 in Teranishi,R, Buttery,R.G and Sugisawa,H. Eds. Bioactive Volatile Compounds from Plants. ACS Symposium Series 525. Amer. Chem. Soc., Washington DC
Termiticide LD100=5 mg/g	
Tyrosinase-Inhibitor ID50=820 uM	
Tyrosinase-Inhibitor ID50=87 ug/ml	
Tyrosinase-Inhibitor ID50=0.82 mM	
Tyrosinase-Inhibitor ID50=830 uM	

BENZALDEHYDECYANHYDRIN Seed -- -- *

BENZYL-ACETATE Fruit -- -- *

Activities (9)

Acaricide	
Cardiotonic	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.
Emetic	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.
FLavor FEMA 35-800	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypotensive	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.
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	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.
Tumorigenic	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.
Varroacide	

BENZYL-ALCOHOL Fruit -- -- *

Activities (9)

Allergenic	Martindale's 29th
Anesthetic	Martindale's 28th
Antiodontalgic	Martindale's 28th
Antipruritic	
Antiseptic	Martindale's 29th
FLavor Fema 200-1,200	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Fungicide	
Pesticide	
Sedative	Jim Duke's personal files.

BETA-CAROTENE Fruit -- 30.0 -0.09 *

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 Leaf -- -- *

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., <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 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	

BORON Fruit 1.0 150.0 2.22 *

Activities (4)

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

BROMINE Fruit -- -- *

CADMIUM Fruit -- 0.45 0.68 *

Activities (3)

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

CAFFEIC-ACID Leaf -- -- *

Activities (102)

Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)	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.
Allergenic	
Analgesic	
AntiHIV EC50=200 ug/ml	
AntiLegionella	
Antiadenoviral	Economic & Medicinal Plant Research, 5: 207.
Antiaggregant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiaging	
Antiatherogenic	
Antibacterial	
Anticancer	
Anticarcinogenic	Economic & Medicinal Plant Research, 6: 189.
Antidepressant	
Antiedemic	Economic & Medicinal Plant Research, 6: 189.
Antielastase IC50=93 um/l	
Antielastase IC50=86 ug/ml (475 uM)	
Antiescherichic	
Antiflu	Economic & Medicinal Plant Research, 5: 207.
Antigonadotropic	Jim Duke's personal files.
Antihemolytic 25 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. Phytochemistry. 36(3): 579-583. 1994.
Antihepatoadenomic 200 ppm diet orally	
Antihepatotoxic	
Antiherpetic 50 ug/ml	
Antiherpetic EC50=>50 ug/ml	
Antihistaminic	
Antihypercholesterolemic	Economic & Medicinal Plant Research, 6: 189.
Antihyperthyroid	
Antiinflammatory	
Antileukemic	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.
Antileukotriene	
Antimelanogenic	
Antimutagenic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antinitrosaminic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antiphidic	
Antioxidant 50 uM	
Antioxidant IC57=30 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 30 mM	
Antioxidant 1.3 x Vit. E	
Antioxidant 1/2 BHA	
Antiperoxidant IC50=44 uM	Planta Medica, 57: A54, 1991.
Antiperoxidant IC35=200 ug/ml	
Antiperoxidant IC85=100 ug/ml	
Antiproliferant	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.
Antiprostaglandin	
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. Phytochemistry. 36(3): 579-583. 1994.
Antiradicular 1/3 quercetin	
Antiradicular 30 mM	
Antiradicular IC50=32-35 uM	
Antiseptic	
Antispasmodic EC50=3.4-15 uM	Phytotherapy Research, 4: 73.
Antistaphylococcic	

Antistomatitic	Economic & Medicinal Plant Research, 5: 207.
Antisunburn	
Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithyroid	Jim Duke's personal files.
Antitumor 200 ppm diet orl mus	
Antitumor (Skin)	
Antitumor-Promoter IC42=10 uM	Cancer Research, 48: 5941.
Antiulcerogenic	
Antivaccinia	Economic & Medicinal Plant Research, 5: 207.
Antiviral IC50=62.5 ug/ml	
Anxiolytic	
CNS-Active	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
COX-2-Inhibitor IC32=100 uM	
Calcium-Antagonist IC50=1.2 uM rbt	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic 2% (diet)	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	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.
Clastogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Co-carcinogenic	
Collagen-Sparing	
Cytoprotective	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Cytotoxic TC50=200 ug/ml	
DNA-Active	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
DNA-Protective	
Diuretic	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Fungicide MIC=0.4 mg/ml	
Hepatocarcinogenic 400 ppm diet orl mus (in the absence of alcohol)	
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.
Hepatotropic	
Histamine-Inhibitor	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC27=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.
Lipoxygenase-Inhibitor IC50=62-148 uM	
Lyase-Inhibitor IC50=94-164 uM	
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Pesticide	
Prooxidant	
Prostaglandigenic	
Sedative 500 mg	
Sunscreen IC50=2.5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Sunscreen IC91=5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Sunscreen IC98=25 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Tumorigenic	Jim Duke's personal files.
Vulnerary	
Xanthine-Oxidase-Inhibitor IC50=39.21 uM	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.

CAFFEIC-ACID-ESTER Leaf -- -- *

CALCIUM Seed -- 970.0 -0.58 *

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

Fruit 18.0 8850.0 1.15 *

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	

CAMPESTEROL

Seed -- -- *

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.

CAMPESTEROL-3-O-BETA-(6-O-OLEYL)-GLUCOPYRANOSIDE	Seed	--	--	*
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CAMPESTEROL-3-O-BETA-(6-O-PALMITYL)-GLUCOPYRANOSIDE	Seed	--	--	*
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CAMPESTEROL-3-O-BETA-D-GLUCOPYRANOSIDE	Seed	--	--	*
--	------	----	----	---

CAPRONIC-ACID	Plant	--	--	*
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CARBOHYDRATES	Fruit	111000.0	910000.0	0.68	*
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CHLOROGENIC-ACID	Flower	--	--	*
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Activities (77)

Aldose-Reductase-Inhibitor IC50=1.8 uM rat (strong activity) Yoshikawa, M., et al. 1999. Medicinal Flowers. I. Aldose Reductase Inhibitors and Three New Eudesmane-Type Sesquiterpenes, Kikkanols A, B, and C, From the Flowers of *Chrysanthemum indicum* L. *Chem Pharm Bull*, 47(3): 340-345.

Allelochemic

Allergenic

Analgesic

AntiEBV Economic & Medicinal Plant Research, 6: 189.

AntiHIV Economic & Medicinal Plant Research, 6: 189.

AntiLegionella

Antiatherosclerotic

Antibacterial

Anticancer (Colon)

Anticancer (Forestomach)

Anticancer (Liver)

Anticancer (Skin)

Anticarcinogenic

Antidiabetic

Antifeedant

Antigenotoxic

Antigonadotropic Jim Duke's personal files.

Antihemolytic 10 uM Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. *Phytochemistry*. 36(3): 579-583. 1994.

Antihepatotoxic

Antiherpetic Economic & Medicinal Plant Research, 5: 194.

Antihistaminic

Antihypercholesterolemic Economic & Medicinal Plant Research, 6: 189.

Antihyperthyroid

Antiinflammatory Hagerman, A.E. Tannin-Protein Interactions. *Phenolic Compounds in Food and Their Effects on Health*, Ch.19.

Antileukotriene

Antimelanogenic

Antimutagenic

Antinitrosaminic

Antioxidant IC53=200 ppm Huang, M-T., and Ferraro, T. Phenolic Compounds in Food and Cancer Prevention. *Phenolic Compounds in Food and Their Effects on Health*, Ch.2 p.21.

Antioxidant IC80=12 uM

Antioxidant IC50=54.2 uM

Antiperoxidant IC50=36 uM *Planta Medica*, 57: A54, 1991.

Antipolio Jim Duke's personal files.

