

List of Activities

P Sechium edule (Cucurbitaceae)

Common name(s)

Chayote

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.

Activity	Reference
Acaricide	
Chemicals (1)	
OXALIC-ACID	
ACE-Inhibitor	
Chemicals (1)	
ZINC	
Acidulant	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Chemicals (1)	
ASCORBIC-ACID FEMA 6,000	
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
Chemicals (1)	
ASCORBIC-ACID	
Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (2)	
BETA-CAROTENE	
NIACIN	
Analeptic	
Chemicals (1)	
GABA	
Analgesic	
Chemicals (4)	
ASCORBIC-ACID 5-10 g/day	
THIAMIN 1-4 g/day	
TRYPTOPHAN 750 mg/4x/day/orl/man	
ZINC	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (1)	
BETA-CAROTENE	
Angiotensin-Receptor-Blocker	

Chemicals (3)

ASCORBIC-ACID
FIBER
POTASSIUM

Antiacid Martindale's 29th

Chemicals (1)

GLYCINE

Antiacne

Chemicals (2)

BETA-CAROTENE
ZINC 135 mg/day

Antiacrodermatitic Martindale's 29th

Chemicals (1)

ZINC 8-34 mg/day/orl/chd

Antiacrodynic

Chemicals (1)

NIACIN

AntiADD Martindale's 29th

Chemicals (1)

PHENYLALANINE 587 mg/day/orl

AntiAGE 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

Chemicals (1)

ASCORBIC-ACID 2,000 mg/day

Antiaggregant

Chemicals (2)

ASCORBIC-ACID
MAGNESIUM 400 mg/day

Antiaging

Chemicals (2)

ASCORBIC-ACID 400 mg/day
BETA-CAROTENE

Antiakathisic Martindale's 29th

Chemicals (1)

IRON

Antialcoholic

Chemicals (3)

MAGNESIUM
THIAMIN 50-100 mg/day
ZINC

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

Chemicals (1)

GLYCINE

Antialkali? Martindale's 29th

Chemicals (1)

GLUTAMIC-ACID 500-1,000 mg/day/orl/man

Antialkalotic Martindale's 29th

Chemicals (1)

LYSINE

Antiallergic

Chemicals (3)

ASCORBIC-ACID

CALCIUM 500 mg/day

NIACIN 50 mg/2x/day

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

Chemicals (1)

ZINC

Antialzheimeran Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (4)

ASCORBIC-ACID 2,000-6,000 mg/day

NIACIN

THIAMIN 100-3,000 mg/day

ZINC 50 mg/day

Antiamblyopic

Chemicals (1)

NIACIN

Antianemic Martindale's 29th

Chemicals (2)

COPPER

IRON

Antianginal Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

MAGNESIUM 400 mg/day

NIACIN

Antiangiogenic

Chemicals (1)

ZINC

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

Chemicals (2)

MAGNESIUM

THIAMIN

Antianorexic Martindale's 29th

Chemicals (1)

ZINC

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

Chemicals (3)

CALCIUM
MAGNESIUM 400 mg/day
TRYPTOPHAN 500-1,000 mg/meal

Antiarabiflavinotic Martindale's 28th

Chemicals (1)

RIBOFLAVIN 2-10 mg/day orl

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

Chemicals (3)

CALCIUM 500-1,500 mg
MAGNESIUM 400 mg/day
POTASSIUM

Antiartherosclerotic

Chemicals (1)

HISTIDINE

Antiarthritic

Chemicals (6)

ASCORBIC-ACID 0.2-1 g/day
BETA-CAROTENE
CALCIUM 1,000 mg/day
COPPER
MAGNESIUM
ZINC 50 mg/3x/day/orl/man

Antiasthenic Martindale's 29th

Chemicals (1)

CITRULLINE 180 mg/kg/day

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

Chemicals (3)

ASCORBIC-ACID 1,000 mg/day
BETA-CAROTENE
MAGNESIUM

Antiatherosclerotic

Chemicals (3)

ASCORBIC-ACID
CALCIUM 500 mg/day
MAGNESIUM 400 mg/day

Antibackache Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

THIAMIN 1-4 g/day

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

Chemicals (1)

