

List of All Chemicals

P Silybum marianum (Asteraceae)

Common name(s)

Milk Thistle; Lady's Thistle

How used

GRAS

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

| Chemical | Part <input type="button" value="All"/> | Low PPM | High PPM | StdDev | *Reference |
|---|---|------------|-------------|--------|--|
| (+)-TAXIFOLIN | Fruit | -- | -- | | * |
| (-)-SILANDRIN | Fruit | -- | -- | | * |
| 1-2-EPOXY-TRIDEC-3-ENE-5-7-9-11-TETRAYNE | Root | -- | 0.2 | | * |
| 2,3-DEHYDROSILYCHRISTIN | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| 2,3-DEHYDROSILYCHRISTIN | Seed | -- | -- | | * |
| 2,3-DEHYDROSILYMARIN | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| 2,3-DEHYDROSILYMARIN | Seed | -- | -- | | * |
| 3-DEOXSILYCHRISTIN | Fruit | -- | -- | | * |
| Activities (1) | | | | | |
| Antihepatotoxic | 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 253. | | | | |
| 3-DEOXSILYCHRISTIN | Plant | -- | -- | | * |
| Activities (1) | | | | | |
| Antihepatotoxic | 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 253. | | | | |
| 3-DEOXSILYCHRISTIN | Seed | -- | -- | | * |
| Activities (1) | | | | | |
| Antihepatotoxic | 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 253. | | | | |
| 3-DEOXSILYDIANIN | Seed | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| 4'-5-7-TRIHYDROXY-3'-5'-DIMETHOXY-FLAVANONE | Seed | -- | -- | | * |
| 4'-5-7-TRIHYDROXY-3'-5'-DIMETHOXY-FLAVANONE | Fruit | -- | -- | | * |
| 5,7-DIHYDROXYCHROMONE | Plant | -- | -- | | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Activities (4) | | | | | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Antifeedant | Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990. | | | | |
| Herbicide IC100=6 mM | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |
| Pesticide | | | | | |
| ALUMINUM | Plant | -- | 267.0 | -0.23 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |

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 | |

ALUMINUM Leaf 59.0 267.0 -0.49 *

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 | |

APIGENIN Seed -- -- *

Activities (101)

| | |
|---------------------------------|--|
| 11B-HSD-Inhibitor | |
| AntiADD | |
| AntiHIV IC72=200 ug/ml | |
| AntiHIV IC50=143 ug/ml | |
| Antiaflatoxin IC50=9.52 uM | |
| Antiaflatoxin IC50=2.57 ppm | |
| Antiaggregant | |
| Antiaging | |
| Antiallergic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiangiogenic 4 uM | |
| Antiarrhythmic | |
| Antibacterial | Recio, M. C., Rios, J. L., and Villar, A., A review of some antimicrobial compounds isolated from medicinal plants reported in the literature 1978-1988, <i>Phytotherapy Research</i> , 3(4), 1989, 117-125. |
| Anticancer (Lung) | |
| Anticomplementary | |
| Antidermatitic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. |
| Antiestrogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiherpetic 20-54 ug/ml | |
| Antihistaminic IC50=10-35 uM | |
| Antiinflammatory #NAME? | |
| Antiinflammatory IC~65=1,000 uM | |
| Antileukemic 20-50 uM | |
| Antimelanomic 1-50 uM | |
| Antimetastatic 1-50 uM | |
| Antimutagenic ID50=10-40 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. |
| Antimutagenic ID50=0.55 ug/ml | |
| Antioxidant 1.5 x Vit. E | |
| Antioxidant IC28.5=62.5 ug/ml | |
| Antiperistaltic | |
| Antiproliferant 1-50 uM | |
| Antiproliferant IC50=155 uM | |
| Antispasmodic EC50=1-5 uM | |
| Antistress 10 mg/kg | |
| Antithyroid | Jim Duke's personal files. |
| Antitumor 1-50 uM | |
| Antitumor (Breast) 1-50 uM | |
| Antitumor (Lung) | |
| Antitumor (Skin) | |
| Antiviral 20-54 ug/ml | |
| Anxiolytic 10 mg/kg | |
| Apoptotic 12-60 uM | |
| Aromatase-Inhibitor IC65=1 uM/l | Journal of Medicinal Food 2: 235.1999. |

