

List of All Chemicals

P Ribes uva-crispa (Grossulariaceae)

Common name(s)

Gooseberry

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	Low PPM	High PPM	StdDev	*Reference
(+)-CATECHIN	Fruit	--	--		*
Activities (30)					
ACE-Inhibitor IC50=0.155 mM/l					
ACE-Inhibitor 0.24 mg/ml rbt (weak activity)					
AntiHIV EC50=4 ug/ml					
Antiaggregant IC68=200 ug/ml					
Anticoagulant					
Anticomplementary 1/2 aspirin					
Antiinflammatory IC50=40-943 uM (cf indomethacin IC50=1 uM)					
Antimutagenic ID50=50-100 nM					Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Antioxidant					
Antiperoxidant					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiprostaglandin IC50=40-943 uM (cf indomethacin IC50=1 uM)					
Antiradicular					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiulcer					
Beta-Adrenergic Receptor Blocker 10 uM (weak activity)					Zhu, M., Phillipson, J. D., Greengrass, P. M., Bowery, N. E., Cai, Y. 1997. Plant Polyphenols: Biologically Active Compounds or Non-Selective Binders to Protein? Phytochemistry, 44(3): 441-447.
COX-1-Inhibitor IC50=183-279 uM (cf indomethacin IC50=1 uM)					
COX-2-Inhibitor IC50=546-5,910 uM (cf indomethacin IC50=1 uM)					
Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardiotonic					
Cyclooxygenase-Inhibitor					
Cytotoxic TC50=>100 ug/ml					
Dermatitigenic					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hemostat					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hepatoprotective					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Immunostimulant					Economic & Medicinal Plant Research, 1: 124.
NO-Inhibitor IC11=250 uM					
Neuroprotective 1-10 uM					
Phagocytotic					Economic & Medicinal Plant Research, 1: 124.
Vasoconstrictor					Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
Xanthine-Oxidase-Inhibitor					Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.
cAMP-Phosphodiesterase-Inhibitor					
(+)-GALLOCATECHIN	Plant	--	--		*

Activities (7)	
ACE-Inhibitor	
Antimutagenic	
Antinociceptive	
Antioxidant	
Antithyrototoxic	Wealth of India.
Bactericide MIC 250 ug/ml	Wealth of India.
Beta-Adrenergic Receptor Blocker 10 uM	Zhu, M., Phillipson, J. D., Greengrass, P. M., Bowery, N. E., Cai, Y. 1997. Plant Polyphenols: Biologically Active Compounds or Non-Selective Binders to Protein? <i>Phytochemistry</i> , 44(3): 441-447.

10,16-DIHYDROXY-HEXADECANOIC-ACID	Fruit	--	--	*
18-HYDROXY-OCTADECANOIC-ACID	Fruit	--	--	*
ACETIC-ACID	Fruit	--	--	*

Activities (16)	
Acidulant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antibacterial 5,000 ppm	
Antiotitic	Martindale's 28th
Antisalmonella	
Antivaginitic 1-2%	
Expectorant	Martindale's 28th
Fungicide	Martindale's 29th
Keratitigenic	
Mucolytic	Martindale's 29th
Osteolytic	
Perfumery FEMA 6,000-40,000 ppm	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Pesticide	
Protisticide	Martindale's 29th
Spermicide	Martindale's 28th
Ulcerogenic	HerbalGram No. 20, page 9.
Verrucolytic	

ALPHA-LINOLENIC-ACID	Fruit	460.0	3792.0	0.56	*
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Activities (15)	
5-Alpha-Reductase-Inhibitor	
Antiaggregant	Cunane, S. and Thompson, L. U., eds. 1995. <i>Flaxseed in Human Nutrition.</i> 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. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimetastatic	Cunane, S. and Thompson, L. U., eds. 1995. <i>Flaxseed in Human Nutrition.</i> AOCS Press, Champaign IL. 384 pp.
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Hypotensive	Cunane, S. and Thompson, L. U., eds. 1995. <i>Flaxseed in Human Nutrition.</i> AOCS Press, Champaign IL. 384 pp.
Immunostimulant 0.12 ml/man/day	Cunane, S. and Thompson, L. U., eds. 1995. <i>Flaxseed in Human Nutrition.</i> AOCS Press, Champaign IL. 384 pp.
Lymphocytogenic 0.5 ug/ml	Cunane, S. and Thompson, L. U., eds. 1995. <i>Flaxseed in Human Nutrition.</i> 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. <i>Prostaglandins Leukotrienes Essential Fatty Acids</i> , 54(6): 451-455. ARS, USDA.
Vasodilator	