Antiradicular 10 uM Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. *Phytochemistry*. 36(3): 579-583. 1994.

Antiradicular 9 x quercetin

Antiseptic

Antisunburn

Antithyroid Jim Duke's personal files.

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

Antitumor (Colon)

Antitumor (Forestomach)

Antitumor (Liver)

Antitumor (Skin)

Antitumor-Promoter IC25=10 uM

Antulcer	Economic & Medicinal Plant Research, 6: 189.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Autotoxic	
CNS-Active	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
CNS-Stimulant 1/6 Caffeine	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Clastogenic	Friedman, M. and Dao, L. 1990. Effect of Autoclaving and Conventional and Microwave Baking on the Ergot Alkaloid and Chlorogenic Acid Contents of Morning Glory (<i>Ipomoea tricolor</i> Cav. cv.) Heavenly Blue Seeds. J. Agric. Food Chem. 38: 805-808.
Collagen-Sparing	
Diuretic	
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Hepatoprotective	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Histamine-Inhibitor	
Hypoglycemic	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in <i>Achillea millefolium</i> L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Interferonogenic	Economic & Medicinal Plant Research, 1: 124.
Juvabional	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvostat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC23=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.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
NO-Genic	
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Sunscreen	
Sweetener	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Vulnerary	

CHLOROGENIC-ACID

Leaf

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Activities (77)

Aldose-Reductase-Inhibitor IC50=1.8 uM rat (strong activity)	Yoshikawa, M., et al. 1999. Medicinal Flowers. I. Aldose Reductase Inhibitors and Three New Eudesmane-Type Sesquiterpenes, Kikkanols A, B, and C, From the Flowers of <i>Chrysanthemum indicum</i> L. Chem Pharm Bull, 47(3): 340-345.
Allelochemic	
Allergenic	
Analgesic	
AntiEBV	Economic & Medicinal Plant Research, 6: 189.
AntiHIV	Economic & Medicinal Plant Research, 6: 189.
AntiLegionella	
Antiatherosclerotic	
Antibacterial	
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidiabetic	
Antifeedant	
Antigenotoxic	
Antigonadotropic	Jim Duke's personal files.
Antihemolytic 10 uM	Ohnishi, M., Morishita, H., Iwashashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. Phytochemistry. 36(3): 579-583. 1994.
Antihepatotoxic	
Antihyperpetic	Economic & Medicinal Plant Research, 5: 194.
Antihistaminic	
Antihypercholesterolemic	Economic & Medicinal Plant Research, 6: 189.
Antihyperthyroid	
Antiinflammatory	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.

Antileukotriene	
Antimelanogenic	
Antimutagenic	
Antinitrosaminic	
Antioxidant IC53=200 ppm	Huang, M-T., and Ferraro, T. Phenolic Compounds in Food and Cancer Prevention. Phenolic Compounds in Food and Their Effects on Health, Ch.2 p.21.
Antioxidant IC80=12 uM	
Antioxidant IC50=54.2 uM	
Antiperoxidant IC50=36 uM	Planta Medica, 57: A54, 1991.
Antipolio	Jim Duke's personal files.
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwashita, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. Phytochemistry. 36(3): 579-583. 1994.
Antiradicular 9 x quercetin	
Antiseptic	
Antisunburn	
Antithyroid	Jim Duke's personal files.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC25=10 uM	
Antiulcer	Economic & Medicinal Plant Research, 6: 189.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Autotoxic	
CNS-Active	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
CNS-Stimulant 1/6 Caffeine	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Clastogenic	Friedman, M. and Dao, L. 1990. Effect of Autoclaving and Conventional and Microwave Baking on the Ergot Alkaloid and Chlorogenic Acid Contents of Morning Glory (Ipomoea tricolor Cav. cv.) Heavenly Blue Seeds. J. Agric. Food Chem. 38: 805-808.
Collagen-Sparing	
Diuretic	
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Hepatoprotective	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Histamine-Inhibitor	
Hypoglycemic	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Interferonogenic	Economic & Medicinal Plant Research, 1: 124.
Juvalbional	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvostat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC23=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.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
NO-Genic	
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Sunscreen	
Sweetener	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Vulnerary	

CHROMIUM Fruit 0.01 2.25 -0.19 *

Activities (24)

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

CHROMIUM	Bark	--	35.0	2.75	*
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Activities (24)

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

CITRIC-ACID Fruit -- -- *

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

COBALT Fruit 0.005 0.45 -0.48 *

Activities (2)					
Cardiomyopathogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Erythrocytogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COBALT	Bark	--	20.0	0.08	*
Activities (2)					
Cardiomyopathogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Erythrocytogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COPPER	Seed	--	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.
COPPER	Fruit	0.3	30.0	1.34	*
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.
CRYPTOXANTHIN	Plant	0.5	10.0		*
Activities (2)					
Antimutagenic					Economic & Medicinal Plant Research, 6: 235.
Vitamin-A-Activity					
CYANIDIN-3-MONOGLUCOSIDE	Fruit	--	--		*
CYSTINE	Fruit	60.0	486.0	-0.57	*
Activities (2)					
Adjuvant					Merck 11th Edition
Antihomocystinuric					Martindale's 29th
D-AFZELECHIN	Root	--	--		*
Activities (1)					
Allelopathic					Abstract (See species file)
D-GALACTOSE	Gum	--	--		*
D-GLUCURONIC-ACID	Plant	--	--		*
D-XYLOSE	Gum	--	--		*
ETHANOL	Fruit	--	--		*

Activities (24)

Allergenic	
Anesthetic 4,000 orl 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.
Anesthetic 6,000 orl 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.
Anhydrotic	Martindale's 29th
Antiatherosclerotic	
Antibacterial	Martindale's 28th
Antipruritic	Martindale's 28th
Antiseptic	Merck 11th Edition
CNS-Depressant	Martindale's 28th
Expectorant	Schulz, V, Hansel, R and Tyler, VE. 1998. Rational Phytotherapy - A Physician's Guide to Herbal Medicine. 3rd ed. 1st English Edition. Translated by Terry C. Telger. Springer Verlag, Heidelberg. 306 pp.
Hepatotoxic	Martindale's 29th
Hypertensive >1 drink/day	
Hypnotic Antidote=Naloxone	Martindale's 29th
Hypocalcemic 4,000 orl 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.
Hypotensive 1 drink/day	
Mucotropic	Schulz, V, Hansel, R and Tyler, VE. 1998. Rational Phytotherapy - A Physician's Guide to Herbal Medicine. 3rd ed. 1st English Edition. Translated by Terry C. Telger. Springer Verlag, Heidelberg. 306 pp.
Neurolytic	Merck 11th Edition
Pesticide	
Rubefacient	Martindale's 29th
Sclerosant	Martindale's 29th
Surfactant	Schulz, V, Hansel, R and Tyler, VE. 1998. Rational Phytotherapy - A Physician's Guide to Herbal Medicine. 3rd ed. 1st English Edition. Translated by Terry C. Telger. Springer Verlag, Heidelberg. 306 pp.
Teratogenic 6,000 orl 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.
Tremorilytic	Martindale's 28th
Ulcerogenic 5 ml/kg (50%) orl rat	

ETHYL-ACETATE Fruit -- -- *

Activities (6)

Antispasmodic	
CNS-Depressant	Martindale's 29th
Carminative	
FLavor FEMA 20-1,500	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Respirotoxic >400 ppm	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Stimulant	

ETHYL-BENZOATE Fruit -- -- *

Activities (1)

FLavor FEMA 2-60	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
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FAT Fruit 860.0 18000.0 -0.5 *

FAT Seed 399000.0 456000.0 1.0 *

FERULIC-ACID Plant -- -- *

Activities (61)

Allelopathic	Holappa, L.D., and Blum*, U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. J. of Chemical Ecology, 17(5): 865.
Analgesic	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 69.
Antiaggregant	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Antiallergic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antiarrhythmic	
Antibacterial	Jeffery B, Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	