| | |
|--|--|
| Beta-Glucuronidase-Inhibitor IC50≈40 uM | |
| CNS-Depressant | |
| COX-1-Inhibitor IC65=1,000 uM | |
| COX-2-Inhibitor IC>65=1,000 uM | |
| COX-2-Inhibitor <40 uM | |
| COX-2-Inhibitor IC50=<15 uM | |
| Calcium-Antagonist? | Biochimica & Biophysica Acta, 1115: 69, 1991. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Choleretic | |
| Cyclooxygenase-Inhibitor | |
| Cytochrome-P450-1A1-Inhibitor | |
| Cytotoxic IC88=10 ug/ml | Planta Medica, 57: A113, 1991. |
| Cytotoxic 1-50 uM | |
| Cytotoxic IC50=9.5 uM | |
| DNA-Protective | |
| Deiodinase-Inhibitor | Jim Duke's personal files. |
| Differentiator MIC=30 uM | |
| Differentiator IC40=40 uM | |
| Diuretic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Estrogenic EC50=0.1-25 uM/l | Journal of Medicinal Food 2: 227.1999. |
| Estrogenic 16% genistein | |
| Estrogenic EC50=1 uM | |
| HIF-1alpha-Inhibitor | |
| Hyaluronidase-Inhibitor IC50+=50-250 uM | |
| Hypotensive | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| ICAM-1-Inhibitor | |
| IKK-Inhibitor | |
| Inotropic | |
| Interleukin-6-Inhibitor | |
| MAO-Inhibitor | |
| MAPK-Inhibitor | |
| Musculotropic | Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. |
| Mutagenic | |
| Myorelaxant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| NADH-Oxidase-Inhibitor | |
| NF-kB-Inhibitor | |
| NO-Synthase-Inhibitor 5-50 uM | |
| Nodulation-Signal | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Ornithine-Decarboxylase-Inhibitor | |
| P21-Inducer 10-70 uM | |
| PKC-Inhibitor IC50=10 uM | |
| PTK-Inhibitor 10-100 uM | |
| Pesticide | |
| Polyamine-Synthesis-Inhibitor | |
| Progestational | |
| Protein-Kinase-C-Inhibitor IC50=10-40 uM | |
| Quinone-Reductase-Inducer 20 uM | Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. Cancer Lett., 120 (2): 213-216. |
| Radioprotective | |
| Sedative 30-100 mg/kg | |
| Sunscreen | |
| TNF-alpha-Inhibitor IC50=3.27 uM | |
| Topoisomerase-I-Inhibitor | Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237. |
| Topoisomerase-II-Inhibitor 50 ug/ml | Azuma, Y., Onishi, Y., Sato, Y., Kizaki, H. 1995. Effects of Protein Tyrosine Kinase Inhibitors With Different Modes of Action on Topoisomerase Activity and Death of IL-2-Dependent CTLL-2-Cells. J Biochemistry, 118: 312-318. |
| Topoisomerase-II-Inhibitor IC28=18 uM | |
| Topoisomerase-II-Inhibitor IC45=180 uM | |
| Uterotrophic EC50=0.1-25 uM/l | Journal of Medicinal Food 2: 227.1999. |

VEGF-Inhibitor IC50=2-7
uM
Vasodilator
Xanthine-Oxidase-Inhibitor
0.36 uM
iNOS-Inhibitor IC50=<15
uM

APIGENIN Fruit -- -- *

Activities (101)

11B-HSD-Inhibitor
AntiADD
AntiHIV IC72=200 ug/ml
AntiHIV IC50=143 ug/ml
Antiaflatoxin IC50=9.52
uM
Antiaflatoxin IC50=2.57
ppm
Antiaggregant
Antiaging
Antiallergic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 4 uM
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Antibacterial Recio, M. C., Rios, J. L., and Villar, A., A review of some antimicrobial compounds isolated from medicinal plants reported in the literature 1978-1988, *Phytotherapy Research*, 3(4), 1989, 117-125.
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Antihistaminic IC50=10-
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Antiinflammatory #NAME?
Antiinflammatory
IC~65=1,000 uM
Antileukemic 20-50 uM
Antimelanomic 1-50 uM
Antimetastatic 1-50 uM
Antimutagenic ID50=10-
40 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.
Antimutagenic ID50=0.55
ug/ml
Antioxidant 1.5 x Vit. E
Antioxidant IC28.5=62.5
ug/ml
Antiperistaltic
Antiproliferant 1-50 uM
Antiproliferant IC50=155
uM
Antispasmodic EC50=1-5
uM
Antistress 10 mg/kg
Antithyroid Jim Duke's personal files.
Antitumor 1-50 uM
Antitumor (Breast) 1-50
uM
Antitumor (Lung)
Antitumor (Skin)
Antiviral 20-54 ug/ml
Anxiolytic 10 mg/kg
Apoptotic 12-60 uM
Aromatase-Inhibitor
IC65=1 uM/l Journal of Medicinal Food 2: 235.1999.
Beta-Glucuronidase-
Inhibitor IC50=~40 uM
CNS-Depressant
COX-1-Inhibitor
IC65=1,000 uM
COX-2-Inhibitor
IC>65=1,000 uM
COX-2-Inhibitor <40 uM
COX-2-Inhibitor IC50=<15
uM
Calcium-Antagonist? Biochimica & Biophysica Acta, 1115: 69, 1991.
Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

