

List of All Chemicals

P Pueraria pseudohirsuta (Fabaceae)

Common name(s)

Chinese Kudzu

How used

Medicinal

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

Chemical	Part	All <input type="button" value="v"/>	Low PPM	High PPM	StdDev	*Reference
ACETYL-CHOLINE	Root		--	--		*
Activities (19)						
Allergenic						
Antiamblyopic						
Antidiuretic						
Antiileus						
Antitachycardic						
Cardiodepressant			Martindale's 29th			
Cerebrostimulant						
Histaminic						
Hypotensive						
Miotic			Martindale's 29th			
Myocontractant 2 uM						
Myopic						
Myotonic			Martindale's 29th			
Neurotransmitter						
Parasympathomimetic 0.002 mg/kg ivn 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.			
Peristaltic						
Sialogogue						
Spasmogenic Antidote=600 ug atropine sulfate ivn ims scu hmn						
Vasodilator						
ALLANTOIN	Root		--	--		*
Activities (12)						
Antidandruff			A.L.L. Hunting. Encyclopedia of Shampoo Ingredients. Micelle Press, Cranford NJ. 467 pp.			
Antiinflammatory						
Antioxidant						
Antipeptic 30-130 mg/man/day			25 Dispensatory			
Antipsoriac 2%			Martindale's 28th			
Antiradicular						
Antiulcer						
Immunostimulant						
Keratolytic			Martindale's 28th			
Sunscreen 0.10%			Jim Duke's personal files.			
Suppurative						
Vulnerary						
ARSENIC	Root		--	0.26	-0.2	*
Activities (2)						
Anorexic			Forest H. Nielsen, USDA, Grand Forks, various publications.			
Pesticide						
CALCIUM	Root		5330.0	8300.0	0.1	*

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	

COPPER Root 12.0 13.0 0.14 *

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.

D-MANNITOL Root -- -- *

DAIDZEIN Root -- -- *

Activities (32)

Antialcoholic	
Antiarrhythmic	
Anticancer	
Anticephalagic	
Antidipsomaniac 150 mg/kg/day	
Antiestrogenic	
Antihemolytic	
Antiinflammatory	
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antimelanomic	
Antimicrobial	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antiosteoporotic	
Antioxidant 1/4 quercetin	
Antiproliferative	
Antiradicular 1/4 quercetin	
Antispasmodic	
Antitumor-Promoter	
Antiviral	
Aromatase-Inhibitor IC28=1 uM/l	Journal of Medicinal Food 2: 235.1999.
Cancer-Preventive	
Coronary-Dilator	
Estrogen-Agonist 0.1-1 uM/l	Journal of Medicinal Food 2: 139.1999.
Estrogenic EC50=0.1-25 uM/l	
Fungicide >100	
Hypotensive ivn	Foster, S. and Yue, C-G. 1992. Herbal Emissaries-Bringing Chinese Herbs to the West. Healing Arts Press, Rochester VT. 356 pp.
Lipase-Inhibitor	
Quinone-Reductase-Inducer	Yannai, S., Day, A. J., Williamson, G., Rhodes, M. J. C. 1998. Characterization of Flavonoids as Monofunctional or Bifunctional Inducers of Quinone Reductase in Murine Hepatoma Cell Lines. Food Chem Toxicol, 36(8): 623-630.
Topoisomerase-I-Inhibitor	Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237.
Topoisomerase-II-Inhibitor IC50=3.9 mM	Sun, N. J., Woo, S. H., Cassady, J. M., Snapka, R. M. 1998. DNA Polymerase and Topoisomerase II Inhibitors From Psoralea corylifolia. J Natural Products, 61: 362-366.
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
VEGF-Inhibitor	

DAIDZIN Root -- -- *

Activities (10)

Antialcoholic	
Antidipsomaniac 150 mg/kg/day	
Antioxidant	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Antispasmodic	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Estrogenic	
Fungicide	
Hypotensive ivn	Foster, S. and Yue, C-G. 1992. Herbal Emissaries-Bringing Chinese Herbs to the West. Healing Arts Press, Rochester VT. 356 pp.
Lipase-Inhibitor	
Pesticide	

FORMONONETIN Root -- -- *

Activities (16)

Abortifacient	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Anticephalagic	
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antiulcer?	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Estrogenic	Merck 11th Edition
Fungicide ED50=250-350 ug/ml	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Fungicide ED50=>100	
Fungicide IC16- 18=100 uM	
Herbicide-Safener	Chau (1985) in Purseglove et al. Acta Botanica Sinica, 2.
Hypocholesterolemic	
Hypolipidemic	
Myorelaxant	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Pesticide	
Topoisomerase-I- Inhibitor	Sanjti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237.
VAM-Stimulant	Chau (1985) in Purseglove et al. Acta Botanica Sinica, 2.