ASCORBIC-ACID

Antiberiberi

Chemicals (1)

THIAMIN

AntiBPH

Chemicals (1)

ZINC 25-60 mg/day

Anticancer Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Chemicals (1)

BETA-CAROTENE

Anticanker

Chemicals (3)

IRON

THIAMIN

ZINC 100 mg/day

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

Chemicals (1)

BETA-CAROTENE

Anticardiospasmic

Chemicals (1)

THIAMIN

Anticarpal-Tunnel Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

RIBOFLAVIN 50 mg/day

Anticataract

Chemicals (6)

ASCORBIC-ACID 350 mg/day

METHIONINE

NIACIN

RIBOFLAVIN 15 mg/day

THIAMIN

ZINC 30 mg/day

Anticephalagic

Chemicals (3)

GABA

MAGNESIUM

RIBOFLAVIN

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

Chemicals (1)

GABA

Anticervicaldysplastic

Chemicals (3)

ASCORBIC-ACID 1,000-2,000 mg/day

BETA-CAROTENE

RIBOFLAVIN 1.6-10 mg/day

AntiCFS

Chemicals (2)

ASCORBIC-ACID 500-1,000 mg
MAGNESIUM

Anticheilitic

Chemicals (2)

IRON
RIBOFLAVIN

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

Chemicals (1)

NIACIN

Antichoreic Martindale's 29th

Chemicals (1)

GABA 1-32 g/man/day

Anticlimacteric

Chemicals (3)

ASCORBIC-ACID 500-5,000 mg/day
CALCIUM 1,000-1,500 mg/day
MAGNESIUM 500-750 mg/day

Anticoeliac Martindale's 28th

Chemicals (1)

ZINC

Anticold

Chemicals (2)

ASCORBIC-ACID 1-2 g/man/day
ZINC 50 mg

Anticolitic

Chemicals (2)

THIAMIN
ZINC

Anticonvulsant Facciola, S. 1998. *Cornucopia - A Source Book of Edible Plants.* Kampong Publications, Vista CA. 713 pp.

Chemicals (3)

GABA 4,120 mg/kg ipr mus
MAGNESIUM
NIACIN 3 g/day

Anticoronary 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

Chemicals (3)

BETA-CAROTENE 50 mg/man/2 days
MAGNESIUM 400 mg/day
ZINC 30 mg/day

AntiCrohn's Martindale's 29th

Chemicals (2)

ASCORBIC-ACID 50-100 mg/day/orl/man
ZINC

AntiCTS

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

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

Chemicals (1)

ZINC

Antidecubitic Martindale's 28th

Chemicals (3)

ASCORBIC-ACID 500 mg/man/2x/day

RIBOFLAVIN

THIAMIN

Antideliriant

Chemicals (1)

THIAMIN

Antidementia Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (5)

ASCORBIC-ACID

NIACIN

THIAMIN

TRYPTOPHAN 3 g/day

ZINC

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

Chemicals (6)

ASCORBIC-ACID 2,000 mg/day

CALCIUM

MAGNESIUM

PHENYLALANINE 50-4,000 mg/day/man

POTASSIUM

TRYPTOPHAN 1-3 g/3x/day/orl/man

Antidepressant?

Chemicals (1)

TYROSINE

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

Chemicals (1)

NIACIN

Antidiabetic

Chemicals (6)

ASCORBIC-ACID

COPPER 2-4 mg/day

FIBER

MAGNESIUM 400-800 mg/man/day

NIACIN

ZINC 30 mg/day

Antidiabetic? Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.

Chemicals (1)

ARGININE

Antidote (Acetaminophen) Martindale's 29th

Chemicals (1)

METHIONINE 10 g/16hr/man/orl

Antidote (Aluminum) Economic & Medicinal Plant Research, 6: 189.