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| IKK-Inhibitor | |
| Inotropic | |
| Interleukin-6-Inhibitor | |
| MAO-Inhibitor | |
| MAPK-Inhibitor | |
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| Myorelaxant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| NADH-Oxidase-Inhibitor | |
| NF-kB-Inhibitor | |
| NO-Synthase-Inhibitor 5-50 uM | |
| Nodulation-Signal | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Ornithine-Decarboxylase-Inhibitor | |
| P21-Inducer 10-70 uM | |
| PKC-Inhibitor IC50=10 uM | |
| PTK-Inhibitor 10-100 uM | |
| Pesticide | |
| Polyamine-Synthesis-Inhibitor | |
| Progestational | |
| Protein-Kinase-C-Inhibitor IC50=10-40 uM | |
| Quinone-Reductase-Inducer 20 uM | Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. Cancer Lett., 120 (2): 213-216. |
| Radioprotective | |
| Sedative 30-100 mg/kg | |
| Sunscreen | |
| TNF-alpha-Inhibitor IC50=3.27 uM | |
| Topoisomerase-I-Inhibitor | Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237. |
| Topoisomerase-II-Inhibitor 50 ug/ml | Azuma, Y., Onishi, Y., Sato, Y., Kizaki, H. 1995. Effects of Protein Tyrosine Kinase Inhibitors With Different Modes of Action on Topoisomerase Activity and Death of IL-2-Dependent CTLL-2-Cells. J Biochemistry, 118: 312-318. |
| Topoisomerase-II-Inhibitor IC28=18 uM | |
| Topoisomerase-II-Inhibitor IC45=180 uM | |
| Uterotropic EC50=0.1-25 uM/l | Journal of Medicinal Food 2: 227.1999. |
| VEGF-Inhibitor IC50=2-7 uM | |
| Vasodilator | |
| Xanthine-Oxidase-Inhibitor 0.36 uM | |
| iNOS-Inhibitor IC50=<15 uM | |

APIGENIN-7-O-BETA-D-(2''-O-ALPHA-L-RHAMNOSYL)-GALACTURONIDE Flower -- -- *

| | | | | | |
|---|--|------|-------|-------|--|
| APIGENIN-7-O-BETA-D-GLUCURONIDE-6''-ETHYL-ESTER | Flower | -- | -- | * | |
| APIGENIN-7-O-BETA-GALACTOSIDE | Flower | -- | -- | * | |
| APIGENIN-7-O-GLUCOSIDE | Shoot | -- | -- | * | |
| Activities (2) | | | | | |
| Anticomplementary | | | | | |
| Antiinflammatory | | | | | |
| APIGENIN-7-O-GLUCURONIDE | Shoot | -- | -- | * | |
| ARACHIDIC-ACID | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| ARACHIDIC-ACID | Seed Oil | -- | -- | * | |
| AROMADENDRIN | Fruit | -- | 150.0 | * | |
| Activities (3) | | | | | |
| Antiseptic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Pesticide | | | | | |
| ASCORBIC-ACID | Leaf | 26.0 | 120.0 | -0.43 | * |
| Activities (112) | | | | | |
| Acidulant FEMA 6,000 | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry | | | | |
| Aldose-Reductase-Inhibitor | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 | | | | |
| Analgesic 5-10 g/day | | | | | |
| Angiotensin-Receptor-Blocker | | | | | |
| AntiAGE 2,000 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 | | | | |
| AntiCFS 500-1,000 mg | | | | | |
| AntiCTS 1,000 mg 3x/day | | | | | |
| AntiCrohn's 50-100 mg/day/orl/man | Martindale's 29th | | | | |
| AntiLyme 500-2,000 mg | | | | | |
| AntiRaynaud's 500 mg 1-2x/day | | | | | |
| Antiaaggregant | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 | | | | |
| Antiaging 400 mg/day | | | | | |
| Antiallergic | | | | | |
| Antialzheimeran 2,000-6,000 mg/day | | | | | |
| Antiarthritic 0.2-1 g/day | | | | | |
| Antiasthmatic 1,000 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Antiatherosclerotic | | | | | |
| Antibacterial | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Anticataract 350 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | | |
| Anticataract 400 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 | | | | |
| Anticataract 1 g 3x/day | | | | | |
| Anticervicaldysplasic 1,000-2,000 mg/day | | | | | |
| Anticlimacteric 500-5,000 mg/day | | | | | |
| Anticold 1-2 g/man/day | | | | | |
| 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. |
| Antihepatic 2-6 g/man/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antihepatotoxic | Economic & Medicinal Plant Research, 6: 189. |
| Antiherpetic 1-5 g/day | |
| Antihistaminic 2 g/day orl man | |
| Antihypertensive | |
| Antiinfertility 1 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antiinflammatory | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antileptic 1.5 g/man/day | Martindale's 28th |
| Antilithic 1,000-3,000 mg/day | |
| Antimaaculitic | |
| Antimeasles | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antimenopausal 500-5,000 mg/day | |
| Antimigraine | Martindale's 29th |
| Antimutagenic | Economic & Medicinal Plant Research, 6: 235. |
| Antineuramidase | |
| Antinitrosic 1 g/man/day | Martindale's 28th |
| 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. |