Antidysmenorrhoeic	
Antiestrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiherpetic	
Antiinflammatory	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.
Antimitotic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antimutagenic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antineoplastic (Stomach)	
Antinitrosaminic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	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.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livingstone, Edinburgh.
Hepatotropic	
Herbicide	Angewandte Botanik 68(5/6)=1994. Page 195.
Hydrocholeric	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypolipidemic	
Immunostimulant	Economic & Medicinal Plant Research, 1: 124.
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Pesticide	
Phagocytotic	
Preservative	Merck 11th Edition
Prostaglandinogenic	
Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM	Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. Yao Hsueh Hsueh Pao, 25(6): 412-416.
Sunscreen	Chemical Marketing Reporter; a weekly tabloid, 9/10/92.
Uterosedative 30-100 mg/kg ivn rat	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

FIBER Seed -- 148000.0 0.1 *

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 6210.0 162000.0 0.19 *

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					

FLAVONOL-GLYCOSIDES Fruit -- 10.0 -1.0 *

FLAVONOL-GYLCSIDES Leaf 7500.0 10400.0 *

FLUORINE Fruit 0.1 0.8 -0.55 *

FOLACIN Fruit 0.031 0.303 -0.71 *

Activities (15)					
AntiSpina-Bifida	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antianemic 5-20 mg/man/day					
Anticervicaldysplasic 8-30 mg/wmn/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antigingivitic 2-5 mg/day/man	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antimyelotoxic 5 mg/day/orl/man	Martindale's 29th				
Antineuropathic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiperiodontitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antiplaque	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antipsychotic	Martindale's 29th				
Hematopoietic	Merck 11th Edition				
Uricosuric	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Xanthine-Oxidase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				

FORMIC-ACID Fruit -- -- *

Activities (13)					
Acaricide					
Antiseptic					
Antisynoptic					
Astringent	Merck 11th Edition				
Corrosive	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Counterirritant	Merck 11th Edition				
FLavor FEMA 500-2,500	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Fungistat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Fungitoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Irritant					
Pesticide					
Preservative	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Toxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

GAMMA-HEPTALACTONE	Fruit	--	--		*
GAMMA-HEXALACTONE	Fruit	--	--		*

Activities (1)					
FLavor FEMA 0.1-90	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

GAMMA-NONALACTONE	Fruit	--	--		*
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Activities (2)					
FLavor Jan-50	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

GAMMA-OCTALACTONE	Plant	--	--		*
GIBBERELLIN-A-32	Seed	--	--		*
GIBBERELLIN-A-32-ACETONIDE	Plant	--	--		*
GIBBERELLIN-A-5	Plant	--	--		*
GLUCOSE	Seed	--	--		*

Activities (7)					
Acetylcholinergic					
Antiedemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antihepatotoxic	Merck 11th Edition				
Antiketotic	Merck 11th Edition				
Antivaricose	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Hyperglycemic	Merck 11th Edition				
Memory-Enhancer	Science News, 138: 189, 1990.				
GLUTAMIC-ACID	Fruit	1060.0	8586.0	-0.36	*

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).				
Antiprostatisic 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	Fruit	240.0	1944.0	-0.64	*

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				
Antiprostaglandin 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 <i>Cajanus cajan</i> Seed Extract. <i>Planta Medica</i> 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					

HCN Leaf -- -- *

Activities (9)					
Antiasthmatic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.				
Antidote Ihl (=Amyl Nitrite)	Martindale's 29th				
Antitussive	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.				
Bronchosedative	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.				
Insecticide	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Pesticide					
Respirastimulant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.				
Rodenticide	Martindale's 29th				
Vasomotor-Stimulant					

HENTRIACONTANE Leaf -- -- *

HEXANOIC-ACID Fruit -- -- *

Activities (2)					
Acidulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
FLavor FEMA 2-450	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

HEXYL-ACETATE Fruit -- -- *

Activities (1)					
FLavor FEMA 3-25	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

HEXYL-FORMATE Fruit -- -- *

Activities (1)					
FLavor FEMA 10-50	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

HISTIDINE Fruit 130.0 1053.0 -0.46 *

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 -- 80.0 -0.33 *

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 1.0 99.0 -0.13 *

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 Bark -- 117.0 -0.38 *

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	

ISOLEUCINE Fruit 200.0 1620.0 -0.61 *

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.

ISOVALERIANIC-ACID Fruit -- -- *

KAEMPFEROL Leaf -- -- *

Activities (75)	
11B-HSD-Inhibitor	
5-Lipoxygenase-Inhibitor IC50 (uM)=20	
Aldose-Reductase-Inhibitor 100 uM	Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. J Braz Chem Soc, 8(3): 211-213.
Antiaflatoxin IC50=8.73 uM	
Antiaflatoxin IC50=3.28 ppm	
Antiaggregant 30 uM	
Antiallergic	
Antibacterial 20 ug/ml	
Anticancer	
Antifertility 250 mg/kg/day/60 days/orl rat	Kumar, P., Dixit*, V.P., and Khanna, P. Antifertility Studies of Kaempferol: Isolation and Identification from Tissue Culture of some Medicinally Important Plant Species. Plantes medicinales et phytotherapie, 23: 193-201, 1989.
Antigingivitic 20 ug/ml	
Antihyperic 23-92 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992.
Antihistaminic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Antiimplantation	
Antiinflammatory 20 mg/kg	
Antiinflammatory 200 mg/kg ipr rat	
Antileukemic IC50=3.1 ug/ml	Life Sciences 55: 1061.
Antilymphocytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

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

Activities (2)					
Aldose-Reductase-Inhibitor IC43=1uM	Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888.				
Aldose-Reductase-Inhibitor IC85=10 uM					

L-ARABINOSE	Gum	--	--		*
L-MALIC-ACID	Fruit	--	--		*
L-RHAMNOSE	Gum	--	--		*
LEAD	Fruit	0.3	3.0	-0.31	*
LEUCINE	Fruit	400.0	3240.0	-0.4	*

Activities (2)					
Antiencephalopathic	Martindale's 29th				
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.				

LINOLEIC-ACID	Fruit	440.0	3565.0	-0.31	*
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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. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> 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. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Carcinogenic	Science News, 146: 421.				
Comedolytic					
Hepatoprotective					
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.)				
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.				
Insectifuge	Jacobson, M., <i>Glossary of Plant-Derived Insect Deterrents,</i> CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Metastatic	Science News, 146: 421.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.				
Propeic					

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

AntiMS	Economic & Medicinal Plant Research, 6: 189.
Antiacne	
Antialopecic	
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.
Propepic	

LINOLENIC-ACID	Fruit	10.0	80.0	-0.92	*
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LITHIUM	Fruit	0.06	0.6	-0.3	*
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Activities (11)

AntiPMS	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.
Antihyperthyroid	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimanic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipsychotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antischizophrenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiviral	
Cholinergic	
Deliriant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Natriuretic	
Nephrotoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

LUTEIN	Fruit	0.14	2.8	-0.59	*
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Activities (15)					
Antiatherosclerotic					
Anticancer (Breast)		Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.			
Antimaculitic		Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.			
Antinyctalopic		Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.			
Antioxidant					
Antiproliferant		Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.			
Antiradicular					
Antiretinitic Optometry					
Antitumor (Breast)		Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.			
Antitumor (Colon)					
Colorant		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Prooxidant 5-40 ug/g					
Quinone-Reductase-Inducer 2.5 ug		Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.			
Retinoprotectant Optometry					
Ubiquiot		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

LYCOPENE	Fruit	--	--	*	
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Activities (16)					
Anticancer (Bladder)					
Anticancer (Breast)					
Anticancer (Cervix)					
Anticancer (Prostate)					
Antioxidant					
Antiprostatic					
Antiradicular					
Antitumor					
Antitumor (Bladder)					
Antitumor (Breast)					
Antitumor (Cervix)					
Antitumor (Prostate)					
Cancer-Preventive		Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.			
Colorant					
Hypocholesterolemic 60 mg/man/day/3 mos					
Prooxidant 20 ug/g					

LYSINE	Fruit	230.0	1863.0	-0.58	*
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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	--	3810.0	0.34	*
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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					
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.
Antidometriotic 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	
Antiplateau 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MAGNESIUM Fruit 68.0 850.0 -0.59 *

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	
Antigastric	
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	Bark	--	4220.0	1.68	*
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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	
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. <i>Cornucopia - A Source Book of Edible Plants</i> . Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . 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. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Vasodilator	

MALONIC-ACID	Fruit	--	--	*
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Activities (1)				
Irritant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.			

