

List of All Chemicals

P Psophocarpus tetragonolobus (Fabaceae)

Common name(s)

Asparagus Pea; Winged Bean; Goa Bean

How used

Food

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

| Chemical | Part <input type="button" value="All"/> | Low PPM | High PPM | StdDev | *Reference |
|--|--|---------|----------|--------|------------|
| ALANINE | Leaf | 1720.0 | 7430.0 | -1.2 | * |
| Activities (3) | | | | | |
| Antioxidant | Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978. | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Oxidant | Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978. | | | | |
| ALANINE | Tuber | 3970.0 | 9319.0 | 1.56 | * |
| Activities (3) | | | | | |
| Antioxidant | Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978. | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Oxidant | Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978. | | | | |
| ALANINE | Seed | 10400.0 | 11346.0 | 0.25 | * |
| 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-LINOLENIC-ACID | Tuber | 210.0 | 493.0 | | * |
| Activities (15) | | | | | |
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Antiaggregant | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Antihypertensive | | | | | |
| Antiinflammatory IC50=42 uM | | | | | |
| Antileukotriene-D4 IC50=42 uM | | | | | |
| Antimenorrhagic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). | | | | |
| Antimetastatic | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| 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. | | | | |
| Hypotensive | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Immunostimulant 0.12 ml/man/day | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Lymphocytogenic 0.5 ug/ml | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Propepic | | | | | |
| Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn | Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes Essential Fatty Acids, 54(6): 451-455. ARS, USDA. | | | | |
| Vasodilator | | | | | |
| ALPHA-LINOLENIC-ACID | Seed | 230.0 | 2858.0 | -0.27 | * |

| Activities (15) | | | | | |
|--|--|--------------|---------------|--------------|----------|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Antianggregant | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Antihypertensive | | | | | |
| Antiinflammatory IC50=42 uM | | | | | |
| Antileukotriene-D4 IC50=42 uM | | | | | |
| Antimenorrhagic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). | | | | |
| Antimetastatic | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| 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. | | | | |
| Hypotensive | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Immunostimulant 0.12 ml/man/day | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Lymphocytogenic 0.5 ug/ml | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Propecic | | | | | |
| Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn | Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes Essential Fatty Acids, 54(6): 451-455. ARS, USDA. | | | | |
| Vasodilator | | | | | |
| ALPHA-LINOLENIC-ACID | Leaf | 260.0 | 1123.0 | -1.08 | * |

| Activities (15) | | | | | |
|--|--|---------------|---------------|-------------|----------|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Antianggregant | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Antihypertensive | | | | | |
| Antiinflammatory IC50=42 uM | | | | | |
| Antileukotriene-D4 IC50=42 uM | | | | | |
| Antimenorrhagic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). | | | | |
| Antimetastatic | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| 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. | | | | |
| Hypotensive | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Immunostimulant 0.12 ml/man/day | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Lymphocytogenic 0.5 ug/ml | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. | | | | |
| Propecic | | | | | |
| Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn | Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes Essential Fatty Acids, 54(6): 451-455. ARS, USDA. | | | | |
| Vasodilator | | | | | |
| ARGININE | Tuber | 4120.0 | 9671.0 | 0.47 | * |

| Activities (14) | | | | | |
|-------------------------|--|----------------|----------------|--------------|----------|
| Antidiabetic? | Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. | | | | |
| Antiencephalopathic | Martindale's 29th | | | | |
| Antihepatic | Martindale's 29th | | | | |
| Antihypertensive | | | | | |
| Antiimpotence | | | | | |
| Antiinfertility 4 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antioxidant? | | | | | |
| Aphrodisiac 3 g/day | | | | | |
| Diuretic | | | | | |
| Hypoammonemic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| NO-Genic | | | | | |
| Pituitary-Stimulant | | | | | |
| Spermigenic 4 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Vasodilator | | | | | |
| ARGININE | Seed | 18860.0 | 20576.0 | -0.17 | * |

Activities (14)

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

ARGININE Leaf 1780.0 7689.0 -0.79 *

Activities (14)

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

ASCORBIC-ACID Seed -- -- *

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 reserlse 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 reserlse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| AntiCFS 500-1,000 mg | |
| AntiCTS 1,000 mg 3x/day | |
| AntiCrohn's 50-100 mg/day/orl/man | Martindale's 29th |
| AntiLyme 500-2,000 mg | |
| AntiRaynaud's 500 mg 1-2x/day | |
| Antiaggregant | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserlse 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 reserlse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Anticataract 1 g 3x/day | |
| Anticervicaldysplasic 1,000-2,000 mg/day | |

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

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|--|--|
| 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). |

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|---------------|-------|----|-------|-------|---|
| ASCORBIC-ACID | Fruit | -- | 190.0 | -0.27 | * |
|---------------|-------|----|-------|-------|---|

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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 | |

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|----------------------------------|--|
| Antidecubic 500 mg/man/2x/day | Martindale's 28th |
| Antidementia | |
| Antidepressant 2,000 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antidiabetic | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Antidote (Aluminum) | Economic & Medicinal Plant Research, 6: 189. |
| Antidote (Cadmium) | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antidote (Lead) | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antidote (Paraquat) | Martindale's 28th |
| Antieczemic 3.5-5 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antiedemic 1 g/man/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antiencephalitic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antiendometriotic 2,000 mg/day | |
| Antifatigue 500-1,000 mg | |
| Antifibrotic 1,000-2,000 mg | |
| Antigallstone 1,000-3,000 mg/day | |
| Antigastritic | |
| Antigingivitic | |
| Antiglaucomic 2 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antihangover 1,000 mg | |
| Antihemorrhagic 1 g/man/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antihepatitic 2-6 g/man/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antihepatotoxic | Economic & Medicinal Plant Research, 6: 189. |
| Antiherpetic 1-5 g/day | |
| Antihistaminic 2 g/day orl man | |
| Antihypertensive | |
| Antiinfertility 1 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antiinflammatory | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antileptic 1.5 g/man/day | Martindale's 28th |
| Antilithic 1,000-3,000 mg/day | |
| Antimaaculitic | |
| Antimeasles | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antimenopausal 500-5,000 mg/day | |
| Antimigraine | Martindale's 29th |
| Antimutagenic | Economic & Medicinal Plant Research, 6: 235. |
| Antineuramidase | |
| Antinitrosic 1 g/man/day | Martindale's 28th |
| 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 | Leaf | 19000.0 | 99360.0 | -0.34 | * |
| ASH | Tuber | 20000.0 | 46948.0 | -0.76 | * |
| ASH | Seed | 6120.0 | 80863.0 | 0.99 | * |
| ASPARTIC-ACID | Tuber | 17350.0 | 40728.0 | 1.21 | * |