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|--------------------------------------|--|
| Collagenic | |
| Detoxicant | |
| Diuretic 700 mg/man/orl | |
| Fistula-Preventive | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Hypocholesterolemic 300-1,000 mg/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Hypoglycemic | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Hypotensive 1,000 mg/man/day | |
| Immunomodulator | |
| Immunostimulant | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Interferonogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Lithogenic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Mucolytic 1 g/woman/day | Martindale's 28th |
| Pesticide | |
| Uricosuric 4 g/man/day | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Urinary-Acidulant | Martindale's 29th |
| Vasodilator | |
| Vulnerary | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |

| | | | | | |
|-----|-------|---------|---------|-------|---|
| ASH | Leaf | 13860.0 | 63000.0 | -0.98 | * |
| ASH | Plant | -- | 63000.0 | -1.05 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp. |

| | | | | | |
|--------------|-------|----|----|--|--|
| BEHENIC-ACID | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
|--------------|-------|----|----|--|--|

Activities (1)

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

| | | | | | |
|--------------|----------|----|----|--|---|
| BEHENIC-ACID | Seed Oil | -- | -- | | * |
|--------------|----------|----|----|--|---|

Activities (1)

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

| | | | | | |
|---------------|------|-----|------|------|---|
| BETA-CAROTENE | Leaf | 7.0 | 31.0 | -1.0 | * |
|---------------|------|-----|------|------|---|

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. |

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|---------------|-------|----|------|-------|---|
| BETA-CAROTENE | Plant | -- | 31.0 | -0.56 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
|---------------|-------|----|------|-------|---|

Activities (53)

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

BETA-SITOSTEROL Seed -- 100.0 -0.59 *

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 | <i>Economic & Medicinal Plant Research</i> , 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 | |
| Antiprostadenomic | 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. Why George Should Eat Broccoli. 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 | |

BETAINE

Seed

--

80.0

-1.0

*

Activities (14)

| | |
|--------------------|--|
| Abortifacient | |
| Antigastric | Martindale's 29th |
| Antihomocystinuric | |
| Antimyotrophic | |
| Bruchiphobe | Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990. |
| Cardioprotective | |
| Diuretic | Wealth of India. |
| Emmenagogue | Wealth of India. |
| Ethanolytic | |
| Expectorant | |
| Hepatoprotective | |
| Lipotropic | |
| Mucogenic | |
| Pesticide | |

CALCIUM Plant -- 6460.0 -0.76 *

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 | |
| Antiperiodontic 750 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antirheumatic 1,000 mg/day | |
| Antistress 500-1,500 mg/day | |
| Antitic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Anxiolytic 500-1,500 mg/day | |
| Calcium-Channel-Blocker | |
| Diuretic | |
| Hypocholesterolemic 500 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Hypotensive 1 g/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Laxative 1,000-1,200 mg | |
| Tranquilizer 500-1,500 mg/day | |
| Vasodilator | |

CALCIUM Leaf 1421.0 6460.0 -0.82 *

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 | |
| Antibesity | |
| 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 | |

CHROMIUM Plant -- 2.2 -0.66 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

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 | |
| Antibesity 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 | |

| | | | | | |
|----------|------|-----|-----|-------|---|
| CHROMIUM | Leaf | 0.5 | 2.2 | -0.46 | * |
|----------|------|-----|-----|-------|---|

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 | |

CHRYSOERIOL Fruit -- -- *

Activities (7)

| | |
|--|---|
| Aldose-Reductase-Inhibitor IC ₃₁ =10 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Anticomplementary | |
| Antimutagenic | Economic & Medicinal Plant Research, 6: 235. |
| Antioxidant | |
| Antirhinoviral | Economic & Medicinal Plant Research, 5: 197. |
| Antiviral | Economic & Medicinal Plant Research, 5: 197. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |

CHRYSOERIOL Seed -- -- *

Activities (7)

| | |
|--|---|
| Aldose-Reductase-Inhibitor IC ₃₁ =10 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Anticomplementary | |
| Antimutagenic | Economic & Medicinal Plant Research, 6: 235. |
| Antioxidant | |
| Antirhinoviral | Economic & Medicinal Plant Research, 5: 197. |
| Antiviral | Economic & Medicinal Plant Research, 5: 197. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |

CNICIN Plant -- -- *

| Activities (10) | | | | | |
|--------------------------|--|--|--|--|--|
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Antibiotic | 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. | | | | |
| Antifeedant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Antiinflammatory | Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. | | | | |
| Antitumor | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | | |
| Cytotoxic | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | | |
| Emetic | | | | | |
| Herbicide IC40-82=700 uM | Keeler, R.F. and Tu, A.T. eds. 1991. Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6) Marcel Dekker, Inc. NY. 665 pp. | | | | |
| Irritant | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. | | | | |
| Pesticide | | | | | |

| | | | | | |
|--------|-------|----|-----|-------|---|
| COBALT | Plant | -- | 4.1 | -0.34 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
|--------|-------|----|-----|-------|---|