MANGANESE	Bark	--	54.0	-0.32	*
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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. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.			
Antidiabetic 10-30 mg/man/day				
Antidiscotic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.			
Antidyskinetic	Martindale's 28th			
Antiepileptic 450 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.			
Antiosteoporotic				
Antiototic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.			
Antioxidant				
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95			
Hypoglycemic 10-30 mg/man/day				

MANGANESE	Seed	--	17.0	-0.45	*
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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. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.			
Antidiabetic 10-30 mg/man/day				
Antidiscotic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.			
Antidyskinetic	Martindale's 28th			
Antiepileptic 450 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.			
Antiosteoporotic				
Antiototic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.			
Antioxidant				
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95			
Hypoglycemic 10-30 mg/man/day				

MANGANESE	Fruit	--	22.5	-0.26	*
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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	

MERCURY Fruit -- 0.007 -0.51 *

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

METHIONINE Fruit 170.0 1377.0 0.52 *

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

METHYL-ACETATE Fruit -- -- *

Activities (3)	
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Trypsin-Enhancer	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

METHYL-FRUCTOFURANOSIDE Seed -- -- *

METHYL-GALLATE Flower -- -- *

Activities (16)					
Antiallergenic	Dorsch, W., Wagner, H. New Antiasthmatic Drugs from Traditional Medicine? Int Arch Allergy Appl Immunol 94: 262-265, 1991.				
Antiasthmatic	Watt, J.M., and Breyer-Brandwijk, M.G. The Medicinal and Poisonous Plants of Southern and Eastern Africa. 1962.				
Antibacterial MIC=12.5-400 ug/ml					
Antibronchitic	Dorsch, W., Wagner, H. New Antiasthmatic Drugs from Traditional Medicine? Int Arch Allergy Appl Immunol 94: 262-265, 1991.				
Antiherpetic	Economic & Medicinal Plant Research, 5: 207.				
Antileukemic					
Antioxidant					
Antiseptic					
Antistaphylococcic MIC=200-400 ug/ml					
Antitumor					
Antiviral	Economic & Medicinal Plant Research, 5: 207.				
Gram(+)icide MIC=200-400 ug/ml					
Gram(-)icide MIC=12.5-50 ug/ml					
Pesticide					
Reverse- Transcriptase- Inhibitor					
Xanthine-Oxidase- Inhibitor IC50=29 uM	Hatano, T., Yasuhara, T., Yoshihara, R., Agata, I., Noro, T., and Okuda, T. 1989. Effects of Interaction of Tannins with Co-existing Substances.VII. Inhibitory Effects of Tannins Related Polyphenols on Xanthine Oxidase. Chem. Pharm. Bull. 38(5): 1224-1229				

METHYL-GLUCOPYRANOSIDE	Seed	--	--		*
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MOLYBDENUM	Fruit	0.1	1.05	-0.27	*
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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.				

MUCIC-ACID	Plant	--	--		*
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MUFA	Fruit	340.0	2755.0	-0.21	*
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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				

MULTIFLORIN-A	Flower	--	--		*
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MULTIFLORIN-B	Flower	--	--		*
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MULTINOSIDE-A	Flower	--	--		*
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MULTINOSIDE-B	Flower	--	--		*
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N-ACETYL-GLUCOSAMINE	Na	--	--		Caldwell, D. L., Gerhardt, K. O. 1986. Chemical Analysis of Peach Extrafloral Nectary Exudate. Phytochemistry, 252: 411-413.
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NARINGENIN	Plant	--	--		*
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Activities (56)					
11B-HSD-Inhibitor					
Aldose-Reductase- Inhibitor IC25=1 uM	Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. Phytochemistry, 23: 1885-1888.				
Aldose-Reductase- Inhibitor IC78=10 uM	Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. Phytochemistry, 23: 1885-1888.				
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.				

Aldose-Reductase-Inhibitor 1 ug/ml	Aida, K., Tawata, M., Shindo, H., Onaya, T., Sasaki, H., Yamaguchi, T., Chin, M.(Chen, Z.), and Mitsuhashi, H. 1989. Isoliquiritigenin: A New Aldose Reductase Inhibitor from Glycyrrhizae Radix. <i>Planta Medica</i> 56(3): 254-258.
AntiHIV IC35=200 ug/ml	
Antiacetylcholinesterase	
Antiaflatoxin IC50=12 uM	
Antiaflatoxin IC50=3.37 ppm	
Antiaaggregant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antialzheimeran	
Antiamnesic	
Antiamyloid-Beta	
Antibacterial MIC=250-500 ug/ml	<i>Planta Medica</i> , 57: A43, 1991.
Anticancer	
Antiescherichic	
Antiestrogenic	
Antifibrotic	
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiherpetic	<i>Economic & Medicinal Plant Research</i> , 5: 197.
Antiinflammatory 20 ppm	
Antileukemic IC50=>10 ug/ml	<i>Life Sciences</i> 55: 1061.
Antimutagenic ID50=50-100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.13.
Antioxidant 7 x quercetin	
Antiperistaltic	
Antiperoxidative	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiradicular 7 x quercetin	
Antisindhis IC50=15 ug/ml	
Antispasmodic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antistaphylococcic	
Antitumor	
Antitumor-Promoter	
Antiulcer	<i>Fitoterapia</i> No.5-1990.
Antiviral IC50=15 ug/ml	
Aphidifuge	
Aromatase-Inhibitor IC45=1 uM/l	<i>Journal of Medicinal Food</i> 2: 235.1999.
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	
Choleretic	
Cytochrome-P450-Inhibitor	Pizzorno, J. 1998. <i>Total Wellness.</i> Prima Health, a division of Prima.
Decarboxylase-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.
Embryotoxic	
Estrogenic EC50=0.1-25 uM/l	
Fungicide 2.5 mM	
Fungistat	Weidenborner, M., Hindorf, H., Jha, H.C., and Tsotsonos, P. 1989. Antifungal Activity of Flavonoids Against Storage Fungi of the Genus <i>Aspergillus</i> . <i>Phytochemistry</i> . 29(4): 1103-1105.
Hepatoprotective IC50=12 uM	
Hepatoprotective IC50=3.37 ppm	
Neuroprotective	
P450-Inhibitor	
Pesticide	
Serotonin-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=14.41 uM	
Teratogenic	
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.
Uterotrophic EC50=0.1-25 uM/l	<i>Journal of Medicinal Food</i> 2: 227.1999.
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).