ALUMINUM	Fruit	1.0	33.0	-0.21	*
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Activities (5)	
Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.
Antivaginitic	Martindale's 28th
Candidicide	Martindale's 28th
Encephalopathic	Martindale's 29th
Pesticide	

ARSENIC	Fruit	--	--	*
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Activities (2)

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

ASCORBIC-ACID
Fruit
263.0
2397.0
-0.14

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

Antiaggregant 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

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
Antiobesity 1 g 3x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiorchitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoarthritic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 500 mg/day	
Antioxidant 100 ppm	
Antiparkinsonian 1 g 2-3x/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipneumonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipoliomyelitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiretinotic	
Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbutic 10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASH	Fruit	4000.0	183000.0	3.27	*
BETA-CAROTENE	Fruit	0.6	14.0	-0.12	*
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.				
BORON	Fruit	1.0	15.0	-0.5	*

Activities (4)					
Androgenic 3 mg/man/day					
Antiosteoarthritic		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiosteoporotic 3 mg/man/day					
Estrogenic 3 mg/man/day					

BROMINE	Fruit	--	--		*
CADMIUM	Fruit	0.001	0.04	-0.53	*

Activities (3)					
Hypertensive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Lithogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Nephrotoxic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				

CALCIUM	Fruit	185.0	4122.0	0.06	*
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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	Fruit	101800.0	839239.0	0.3	*
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CHLORINE	Fruit	107.0	882.0	-0.07	*
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Activities (7)					
Antibacterial	Martindale's 29th				
Antiherpetic	Martindale's 29th				
Antiseptic	Martindale's 29th				
Antiviral	Martindale's 29th				
Candidicide	Martindale's 29th				
Fungicide	Martindale's 29th				
Pesticide	Martindale's 29th				

CHLOROGENIC-ACID	Fruit	--	--		*
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Activities (77)					
Aldose-Reductase-Inhibitor IC50=1.8 uM rat (strong activity)	Yoshikawa, M., et al. 1999. Medicinal Flowers. I. Aldose Reductase Inhibitors and Three New Eudesmane-Type Sesquiterpenes, Kikkanols A, B, and C, From the Flowers of Chrysanthemum indicum L. Chem Pharm Bull, 47(3): 340-345.				
Allelochemic					
Allergenic					

Analgesic	
AntiEBV	Economic & Medicinal Plant Research, 6: 189.
AntiHIV	Economic & Medicinal Plant Research, 6: 189.
AntiLegionella	
Antiatherosclerotic	
Antibacterial	
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidiabetic	
Antifeedant	
Antigenotoxic	
Antigonadotropic	Jim Duke's personal files.
Antihemolytic 10 uM	Ohnishi, M., Morishita, H., Iwashashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antihepatotoxic	
Antiherpetic	Economic & Medicinal Plant Research, 5: 194.
Antihistaminic	
Antihypercholesterolemic	Economic & Medicinal Plant Research, 6: 189.
Antihyperthyroid	
Antiinflammatory	Hagerman, A.E. Tannin-Protein Interactions. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.19.
Antileukotriene	
Antimelanogenic	
Antimutagenic	
Antinitrosaminic	
Antioxidant IC53=200 ppm	Huang, M-T., and Ferraro, T. <i>Phenolic Compounds in Food and Cancer Prevention</i> . <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.2 p.21.
Antioxidant IC80=12 uM	
Antioxidant IC50=54.2 uM	
Antiperoxidant IC50=36 uM	<i>Planta Medica</i> , 57: A54, 1991.
Antipolio	Jim Duke's personal files.
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwashashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antiradicular 9 x quercetin	
Antiseptic	
Antisunburn	
Antithyroid	Jim Duke's personal files.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC25=10 uM	
Antiulcer	Economic & Medicinal Plant Research, 6: 189.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research</i> . Wiss. Verlag. Stuttgart.
Autotoxic	
CNS-Active	Wichtl, M. 1984. <i>Teedrogen. Ein Handbuch fur Apotheker und Arzte</i> . Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
CNS-Stimulant 1/6 Caffeine	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. <i>Teedrogen. Ein Handbuch fur Apotheker und Arzte</i> . Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Clastogenic	Friedman, M. and Dao, L. 1990. Effect of Autoclaving and Conventional and Microwave Baking on the Ergot Alkaloid and Chlorogenic Acid Contents of Morning Glory (<i>Ipomoea tricolor</i> Cav. cv.) Heavenly Blue Seeds. <i>J. Agric. Food Chem.</i> 38: 805-808.
Collagen-Sparing	
Diuretic	
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Hepatoprotective	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
Histamine-Inhibitor	
Hypoglycemic	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in <i>Achillea millefolium</i> L. (Asteraceae). <i>Economic Botany</i> 48(2): 111-120, 1994.
Interferonogenic	Economic & Medicinal Plant Research, 1: 124.
Juvabional	Jacobson, M., <i>Glossary of Plant-Derived Insect Deterrents</i> , CRC Press, Inc., Boca Raton, FL, 213 p, 1990.