| 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. | | | | |

| | | | | | |
|--------|------|-----|-----|-------|---|
| COBALT | Leaf | 1.0 | 4.1 | -0.27 | * |
|--------|------|-----|-----|-------|---|

| 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. | | | | |

| | | | | | |
|-----------|--------|----|----|--|---|
| COSMOSIIN | Flower | -- | -- | | * |
|-----------|--------|----|----|--|---|

| Activities (4) | | | | | |
|---------------------------------------|---|--|--|--|--|
| Aldose-Reductase-Inhibitor IC40=1 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. Phytochemistry, 23: 1885-1888. | | | | |
| Aldose-Reductase-Inhibitor IC99=10 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. Phytochemistry, 23: 1885-1888. | | | | |
| Antibacterial MIC=500 ug/ml | Planta Medica, 57: A43, 1991. | | | | |
| Candidicide MIC=500 ug/ml | Planta Medica, 57: A43, 1991. | | | | |

| | | | | | |
|----------|------|----|----|--|---|
| CYSTEINE | Seed | -- | -- | | * |
|----------|------|----|----|--|---|

| Activities (13) | | | | | |
|-----------------------|--|--|--|--|--|
| AntiAddisonian | | | | | |
| Antibiotic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Anticataract | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). | | | | |
| Anticytotoxic | | | | | |
| Antiophthalmic | Martindale's 28th | | | | |
| Antioxidant | Jim Duke's personal files. | | | | |
| Antitumor | | | | | |
| Antiulcer | Martindale's 29th | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Detoxicant | Merck 11th Edition | | | | |
| Glutathionergic | | | | | |
| Ophthalmic-Antialkali | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Pesticide | | | | | |

| | | | | | |
|--------------------------|------|----|----|--|--|
| DEHYDROCONIFERYL-ALCOHOL | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
|--------------------------|------|----|----|--|--|

| | | | | | |
|----------------------------|------|----|-------|--|---|
| DEHYDRODICONIFERYL-ALCOHOL | Seed | -- | 800.0 | | * |
|----------------------------|------|----|-------|--|---|

| | | | | | |
|----------------|-------|----|-------|--|---|
| DEHYDROSILYBIN | Fruit | -- | 100.0 | | * |
|----------------|-------|----|-------|--|---|

| | | | | | |
|----------------|------|----|------|--|---|
| DEHYDROSILYBIN | Seed | -- | 0.55 | | * |
|----------------|------|----|------|--|---|

| | | | | | |
|----------------|-------|----|----|--|---|
| DIHYDROSILYBIN | Plant | -- | -- | | * |
|----------------|-------|----|----|--|---|

| | | | | | |
|----------------|------|----|----|--|---|
| DIHYDROSILYBIN | Seed | -- | -- | | * |
|----------------|------|----|----|--|---|

| | | | | | |
|------------------------------------|--|----------|----------|-------|--|
| DODECA-1-11-DIENE-3-5-7-9-TETRAYNE | Essential Oil | -- | 10000.0 | | * |
| EO | Seed | -- | 1000.0 | -0.54 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| ERIODICTYOL | Seed | -- | -- | | * |
| Activities (10) | | | | | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Antifeedant IC52=<1,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. | | | | |
| Antiinflammatory | | | | | |
| Antioxidant | | | | | |
| Antiperoxidant | Planta Medica, 57: A110, 1991. | | | | |
| Aphidifuge | | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Expectorant | Lawrence Review of Natural Products, Mar-91. | | | | |
| Juvabional | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Pesticide | | | | | |
| ERIODICTYOL | Fruit | -- | -- | | * |
| Activities (10) | | | | | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Antifeedant IC52=<1,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. | | | | |
| Antiinflammatory | | | | | |
| Antioxidant | | | | | |
| Antiperoxidant | Planta Medica, 57: A110, 1991. | | | | |
| Aphidifuge | | | | | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Expectorant | Lawrence Review of Natural Products, Mar-91. | | | | |
| Juvabional | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Pesticide | | | | | |
| ETHYLENE | Leaf | -- | 800.0 | | * |
| Activities (1) | | | | | |
| Anesthetic | Martindale's 28th | | | | |
| FAT | Leaf | 12760.0 | 58000.0 | 0.03 | * |
| FAT | Seed | 160000.0 | 450000.0 | 0.97 | * |
| FAT | Plant | -- | 58000.0 | 0.09 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| FIBER(CRUDE) | Leaf | -- | 120000.0 | -0.19 | * |
| FIBER(DIETARY) | Leaf | -- | 390000.0 | 0.19 | * |
| FIXED-OIL | Seed | -- | -- | | * |
| FLAVONES | Seed Coat | -- | 36600.0 | | * |
| FRUCTOSE | Seed | -- | -- | | * |