Chemicals (2)

ASCORBIC-ACID
CALCIUM

Antidote (Cadmium) Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

ASCORBIC-ACID
ZINC

Antidote (Hypoglycin-A) Martindale's 29th

Chemicals (1)

GLYCINE

Antidote (Lead) Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

ASCORBIC-ACID
CALCIUM

Antidote (Paracetamol) Martindale's 29th

Chemicals (1)

METHIONINE 10 g/16hr/man/orl

Antidote (Paraquat) Martindale's 28th

Chemicals (1)

ASCORBIC-ACID

Antidysgeuzic

Chemicals (1)

ZINC

Antidyskinetic Martindale's 29th

Chemicals (1)

TRYPTOPHAN 2-8 g/orl/wmn/day

Antidysmenorrhic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 100 mg 4 x/day

Antidyspeptic

Chemicals (1)

THIAMIN

Antidysphagic

Chemicals (1)

NIACIN

Antieczemic

Chemicals (3)

ASCORBIC-ACID 3.5-5 g/day
METHIONINE
ZINC 150 mg/day

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

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

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

Chemicals (1)

ASCORBIC-ACID

Antiencephalopathic Martindale's 29th

Chemicals (7)

ARGININE
GLYCINE
LEUCINE
THIAMIN
TYROSINE
VALINE
ZINC

Antiencephalopathic? Martindale's 29th

Chemicals (1)

ISOLEUCINE

Antiendometriotic

Chemicals (2)

ASCORBIC-ACID 2,000 mg/day
MAGNESIUM 500 mg/day

Antienterotic

Chemicals (1)

MAGNESIUM

Antiepileptic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (4)

GLUTAMIC-ACID
MAGNESIUM 450 mg/day
NIACIN 3 g/day
ZINC 100 mg/day

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

Chemicals (5)

ASCORBIC-ACID 500-1,000 mg
COPPER
MAGNESIUM
POTASSIUM
THIAMIN

Antifibromyalgic

Chemicals (1)

MAGNESIUM 200-300 mg 3x/day

Antifibrotic

Chemicals (2)

ASCORBIC-ACID 1,000-2,000 mg
ZINC 30 mg

Antifuruncular Martindale's 28th

Chemicals (1)

ZINC 45 mg/3x/day/man

Antigallstone

Chemicals (1)

ASCORBIC-ACID 1,000-3,000 mg/day

Antigastritic

Chemicals (3)

ASCORBIC-ACID
GLYCINE
THIAMIN

Antigastrotic

Chemicals (1)

MAGNESIUM

Antigingivitic

Chemicals (1)

ASCORBIC-ACID

Antiglaucomic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

ASCORBIC-ACID 2 g/day
MAGNESIUM

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

Chemicals (1)

RIBOFLAVIN

Antihangover

Chemicals (4)

ASCORBIC-ACID 1,000 mg
NIACIN 50 mg
THIAMIN 50 mg
ZINC 15 mg

Antiheartburn

Chemicals (1)

THIAMIN

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

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

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

Chemicals (2)

ARGININE
ASCORBIC-ACID 2-6 g/man/day

Antihepatotic Merck 11th Edition

Chemicals (2)

CITRULLINE
METHIONINE

Antihepatotoxic Economic & Medicinal Plant Research, 6: 189.

Chemicals (1)

ASCORBIC-ACID

Antiherpetic

Chemicals (3)

ASCORBIC-ACID 1-5 g/day
LYSINE 0.5-3 g/day
THIAMIN

Antiherpetic?

Chemicals (1)

ZINC 25-60 mg/day

Antihistaminic

Chemicals (2)

ASCORBIC-ACID 2 g/day orl man
NIACIN 50 mg 2x/day

AntiHIV

Chemicals (1)

ZINC

Antihyperactivity Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 1.5-6 g/day

Antihyperammonemic Martindale's 29th

Chemicals (1)

GLUTAMIC-ACID

Antihyperkeratotic

Chemicals (1)

BETA-CAROTENE

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

Chemicals (2)

CALCIUM
MAGNESIUM

Antihypertensive

Chemicals (8)

ARGININE
ASCORBIC-ACID
CALCIUM
FIBER
GABA 1,000-4,000 mg/man/day
MAGNESIUM
POTASSIUM
TRYPTOPHAN

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

Chemicals (1)

MAGNESIUM

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

Chemicals (1)

BETA-CAROTENE

Antiimpotence

Chemicals (2)

ARGININE

ZINC

Antiinfective Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ZINC 50 mg/day

Antiinfertility Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (3)

ARGININE 4 g/day

ASCORBIC-ACID 1 g/day

ZINC 60 mg/day

Antiinflammatory Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (3)