Larvostat	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC23=5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
NO-Genic	
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Sunscreen	
Sweetener	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Vulnerary	

CHROMIUM Fruit 0.002 0.08 -0.5 *

Activities (24)

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

CITRIC-ACID Fruit -- 8800.0 -0.51 *

Activities (23)						
Allergenic						
Alpha-Amylase-Inhibitor						
Antiaphthc 20,000 ppm	Martindale's 28th					
Antiatherosclerotic						
Antibacterial						
Anticalculic						
Anticoagulant	Merck 11th Edition					
Antileishmanic						
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.					
Antioxidant Synergist	Merck 11th Edition					
Antiseborrheic						
Antiseptic	Martindale's 29th					
Antitubercular						
Antitumor	Economic & Medicinal Plant Research, 6: 235.					
Disinfectant	Martindale's 29th					
FLavor FEMA 370- 4,400	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry					
Hemostat						
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.					
Laxative?	Lawrence Review of Natural Products, Sep-91.					
Litholytic	Martindale's 29th					
Mycobactericide						
Odontolytic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.					
Refrigerant	Martindale's 28th					

COBALT Fruit -- -- *

Activities (2)						
Cardiomyopathogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					
Erythrocytogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.					

COPPER Fruit 0.4 6.0 -0.53 *

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.					

CYANIDIN-3-GLUCOSIDE Fruit -- -- *

CYANIDIN-3-RUTINOSIDE Fruit -- -- *

Activities (1)						
Antioxidant						

FAT Seed 183000.0 200000.0 -0.34 *

FAT Fruit 5800.0 47815.0 -0.28 *

FERULIC-ACID Fruit -- -- *

Activities (61)						
Allelopathic	Holappa, L.D., and Blum*. U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. J. of Chemical Ecology, 17(5): 865.					
Analgesic	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.					

Antianggregant	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Antiallergic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antiarrhythmic	
Antibacterial	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidysmenorrhoeic	
Antiestrogenic	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihepatotoxic	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiherpetic	
Antiinflammatory	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.
Antimitotic	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antimutagenic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antineoplastic (Stomach)	
Antinitrosaminic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livingstone, Edinburgh.
Hepatotropic	
Herbicide	Angewandte Botanik 68(5/6)=1994. Page 195.
Hydrocholeric	Jeffery B., Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypolipidemic	
Immunostimulant	Economic & Medicinal Plant Research, 1: 124.
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Pesticide	

Phagocytotic	
Preservative	Merck 11th Edition
Prostaglandigenic	
Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM	Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. Yao Hsueh Hsueh Pao, 25(6): 412-416.
Sunscreen	Chemical Marketing Reporter; a weekly tabloid, 9/10/92.
Uterosedative 30-100 mg/kg ivn rat	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

FIBER Fruit 19000.0 156636.0 0.14 *

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	

FLUORINE Fruit 0.04 0.8 -0.55 *

FORMIC-ACID Fruit -- -- *

Activities (13)

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

FRUCTOSE Fruit -- 41000.0 -0.27 *

Activities (8)

Antialcoholic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antidiabetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihangover	
Antiketotic	Merck 11th Edition
Antinauseant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Laxative	
Neoplastic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sweetener 2 x glucose	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