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. |

FUMARIC-ACID Leaf -- -- *

Activities (7)

| | |
|--|--|
| Acidulant | Martindale's 28th |
| Antidermatitic | Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. |
| Antihepatocarcinogenic IC100=1% (diet) | Akao, M. and Kuroda, K. 1990. Inhibitory Effect of Fumaric Acid on Hepatocarcinogenesis by Thioacetamide in Mice. Chem. Pharm. Bull. 38(7): 2012-2014, 1990. |
| Antioxidant | Merck 11th Edition |
| Antipsoriac | Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. |
| Antitumor | 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. |
| FLavor FEMA 50-3,600 | Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry |

GAMMA-AMINOBTYRIC-ACID Seed -- -- *

Activities (22)

| | |
|---|--|
| Analeptic | |
| Anticephalagic | |
| Anticerebrotic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antichoreic 1-32 g/man/day | Martindale's 29th |
| Anticonvulsant 4,120 mg/kg ipr mus | 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. |
| Antihypertensive 1,000-4,000 mg/man/day | |
| Antiinsomnic | |
| Antilethargic | |
| Antistress | |
| Antitinnitic | |
| Anxiolytic | |
| CNS-Inhibitor 0.1 mg/kg ivn cat | 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. |
| CNS-Inhibitor 100 mg/kg ivn dog | 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. |
| CNS-Inhibitor 2,500 mg/kg scu mus | 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. |
| Cardiovascular 208 ivn dog | 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. |
| Diuretic 1,500-4,000 mg/man/day | |
| Hypotensive 1,000-4,000 mg/day | |
| Neuroinhibitor | |
| Neurotoxic to birds | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Neurotransmitter | |
| Sedative | |
| Tranquilizer | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |

GLUCOSE Seed -- -- *

| 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. | | | |

| | | | | |
|---------------|------|----|----|---|
| GLUTAMIC-ACID | Seed | -- | -- | * |
|---------------|------|----|----|---|

| Activities (8) | | | | |
|--------------------------------------|--|--|--|--|
| Antialkali? 500-1,000 mg/day/orl/man | Martindale's 29th | | | |
| Antiepileptic | | | | |
| Antihyperammonemic | Martindale's 29th | | | |
| Antilithic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). | | | |
| Antiprostatisic 125-250 mg 3 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. | | | |
| Antiretardation | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | |
| Anxiolytic | Merck 11th Edition | | | |
| Neurotoxic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | |

| | | | | |
|---------|------|----|----|---|
| GLYCINE | Seed | -- | -- | * |
|---------|------|----|----|---|

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

| | | | | |
|--|------|----|--------|--|
| HEPTADECA-1-8-15-TRIENE-11-13-DIYN-10-OL | Root | -- | 800.0 | * |
| HEPTADECA-1-8-15-TRIENE-11-13-DIYNE | Root | -- | 1400.0 | * |
| HEPTADECA-1-CIS-8-CIS-15-TRIENE-11-13-DIYN-10-OL | Root | -- | 5.0 | * |
| HEPTADECA-CIS-2-CIS-9-16-TRIENE-4-6-DIYNE | Root | -- | 5.0 | * |
| HEPTADECATRIEN-(1,8,15)-DIIN-(11,13) | Root | -- | 1.4 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| HEPTADECATRIEN-(1,8,15)-DIIN-(11,13)-OL-(10) | Root | -- | 0.8 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| HISTAMINE | Seed | -- | -- | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |

Activities (18)

| | |
|-----------------------------------|--|
| Allergenic | |
| AntiMeniere's | Martindale's 28th |
| Antichilblain | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antimigraine | Martindale's 28th |
| Bronchoconstrictor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Bronchostimulant | Martindale's 28th |
| Cardiovascular 0.15 mg/kg ivn rbt | 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. |
| Gastrostimulant | Martindale's 28th |
| Histaminic Antidote:Adrenaline | Martindale's 29th |
| Hypotensive | Martindale's 28th |
| Irritant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Myostimulant | Martindale's 29th |
| Radioprotective | Martindale's 28th |
| Secretogogue | Martindale's 29th |
| Spasmogenic | |
| Tachycardic | Martindale's 29th |
| Ulcerogenic 100 mg/kg ipr rat | |
| Vasodilator | Martindale's 29th |

IRON Plant -- 106.0 -0.61 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

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 | |

IRON Leaf 23.0 106.0 -0.65 *

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 | |

ISOSILYBIN Plant -- -- *

ISOSILYBIN Fruit -- 4000.0 *

ISOSILYBIN-A Fruit -- 42800.0 *

ISOSILYBIN-B Fruit -- 42800.0 *

ISOSILYCHRISTIN Fruit -- 100.0 *

KAEMPFEROL Flower -- -- *

Activities (75)

| | |
|---------------------------------------|--|
| 11B-HSD-Inhibitor | |
| 5-Lipoxygenase-Inhibitor IC50 (uM)=20 | |
| Aldose-Reductase-Inhibitor 100 uM | Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. J Braz Chem Soc, 8(3): 211-213. |
| Antiaflatoxin IC50=8.73 uM | |
| Antiaflatoxin IC50=3.28 ppm | |
| Antiaggregant 30 uM | |
| Antiallergic | |