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

| | | | | | |
|---------------|------|---------|---------|------|---|
| ASPARTIC-ACID | Seed | 31870.0 | 34770.0 | 1.08 | * |
|---------------|------|---------|---------|------|---|

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

| | | | | | |
|---------------|------|--------|---------|------|---|
| ASPARTIC-ACID | Leaf | 5170.0 | 22333.0 | -0.3 | * |
|---------------|------|--------|---------|------|---|

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

| | | | | | |
|---------------|------|------|-----|-------|---|
| BETA-CAROTENE | Seed | 0.78 | 6.0 | -0.05 | * |
|---------------|------|------|-----|-------|---|

Activities (53)

| | |
|------------------------------------|--|
| Allergenic | |
| Androgenic? | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| AntiPMS | |
| Antiacne | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiaging | |
| Antiarthritic | |
| Antiasthmatic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Anticancer | Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY. |
| Anticarcinomic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Anticervicaldysplasic | |
| Anticoronary 50 mg/man/2 days | |
| Antihyperkeratotic | |
| Antiichthyotic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antileukoplakic | |
| Antilipoperoxidant IC71=50 ug/ml | |
| Antilupus 150 mg/man/day/2 mos | Martindale's 28th |
| Antimaculitic | |
| Antimastitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antimutagenic | Economic & Medicinal Plant Research, 6: 235. |
| Antioxidant | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiozenic | |
| Antipapillomic | |
| Antiphotophobic 30-300 mg/man/day | Martindale's 29th |
| Antipityriasic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiporphyrhic 30-300 mg/man/day | Martindale's 28th |
| Antiproliferant | Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY. |
| Antipsoriac | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiradicular | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antirheumatic | |
| Antistress | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antitumor | Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990. |
| Antitumor (Breast) IC45=60 ug/ml | |
| Antitumor (CNS) IC43=45 ug/ml | |
| Antitumor (Colon) IC43=45 ug/ml | |
| Antitumor (Lung) IC30=60 ug/ml | |
| Antitumor (Prostate) | |
| Antitumor (Stomach) IC26=45 ug/ml | |
| Antiulcer 12 mg 3x/day/man/orl | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiulcer 15,000-25,000 IU/day | |
| Antixerophthalmic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| COX-1-Inhibitor IC78=50 ug/ml | |
| COX-2-Inhibitor IC82=50 ug/ml | |
| Cancer-Preventive 22 ppm | Jim Duke's personal files. |
| Chemopreventive | |
| Colorant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Gastroprotective | |
| Immunostimulant 180 mg/man/day/orl | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Interferon-Synergist | |
| Mucogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Phagocytotic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Prooxidant 20 ug/g | |
| Thymoprotective | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Ubiquiot | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |

BETA-CAROTENE
Fruit
--
4.0
-0.14

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. |

BETULINIC-ACID Root -- 53000.0 3.82 Jim Duke's personal files.

Activities (22)

| | |
|---|---|
| Anthelmintic | |
| 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. <i>J. Nat. Prod.</i> , 61 (9): 1090-1095. |
| AntiHIV IC50=6.5 ug/ml | |
| AntiHIV 14.8 uM | |
| Antibacterial | |
| Anticancer | 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 | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| Antiedemic | |
| Antiinflammatory | Recio, M., et al. 1994. Investigations on the Steroidal Anti-Inflammatory Activity of Triterpenoids from <i>Diospyros leucomelas</i> *. <i>Planta Medica</i> , 61: 9. |
| Antileukemic | |
| Antimalarial IC50=19-26 ug/ml | |
| Antimelanomic | New York Times, 3/28/95. |
| Antinociceptive | |
| Antiplasmodial IC50=19-26 ug/ml | |
| Antitumor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| Antiviral 14.8 uM | |
| Apoptotic | |
| Cytotoxic 50-100 ppm | Biosyn. Prod. Cancer Chemotherapy (Petit et al) |
| Cytotoxic 16.4 uM | |
| Phospholipase-A2-Inhibitor | |
| Prostaglandin-Synthesis-Inhibitor 200 ug/ml | Dunstan, C. A., Liu, B., Welch, C. J., Perera, P., Bohlin, L. 1998. Alphitol, a Phenolic Substance from <i>Alphitonia zizyphoides</i> which Inhibits Prostaglandin Biosynthesis in vitro. <i>Phytochemistry</i> , 48(3): 495-497. |
| Prostaglandin-Synthesis-Inhibitor IC50=101 uM | Huang, C., Tunon, H., Bohlin, L. 1995. Anti-Inflammatory Compounds Isolated from <i>Menyanthes trifoliata</i> L. <i>Yao Hsueh Hsueh Pao</i> , 30(8): 621-626. |