NIACIN Fruit 10.0 82.0 0.28 *

Activities (39)

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

NICKEL Fruit 0.15 4.5 0.59 *

Activities (3)

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

NITROGEN Fruit 1400.0 13075.0 -0.11 *

OLEIC-ACID Seed -- -- *

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	

OLEIC-ACID Fruit 340.0 2755.0 -0.46 *

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	

OXALIC-ACID Plant -- 10.0 -0.54 List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (9)	
Acaricide	
Antiseptic	
CNS-Paralytic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fatal	Martindale's 29th
Hemostatic	Merck 11th Edition
Irritant	
Pesticide	
Renotoxic	Merck 11th Edition
Varroacide	

OXALIC-ACID Hh -- 10.0 *

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					

P-COUMARIC-ACID Leaf -- -- *

Activities (25)					
Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)	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.				
Allelopathic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antibacterial	Pharmazie, 46: 156, 1991.				
Anticlastogen					
Antifertility					
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.				
Antinitrosaminic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Antioxidant IC24=30 ppm					
Antioxidant 1/3 BHA					
Antiperoxidant IC50=>100 uM	Planta Medica, 57: A54, 1991.				
Antiseptic					
Antispasmodic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.				
Antitumor					
Cancer-Preventive					
Chemopreventive					
Choleretic					
Cytotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.				
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Lipoxygenase-Inhibitor IC11=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.				
Pesticide					
Prostaglandigenic					
Prostaglandin-Synthesis-Inhibitor					
Tyrosinase-Inhibitor ID50=3,650 uM					

P-COUMARIC-ACID-ESTER Leaf -- -- *

PALMITIC-ACID Seed -- -- *

Activities (13)					
5-Alpha-Reductase-Inhibitor					
Antiallopecic					
Antiandrogenic					
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.				
Antioxidant IC40=60					
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.				
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Pesticide					
Propepic					
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

PALMITIC-ACID Fruit 90.0 730.0 -0.35 *

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					
Propeptic					
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	Fruit	10.0	80.0	-0.33	*
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Activities (2)					
5-Alpha-Reductase-Inhibitor					
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

PANTOTHENIC-ACID	Fruit	2.0	14.0	-0.26	*
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Activities (11)					
Antiallergic 100-500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiarthritic 500-2,000 mg/day					
Anticephalagic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Anticlaudificant?	Martindale's 29th				
Antidermatitic	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.				
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antihypercholesterolemic 300 mg/meal	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiileus?	Martindale's 29th				
Antiinsomniac?	Martindale's 29th				
Antirheumatic?	Martindale's 29th				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				

PECTINS	Fruit	--	8600.0	-1.27	*
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PENTANOIC-ACID	Fruit	--	--		*
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PENTYL-ACETATE	Fruit	--	--		*
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PHENYLALANINE	Plant	220.0	1782.0	-1.29	*
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Activities (7)					
AntiADD 587 mg/day/orl	Martindale's 29th				
Antidepressant 50-4,000 mg/day/man					
Antiparkinsonian 200-500 mg/day/man	Martindale's 28th				
Antisickling 690 ug/ml					
Antivilitigic 100 mg/kg/day/orl/man	Martindale's 29th				
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Tremorigenic 1,600-12,600 mg/man/day	Martindale's 28th				

PHOSPHORUS	Fruit	90.0	2000.0	-0.37	*
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Activities (4)					
Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic					
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

PHOSPHORUS Bark -- 3150.0 1.62 *

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.

PHYTIN-PHOSPHORUS Fruit -- 10.0 -1.23 *

PHYTOSTEROLS Fruit 100.0 810.0 -0.17 *

Activities (2)

Antiprostatic
 Hypocholesterolemic

POTASSIUM Seed -- 7010.0 -0.49 *

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 Fruit 1275.0 22072.0 0.37 *

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 Bark -- 19400.0 2.9 *

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	Fruit	290.0	2349.0	-0.46	*
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PROTEIN	Seed	239000.0	312000.0	0.7	*
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PROTEIN	Fruit	6850.0	63000.0	-0.62	*
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PRUNASIN	Seed	--	--		*
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Activities (2)

Aldose-Reductase-Inhibitor 0.1 mM/l rat

Fujita, T., Ohira, K., Miyatake, K., Nakano, Y., Nakayama, M. 1995. Inhibitory Effect of Perillosides A and C, Related Monoterpene Glucosides on Aldose Reductase and Their Structure-Activity Relationships. Chem Pharm Bull, 43(6): 920-926.

Cyanogenic

Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.

PUFA	Fruit	450.0	3645.0	-0.58	*
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Activities (4)

AntiMS

Martindale's 28th

Antiacne

Martindale's 28th

Antieczemic

Martindale's 28th

Antipolyneuritic

Martindale's 28th

QUERCETIN	Plant	--	--		*
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Activities (176)

11B-HSD-Inhibitor

5-Lipoxygenase-Inhibitor
IC50 (uM)=4

ATPase-Inhibitor

Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

Aldehyde-Oxidase-Inhibitor
IC70-96=10 uMAldose-Reductase-Inhibitor
100 uMAldose-Reductase-Inhibitor
4 ug/ml

Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. Sankyo Kenkyusho Nempo, 43: 99-110.

Aldose-Reductase-Inhibitor
IC50=0.84 ug/ml cow

Okada, Y. et al. 1995. Search for Naturally Occurring Substances to Prevent the Complications of Diabetes. II. Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation. Chem Pharm Bull 43(8):1385-1387

Aldose-Reductase-Inhibitor
IC50=0.344 uM

Mao, X. M., Zhang, J. Q. 1993. Inhibition of Aldose Reductase by Extracts of Chinese Herbal Medicine. Zhongguo Zhongyao Zazhi, 18(10): 623-624.

Allelochemic IC82=1 mM

Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.

Allergenic

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

Analgesic

AntiCrohn's 400 mg/man/3x/day

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

AntiGTF ID50=120 ug/ml

AntiHIV

AntiPMS 500 mg/2x/day/wmn

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

Antiaflatoxin IC50=25 uM

Antiaflatoxin IC50=7.5 ppm

Antiaggregant IC50=55 uM

Economic & Medicinal Plant Research, 5: 333.

Antiaggregant 30 uM

Antiaging	
Antiallergic IC50=14 uM	Jim Duke's personal files.
Antialzheimeran	
Antianaphylactic	Meli, R., Autore, G., Di Carlo, G., Capasso, F. Inhibitory Action of Quercetin on Intestinal Transit in Mice. <i>Phytotherapy Research</i> 4(5): 201, 1990.
Antiangiogenic	
Antiarthritic	
Antiasthmatic IC50=14 uM	
Antiatherosclerotic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Anticarcinomic (Breast) IC50=1.5 uM	Medline (post 1990 searches filed in my computer)
Anticariogenic ID50=120 ug/ml	
Anticataract	
Anticolitic 400 mg/man/3x/day	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticomplementary	
Anticystitic 1,000 mg/day/4 weeks	
Antidepressant	
Antidermatitic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidiabetic	
Antielastase IC50=0.8 ug/ml	
Antiencephalitic	Economic & Medicinal Plant Research, 5: 199.
Antiescherichic	
Antiestrogenic	
Antifeedant IC52=<1,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Antifibrosarcomic	
Antiflu	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Antigastric	Rastitel'nye Resursy, 21: 85.
Antigonadotropic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antihepatotoxic	Joyeux, M., Rolland, A., Fleurentin, J., Mortier, F., and Dorfman, P. 1989. Tert-Butyl Hydroperoxide-Induced Injury in Isolated Rat Hepatocytes: A Model for Studying Anti-Hepatotoxic Crude Drugs. <i>Planta Medica</i> 56(2): 171-173, 1990.
Antihyperic 48-150 ug/ml	
Antihistaminic IC50=<10 uM	
Antihydrophobic	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Antihypertensive	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Antiinflammatory 20-150 mg/kg	Fitoterapia No.5-1990.
Antileishmanic IC50=64	
Antileukemic IC50=10 uM	Economic & Medicinal Plant Research, 5: 225.
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antileukemic 5.5-60 uM	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilipoperoxidant IC67=50	
Antimalarial IC50=1-6.4 ug/ml	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Antimelanomic	
Antimetastatic	
Antimutagenic ID50=2-5 nM	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antimutagenic ID50=0.62 ug/ml	
Antimyocarditic	Economic & Medicinal Plant Research, 5: 199.
Antinitrosaminic	
Antinociceptive	
Antioxidant IC96=300 ppm	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antioxidant ED50=2.3 uM	Seidel, V., Verholle, M., Malard, Y., Tilleguin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. <i>Phytotherapy Research</i> , 14(2): 93-98.
Antioxidant 4.7 x Vit. E	
Antioxidant IC47=10 uM	
Antipancreatic	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code.</i> Hyperion, NY.
Antiperiodontal	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiperistaltic	
Antipermeability	
Antiperoxidant	Planta Medica, 57: A110, 1991.

Antipharyngitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplaque	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplasmodial IC50=13-64	
Antipodriac	
Antipolio	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiproliferant 10 nM	
Antiprostanoïd	
Antiprostatic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradicular IC50=4.6 uM	Planta Medica, 56(6): 695, 1990.
Antispasmodic	
Antistreptococcic ID50=120 ug/ml	
Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithrombic	
Antitrypanosomic IC50=13	
Antitumor 10 uM	
Antitumor (Bladder)	
Antitumor (Breast)	
Antitumor (Colon)	
Antitumor (Lung)	
Antitumor (Ovary)	
Antitumor (Skin) 20 uM	
Antitumor-Promoter	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer	
Antiviral IC50=10 uM	Economic & Medicinal Plant Research, 5: 225.
Antiviral 48-150 ug/ml	Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992.
Apoptotic 20-60 uM	
Bacteristat 10 mg/ml	
Bradycardiac	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
COMT-Inhibitor	
COX-2-Inhibitor <40 uM	
Calmodulin-Antagonist	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	
Capillariprotective	Merck 11th Edition
Carcinogenic 40,000 ppm (diet) mus	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Catabolic	
Copper-Chelator	
Cyclooxygenase-Inhibitor	
Cytochrome-P450-1A2-Inhibitor	
Cytotoxic ED50=70 ug/ml	Matsukawa, Y., et al. The Effect of Quercetin and Other Flavonoids on Cell Cycle Progression and Growth of Human Gastric Cancer Cells. Planta Medica, 56(6): 677, 1990.
Cytotoxic IC82=100 ug/ml	Planta Medica, 57: A113, 1991.
Deiodinase-Inhibitor	Jim Duke's personal files.
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Differentiator 5.5 uM	
Estrogenic 10% genistein	
Fungicide	
Glucosyl-Transferase-Inhibitor ID50=120 ug/ml	
HIV-RT-Inhibitor IC50=<1 ug/ml	Nakane, H., Fukushima, M., and Ono*, K. Differential Inhibition Of Reverse Transcriptase And Various DNA Polymerases By Digallic Acid And Its Derivatives. Journal of Natural Products, 53(5): 1234-1240, 1990.
Hemostat	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Hepatomagenic 5,000 ppm (diet) rat	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Hepatoprotective	
Hypoglycemic 100 mg/kg orl rat	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.
Inotropic	
Insulinogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Juvabional	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Larvistat 8,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Lipoxygenase-Inhibitor IC11=1.25 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.

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

QUERCETIN-3'-GLUCOSIDE Leaf -- -- *

Activities (2)

Antibacterial
Pesticide

QUERCETIN-3'-GLUCOSIDE	Fruit	--	--	*
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Activities (2)

Antibacterial
Pesticide

QUERCETIN-3-O-GALACTOSIDE	Leaf	--	--	*
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QUERCETIN-3-O-GALACTOSIDE	Fruit	--	--	*
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QUERCETIN-3-O-RUTINOSIDE	Fruit	--	--	*
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QUERCETIN-3-DIGLUCOSIDE	Leaf	--	--	*
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QUERCETIN-3-DIGLUCOSIDE	Fruit	--	--	*
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QUERCETIN-3-O-RHAMNOSIDE	Leaf	--	--	*
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Activities (1)

Anticomplementary

QUERCETIN-3-O-RHAMNOSIDE	Fruit	--	--	*
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Activities (1)

Anticomplementary

QUERCITRIN	Flower	--	--	*
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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,' 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

QUINIC-ACID

Leaf

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*

Activities (1)

Choleretic

Fitoterapia No.5-1986.

RIBOFLAVIN

Fruit

1.0

4.0

-0.22

*

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	
Antidecubic	
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.

SELENIUM

Fruit	--	0.003	-0.39	*
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Activities (60)

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiNF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiaaggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antiangiogenic 230 ug/kg orl rat	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	
Anticirrhotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticlimacteric 200 ug/day	
Anticoronary 200 ug/day	
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaculitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	
Antimetastatic 480 ug/kg	
Antimyalgic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoarthritis	
Antioxidant 100-200 (-400) ug/man/day	
Antiparkinsonian 200-400 ug/day	
Antiproliferant 2 uM	
Antiradicular 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antirheumatic	
Antisyndrome-X 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 333.6 ug/day	
Antitumor (Breast) 0.8 mg/kg scu mus	
Antitumor (Breast) 150 ug/kg diet rat	

Antitumor (Breast) 230 ug/kg orl rat	
Antitumor (Lung) 240 ug/kg diet	
Antitumor (Prostate)	
Antitumor (brain) 38-150 ug/kg	
Antiulcerogenic	Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric (<i>Curcuma longa</i>) for Gastric and Duodenal Antiulcer Activity in Rats. <i>J. of Ethnopharmacology</i> , 29: 25-34, 1990.
Anxiolytic	
Apoptotic	
Cancer-Preventive	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., <i>Chemical substances in plants toxic to animals</i> , pp. 213-47 in Rechcigl, M., Jr., ed. <i>CRC Handbook of Naturally Occurring Food Toxicants</i> , CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Immunomodulator	
Immunostimulant 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reverse insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
NF-kB-Inhibitor	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Prostaglandin-Sparer	Fujita, T., Nakatani, E., Funaiishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. <i>J. Pharm. Pharmacol.</i> 42: 655-657, 1990.
Protein-Kinase-C-Inhibitor IC50=2-50 uM	
VEGF-Inhibitor	

SELENIUM

Bark -- -- *

Activities (60)

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., <i>Chemical substances in plants toxic to animals</i> , pp. 213-47 in Rechcigl, M., Jr., ed. <i>CRC Handbook of Naturally Occurring Food Toxicants</i> , CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiNF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiaggregant	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antiangiogenic 230 ug/kg orl rat	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	
Anticirrhotic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Anticlimacteric 200 ug/day	
Anticoronary 200 ug/day	
Antidandruff	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaculitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	
Antimetastatic 480 ug/kg	
Antimyalgic 200 ug/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiosteoarthritic	
Antioxidant 100-200 (-400) ug/man/day	
Antiparkinsonian 200-400 ug/day	
Antiproliferant 2 uM	
Antiradicular 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reverse insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antirheumatic	

Antisyndrome-X 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 333.6 ug/day	
Antitumor (Breast) 0.8 mg/kg scu mus	
Antitumor (Breast) 150 ug/kg diet rat	
Antitumor (Breast) 230 ug/kg orl rat	
Antitumor (Lung) 240 ug/kg diet	
Antitumor (Prostate)	
Antitumor (brain) 38-150 ug/kg	
Antiulcerogenic	Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric (Curcuma longa) for Gastric and Duodenal Antiulcer Activity in Rats. J. of Ethnopharmacology, 29: 25-34, 1990.
Anxiolytic	
Apoptotic	
Cancer-Preventive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Immunostimulant 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
NF-kB-Inhibitor	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Prostaglandin-Sparer	Fujita, T., Nakatani, E., Funaishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. J. Pharm. Pharmacol. 42: 655-657, 1990.
Protein-Kinase-C-Inhibitor IC50=2-50 uM	
VEGF-Inhibitor	

SERINE Fruit 320.0 2592.0 -0.37 *

Activities (1)

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

SFA Fruit 100.0 810.0 -0.36 *

SILICON Fruit 4.0 30.0 -0.51 *

Activities (4)

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

SILICON Bark -- -- *

Activities (4)

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

SILVER Fruit 0.015 0.3 0.11 *

Activities (3)

Antibacterial
Astringent
Pesticide
Martindale's 28th

SODIUM Seed -- 29.0 -0.67 *

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

SODIUM	Fruit	--	366.0	-0.15	*
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Activities (1)					
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

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

SQUALENE	Seed	--	--		*
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Activities (10)					
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antioxidant					
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Chemopreventive					
Immunostimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Lipoxygenase-Inhibitor	Chemical Express, 7: 297, 1992.				
Perfumery	Merck 11th Edition				
Pesticide					
Sunscreen					

STARCH	Seed	--	36000.0	-1.11	*
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Activities (5)					
Absorbent	Martindale's 29th				
Antidote (Iodine)	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antinesidioblastic	Martindale's 29th				
Emollient	Martindale's 29th				
Poultice	Martindale's 29th				

STEARIC-ACID	Seed	--	--		*
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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	Fruit	10.0	80.0	-0.27	*
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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.				