GAMMA-LINOLENIC-ACID Seed -- -- *

Activities (20)	
Alpha-Reductase-Inhibitor	
AntiMS	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
AntiPMS	
AntiRaynaud's	
Antiacne	
Antiaaggregant	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Antialcoholic	
Antiarthritic 540 mg/day	Graedon, J. and Graeden, T. 1991. Graedon's Best Medicine: From Herbal Remedies to High-Tech Rx Breakthroughs. Bantam Books, New York. 444 pp.
Antiasphyctic	
Antiatherosclerotic	
Antieczemic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Antihypercholesterolemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antioesity	
Antiprostaitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antitumor	
Hypocholesterolemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hypotensive	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Immunomodulator	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Vasodilator	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

GLUCOSE Fruit -- 44000.0 -0.43 *

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

GLYOXYLIC-ACID Fruit -- -- *

Activities (1)	
Irritant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

INDOLE-ACETIC-ACID Seed -- -- *

Activities (1)	
Hormone	Merck 11th Edition

IRON Fruit 2.5 40.0 -0.37 *

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	

ISOCITRIC-ACID Fruit -- -- *

LEUCOANTHOCYANIN Fruit -- -- *

Activities (1)					
Antioxidant					

LINOLEIC-ACID	Fruit	2710.0	22341.0	-0.04	*
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Activities (27)					
5-Alpha-Reductase-Inhibitor					
AntiMS	Economic & Medicinal Plant Research, 6: 189.				
Antiacne					
Antiallopecic					
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.				
Antiandrogenic					
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).				
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Carcinogenic	Science News, 146: 421.				
Comedolytic					
Hepatoprotective					
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.				
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Metastatic	Science News, 146: 421.				
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Propecic					

LUTEIN	Fruit	1.7	9.0	-0.06	*
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Activities (15)					
Antiatherosclerotic					
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.				
Antimaculitic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Antinyctalopic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Antioxidant					
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.				
Antiradicular					
Antiretinitic Optometry					
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.				
Antitumor (Colon)					
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Prooxidant 5-40 ug/g					
Quinone-Reductase-Inducer 2.5 ug	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.				
Retinoprotectant Optometry					
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

MAGNESIUM	Fruit	86.0	938.0	-0.55	*
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Activities (65)					
AntiCFS					
AntiLyme 400-1,000 mg					
AntiMS					
AntiPMS 400-800 mg/day/wmn/orl					

AntiPMS 400-800 mg/day/wmn orl	
AntiRaynaud's 280-350 mg/day	
Antiaggregant 400 mg/day	
Antialcoholic	
Antianginal 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antianorectic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianxiety 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiarrhythmic 400 mg/day	
Antiarthritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic 400 mg/day	
Anticephalagic	
Anticlimacteric 500-750 mg/day	
Anticonvulsant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Anticoronary 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic 400-800 mg/man/day	
Antidysmenorrheic 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiendometriotic 500 mg/day	
Antienterotic	
Antiepileptic 450 mg/day	
Antifatigue	
Antifibromyalgic 200-300 mg 3x/day	
Antigastroic	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimitral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplatelet 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Neurotransmitter
 Tranquilizer 500-750 mg/day
 Uterorelaxant 100 mg 4 x/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
 Vasodilator

MALIC-ACID Fruit -- 7300.0 -0.48 *

Activities (15)

Antiatherosclerotic
 Antibacterial
 Antifibromyalgic 300 mg 3x/day
 Antioxidant Synergist Merck 11th Edition
 Antiseborrheic
 Antiseptic Martindale's 29th
 Antitubercular
 Antitumor Economic & Medicinal Plant Research, 6: 235.
 Bacteristat
 Bruchiphobe Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
 Hemopoietic
 Laxative? Lawrence Review of Natural Products, Sep-91.
 Mycobactericide
 Pesticide
 Sialogogue Martindale's 29th

MANGANESE Fruit 1.0 16.0 -0.3 *

Activities (14)

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

MERCURY Fruit -- 0.017 -0.04 *

Activities (1)

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

MOLYBDENUM Fruit -- -- *

Activities (2)

Anticancer (Esophagus)? Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
 Antitumor (Esophagus)? Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

NEO-CHLOROGENIC-ACID Fruit -- -- *

Activities (2)

Antiinflammatory
 Vulnerary

NIACIN Fruit 3.0 25.0 -0.48 *

Activities (39)

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

NICKEL Fruit 0.004 0.4 -0.66 *

Activities (3)

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

NITROGEN Fruit 1100.0 15000.0 0.03 *

OLEIC-ACID Fruit 510.0 4204.0 -0.45 *

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

OXALIC-ACID

Fruit

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Activities (9)