GENISTEIN Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

Activities (81)

Abortifacient	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Aldose-Reductase-Inhibitor IC50=10 uM	
Alpha-Reductase-Inhibitor IC50=35 uM	
Antiaggregant 1-10 ug/ml	Medline (post 1990 searches filed in my computer)
Antiangiogenic 150 uM	
Antiatherosclerotic	Journal of Medicinal Food 2: 163.1999.
Anticancer (Breast) IC50=2.6-6.7 ug/ml	
Anticarcinomic (Breast) IC50=7640 uM	Medline (post 1990 searches filed in my computer)
Anticlimacteric	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Antiendocytotic 100 ug/ml	Medline (post 1990 searches filed in my computer)
Antiestrogenic	
Antifertility	
Antihemolytic	
Antiimplantation	
Antiinflammatory	Journal of Medicinal Food 2: 179.1999.
Antiischemic	Medline (post 1990 searches filed in my computer)
Antileukemic >50 ug/ml (185 uM)	
Antileukemic IC50=0.010 ug/ml	Life Sciences 55: 1061.
Antileukotriene IC50=10- 15 uM	Medline (post 1990 searches filed in my computer)
Antilymphomic	
Antimelanomic	Medline (post 1990 searches filed in my computer)
Antimicrobial	
Antimitogenic IC50=12 uM	
Antimutagenic ID50=50- 100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. Phenolic Compounds in Food and Their Effects on Health, Ch.13.
Antineuroblastomic	
Antiosteoporotic	
Antioxidant	Phenolic Compounds in Food and Their Effects on Health, 64.
Antiproliferative 5-45 uM	
Antiprostataadenomic 8-27 ug/ml	Medline (post 1990 searches filed in my computer)
Antiprostatic IC50=35 uM	
Antispasmodic IC50=34 uM	
Antitumor (Breast)	
Antitumor (GI)	
Antitumor (Ovary)	
Antitumor (Prostate)	
Antitumor (Stomach)	

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

KAKKONEIN	Root	--	--		*
-----------	------	----	----	--	---

MAGNESIUM	Root	1470.0	3690.0	0.6	*
-----------	------	--------	--------	-----	---

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					
Antidysmenorrhic 100 mg 4 x/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antidometriotic 500 mg/day					
Antienterotic					
Antiepileptic 450 mg/day					
Antifatigue					
Antifibromyalgic 200-300 mg 3x/day					
Antigastrotic					
Antiglaucomic					
Antihyperkinetic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antihypertensive					
Antihypoglycemic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antiinflammatory 100 mg 4 x/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antinsomniac		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					

Antispasmodic 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 Root 3.0 5.0 -0.49 *

Activities (14)

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

MERCURY Root -- 0.04 -0.37 *

Activities (1)

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

MIROESTROL Root -- -- *

POTASSIUM Root 7370.0 11200.0 -0.34 *

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	

PUERARIN

Root

--

--

*

Activities (49)

ABeta-Inhibitor	
Aldose-Reductase-Inhibitor	
Alpha-Amylase-Inhibitor	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Alpha-Glucosidase-Inhibitor	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Antiaddictive	
Antiadrenergic	
Antiaggregant	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antialzheimeran	
Antiarrhythmic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antiatherosclerotic	
Anticapillary-Fragility	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Anticephalagic	
Anticlimacteric	
Antideafness	
Antidementia	
Antidiabetic 15 mg/kg ivn rat	
Antiendometriotic	
Antihangover	
Antihyperglycemic 15 mg/kg	
Antiinflammatory	
Antiischemic	
Antimyocarditis	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antiosteoporotic	
Antioxidant	
Antiparkinsonian	
Antiradicular	
Antitumor (Colon)	
Antivasoconstrictive	
Antiwithdrawal	
Anxiolytic	
Apoptotic	
Aromatase-Inhibitor	
Beta-Blocker	
Cardioprotective	
Chemopreventive	
Cytoprotective	
Estrogenic	
Hepatoprotective	
Hypocholesterolemic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Hypoglycemic	
Hypotensive ivn	
MDR-Inhibitor	
Myorelaxant	
NF-kB-Inhibitor	
NO-Genic	
Neuroprotective	
Osteogenic	
Pancreaprotective	
Xanthine-Oxidase-Inhibitor	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.

PUERARIN-7-XYLOSIDE	Root	--	--		*
PUERAROL	Root	--	--		*
SODIUM	Root	57.0	70.0	-0.48	*

Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
--------------	--

STARCH	Root	100000.0	150000.0	-0.69	*
--------	------	----------	----------	-------	---

Activities (5)

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

SUCCINIC-ACID Root -- -- *

Activities (7)

Additive FEMA 200-2,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Antifeedant	
Bruchiphobe	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Dye	Merck 11th Edition
Perfumery	Merck 11th Edition
Pesticide	

ZINC Root 21.0 30.0 0.25 *

Activities (77)

ACE-Inhibitor	
Analgesic	
AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopecic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticolitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	

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