CALCIUM Seed 567.0 8586.0 0.82 *

Activities (28)

| | |
|------------------------------------|---|
| AntiPMS 1 g/day | |
| Antiallergic 500 mg/day | |
| Antianxiety | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Antiarrhythmic 500-1,500 mg | |
| Antiarthritic 1,000 mg/day | |
| Antiatherosclerotic 500 mg/day | Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp. |
| Anticlimacteric 1,000-1,500 mg/day | |
| Antidepressant | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Antidote (Aluminum) | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Antidote (Lead) | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Antihyperkinetic | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Antihypertensive | |
| Antiinsomniac | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> 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. <i>Healing with Food.</i> Harper Collins, New York, 443 pp. |
| Antirheumatic 1,000 mg/day | |
| Antistress 500-1,500 mg/day | |
| Antitic | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Anxiolytic 500-1,500 mg/day | |
| Calcium-Channel-Blocker | |
| Diuretic | |
| Hypocholesterolemic 500 mg/day | Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp. |
| Hypotensive 1 g/day | Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp. |
| Laxative 1,000-1,200 mg | |
| Tranquilizer 500-1,500 mg/day | |
| Vasodilator | |

CALCIUM Leaf 1845.0 11383.0 -0.48 *

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 | Tuber | 300.0 | 704.0 | -0.94 | * |
|---------|-------|-------|-------|-------|---|

Activities (28)

| | |
|------------------------------------|--|
| AntiPMS 1 g/day | |
| Antiallergic 500 mg/day | |
| Antianxiety | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antiarrhythmic 500-1,500 mg | |
| Antiarthritic 1,000 mg/day | |
| Antiatherosclerotic 500 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Anticlimacteric 1,000-1,500 mg/day | |
| Antidepressant | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antidote (Aluminum) | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antidote (Lead) | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antihyperkinetic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antihypertensive | |
| Antiinsomniac | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antimenopausal 1,000-1,500 mg/day | |
| Antiobesity | |
| Antiosteoporotic 500-2,000 mg/day | |
| Antiperiodontitic 750 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antirheumatic 1,000 mg/day | |
| Antistress 500-1,500 mg/day | |
| Antitic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Anxiolytic 500-1,500 mg/day | |
| Calcium-Channel-Blocker | |
| Diuretic | |
| Hypocholesterolemic 500 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Hypotensive 1 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Laxative 1,000-1,200 mg | |
| Tranquilizer 500-1,500 mg/day | |
| Vasodilator | |

| | | | | | |
|---------------|-------|----------|----------|------|---|
| CARBOHYDRATES | Tuber | 281000.0 | 659624.0 | -1.7 | * |
|---------------|-------|----------|----------|------|---|

| | | | | | |
|---------------|------|---------|----------|-------|---|
| CARBOHYDRATES | Seed | 43100.0 | 455051.0 | -0.27 | * |
|---------------|------|---------|----------|-------|---|

| | | | | | |
|-------------------------|--|----------|--------------------|-------|---|
| CARBOHYDRATES | Leaf | 141000.0 | 609071.0 | -0.02 | * |
| COPPER | Seed | 28.0 | 33.0 | 1.65 | * |
| Activities (12) | | | | | |
| Antianemic | | | | | |
| Antiarthritic | | | | | |
| Antidiabetic 2-4 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antifatigue | | | | | |
| Antiinflammatory | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antinociceptive | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antiosteoporotic | | | | | |
| Cardioprotective | | | | | |
| Contraceptive | Martindale's 28th | | | | |
| Hypocholesterolemic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Immunomodulator | | | | | |
| Schizophrenigenic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| CYSTINE | Tuber | 1970.0 | 4624.0 | 1.41 | * |
| Activities (2) | | | | | |
| Adjuvant | | | Merck 11th Edition | | |
| Antihomocystinuric | | | Martindale's 29th | | |
| CYSTINE | Seed | 5450.0 | 5946.0 | 1.95 | * |
| Activities (2) | | | | | |
| Adjuvant | | | Merck 11th Edition | | |
| Antihomocystinuric | | | Martindale's 29th | | |
| CYSTINE | Leaf | 750.0 | 3240.0 | 0.27 | * |
| Activities (2) | | | | | |
| Adjuvant | | | Merck 11th Edition | | |
| Antihomocystinuric | | | Martindale's 29th | | |
| ERUCIC-ACID | Tuber | 10.0 | 23.0 | | * |
| Activities (2) | | | | | |
| Antitumor | | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| ERUCIC-ACID | Seed | 20.0 | 154.0 | -0.81 | * |
| Activities (2) | | | | | |
| Antitumor | | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| ERUCIC-ACID | Leaf | 20.0 | 86.0 | -1.37 | * |
| Activities (2) | | | | | |
| Antitumor | | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| FAT | Tuber | 9000.0 | 21127.0 | 1.35 | * |
| FAT | Seed | 5430.0 | 180020.0 | -0.45 | * |
| FAT | Leaf | 11000.0 | 47520.0 | -0.18 | * |
| FIBER | Tuber | 74000.0 | 173709.0 | 2.16 | * |

| 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 | Seed | 21980.0 | 227005.0 | 0.73 | * |
|-------|------|---------|----------|------|---|

| 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 | Leaf | 25000.0 | 216000.0 | 0.67 | * |
|-------|------|---------|----------|------|---|

| 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 | | | | | |

| | | | | | |
|---------|------|-----|-----|-------|---|
| FOLACIN | Seed | 0.4 | 0.5 | -0.87 | * |
|---------|------|-----|-----|-------|---|

| 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. |
| Antingingivitic 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). |

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|---------------|-------|--------|---------|-------|---|
| GADOLEIC-ACID | Seed | 3030.0 | 3306.0 | -0.24 | * |
| GLUTAMIC-ACID | Tuber | 8000.0 | 18779.0 | -0.06 | * |

| 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. |

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|---------------|------|---------|---------|------|---|
| GLUTAMIC-ACID | Seed | 40100.0 | 43749.0 | 0.09 | * |
|---------------|------|---------|---------|------|---|

| 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. |

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|---------------|------|--------|---------|-------|---|
| GLUTAMIC-ACID | Leaf | 3890.0 | 16803.0 | -1.14 | * |
|---------------|------|--------|---------|-------|---|

| 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 | Tuber | 3900.0 | 9155.0 | 1.53 | * |
|---------|-------|--------|--------|------|---|