STIGMASTEROL Seed -- -- *

Activities (12)

Antihepatotoxic	
Antiinflammatory	Lawrence Review of Natural Products, 1995
Antinociceptive	
Antiphidic 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 <i>Artemisia annua</i> . <i>Plant Science</i> , 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 <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.
Estrogenic	
Hypocholesterolemic	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Ovulant	
Sedative	

STRONTIUM Fruit 0.225 45.0 -0.36 *

SUCROSE Fruit 20000.0 100000.0 -0.04 *

Activities (14)

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

SULFUR Fruit 3.0 700.0 -0.5 *

Activities (14)

Acarifuge	
Antiacne	Martindale's 29th
Antiarthritic	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antidandruff	Martindale's 29th
Antigrey	Martindale's 29th
Antiosteoarthritis	Werbach, M. 1993. <i>Healing with Food</i> . 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

TANNIN Leaf -- 8000.0 -1.25 *

Activities (35)

Anthelmintic	
AntiHIV	
Antibacterial	
Anticancer	
Anticariogenic	
Antidiarrheic	
Antidysenteric	
Antihepatotoxic	
Antihypertensive	
Antilipolytic	
Antimutagenic	
Antinephritic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Antiphidic	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC50=1.44 ug/ml	
Antioxidant 1/3 quercetin	
Antiradicular 500 mg/kg/day orl mus	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Antiradicular 1/3 quercetin	
Antirenitic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antiviral	
Cancer-Preventive	HerbalGram No. 22 - Spring 1990, page 14.
Carcinogenic	
Chelator	
Cyclooxygenase- Inhibitor	
Glucosyl- Transférase-Inhibitor	
Hepatoprotective	
Immunosuppressant	
Lipoxygenase- Inhibitor	
MAO-Inhibitor	
Ornithine- Decarboxylase- Inhibitor	
Pesticide	
Psychotropic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Xanthine-Oxidase- Inhibitor	

TANNIN Fruit -- 8000.0 -0.83 *

Activities (35)

Anthelmintic	
AntiHIV	
Antibacterial	
Anticancer	
Anticariogenic	
Antidiarrheic	
Antidysenteric	
Antihepatotoxic	
Antihypertensive	
Antilipolytic	
Antimutagenic	
Antinephritic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Antiophidic	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC50=1.44 ug/ml	
Antioxidant 1/3 quercetin	
Antiradicular 500 mg/kg/day orl mus	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Antiradicular 1/3 quercetin	
Antirenitic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antiviral	
Cancer-Preventive	HerbalGram No. 22 - Spring 1990, page 14.
Carcinogenic	
Chelator	
Cyclooxygenase- Inhibitor	
Glucosyl- Transferase-Inhibitor	
Hepatoprotective	
Immunosuppressant	
Lipoxygenase- Inhibitor	
MAO-Inhibitor	
Ornithine- Decarboxylase- Inhibitor	
Pesticide	
Psychotropic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.
Xanthine-Oxidase- Inhibitor	

THIAMIN Fruit 1.0 2.0 -0.43 *

Activities (31)	
Analgesic 1-4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiLyme 50 mg	
Antialcoholic 50-100 mg/day	
Antialzheimeran 100-3,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antianorectic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antibackache 1-4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiberiberi	
Anticanker	
Anticardiospasmic	
Anticataract	
Anticolitic	
Antidecubitic	
Antideliriant	
Antidementia	
Antidyspeptic	
Antiencephalopathic	Martindale's 29th
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antigastritic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihangover 50 mg	
Antiheartburn	
Antiherpetic	
Antimigraine	
Antimyocarditic	
Antineuralgic 1-4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antineurasthenic	
Antineuritic	
Antineuropathic 50 mg	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipoliomyelitic	
Insectifuge 75-150 mg/man/day	Martindale's 28th
Neuroprotective	
Pesticide	

THREONINE Fruit 270.0 2187.0 -0.35 *

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

TIN Bark -- 9.4 -0.42 *

Activities (4)	
Antiacne	
Antibacterial	
Pesticide	
Taenicide	Martindale's 28th

TITANIUM Fruit 0.075 30.0 -0.08 *

TRANS-2-HEXENYL-ACETATE Fruit -- -- *

Activities (1)	
FLavor FEMA <0.3-3	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

TRIFOLIN Flower -- -- *

Activities (2)					
Aldose-Reductase-Inhibitor IC19=1 uM					
Aldose-Reductase-Inhibitor IC62=10 uM	Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888.				
TRIOLEIN	Seed	--	--		*
Activities (1)					
Antiaggregant					
TRYPTOPHAN	Fruit	20.0	162.0	-0.97	*
Activities (29)					
Analgesic 750 mg/4x/day/orl/man	Martindale's 29th				
Antianxiety 500-1,000 mg/meal	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antidementia 3 g/day	Werbach, M. 1993. <i>Healing with Food</i> . 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. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antimanic 12 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antimenopausal 6 g/day	Werbach, M. 1993. <i>Healing with Food</i> . 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. <i>Healing with Food</i> . 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. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
Hypnotic	Martindale's 29th				
Hypoglycemic	Economic & Medicinal Plant Research, 6: 157.				
Hypotensive 3 g/day	Werbach, M. 1993. <i>Healing with Food</i> . 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. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Prolactinogenic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Sedative 3-10 g/man/day					
Serotonergic 6-12 g/day/orl/man	Martindale's 28th				
Tumor-Promoter	J. Agri. & Food Chemistry, 36: 1079.				
TYROSINE	Fruit	180.0	1458.0	-0.4	*
Activities (8)					
Antidepressant?					
Antiencephalopathic	Martindale's 29th				
Antiparkinsonian 100 mg/kg/day	Werbach, M. 1993. <i>Healing with Food</i> . 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. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (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. <i>Drug Dosage in Laboratory Animals: A Handbook</i> . (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.				
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).				
URSOLIC-ACID	Leaf	--	--		*
Activities (89)					
Analgesic					
AntiEBV	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. <i>Herbal Medicine - A Guide for Health-care Professionals</i> . The Pharmaceutical Press, London. 296pp.				