| | |
|---|---|
| Antibacterial 20 ug/ml | |
| Anticancer | |
| Antifertility 250 mg/kg/day/60 days/orl rat | Kumar, P., Dixit*, V.P., and Khanna, P. Antifertility Studies of Kaempferol: Isolation and Identification from Tissue Culture of some Medicinally Important Plant Species. <i>Plantes medicinales et phytotherapie</i> , 23: 193-201, 1989. |
| Antingivitic 20 ug/ml | |
| Antiherpetic 23-92 ug/ml | Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. <i>J. of Natural Products</i> 55(12):1732-1740, 1992. |
| Antihistaminic | Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| Antiimplantation | |
| Antiinflammatory 20 mg/kg | |
| Antiinflammatory 200 mg/kg ipr rat | |
| Antileukemic IC50=3.1 ug/ml | <i>Life Sciences</i> 55: 1061. |
| Antilymphocytic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| Antimutagenic ID50=10-40 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 IC50=40 uM | |
| Antioxidant 3/4 quercetin | |
| Antioxidant IC50=1.2 ug/ml | |
| Antiperiodontic 20 ug/ml | |
| Antiplaque 20 ug/ml | |
| Antiradicular 7 x quercetin | |
| Antiseptic 20 ug/ml | |
| Antiserotonin 200 mg/kg ipr rat | |
| Antispasmodic | Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| Antistaphylococcic | |
| Antitumor | |
| Antitumor-Promoter | Yasukawa, K., Takido, M., Takeuchi, M., Sato, Y., Nitta, K., and Nakagawa, S. 1989. Inhibitory Effects of Flavonol Glycosides on 12-O-Tetradecanoylphorbol-13-acetate-Induced Tumor Promotion. <i>Chem. Pharm. Bull.</i> 38(3): 774-776, 1990. |
| Antiulcer 50-200 mg/kg ipr rat | |
| Antiviral 23-92 ug/ml | |
| Apoptotic 60 uM | |
| Aromatase-Inhibitor IC12=1 uM/l | <i>Journal of Medicinal Food</i> 2: 235.1999. |
| COX-2-Inhibitor | |
| Cancer-Preventive | Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Carcinogenic | Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory</i> . University of Natal Press, Pietermaritzburg. 450 pp. |
| Choleretic | Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Copper-Chelator | |
| Cyclooxygenase-Inhibitor IC50 (uM) =20 | |
| Cytotoxic | |
| Diaphoretic? | <i>Lawrence Review of Natural Products</i> , Dec-90. |
| Diuretic | |
| Estrogenic EC50=0.1-25 uM/l | <i>Journal of Medicinal Food</i> 2: 227.1999. |
| Estrogenic EC50=0.56 uM | |
| Fungicide 20 ug/ml | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| HIV-RT-Inhibitor IC50=50-150 ug/ml | Garcia, J., Morin,* C., Nyasse, B., Sondengam, B-L., Tchouankeu, J-C., and Tsamo, E. Complete Structural Assignments Of An Ergosterol Derivative From <i>Entandrophragma utile</i> . <i>Journal of Natural Products</i> , 54(1): 136-142, 1991. |
| Hepatoprotective IC50=5.46 uM | |
| Hepatoprotective IC50=1.30 ppm | |
| Hypotensive | |
| ICAM-1-Inhibitor | |
| Inotropic | |
| Iodothyronine-Deiodinase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| JNK-Inhibitor | |
| Lipoxygenase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| MAO-Inhibitor | |
| Mutagenic | |
| NO-Inhibitor IC50=13.9 uM | |