ASCORBIC-ACID

COPPER

MAGNESIUM 100 mg 4 x/day

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

Chemicals (5)

CALCIUM

GABA

MAGNESIUM

TRYPTOPHAN 1-3 g/day

ZINC

Antiinsomnic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 1 g/day

Antikeratitic

Chemicals (1)

RIBOFLAVIN

Antileptic Martindale's 29th

Chemicals (2)

ASCORBIC-ACID 1.5 g/man/day
ZINC

Antilethargic

Chemicals (1)

GABA

Antileukonychic

Chemicals (1)

ZINC

Antileukoplakic

Chemicals (1)

BETA-CAROTENE

Antilipoperoxidant

Chemicals (1)

BETA-CAROTENE IC71=50 ug/ml

Antilithic

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

Chemicals (3)

ASCORBIC-ACID 1,000-3,000 mg/day
GLUTAMIC-ACID
MAGNESIUM

Antilupus

Martindale's 28th

Chemicals (1)

BETA-CAROTENE 150 mg/man/day/2 mos

AntiLyme

Chemicals (5)

ASCORBIC-ACID 500-2,000 mg
MAGNESIUM 400-1,000 mg
NIACIN 50 mg/day
RIBOFLAVIN 50 mg/day
THIAMIN 50 mg

Antilymphomic

Chemicals (1)

ZINC

Antimaculitic

Chemicals (3)

ASCORBIC-ACID
BETA-CAROTENE
ZINC

Antimanic

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

Chemicals (1)

TRYPTOPHAN 12 g/man/day/orl

Antimastalgic

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

Chemicals (1)

MAGNESIUM

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

Chemicals (1)

BETA-CAROTENE

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

Chemicals (1)

ASCORBIC-ACID

AntiMeniere's Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Chemicals (1)

NIACIN

Antimenopausal

Chemicals (4)

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

MAGNESIUM 500-750 mg/day

TRYPTOPHAN 6 g/day

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

Chemicals (1)

IRON 100 mg/day/wmn/orl

Antimetastatic

Chemicals (1)

ZINC

Antimigraine Martindale's 29th

Chemicals (5)

ASCORBIC-ACID

MAGNESIUM 200 mg/day/man

RIBOFLAVIN

THIAMIN

TRYPTOPHAN 500 mg/man/4x/day

Antimitral-valve-prolapse

Chemicals (1)

MAGNESIUM

Antimorphinic Martindale's 28th

Chemicals (1)

ASPARTIC-ACID

AntiMS

Chemicals (1)

MAGNESIUM

Antimutagenic Economic & Medicinal Plant Research, 6: 235.

Chemicals (2)

ASCORBIC-ACID

BETA-CAROTENE

Antimyocarditic

Chemicals (1)

THIAMIN

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

Chemicals (1)

HISTIDINE

Antinephrolytic

Chemicals (1)

MAGNESIUM

Antineuralgic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

NIACIN

THIAMIN 1-4 g/day

Antineuramidase

Chemicals (1)

ASCORBIC-ACID

Antineurasthenic

Chemicals (1)

THIAMIN

Antineuritic

Chemicals (1)

THIAMIN

Antineuropathic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

THIAMIN 50 mg

ZINC

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

Chemicals (1)

MAGNESIUM

Antinitrosic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antinociceptive Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

COPPER

Antinyctalopic

Chemicals (1)

ZINC

Antiobesity

Chemicals (4)

ASCORBIC-ACID 1 g 3x/day
CALCIUM
FIBER
ZINC 30 mg/day

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

Chemicals (1)

ASCORBIC-ACID

Antiosteoarthritic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ASCORBIC-ACID 1 g 2x/day

Antiosteoporotic

Chemicals (6)

ASCORBIC-ACID 500 mg/day
CALCIUM 500-2,000 mg/day
COPPER
MAGNESIUM 500-1,000 mg/day/wmn/orl
PHOSPHORUS
ZINC

Antiosteoporotic? Martindale's 29th

Chemicals (1)

CITRULLINE

Antioxidant Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.

Chemicals (7)

ALANINE
ASCORBIC-ACID 100 ppm
BETA-CAROTENE
HISTIDINE
METHIONINE
RIBOFLAVIN
TRYPTOPHAN 125 ug/ml

Antioxidant?