Acaricide

Antiseptic

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

Fatal Martindale's 29th

Hemostatic Merck 11th Edition

Irritant

Pesticide

Renotoxic Merck 11th Edition

Varroacide

P-COUMARIC-ACID

Fruit

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Activities (25)	
Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. Sankyo Kenkyusho Nempo, 43: 99-110.
Allelopathic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antibacterial	Pharmazie, 46: 156, 1991.
Anticlastogen	
Antifertility	
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.
Antinitrosaminic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antioxidant IC24=30 ppm	
Antioxidant 1/3 BHA	
Antiperoxidant IC50=>100 uM	Planta Medica, 57: A54, 1991.
Antiseptic	
Antispasmodic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antitumor	
Cancer-Preventive	
Chemopreventive	
Choleretic	
Cytotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Diaphoretic?	Lawrence Review of Natural Products, Dec-90.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Lipoxigenase-Inhibitor IC11=5 mM	Ozmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Pesticide	
Prostaglandigenic	
Prostaglandin-Synthesis-Inhibitor	
Tyrosinase-Inhibitor ID50=3,650 uM	

PALMITIC-ACID	Fruit	190.0	1566.0	-0.34	*
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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	
Propecic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PANTOTHENIC-ACID	Fruit	3.0	24.0	0.38	*
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Activities (14)

Angiotensin-Receptor-Blocker	
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

PROTEIN	Fruit	7300.0	84913.0	-0.33	*
PROTOPECTIN	Fruit	--	--		*
QUINIC-ACID	Fruit	--	--		*

Activities (1)

Choleretic	Fitoterapia No.5-1986.
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RIBOFLAVIN	Fruit	--	2.0	-0.64	*
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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	
Antipellagic	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SACCHAROSE	Fruit	--	630.0		*
SELENIUM	Fruit	--	--		*

Activities (60)

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiNF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiaggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antiangiogenic 230 ug/kg orl rat	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	
Anticirrhotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticlimacteric 200 ug/day	
Anticoronary 200 ug/day	

Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaculitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	
Antimetastatic 480 ug/kg	
Antimyalgic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoarthritic	
Antioxidant 100-200 (-400) ug/man/day	
Antiparkinsonian 200-400 ug/day	
Antiproliferant 2 uM	
Antiradicular 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antirheumatic	
Antisyndrome-X 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 333.6 ug/day	
Antitumor (Breast) 0.8 mg/kg scu mus	
Antitumor (Breast) 150 ug/kg diet rat	
Antitumor (Breast) 230 ug/kg orl rat	
Antitumor (Lung) 240 ug/kg diet	
Antitumor (Prostate)	
Antitumor (brain) 38-150 ug/kg	
Antiulcerogenic	Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric (<i>Curcuma longa</i>) for Gastric and Duodenal Antiulcer Activity in Rats. <i>J. of Ethnopharmacology</i> , 29: 25-34, 1990.
Anxiolytic	
Apoptotic	
Cancer-Preventive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cardioprotective 200 ug/day	
Depressant	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
Fungicide	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Immunostimulant 100-200 (-400) ug/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
NF-kB-Inhibitor	
Ornithine-Decarboxylase-Inhibitor	
Pesticide	
Polyamine-Synthesis-Inhibitor	
Prostaglandin-Sparer	Fujita, T., Nakatani, E., Funaishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. <i>J. Pharm. Pharmacol.</i> 42: 655-657, 1990.
Protein-Kinase-C-Inhibitor IC50=2-50 uM	
VEGF-Inhibitor	

SHIKIMIC-ACID

Fruit

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Activities (14)	
Analgesic	
Anticancer	
Anticonvulsant	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antioxidant 7 x quercetin	
Antiradicular 7 x quercetin	
Antispasmodic	Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Antitumor	
Antitumor-Promoter	
Bruchifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Cancer-Preventive	
Carcinogenic	Merck 11th Edition
Ileorelaxant	
Mutagenic	
Pesticide	

SILICON Fruit 1.0 42.0 -0.47 *

Activities (4)	
Antiarteriosclerotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antionychotic	
Antiosteoporotic	
Cardioprotective	

SODIUM Fruit 10.0 82.0 -0.18 *

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

STARCH Fruit -- 15000.0 -0.43 *

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.
Antinesidioblastotic	Martindale's 29th
Emollient	Martindale's 29th
Poultice	Martindale's 29th