| Activities (12) | |
|----------------------------------|---|
| Antiacid | Martindale's 29th |
| Antialdosteronic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidote (Hypoglycin-A) | Martindale's 29th |
| Antiencephalopathic | Martindale's 29th |
| Antigastritic | Martindale's 29th |
| Antiprostatic 125-250 mg 3 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antipruritic | Merck 11th Edition |
| Antisickling | Ekeke, G.I. and Shode, F.O. 1988. Phenylalanine is the Predominant Antisickling Agent in Cajanus cajan Seed Extract. Planta Medica 56(1): 41, 1990. |
| Antiulcer | Martindale's 29th |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Neuroinhibitor | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Uricosuric | |

| | | | | | |
|---------|------|---------|---------|------|---|
| GLYCINE | Seed | 11400.0 | 12437.0 | 0.21 | * |
|---------|------|---------|---------|------|---|

| Activities (12) | |
|----------------------------------|---|
| Antiacid | Martindale's 29th |
| Antialdosteronic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidote (Hypoglycin-A) | Martindale's 29th |
| Antiencephalopathic | Martindale's 29th |
| Antigastritic | Martindale's 29th |
| Antiprostatic 125-250 mg 3 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antipruritic | Merck 11th Edition |
| Antisickling | Ekeke, G.I. and Shode, F.O. 1988. Phenylalanine is the Predominant Antisickling Agent in Cajanus cajan Seed Extract. Planta Medica 56(1): 41, 1990. |
| Antiulcer | Martindale's 29th |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Neuroinhibitor | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Uricosuric | |

| | | | | | |
|---------|------|--------|--------|-------|---|
| GLYCINE | Leaf | 1490.0 | 6436.0 | -1.06 | * |
|---------|------|--------|--------|-------|---|

| Activities (12) | |
|----------------------------------|---|
| Antiacid | Martindale's 29th |
| Antialdosteronic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidote (Hypoglycin-A) | Martindale's 29th |
| Antiencephalopathic | Martindale's 29th |
| Antigastritic | Martindale's 29th |
| Antiprostatic 125-250 mg 3 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antipruritic | Merck 11th Edition |
| Antisickling | Ekeke, G.I. and Shode, F.O. 1988. Phenylalanine is the Predominant Antisickling Agent in Cajanus cajan Seed Extract. Planta Medica 56(1): 41, 1990. |
| Antiulcer | Martindale's 29th |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Neuroinhibitor | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Uricosuric | |

| | | | | | |
|-----|------|----|----|--|---|
| HCN | Stem | -- | -- | | * |
|-----|------|----|----|--|---|

| 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 | |

| | | | | | |
|-----------|-------|--------|--------|-----|---|
| HISTIDINE | Tuber | 2410.0 | 5657.0 | 1.6 | * |
|-----------|-------|--------|--------|-----|---|

| 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 | | | | | |
| Antiremic | 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 | | | | | |

| | | | | | |
|-----------|------|--------|--------|------|---|
| HISTIDINE | Leaf | 7900.0 | 8618.0 | 1.63 | * |
|-----------|------|--------|--------|------|---|

| 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 | | | | | |
| Antiremic | 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 | 15.0 | 158.0 | 0.03 | * |
|------|------|------|-------|------|---|

| Activities (6) | | | | | |
|------------------------------------|--|--|--|--|--|
| Antiakathisic | Martindale's 29th | | | | |
| Antianemic | Martindale's 29th | | | | |
| Anticancer | | | | | |
| 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 | Leaf | 20.0 | 259.0 | -0.26 | * |
|------|------|------|-------|-------|---|

| Activities (6) | | | | | |
|------------------------------------|--|--|--|--|--|
| Antiakathisic | Martindale's 29th | | | | |
| Antianemic | Martindale's 29th | | | | |
| Anticancer | | | | | |
| 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 | Tuber | 20.0 | 47.0 | -0.9 | * |
|------|-------|------|------|------|---|

| Activities (6) | | | | | |
|------------------------------------|--|--|--|--|--|
| Antiakathisic | Martindale's 29th | | | | |
| Antianemic | Martindale's 29th | | | | |
| Anticancer | | | | | |
| 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 | Tuber | 4250.0 | 9976.0 | 1.6 | * |
|------------|-------|--------|--------|-----|---|

| 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. | | | | |

| | | | | | |
|------------|------|---------|---------|-----|---|
| ISOLEUCINE | Seed | 14680.0 | 16016.0 | 0.7 | * |
|------------|------|---------|---------|-----|---|

| 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. |

| | | | | | |
|------------|------|--------|--------|-------|---|
| ISOLEUCINE | Leaf | 2040.0 | 8812.0 | -0.84 | * |
|------------|------|--------|--------|-------|---|

| Activities (3) | |
|----------------------|--|
| Antiencephalopathic? | Martindale's 29th |
| Antipellagic | Martindale's 28th |
| Essential | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |

| | | | | | |
|--------------|-------|--------|--------|------|---|
| KILOCALORIES | Tuber | 1590.0 | 3732.0 | 0.16 | * |
|--------------|-------|--------|--------|------|---|

| | | | | | |
|--------------|------|-------|--------|-------|---|
| KILOCALORIES | Seed | 490.0 | 4462.0 | -0.31 | * |
|--------------|------|-------|--------|-------|---|

| | | | | | |
|--------------|------|-------|--------|------|---|
| KILOCALORIES | Leaf | 740.0 | 3197.0 | 0.29 | * |
|--------------|------|-------|--------|------|---|

| | | | | | |
|---------|-------|--------|---------|------|---|
| LEUCINE | Tuber | 6400.0 | 15023.0 | 1.68 | * |
|---------|-------|--------|---------|------|---|

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

| | | | | | |
|---------|------|---------|---------|------|---|
| LEUCINE | Seed | 24970.0 | 27242.0 | 0.97 | * |
|---------|------|---------|---------|------|---|

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

| | | | | | |
|---------|------|--------|---------|-------|---|
| LEUCINE | Leaf | 3590.0 | 15508.0 | -0.15 | * |
|---------|------|--------|---------|-------|---|