Chemicals (2)

ARGININE
THREONINE

Antiozenic

Chemicals (1)

BETA-CAROTENE

Antipapillomic

Chemicals (1)

BETA-CAROTENE

Antiparkinsonian Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (6)

ASCORBIC-ACID 1 g 2-3x/day
METHIONINE 1-5 g/day
NIACIN 100 mg/day
PHENYLALANINE 200-500 mg/day/man
TRYPTOPHAN 2 g 3 x/day
TYROSINE 100 mg/kg/day

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

Chemicals (1)

ASCORBIC-ACID

Antipellagic

Chemicals (3)

ISOLEUCINE
NIACIN
RIBOFLAVIN

Antiperiodontic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (3)

ASCORBIC-ACID 1 g 2x/day
CALCIUM 750 mg/day
ZINC

Antiphenylketonuric Martindale's 29th

Chemicals (2)

TRYPTOPHAN
TYROSINE

Antiphotophobic Martindale's 29th

Chemicals (2)

BETA-CAROTENE 30-300 mg/man/day
RIBOFLAVIN

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

Chemicals (1)

BETA-CAROTENE

Antiplateque

Chemicals (2)

MAGNESIUM 500-1,000 mg/day
ZINC

AntiPMS

Chemicals (3)

BETA-CAROTENE
CALCIUM 1 g/day
MAGNESIUM 400-800 mg/day/wmn/orl

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

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (1)

ASCORBIC-ACID

Antipoliomyelitic

Chemicals (2)

ASCORBIC-ACID
THIAMIN

Antiporphyrin Martindale's 28th

Chemicals (1)

BETA-CAROTENE 30-300 mg/man/day

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

Chemicals (1)

ZINC

Antiproliferant Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

Chemicals (1)

BETA-CAROTENE

Antiprostaglandin

Chemicals (1)

TRYPTOPHAN 250 pg/ml

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

Chemicals (3)

GLUTAMIC-ACID 125-250 mg 3 x/day
GLYCINE 125-250 mg 3 x/day
ZINC 50 mg/man/day/orl

Antipruritic Merck 11th Edition

Chemicals (1)

GLYCINE

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

Chemicals (1)

BETA-CAROTENE

Antipsychotic Martindale's 29th

Chemicals (1)

TRYPTOPHAN 12 g/man/day

Antipyretic Economic & Medicinal Plant Research, 6: 189.

Chemicals (1)

ASCORBIC-ACID

Antiradicular Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

ASCORBIC-ACID
BETA-CAROTENE

AntiRaynaud's

Chemicals (3)

ASCORBIC-ACID 500 mg 1-2x/day
MAGNESIUM 280-350 mg/day
NIACIN 1,500-4,000 mg/day

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

Chemicals (1)

GLUTAMIC-ACID

Antiretinopathic 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

Chemicals (1)

MAGNESIUM 400 mg/day

Antiretinotic

Chemicals (1)

ASCORBIC-ACID

Antirheumatic

Chemicals (5)

ASCORBIC-ACID

BETA-CAROTENE

CALCIUM 1,000 mg/day

TRYPTOPHAN

ZINC

Antirhinitic

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Antiscoliotic

Chemicals (1)

TRYPTOPHAN

Antiscorbutic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 10 mg/man/day

Antiscotomic

Chemicals (1)

NIACIN

Antiseptic 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

Chemicals (3)

ASCORBIC-ACID MIC=3.3-217 mg/ml

OXALIC-ACID

ZINC 50 mg/day

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

Chemicals (1)

ASCORBIC-ACID

Antisickling Ekeke, G.I. and Shode, F.O. 1988. Phenylalanine is the Predominant Antisickling Agent in Cajanus cajan Seed Extract. Planta Medica 56(1): 41, 1990.