STEARIC-ACID Fruit 130.0 1071.0 -0.21 *

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

SUCROSE Fruit -- 7100.0 -0.7 *

Activities (14)

Aggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antihiccup 1 tsp	Martindale's 29th
Antiphthalmic	Martindale's 29th
Antioxidant	Merck 11th Edition
Atherogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Collyrium	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Demulcent	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Flatugenic	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (<i>Trigonella foenum graecum</i> L.). <i>Plant Foods for Human Nutrition</i> . 46: 77-84, 1994.
Hypercholesterolemic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Preservative	Merck 11th Edition
Sweetener 1 x sucrose	Merck 11th Edition
Triglycerigenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Uricogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vulnerary	Martindale's 29th

SUGARS	Fruit	19800.0	102500.0	-0.46	*
SULFUR	Fruit	96.0	1113.0	-0.21	*

Activities (14)

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

TANNIN	Fruit	--	--		*
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Activities (35)

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

TARTARIC-ACID

Fruit

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Activities (6)

Acidifier	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Additive	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Antioxidant Synergist	Martindale's 29th
FLavor FEMA 500-10,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Sequestrant	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

THIAMIN

Fruit

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3.0

-0.3

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Activities (31)

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

TOCOPHEROL

Fruit

7.0

56.0

-0.12

*

Activities (93)

5-HETE-Inhibitor	
Allergenic	
Analgesic 100 IU 3 x day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiMD	
AntiMS	
AntiPMS 300 IU 2 x day	
Antiaggregant	Martindale's 28th
Antiaging	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
Antialzheimeran 2,000 IU	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
Antianginal 1,067 mg/man/day	
Antiarteriosclerotic	
Antiarthritic	
Antiatherosclerotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antibronchitic	
Anticancer (Breast) IC50=125 ug/ml	
Anticariogenic	
Anticataract	
Antichorea	
Antichoreic	
Anticonvulsant	
Anticoronary 100-200 IU/day	
Antidecubitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidermatitic	
Antidiabetic 600-1,200 mg/day	

Antidysmenorrhic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiepileptic	
Antifibrotic	Martindale's 28th
Antiglycosation	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
Antiherpetic	Martindale's 28th
Antiinfertility	
Antiinflammatory	
Antiischemic	
Antileukemic 100-250 uM	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilithic 600 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antilupus	
Antimaculitic	
Antimastalgic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimelanomic	
Antimyoclonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antineuritic	Martindale's 29th
Antineuropathic	
Antinitrosaminic	
Antiophthalmic	
Antiosteoarthritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant IC50=30 ug/ml	
Antioxidant IC95=650 uM	
Antioxidant IC36=10 uM	
Antiparkinsonian	
Antiproliferant IC50=150 ug/ml	
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiretinopathic?	Martindale's 29th
Antirheumatic	
Antisenility	
Antisickling	Martindale's 28th
Antispasmodic 300 mg/man/day	Martindale's 28th
Antisterility	
Antistroke	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antisunburn	
Antisyndrome-X	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
Antithalasemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antithrombotic 600 IU/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antithromboxane-B2	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
Antitoxemic	
Antitumor 7 uM ckn	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antitumor (Breast) IC50=125 ug/ml	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 100-250 uM	
Antitumor (Colorectal) 500-10,000 uM	
Antitumor (Prostate) 100-250 uM	
Antitumor (Stomach)	
Antiulcerogenic 67 mg/man/3 x/day/orl	
Apoptotic 100-250 uM	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cerebroprotective	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Circulatory-Stimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Circulotonic	
Hepatoprotective	
Hypocholesterolemic 100-450 IU/man/day	
Hypoglycemic 600 IU/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
Immunomodulator	
Immunostimulant 60-800 IU	
Insulin-Sparing 1,000 IU	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Lipoxygenase-Inhibitor NO-Inhibitor Ornithine-Decarboxylase-Inhibitor 400 mg/kg P21-Inducer 500-10,000 uM Phospholipase-A2-Inhibitor Protein-Kinase-C-Inhibitor 10-50 uM Protein-Kinase-C-Inhibitor IC50=450 uM Vasodilator	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). 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
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VIT-B-6	Fruit	1.0	7.0	-0.2	*
WATER	Fruit	875000.0	882000.0	0.48	*
ZINC	Fruit	1.0	16.0	-0.43	*

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	
Antimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinfertility 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