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

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|---------------|------|--------|--------|-------|---|
| LINOLEIC-ACID | Leaf | 1870.0 | 8078.0 | -0.02 | * |
|---------------|------|--------|--------|-------|---|

Activities (27)

5-Alpha-Reductase-Inhibitor

| | |
|-------------------------------|---|
| AntiMS | Economic & Medicinal Plant Research, 6: 189. |
| Antiacne | |
| Antiallopecic | |
| Antianaphylactic | Economic & Medicinal Plant Research, 6: 189. |
| Antiandrogenic | |
| Antiarteriosclerotic | |
| Antiartirhtic | Economic & Medicinal Plant Research, 6: 189. |
| Anticoronary | Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antieczemic | Economic & Medicinal Plant Research, 6: 189. |
| Antifibrinolytic | Economic & Medicinal Plant Research, 1: 53. |
| Antigranular | |
| Antihistaminic | Economic & Medicinal Plant Research, 6: 189. |
| Antiinflammatory IC50=31 uM | |
| Antileukotriene-D4 IC50=31 uM | |
| Antimenorrhagic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiprostaitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Carcinogenic | Science News, 146: 421. |
| Comedolytic | |
| Hepatoprotective | |
| Hypocholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Immunomodulator | Economic & Medicinal Plant Research, 6: 189. |
| Insectifuge | Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990. |
| Metastatic | Science News, 146: 421. |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Propeic | |

LINOLEIC-ACID

Tuber

1530.0

3592.0

1.0

*

Activities (27)

5-Alpha-Reductase-Inhibitor

| | |
|-------------------------------|---|
| AntiMS | Economic & Medicinal Plant Research, 6: 189. |
| Antiacne | |
| Antiallopecic | |
| Antianaphylactic | Economic & Medicinal Plant Research, 6: 189. |
| Antiandrogenic | |
| Antiarteriosclerotic | |
| Antiartirhtic | Economic & Medicinal Plant Research, 6: 189. |
| Anticoronary | Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antieczemic | Economic & Medicinal Plant Research, 6: 189. |
| Antifibrinolytic | Economic & Medicinal Plant Research, 1: 53. |
| Antigranular | |
| Antihistaminic | Economic & Medicinal Plant Research, 6: 189. |
| Antiinflammatory IC50=31 uM | |
| Antileukotriene-D4 IC50=31 uM | |
| Antimenorrhagic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiprostaitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Carcinogenic | Science News, 146: 421. |
| Comedolytic | |
| Hepatoprotective | |
| Hypocholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Immunomodulator | Economic & Medicinal Plant Research, 6: 189. |
| Insectifuge | Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990. |
| Metastatic | Science News, 146: 421. |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Propeic | |

LINOLEIC-ACID

Seed

1640.0

44381.0

-0.54

*

Activities (27)

5-Alpha-Reductase-Inhibitor

| | |
|-------------------------------|--|
| AntiMS | Economic & Medicinal Plant Research, 6: 189. |
| Antiacne | |
| Antiallopecic | |
| Antianaphylactic | Economic & Medicinal Plant Research, 6: 189. |
| Antiandrogenic | |
| Antiarteriosclerotic | |
| 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). |
| Antiprostaitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Carcinogenic | Science News, 146: 421. |
| Comedolytic | |
| Hepatoprotective | |
| Hypocholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Immunomodulator | Economic & Medicinal Plant Research, 6: 189. |
| Insectifuge | Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990. |
| Metastatic | Science News, 146: 421. |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Propepic | |

LYSINE Tuber 5920.0 13897.0 1.68 *

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 |

LYSINE Seed 21360.0 23304.0 1.52 *

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 |

LYSINE Leaf 2280.0 9849.0 -0.69 *

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 340.0 2623.0 -0.13 *

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 | |
| Antiplaque 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

Leaf

80.0

346.0

-1.46

*

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
 Antiplaque 500-1,000 mg/day
 Antiretinopathic 400 mg/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
 Antispasmodic
 Antispasmophilic 500 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Antistress 500-750 mg/day
 Antistroke 400 mg/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
 Antisyndrome-X 400 mg/man/day Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
 Anxiolytic 500-750 mg/day
 CNS-Depressant Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
 Calcium-Antagonist

| | |
|--------------------------------|--|
| Cardioprotective | |
| Diuretic | |
| Hypocholesterolemic 400 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Hypotensive 260-500 mg/day | |
| Immunomodulator | |
| Insulinogenic 400 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Laxative 300-500 mg/day | |
| Litholytic | |
| Myorelaxant 100 mg 4 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Neurotransmitter | |
| Tranquilizer 500-750 mg/day | |
| Uterorelaxant 100 mg 4 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Vasodilator | |

| | | | | | |
|-----------|------|------|------|-------|---|
| MANGANESE | Seed | 34.0 | 44.0 | -0.12 | * |
|-----------|------|------|------|-------|---|

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 | |

| | | | | | |
|------------|------|--------|--------|-------|---|
| METHIONINE | Seed | 3560.0 | 3884.0 | -0.11 | * |
|------------|------|--------|--------|-------|---|

Activities (15)

| | |
|--|--|
| Anticataract | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidote (Acetaminophen) 10 g/16hr/man/orl | Martindale's 29th |
| Antidote (Paracetamol) 10 g/16hr/man/orl | Martindale's 29th |
| Antieczemic | |
| Antihepatotic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antioxidant | |
| Antiparkinsonian 1-5 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Emetic | Martindale's 29th |
| Essential | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Glutathionigenic | Martindale's 29th |
| Hepatoprotective | |
| Lipotropic | Merck 11th Edition |
| Urine-Acidifier 200 mg/3x/day/man/orl | Martindale's 28th |
| Urine-Deodorant | Martindale's 29th |

| | | | | | |
|------------|------|-------|--------|-------|---|
| METHIONINE | Leaf | 640.0 | 2765.0 | -0.27 | * |
|------------|------|-------|--------|-------|---|

| Activities (15) | |
|--|--|
| Anticataract | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidote (Acetaminophen) 10 g/16hr/man/orl | Martindale's 29th |
| Antidote (Paracetamol) 10 g/16hr/man/orl | Martindale's 29th |
| Antieczemic | |
| Antihepatotic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antioxidant | |
| Antiparkinsonian 1-5 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Emetic | Martindale's 29th |
| Essential | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Glutathionigenic | Martindale's 29th |
| Hepatoprotective | |
| Lipotropic | Merck 11th Edition |
| Urine-Acidifier 200 mg/3x/day/man/orl | Martindale's 28th |
| Urine-Deodorant | Martindale's 29th |