Chemicals (2)

GLYCINE

PHENYLALANINE 690 ug/ml

Antispasmodic-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

Chemicals (1)

ZINC 30 mg/day

Antispasmodic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (4)

ASCORBIC-ACID 500-5,000 mg/day

MAGNESIUM

NIACIN 100 mg 2x/day

POTASSIUM

Antispasmodic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 500 mg/day

Antistomatitic Martindale's 28th

Chemicals (1)

ZINC 50 mg/man/3x/day

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

Chemicals (5)

ASCORBIC-ACID 500-1,000 mg

BETA-CAROTENE

CALCIUM 500-1,500 mg/day

GABA

MAGNESIUM 500-750 mg/day

Antistroke 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

Chemicals (2)

MAGNESIUM 400 mg/day

POTASSIUM

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

Chemicals (3)

ASCORBIC-ACID 1-4 g/day

MAGNESIUM 400 mg/man/day

ZINC 30 mg/day

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

Chemicals (1)

CALCIUM

Antitinnitic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

GABA

ZINC 60-120 mg/day

Antitriglyceride 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

Chemicals (1)

ZINC 30 mg/day

Antitumor Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990.

Chemicals (2)

BETA-CAROTENE
FIBER

Antitumor (Breast)

Chemicals (1)

BETA-CAROTENE IC45=60 ug/ml

Antitumor (CNS)

Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Colon)

Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Gastric)

Chemicals (1)

ASCORBIC-ACID

Antitumor (Lung)

Chemicals (2)

ASCORBIC-ACID
BETA-CAROTENE IC30=60 ug/ml

Antitumor (Prostate)

Chemicals (1)

BETA-CAROTENE

Antitumor (Stomach)

Chemicals (1)

BETA-CAROTENE IC26=45 ug/ml

Antiulcer

Chemicals (8)

ASCORBIC-ACID
BETA-CAROTENE 12 mg 3x/day/man/orl
FIBER
GLYCINE
HISTIDINE
THREONINE
TYROSINE 256 mg scu
ZINC 50 mg/3x/day/man

Antiuremic

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

Chemicals (1)

HISTIDINE

Antivertigo

Chemicals (1)

NIACIN

Antiviral

Chemicals (1)

ASCORBIC-ACID 1-5 g/day

Antiviral? Martindale's 29th

Chemicals (1)

ZINC

Antivertigic Martindale's 29th

Chemicals (1)

PHENYLALANINE 100 mg/kg/day/orl/man

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

Chemicals (1)

BETA-CAROTENE

Anxiolytic Merck 11th Edition

Chemicals (6)

CALCIUM 500-1,500 mg/day

GABA

GLUTAMIC-ACID

MAGNESIUM 500-750 mg/day

PHOSPHORUS

POTASSIUM

Aphrodisiac

Chemicals (1)

ARGININE 3 g/day

Apoptotic

Chemicals (1)

ASCORBIC-ACID 1-10 mM

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

Chemicals (1)

ASCORBIC-ACID 1,000 mg/day/orl

Astringent Martindale's 28th

Chemicals (1)

ZINC

Beta-Adrenergic
Receptor Blocker**Chemicals (1)**

ASCORBIC-ACID

Beta-Blocker

Chemicals (2)

FIBER

POTASSIUM

Beta-Glucuronidase-
Inhibitor**Chemicals (1)**

ASCORBIC-ACID 1.5 g/day/man

Calcium-Antagonist

Chemicals (2)

ASCORBIC-ACID
MAGNESIUM

Calcium-Channel-Blocker

Chemicals (1)

CALCIUM

Cancer-Preventive

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

Chemicals (10)

ALANINE
ASCORBIC-ACID
BETA-CAROTENE 22 ppm
FIBER
GLYCINE
METHIONINE
NIACIN
RIBOFLAVIN
SERINE
TYROSINE

Carcinogenic

CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Chemicals (1)

TRYPTOPHAN

Cardioprotective

Chemicals (6)

ASCORBIC-ACID
COPPER
FIBER
MAGNESIUM
NIACIN
POTASSIUM 3,000-5,000 mg

Cardiotoxic

Chemicals (1)

POTASSIUM 18,000 mg/man/day

Cardiovascular

Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. *Drug Dosage in Laboratory Animals: A Handbook*. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

Chemicals (1)

GABA 208 ivn dog

Chemopreventive

Chemicals (1)

BETA-CAROTENE

Circulotonic

Chemicals (1)

NIACIN

CNS-Depressant

Facciola, S. 1998. *Cornucopia - A Source Book of Edible Plants*. Kampong Publications, Vista CA. 713 pp.

