

List of All Chemicals

P Rubia cordifolia (Rubiaceae)

Common name(s)

Madder

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	Low PPM	High PPM	StdDev	*Reference
1,3-DIMETHOXY-2-CARBOXYANTHRAQUINONE	Root		--	--		*
1,4-DIHYDROXY-2-CARBOETHOXYANTHRAQUINONE	Plant		--	--		*
1,4-DIHYDROXY-2-METHYL-5-METHOXYANTHRAQUINONE	Root		--	--		*
1,4-DIHYDROXY-2-METHYLANTHRAQUINONE	Root		--	--		*
Activities (2)						
Pesticide						
Termitifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.					
1,5-DIHYDROXY-2-METHYLANTHRAQUINONE	Root		--	--		*
1-ACETOXY-6-HYDROXY-2-METHYLANTHRAQUINONE-3-O-ALPHA-RHAMNOSYL...	Plant		--	--		*
1-HYDROXY-2-CARBOXY-3-METHOXYANTHRAQUINONE	Plant		--	--		*
1-HYDROXY-2-METHOXYANTHRAQUINONE	Root		--	--		*
1-HYDROXY-2-METHYL-6-METHOXYANTHRAQUINONE	Plant		--	--		*
1-HYDROXY-2-METHYL-7-METHOXYANTHRAQUINONE	Plant		--	--		*
1-HYDROXY-2-METHYL-ANTHRAQUINONE	Plant		--	--		*
5,8-DIHYDROXY-2-METHYLANTHRAQUINONE	Root		--	--		*
ALIZARIN	Root		--	--		*
Activities (11)						
5-Alpha-Reductase-Inhibitor						
Allergenic						
Antibacterial						
Antileukemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.					
Antioxidant	Journal of Nutritional and Environmental Medicine. 1997. Volume 7: 79.					
Calcium-Antagonist 1/5 aloeemodin						
Dye	Merck 11th Edition					
Hepatoprotective	Journal of Nutritional and Environmental Medicine. 1997. Volume 7: 79.					
Pesticide						
Pigment	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.					
ANTHRAQUINONES	Root		--	--		*

Activities (6)

Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Bird-Repellent	Merck 11th Edition
Carcinogenic	
Laxative	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Litholytic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Toxic	Jim Duke's personal files.

ARSENIC Root -- 1.1 -0.16 *

Activities (2)

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

BETA-SITOSTEROL Plant -- -- *

Activities (47)

Androgenic	
Angiogenic	
Anorexic	Martindale's 28th
Antiadenomic	Merck 11th Edition
Antiandrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antibacterial	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from <i>Vaccinium myrtillus</i> (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.
Anticancer (Cervix)	
Anticancer (Lung)	
Antiedemic IC54=320 mg/kg orl	
Antiestrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antifertility	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antigonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antihyperlipoproteinaemic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiinflammatory	
Antileukemic	
Antilymphomic	
Antimutagenic 250 ug/ml	
Antiophidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC44=10 uM	
Antiprogestational	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antiprostaglandin 30 mg/day/12 wks	
Antiprostataadenomic	Merck 11th Edition
Antiprostatic 10-20 mg 3 x/day/orl man	
Antipyretic	Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from <i>Vaccinium myrtillus</i> (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 131(1): 95-103.
Antitumor (Cervix)	
Antitumor (Lung)	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in <i>Artemisia annua</i> . <i>Plant Science</i> , 75: 161-165, 1991.
Apoptotic	
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of <i>Melodorum fruticosum</i> . <i>Phytochemistry</i> . 29(5): 1667-1670. 1990.
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Caspase-8-Inducer	
Estrogenic	
Febrifuge	Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
Gonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Hepatoprotective	
Hypocholesterolemic 2-6 g/man/day/orl	Martindale's 30th
Hypocholesterolemic 9-3,330 mg/man/day/orl	Martindale's 28th
Hypoglycemic	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. <i>Journal of Ethnopharmacology</i> , 27: 243-275, 1989.
Hypolipidemic 2-6 g/day	
Pesticide	
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Ulcerogenic 500 mg/kg ipr rat	

CALCIUM

Root

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37800.0

3.33

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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					

COPPER Root -- 15.0 0.36 *

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.				

HEXAPEPTIDES Plant -- -- *

IRON Root -- 720.0 0.6 *

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

MAGNESIUM Root -- 1870.0 -0.37 *

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					

MANGANESE	Root	--	94.0	0.58	*
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Activities (14)					
AntiPMS					
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Antianemic	Martindale's 28th				
Antiarthritic					
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antidiabetic 10-30 mg/man/day					
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidyskinetic	Martindale's 28th				
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiosteoporotic					
Antiototic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antioxidant					
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Hypoglycemic 10-30 mg/man/day					

MUNJISTINE	Root	--	--		*
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NOR-DAMNACANTHAL	Plant	--	--		*
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Activities (1)					
Topoisomerase-II-Inhibitor IC50=20 ug/ml	Tosa, H., Inuma, M. K., Asai, F., Tanaka, T., Nozaki, H., Ikeda, S., Tsutsui, K., Yamada, M., Fujimori, S. 1998. Anthraquinones From Neonauclea calycina and Their Inhibitory Activity Against DNA Topoisomerase II. Biol Pharm Bull, 21: 641-642.				

OLEANOLIC-ACID-ACETATE	Plant	--	--		*
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PHYSCION	Plant	--	--		*
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Activities (5)					
Antiseptic					
Calcium-Antagonist 5/6 aloemodin					
Cathartic					
Pesticide					
Purgative ED50=>500 mg/kg orl mus					

POTASSIUM	Root	--	12600.0	-0.23	*
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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					

PSEUDOPURPURIN	Root	--	--		*
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PURPURIN	Root	--	--		*
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Activities (2)					
Dye				Merck 11th Edition	
Quinone-Reductase-Inducer IC50>50.7 uM					

PURPUROXANTHINS	Plant	--	--		*
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RUBIADIN	Root	--	--	*
Activities (1)				
Molluscicide 10 ppm				
RUBICOUMARIC-ACID	Plant	--	--	*
RUBIFOLIC-ACID	Plant	--	--	*
SCOPOLETOL	Plant	--	--	*
Activities (2)				
Antiseptic				
Pesticide				
SODIUM	Root	--	195.0	-0.42 *
Activities (1)				
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
XANTHOPURPURIN	Root	--	--	*
ZINC	Root	--	39.0	0.65 *
Activities (77)				
ACE-Inhibitor				
Analgesic				
AntiBPH 25-60 mg/day				
AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
AntiHIV				
Antiacne 135 mg/day				
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th			
Antialcoholic				
Antialopepic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiangiogenic				
Antianorexic	Martindale's 29th			
Antiarthritic 50 mg/3x/day/orl/man				
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Anticoeliac	Martindale's 28th			
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Anticolitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antidementia				
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antidote (Cadmium)	Let's Live, May 1989.			
Antidysgeuzic				
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiencephalopathic	Martindale's 29th			
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antifibrotic 30 mg				
Antifuruncular 45 mg/3x/day/man	Martindale's 28th			
Antihangover 15 mg				
Antiherpetic? 25-60 mg/day				
Antiimpotence	Martindale's 29th			
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antileptic	Martindale's 29th			
Antileukonychic				
Antilymphomic				
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