METHIONINE Tuber 1430.0 3357.0 1.67 *

| Activities (15) | |
|--|--|
| Anticataract | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidote (Acetaminophen) 10 g/16hr/man/orl | Martindale's 29th |
| Antidote (Paracetamol) 10 g/16hr/man/orl | Martindale's 29th |
| Antieczemic | |
| Antihepatotic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antioxidant | |
| Antiparkinsonian 1-5 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Emetic | Martindale's 29th |
| Essential | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Glutathionigenic | Martindale's 29th |
| Hepatoprotective | |
| Lipotropic | Merck 11th Edition |
| Urine-Acidifier 200 mg/3x/day/man/orl | Martindale's 28th |
| Urine-Deodorant | Martindale's 29th |

MUFA Tuber 2340.0 5493.0 1.0 *

| 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 |

MUFA Seed 2500.0 65590.0 -0.32 *

| 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 | | | | |

| | | | | | |
|------|------|--------|---------|------|---|
| MUFA | Leaf | 2850.0 | 12312.0 | 0.47 | * |
|------|------|--------|---------|------|---|

| 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 | | | | |

| | | | | | |
|---------------|------|------|-------|-------|---|
| MYRISTIC-ACID | Seed | 10.0 | 305.0 | -0.29 | * |
|---------------|------|------|-------|-------|---|

| Activities (6) | | | | | |
|----------------------|--|--|--|--|--|
| Antioxidant IC71=60 | | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Cosmetic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |

| | | | | | |
|---------------|------|------|------|-------|---|
| MYRISTIC-ACID | Leaf | 10.0 | 43.0 | -0.72 | * |
|---------------|------|------|------|-------|---|

| Activities (6) | | | | | |
|----------------------|--|--|--|--|--|
| Antioxidant IC71=60 | | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Cosmetic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |

| | | | | | |
|--------|------|-----|------|------|---|
| NIACIN | Seed | 9.0 | 69.0 | 0.78 | * |
|--------|------|-----|------|------|---|

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. |
| Antipellagic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antiscotomic | |
| Antispasmodic 100 mg 2x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antivertigo | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Cardioprotective | |
| Circulotonic | |
| Fibrinolytic | |
| Hepatoprotective | |
| Hepatotoxic | |
| Hypocholesterolemic 50-100 mg 3x/day | |
| Hypoglycemic | |
| Hypolipidemic | |
| Sedative | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Serotoninerbic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Vasodilator | Martindale's 29th |

| | | | | | |
|------------|-------|--------|--------|-----|---|
| OLEIC-ACID | Tuber | 2320.0 | 5446.0 | 1.0 | * |
|------------|-------|--------|--------|-----|---|

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antiallopecic

Antiandrogenic

Antiinflammatory
IC50=21 uMAntileukotriene-D4
IC50=21 uM

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

Choleretic 5 ml/man

Dermatitigenic

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

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

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

Irritant Merck 11th Edition

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

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

Propecic

| | | | | | |
|------------|------|--------|---------|-------|---|
| OLEIC-ACID | Seed | 2480.0 | 61684.0 | -0.47 | * |
|------------|------|--------|---------|-------|---|

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antiallopecic

Antiandrogenic

Antiinflammatory
IC50=21 uMAntileukotriene-D4
IC50=21 uM

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

Choleretic 5 ml/man

Dermatitigenic

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

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

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

Irritant Merck 11th Edition

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

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

Propecic

| | | | | | |
|------------|------|--------|---------|------|---|
| OLEIC-ACID | Leaf | 2840.0 | 12268.0 | 1.08 | * |
|------------|------|--------|---------|------|---|

| Activities (18) | | | | | |
|----------------------------------|---|--------------|---------------|--------------|----------|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Allergenic | | | | | |
| Alpha-Reductase-Inhibitor | | | | | |
| Anemiagenic | | | | | |
| Antialopecic | | | | | |
| Antiandrogenic | | | | | |
| Antiinflammatory IC50=21 uM | | | | | |
| Antileukotriene-D4 IC50=21 uM | | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Choleretic 5 ml/man | | | | | |
| Dermatitigenic | | | | | |
| FLavor FEMA 1-30 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Hypocholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Insectifuge | Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990. | | | | |
| Irritant | Merck 11th Edition | | | | |
| Percutaneostimulant | Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugibayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. Chem. Pharm. Bull. 38(11): 3086-3089, 1990. | | | | |
| Perfumery | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Propecic | | | | | |
| PALMITIC-ACID | Leaf | 760.0 | 3283.0 | -0.33 | * |

| Activities (13) | | | | | |
|-----------------------------|--|--------------|---------------|------------|----------|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Antialopecic | | | | | |
| Antiandrogenic | | | | | |
| Antifibrinolytic | Economic & Medicinal Plant Research, 1: 53. | | | | |
| Antioxidant IC40=60 | | | | | |
| FLavor FEMA 1 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Hemolytic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |
| Pesticide | | | | | |
| Propecic | | | | | |
| Soap | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| PALMITIC-ACID | Tuber | 620.0 | 1455.0 | 1.0 | * |

| Activities (13) | | | | | |
|-----------------------------|--|--------------|----------------|--------------|----------|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Antialopecic | | | | | |
| Antiandrogenic | | | | | |
| Antifibrinolytic | Economic & Medicinal Plant Research, 1: 53. | | | | |
| Antioxidant IC40=60 | | | | | |
| FLavor FEMA 1 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Hemolytic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |
| Pesticide | | | | | |
| Propecic | | | | | |
| Soap | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| PALMITIC-ACID | Seed | 660.0 | 13692.0 | -0.42 | * |