Chemicals (1)

MAGNESIUM

CNS-Inhibitor Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

Chemicals (1)

GABA 2,500 mg/kg scu mus

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

Chemicals (1)

OXALIC-ACID

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

Chemicals (1)

ASCORBIC-ACID 1-2 g/day

Collagenic

Chemicals (2)

ASCORBIC-ACID

ZINC

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

Chemicals (1)

BETA-CAROTENE

Contraceptive Martindale's 28th

Chemicals (1)

COPPER

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

Chemicals (1)

ZINC

COX-1-Inhibitor

Chemicals (1)

BETA-CAROTENE IC78=50 ug/ml

COX-2-Inhibitor

Chemicals (1)

BETA-CAROTENE IC82=50 ug/ml

Deodorant Martindale's 29th

Chemicals (1)

ZINC

Detoxicant

Chemicals (1)

ASCORBIC-ACID

Detoxicant (Alcohol)

Chemicals (1)

ZINC

Diuretic

Chemicals (8)

ARGININE
ASCORBIC-ACID 700 mg/man/orl
CALCIUM
CITRULLINE
FIBER
GABA 1,500-4,000 mg/man/day
MAGNESIUM
POTASSIUM

Emetic Martindale's 29th

Chemicals (1)

METHIONINE

Ergogenic

Chemicals (1)

ZINC

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

Chemicals (8)

HISTIDINE
ISOLEUCINE
LEUCINE
LYSINE
METHIONINE
THREONINE
TRYPTOPHAN
VALINE

Fatal Martindale's 29th

Chemicals (1)

OXALIC-ACID

Fibrinolytic

Chemicals (1)

NIACIN

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

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (2)

THREONINE FEMA 1,000
VALINE FEMA 1,000-2,000

Gastroprotective

Chemicals (1)

BETA-CAROTENE

Glutathionigenic Martindale's 29th

Chemicals (1)

METHIONINE

Hemostatic Merck 11th Edition

Chemicals (1)

OXALIC-ACID

Hepatoprotective

Chemicals (2)

METHIONINE

NIACIN

Hepatotoxic

Chemicals (1)

NIACIN

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

Chemicals (1)

SODIUM

Hypnotic Martindale's 29th

Chemicals (1)

TRYPTOPHAN

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

Chemicals (1)

ARGININE

Hypoarginanemic Martindale's 29th

Chemicals (1)

LYSINE 250 mg/kg

Hypocholesterolemic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (6)

ASCORBIC-ACID 300-1,000 mg/day

CALCIUM 500 mg/day

COPPER

FIBER

MAGNESIUM 400 mg/day

NIACIN 50-100 mg 3x/day

Hypoglycemic Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (3)

ASCORBIC-ACID

NIACIN

TRYPTOPHAN

Hypolipidemic

Chemicals (1)

NIACIN

Hypotensive

Chemicals (8)

ASCORBIC-ACID 1,000 mg/man/day
CALCIUM 1 g/day
FIBER 10 g/man/day/orl
GABA 1,000-4,000 mg/day
MAGNESIUM 260-500 mg/day
POTASSIUM
TRYPTOPHAN 3 g/day
ZINC 30 mg/day

Hypouricemic

Chemicals (1)

FIBER

Immunomodulator

Chemicals (4)

ASCORBIC-ACID
COPPER
MAGNESIUM
ZINC

Immunostimulant

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

Chemicals (4)

ASCORBIC-ACID
BETA-CAROTENE 180 mg/man/day/orl
PHOSPHORUS
ZINC

Immunosuppressant

Martindale's 29th

Chemicals (1)

ZINC 300 mg/day/6 wks/orl/man

Insectifuge

Martindale's 28th

Chemicals (1)

THIAMIN 75-150 mg/man/day

Insulinase-Inhibitor

Economic & Medicinal Plant Research, 6: 157.