AntiHIV EC50=2.0 ug/ml	Kashiwada, Y., et. al. 1998. Anti-AIDS Agents. 30. Anti-HIV Activity of Oleanolic Acid, Pomolic Acid, and Structurally Related Triterpenoids. J. Nat. Prod., 61 (9): 1090-1095.
AntiHIV IC50=6.5 ug/ml	Kashiwada, Y., et. al. 1998. Anti-AIDS Agents. 30. Anti-HIV Activity of Oleanolic Acid, Pomolic Acid, and Structurally Related Triterpenoids. J. Nat. Prod., 61 (9): 1090-1095.
AntiHIV IC85=18 ug/ml	
AntiHIV 6.7 uM	
AntiTGF-beta IC50=6-7.5 uM	
Antialzheimeran	Ringbom, T., Seguar, L., Noreen, Y., Perera, P., Bohlin, L. 1998. Ursolic Acid from Plantago major, a Selective Inhibitor of Cyclooxygenase-2 Catalyzed Prostaglandin Biosynthesis. J. Nat. Prod., 61(10): 1212-1215.
Antiarrhythmic	
Antiarthritic	Planta Medica, 57: A56, 1991.
Antibacterial	
Anticancer	Ringbom, T., Seguar, L., Noreen, Y., Perera, P., Bohlin, L. 1998. Ursolic Acid from Plantago major, a Selective Inhibitor of Cyclooxygenase-2 Catalyzed Prostaglandin Biosynthesis. J. Nat. Prod., 61(10): 1212-1215.
Anticancer (Colon)	Ringbom, T., Seguar, L., Noreen, Y., Perera, P., Bohlin, L. 1998. Ursolic Acid from Plantago major, a Selective Inhibitor of Cyclooxygenase-2 Catalyzed Prostaglandin Biosynthesis. J. Nat. Prod., 61(10): 1212-1215.
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.
Anticariogenic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Anticholestatic 28-100 mg/kg orl	Shukla, B., Visen, P.K.S., Patnaik, G.K., Tripathi, S.C., Srimal, R.C., Dayal, R., and Dobhal, P.C. Hepatoprotective Activity in the Rat of Ursolic Acid Isolated from Eucalyptus Hybrid. Phytotherapy Research 6: 74-79, 1992.
Anticomplement IC100 0.1 mM/l gpg	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.
Anticomplement IC80-90 0.05 mM/l gpg	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.
Antidiabetic	Chemical Constituents of Oriental Herbs (3 diff. books)
Antiedemic	
Antiescherichic	
Antifibrosarcomic IC80=10 uM	
Antihepatotoxic 5-20 mg/kg ipr	Shukla, B., Visen, P.K.S., Patnaik, G.K., Tripathi, S.C., Srimal, R.C., Dayal, R., and Dobhal, P.C. Hepatoprotective Activity in the Rat of Ursolic Acid Isolated from Eucalyptus Hybrid. Phytotherapy Research 6: 74-79, 1992.
Antihistaminic	Tsuruga, T., Chun, Y.-T., Ebizuka, Y., and Sankawa, U. 1991. Biologically Active Constituents of Melaleuca leucadendron: Inhibitors of Induced Histamine Release from Rat Mast Cells. Chem. Pharm. Bull. 39(12): 3276-3278, 1991.
Antihyperlipidemic	
Antiinflammatory 1/3 indomethacin	
Antiinflammatory IC24=500 mg/kg	
Antileishmanic ED50=20 uM	
Antileukemic IC50=2.5-17.8 ug/ml	
Antilymphomic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antimalarial IC50=28-37 ug/ml	
Antimetastatic IC80=10 uM	
Antimutagenic IC57-80=80 mg/kg	
Antinephritic IC50=6-7.5 uM	
Antioesity?	Internat. J. Oriental Med. 16: 4.
Antioxidant IC50=10 uM	
Antiperoxidant IC35=200 ug/ml	
Antiplasmodial IC50=28-37 ug/ml	
Antiproliferative IC50=15-20 uM	
Antistaphylococcic	
Antithromboxane IC50=50 uM	
Antitrypanosomic	
Antitumor	Cancer Research, 54: 701, 1994.
Antitumor (Breast) 0.5% diet	
Antitumor (Breast) IC50=15-20 uM	
Antitumor (Cervix)	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 (Colon)	
Antitumor (Lung)	
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 (Stomach) IC50=15-20 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.
Antitumor-Promoter	Planta Medica, 57: A56, 1991.

Antilucer	Shukla, B., Visen, P.K.S., Patnaik, G.K., Tripathi, S.C., Srimal, R.C., Dayal, R., and Dobhal, P.C. Hepatoprotective Activity in the Rat of Ursolic Acid Isolated from Eucalyptus Hybrid. <i>Phytotherapy Research</i> 6: 74-79, 1992.
Antiviral IC85=18 ug/ml	
Aromatase-Inhibitor	
Beta-Blocker	
Beta-Glucuronidase-Inhibitor ~100 mg/kg	
CNS-Depressant	
COX-2-Inhibitor IC50=130 uM/	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	
Cardioprotective	
Cardiotonic	
Choleretic 5-20 mg/kg orl	Shukla, B., Visen, P.K.S., Patnaik, G.K., Tripathi, S.C., Srimal, R.C., Dayal, R., and Dobhal, P.C. Hepatoprotective Activity in the Rat of Ursolic Acid Isolated from Eucalyptus Hybrid. <i>Phytotherapy Research</i> 6: 74-79, 1992.
Cyclooxygenase-Inhibitor	Ringbom, T., Seguar, L., Noreen, Y., Perera, P., Bohlin, L. 1998. Ursolic Acid from <i>Plantago major</i> , a Selective Inhibitor of Cyclooxygenase-2 Catalyzed Prostaglandin Biosynthesis. <i>J. Nat. Prod.</i> , 61(10): 1212-1215.
Cytotoxic 50 ppm	
Cytotoxic ED50=3.75 ug/ml	
Cytotoxic 7.2 uM	
Diuretic	
Elastase-Inhibitor IC50=--15 uM	
Hepatoprotective 1-100 ug/ml	
Hepatoprotective 10 mg/kg	
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.
Hypotensive	
Immunomodulator	
Leucocytogenic	
Lipoxygenase-Inhibitor IC50=0.18 mM	
MMP-9-Inhibitor IC80=10 uM	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Piscicide	
Potassium-Sparing 3 mg/rat	Iwu, M.M. 1993. <i>Handbook of African Medicinal Plants</i> . CRC Press, Boca Raton, FL 435 pp.
Protease-Inhibitor IC85=18 ug/ml	
Protisticide	<i>Chemical Express</i> , 7: 285, 1992.
Quinone-Reductase-Inducer 5 ug/ml	Lee, S. K., Song, Y., Mata-Greenwood, E., Kelloff, G. J., Steele, V. E., Pezzuto, J. M. 1999. Modulation of in vitro Biomarkers of the Carcinogenic Process by Chemopreventive Agents. <i>Anticancer Res.</i> , 19: 35-44.
Sodium-Sparing 3 mg/rat	Iwu, M.M. 1993. <i>Handbook of African Medicinal Plants</i> . CRC Press, Boca Raton, FL 435 pp.
TOPO-2-Inhibitor	
Trypanocide	
Vasopressor	

VALINE	Fruit	380.0	3078.0	-0.28	*
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				
VIT-B-6	Fruit	0.2	1.6	-1.11	*
WATER	Fruit	835000.0	964000.0	0.84	*
WATER	Bark	--	792000.0	0.49	*
ZEAXANTHIN	Fruit	--	--		*

Activities (5)

Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Hepatoprotective	
Quinone-Reductase-Inducer	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.

ZINC Seed -- 31.0 -0.4 *

Activities (77)

ACE-Inhibitor	
Analgesic	
AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> 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. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> 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. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Anticolitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance.</i> John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance.</i> John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> 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. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antibesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance.</i> John Wiley & Sons, New York. 272 pp. \$24.95
Antiosteoporotic	
Antiperiodontitic	
Antiplaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.

Antispasmodic 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.
Trichomonocidal	Martindale's 29th
Vulnerary	Martindale's 28th

ZINC Fruit 0.45 37.5 0.22 *

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.
Antidyseptic	
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.
Antiinertility 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
Antileukonyctic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antioesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiosteoporotic	
Antiperiodontitic	
Antiolaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatiic 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
Antisndrome-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

ZINC Bark -- -- *

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	
Antioleptic	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
Antiartritic 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	
Antiplateque	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
Leptogenic 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

ZIRCONIUM Fruit 0.3 4.5 0.13 *