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

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|---------------|-------|--------|---------|------|---|
| PHENYLALANINE | Tuber | 4510.0 | 10587.0 | 1.62 | * |
|---------------|-------|--------|---------|------|---|

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

| | | | | | |
|---------------|------|---------|---------|------|---|
| PHENYLALANINE | Seed | 14290.0 | 15590.0 | 0.48 | * |
|---------------|------|---------|---------|------|---|

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

| | | | | | |
|---------------|------|--------|--------|-------|---|
| PHENYLALANINE | Leaf | 1880.0 | 8121.0 | -0.56 | * |
|---------------|------|--------|--------|-------|---|

| 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 | Tuber | 450.0 | 1056.0 | -1.08 | * |
|------------|-------|-------|--------|-------|---|

| 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 | Seed | 334.0 | 5058.0 | -0.08 | * |
|------------|------|-------|--------|-------|---|

| 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 | Leaf | 525.0 | 3175.0 | -0.33 | * |
|------------|------|-------|--------|-------|---|

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

| | | | | | |
|-----------|------|--------|---------|------|---|
| POTASSIUM | Seed | 2014.0 | 18873.0 | 0.55 | * |
|-----------|------|--------|---------|------|---|

| 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 | Leaf | 1760.0 | 7602.0 | -1.0 | * |
|-----------|------|--------|--------|------|---|

| 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 | Leaf | 1680.0 | 7257.0 | -0.58 | * |
|---------|------|--------|--------|-------|---|

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|---------|-------|--------|---------|------|---|
| PROLINE | Tuber | 6790.0 | 15939.0 | 1.66 | * |
|---------|-------|--------|---------|------|---|

| | | | | | |
|---------|------|---------|---------|-----|---|
| PROLINE | Seed | 19240.0 | 20991.0 | 1.9 | * |
|---------|------|---------|---------|-----|---|

| | | | | | |
|---------|-------|----------|----------|------|---|
| PROTEIN | Tuber | 116000.0 | 272300.0 | 2.26 | * |
|---------|-------|----------|----------|------|---|

| | | | | | |
|---------|------|---------|----------|------|---|
| PROTEIN | Seed | 39760.0 | 765738.0 | 4.73 | * |
|---------|------|---------|----------|------|---|

| | | | | | |
|---------|------|---------|----------|------|---|
| PROTEIN | Leaf | 58000.0 | 254880.0 | 0.43 | * |
|---------|------|---------|----------|------|---|

| | | | | | |
|------|-------|--------|--------|-----|---|
| PUFA | Tuber | 1740.0 | 4085.0 | 1.0 | * |
|------|-------|--------|--------|-----|---|

| | | | | | |
|-------------------------------------|-------|---------|---|-------|---|
| Activities (4) | | | | | |
| AntiMS | | | Martindale's 28th | | |
| Antiacne | | | Martindale's 28th | | |
| Antieczemic | | | Martindale's 28th | | |
| Antipolyneuritic | | | Martindale's 28th | | |
| PUFA | Seed | 1860.0 | 47240.0 | -0.45 | * |
| Activities (4) | | | | | |
| AntiMS | | | Martindale's 28th | | |
| Antiacne | | | Martindale's 28th | | |
| Antieczemic | | | Martindale's 28th | | |
| Antipolyneuritic | | | Martindale's 28th | | |
| PUFA | Leaf | 2130.0 | 9201.0 | -1.42 | * |
| Activities (4) | | | | | |
| AntiMS | | | Martindale's 28th | | |
| Antiacne | | | Martindale's 28th | | |
| Antieczemic | | | Martindale's 28th | | |
| Antipolyneuritic | | | Martindale's 28th | | |
| RIBOFLAVIN | Seed | 1.0 | 7.7 | 1.6 | * |
| Activities (15) | | | | | |
| AntiLyme 50 mg/day | | | | | |
| Antiarabiflavinotic 2-10 mg/day orl | | | Martindale's 28th | | |
| Anticarpal-Tunnel 50 mg/day | | | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | |
| Anticataract 15 mg/day | | | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | |
| Anticephalagic | | | | | |
| Anticervicaldysplasic 1.6-10 mg/day | | | | | |
| Anticheilitic | | | | | |
| Antidecubitic | | | | | |
| Antiglossitic | | | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | |
| Antikeratitic | | | | | |
| Antimigraine | | | | | |
| Antioxidant | | | | | |
| Antipellagric | | | | | |
| 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. | | |
| SERINE | Tuber | 4640.0 | 10892.0 | 1.67 | * |
| Activities (1) | | | | | |
| Cancer-Preventive | | | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | |
| SERINE | Seed | 12350.0 | 13474.0 | 0.56 | * |
| Activities (1) | | | | | |
| Cancer-Preventive | | | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | |
| SERINE | Leaf | 1490.0 | 6436.0 | -0.98 | * |
| Activities (1) | | | | | |
| Cancer-Preventive | | | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | |
| SFA | Tuber | 2220.0 | 5211.0 | 1.0 | * |
| SFA | Seed | 2380.0 | 25125.0 | -0.33 | * |
| SFA | Leaf | 2720.0 | 11750.0 | -0.12 | * |
| SODIUM | Seed | 31.0 | 429.0 | -0.03 | * |