Chemicals (1)

TRYPTOPHAN

Insulinogenic

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

MAGNESIUM 400 mg/day
ZINC 30 mg/day

Insulinotonic

J. Agri. & Food Chemistry, 36: 1079.

Chemicals (1)

TRYPTOPHAN

Interferon-Synergist

Chemicals (1)

BETA-CAROTENE

Interferonogenic

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

Chemicals (1)	
ASCORBIC-ACID	
Irritant	
Chemicals (1)	
OXALIC-ACID	
Laxative	
Chemicals (3)	
CALCIUM 1,000-1,200 mg	
FIBER	
MAGNESIUM 300-500 mg/day	
Leptogenic	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
Chemicals (1)	
ZINC 30-60 mg/man/day	
Lipotropic	Merck 11th Edition
Chemicals (1)	
METHIONINE	
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Chemicals (1)	
ASCORBIC-ACID	
Litholytic	
Chemicals (1)	
MAGNESIUM	
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (3)	
PHENYLALANINE	
TRYPTOPHAN	
TYROSINE	
Mucogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (2)	
BETA-CAROTENE	
ZINC	
Mucolytic	Martindale's 28th
Chemicals (1)	
ASCORBIC-ACID 1 g/woman/day	
Myorelaxant	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (1)	
MAGNESIUM 100 mg 4 x/day	
Neuroexcitant	Martindale's 28th
Chemicals (1)	
ASPARTIC-ACID	
Neuroinhibitor	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

GABA
GLYCINE

Neuroprotective

Chemicals (1)

THIAMIN

Neurotoxic

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

Chemicals (2)

GABA (to birds)
GLUTAMIC-ACID

Neurotransmitter

Chemicals (2)

GABA
MAGNESIUM

NF-kB-Inhibitor

Chemicals (1)

ZINC

NO-Genic

Chemicals (1)

ARGININE

Osteogenic

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

Chemicals (1)

PHOSPHORUS

Oxidant

Larson, R.A. 1987. Review Article Number 30. *The Antioxidants of Higher Plants.* *Phytochemistry.* 27: 969-978.

Chemicals (2)

ALANINE
HISTIDINE

Pesticide

Chemicals (4)

ASCORBIC-ACID
OXALIC-ACID
THIAMIN
ZINC

Phagocytotic

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

Chemicals (1)

BETA-CAROTENE

Pituitary-Stimulant

Chemicals (1)

ARGININE

Prolactinogenic

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

Chemicals (1)

TRYPTOPHAN

Prooxidant

Chemicals (2)

BETA-CAROTENE 20 ug/g
IRON

Renotoxic Merck 11th Edition

Chemicals (1)

OXALIC-ACID

Roborant Merck 11th Edition

Chemicals (1)

ASPARTIC-ACID

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

Chemicals (1)

COPPER

Sedative

Chemicals (3)

GABA
NIACIN
TRYPTOPHAN 3-10 g/man/day

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

Chemicals (2)

NIACIN
TRYPTOPHAN 6-12 g/day/orl/man

Spermigenic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

ARGININE 4 g/day
ZINC 60 mg/day

Testosteronogenic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ZINC 60 mg/day

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

Chemicals (1)

BETA-CAROTENE

Tranquilizer

Chemicals (3)

CALCIUM 500-1,500 mg/day
GABA
MAGNESIUM 500-750 mg/day

Tremorigenic Martindale's 28th

Chemicals (1)

PHENYLALANINE 1,600-12,600 mg/man/day

Trichomonicide Martindale's 29th

Chemicals (1)

ZINC

Chemicals (1)

TRYPTOPHAN

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

Chemicals (1)

BETA-CAROTENE

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

Chemicals (2)

ASCORBIC-ACID 4 g/man/day

GLYCINE

Urinary-Acidulant Martindale's 29th

Chemicals (1)

ASCORBIC-ACID

Urine-Acidifier Martindale's 28th

Chemicals (1)

METHIONINE 200 mg/3x/day/man/orl

Urine-Deodorant Martindale's 29th

Chemicals (1)

METHIONINE

Uterorelaxant Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

MAGNESIUM 100 mg 4 x/day

Varroacide

Chemicals (1)

OXALIC-ACID

Vasodilator

Chemicals (7)

ARGININE

ASCORBIC-ACID

CALCIUM

FIBER

MAGNESIUM

NIACIN

POTASSIUM

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

Chemicals (2)

ASCORBIC-ACID

ZINC