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

| | | | | | |
|--------------|-------|-------|-------|-----|---|
| STEARIC-ACID | Tuber | 360.0 | 845.0 | 1.0 | * |
|--------------|-------|-------|-------|-----|---|

| Activities (8) | | | | | |
|-----------------------------|--|--|--|--|--|
| 5-Alpha-Reductase-Inhibitor | | | | | |
| Cosmetic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| FLavor FEMA 2-4,000 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Hypocholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Perfumery | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Propepic | | | | | |
| Suppository | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |

| | | | | | |
|--------------|------|--------|--------|-------|---|
| STEARIC-ACID | Seed | 7450.0 | 8128.0 | -0.39 | * |
|--------------|------|--------|--------|-------|---|

| 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 | Leaf | 440.0 | 1901.0 | 0.62 | * |
|--------------|------|-------|--------|------|---|

| 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. | | | | |

| | | | | | |
|---------|------|-----|------|-----|---|
| THIAMIN | Seed | 1.4 | 11.2 | 1.1 | * |
|---------|------|-----|------|-----|---|

Activities (31)

| | |
|----------------------------------|--|
| Analgescic 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 Tuber 4510.0 10587.0 1.72 *

Activities (4)

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

THREONINE Seed 11790.0 12863.0 1.06 *

Activities (4)

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

THREONINE Leaf 1820.0 7862.0 -0.65 *

Activities (4)

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

TRYPTOPHAN Tuber 2520.0 5915.0 1.41 *

Activities (29)

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

TRYPTOPHAN

Seed

7620.0

8313.0

1.7

*

Activities (29)

| | |
|-------------------------------------|--|
| Analgesic 750 mg/4x/day/orl/man | Martindale's 29th |
| Anti-anxiety 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. |

| | | | | | |
|------------|------|--------|--------|------|---|
| TRYPTOPHAN | Leaf | 1160.0 | 5011.0 | 2.05 | * |
|------------|------|--------|--------|------|---|

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

TYROSINE Tuber 3530.0 8286.0 1.64 *

| Activities (8) | |
|--------------------------------|--|
| Antidepressant? | |
| Antiencephalopathic | Martindale's 29th |
| Antiparkinsonian 100 mg/kg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antiphenylketonuric | Martindale's 29th |
| Antiulcer 256 mg scu | Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006. |
| Antiulcer 400 mg/kg ipr rat | Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Monoamine-Precursor | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |

TYROSINE Seed 14570.0 15896.0 1.89 *

| Activities (8) | |
|--------------------------------|--|
| Antidepressant? | |
| Antiencephalopathic | Martindale's 29th |
| Antiparkinsonian 100 mg/kg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antiphenylketonuric | Martindale's 29th |
| Antiulcer 256 mg scu | Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006. |
| Antiulcer 400 mg/kg ipr rat | Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Monoamine-Precursor | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |

TYROSINE Leaf 1260.0 5443.0 -0.71 *

| Activities (8) | | | | | |
|--------------------------------|--|--|--|--|--|
| Antidepressant? | | | | | |
| Antiencephalopathic | Martindale's 29th | | | | |
| Antiparkinsonian 100 mg/kg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antiphenylketonuric | Martindale's 29th | | | | |
| Antilucer 256 mg scu | Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006. | | | | |
| Antilucer 400 mg/kg ipr rat | Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006. | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Monoamine-Precursor | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). | | | | |

| | | | | | |
|--------|-------|--------|---------|------|---|
| VALINE | Tuber | 5990.0 | 14061.0 | 1.68 | * |
|--------|-------|--------|---------|------|---|

| Activities (3) | | | | | |
|-------------------------------|---|--|--|--|--|
| Antiencephalopathic Essential | Martindale's 29th | | | | |
| FLavor FEMA 1,000-2,000 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |

| | | | | | |
|--------|------|---------|---------|------|---|
| VALINE | Seed | 15300.0 | 16692.0 | 0.58 | * |
|--------|------|---------|---------|------|---|

| Activities (3) | | | | | |
|-------------------------------|---|--|--|--|--|
| Antiencephalopathic Essential | Martindale's 29th | | | | |
| FLavor FEMA 1,000-2,000 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |

| | | | | | |
|--------|------|--------|---------|-------|---|
| VALINE | Leaf | 2450.0 | 10583.0 | -0.59 | * |
|--------|------|--------|---------|-------|---|

| Activities (3) | | | | | |
|-------------------------------|---|--|--|--|--|
| Antiencephalopathic Essential | Martindale's 29th | | | | |
| FLavor FEMA 1,000-2,000 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |

| | | | | | |
|---------|------|-----|-----|------|---|
| VIT-B-6 | Seed | 1.1 | 8.7 | 1.59 | * |
|---------|------|-----|-----|------|---|

| | | | | | |
|-------|-------|----|----------|-------|---|
| WATER | Tuber | -- | 574000.0 | -2.08 | * |
|-------|-------|----|----------|-------|---|

| | | | | | |
|-------|------|---------|----------|------|---|
| WATER | Seed | 79780.0 | 882930.0 | 2.51 | * |
|-------|------|---------|----------|------|---|

| | | | | | |
|-------|------|----------|----------|-------|---|
| WATER | Leaf | 758000.0 | 779000.0 | -0.14 | * |
|-------|------|----------|----------|-------|---|

| | | | | | |
|------|------|------|------|------|---|
| ZINC | Seed | 43.0 | 51.0 | 0.17 | * |
|------|------|------|------|------|---|

| Activities (77) | | | | | |
|--|--|--|--|--|--|
| ACE-Inhibitor | | | | | |
| Analgesic | | | | | |
| AntiBPH 25-60 mg/day | | | | | |
| AntiCrohn's | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| AntiHIV | | | | | |
| Antiacne 135 mg/day | | | | | |
| Antiacrodermatitic 8-34 mg/day/orl/chd | Martindale's 29th | | | | |
| Antialcoholic | | | | | |
| Antialopepic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antialzheimeran 50 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antiangiogenic | | | | | |
| Antianorexic | Martindale's 29th | | | | |
| Antiarthritic 50 mg/3x/day/orl/man | | | | | |
| Anticanker 100 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Anticataract 30 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Anticoeliac | Martindale's 28th | | | | |
| Anticold 50 mg | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Anticolitic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Anticoronary 30 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 | | | | |
| Antidandruff | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antidementia | | | | | |
| Antidiabetic 30 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 | | | | |

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