| | |
|---|---|
| Antitumor-Promoter | Yasukawa, K., Takido, M., Takeuchi, M., Sato, Y., Nitta, K., and Nakagawa, S. 1989. Inhibitory Effects of Flavonol Glycosides on 12-O-Tetradecanoylphorbol-13-acetate-Induced Tumor Promotion. Chem. Pharm. Bull. 38(3): 774-776, 1990. |
| Antiulcer 50-200 mg/kg ipr rat | |
| Antiviral 23-92 ug/ml | |
| Apoptotic 60 uM | |
| Aromatase-Inhibitor IC12=1 uM/l | Journal of Medicinal Food 2: 235.1999. |
| COX-2-Inhibitor | |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Carcinogenic | Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp. |
| Choleretic | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Copper-Chelator | |
| Cyclooxygenase- Inhibitor IC50 (uM) =20 | |
| Cytotoxic | |
| Diaphoretic? | Lawrence Review of Natural Products, Dec-90. |
| Diuretic | |
| Estrogenic EC50=0.1-25 uM/l | Journal of Medicinal Food 2: 227.1999. |
| Estrogenic EC50=0.56 uM | |
| Fungicide 20 ug/ml | Father Nature's Pharmacy: The aggregate of all these three-letter citations. |
| HIV-RT-Inhibitor IC50=50-150 ug/ml | Garcia, J., Morin,* C., Nyasse, B., Sondengam, B-L., Tchouankeu, J-C., and Tsamo, E. Complete Structural Assignments Of An Ergosterol Derivative From Entandrophragma utile. Journal of Natural Products, 54(1): 136-142, 1991. |
| Hepatoprotective IC50=5.46 uM | |
| Hepatoprotective IC50=1.30 ppm | |
| Hypotensive | |
| ICAM-1-Inhibitor | |
| Inotropic | |
| Iodothyronine- Deiodinase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| JNK-Inhibitor | |
| Lipoxygenase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| MAO-Inhibitor | |
| Mutagenic | |
| NO-Inhibitor IC50=13.9 uM | |
| Natriuretic | |
| Neuroprotective | |
| PAF-Inhibitor | |
| Pesticide | |
| Protisticide | Meckes, M., Calzada, F., Tapia-Contreras, A., Cedillo-Rivera, R. 1999. Antiprotozoal Properties of Helianthemum glomeratum. Phytotherapy Research, 13(2): 102-105. |
| Quinone-Reductase- Inducer 3 uM | |
| TNF-alpha-Inhibitor IC50=3.99 uM | |
| Teratologic | |
| Topoisomerase-I- Inhibitor | Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237. |
| Topoisomerase-II- Inhibitor IC50=8.1 ug/ml | Constantinou, A., Mehta, R., Runyan, C., Rao, K., Vaughan, A., Moon, R. 1995. Flavonoids as DNA Topoisomerase Antagonists and Poisons: Structure-Activity Relationships. J Natural Products, 58: 217-225. |
| Tyrosinase-Inhibitor ID50=230 uM | |
| Uterotrophic EC50=0.1- 25 uM/l | Journal of Medicinal Food 2: 227.1999. |
| Vasodilator | |
| cAMP- Phosphodiesterase- Inhibitor | |
| iNOS-Inhibitor IC50= <15 uM | |
| iNOS-Inhibitor IC50=13.9 uM | |

| | | | | |
|--|--------|----|----|---|
| KAEMPFEROL-3-O-ALPHA-L- RHAMNOSIDE-7-O-BETA-D- GALACTURONIDE | Flower | -- | -- | * |
|--|--------|----|----|---|

| | | | | |
|-------------------------------------|--------|----|----|---|
| KAEMPFEROL-3-O-ALPHA- RHAMNOSIDE | Flower | -- | -- | * |
|-------------------------------------|--------|----|----|---|

| | | | | |
|--------------|-------|----|----|---|
| KARDOLLIN-22 | Plant | -- | -- | * |
|--------------|-------|----|----|---|

| | | | | |
|--------------|-------|----|----|---|
| KARDOLLIN-35 | Plant | -- | -- | * |
| KARDOLLIN-75 | Plant | -- | -- | * |
| KARDOLLIN-95 | Plant | -- | -- | * |
| LEUCINE | Seed | -- | -- | * |

Activities (2)

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

| | | | | |
|---------------|------|----|----|---|
| LINOLEIC-ACID | Seed | -- | -- | * |
|---------------|------|----|----|---|

Activities (27)

5-Alpha-Reductase-Inhibitor
 AntiMS Economic & Medicinal Plant Research, 6: 189.
 Antiacne
 Antiallopecic
 Antianaphylactic Economic & Medicinal Plant Research, 6: 189.
 Antiandrogenic
 Antiarteriosclerotic
 Antiarthritic Economic & Medicinal Plant Research, 6: 189.
 Anticoronary Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
 Antieczemic Economic & Medicinal Plant Research, 6: 189.
 Antifibrinolytic Economic & Medicinal Plant Research, 1: 53.
 Antigranular
 Antihistaminic Economic & Medicinal Plant Research, 6: 189.
 Antiinflammatory IC50=31 uM
 Antileukotriene-D4 IC50=31 uM
 Antimenorrhagic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
 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

| | | | | | |
|---------------|----------|----------|----------|------|---|
| LINOLEIC-ACID | Seed Oil | 600000.0 | 700000.0 | 1.21 | * |
|---------------|----------|----------|----------|------|---|

Activities (27)

5-Alpha-Reductase-Inhibitor

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

LINOLEIC-ACID

Plant

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

LINOLENIC-ACID

Seed Oil

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*

| | | | | |
|----------------|-------|----|----|---|
| LINOLENIC-ACID | Seed | -- | -- | * |
| LINOLENIC-ACID | Plant | -- | -- | * |
| LUTEOLIN | Shoot | -- | -- | * |

Activities (78)

| | |
|---|--|
| Aldose-Reductase-Inhibitor EC=3 ppm | Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. <i>Fitoterapia</i> 64(2): 130, 1993. |
| Aldose-Reductase-Inhibitor IC50=0.45 uM rat | |
| AntiHIV | |
| Antiallergic | |
| Antiangiogenic IC60-75=10 uM | |
| Antiatherogenic | |
| Antibacterial MIC=500 ug/ml | <i>Planta Medica</i> , 57: A43, 1991. |
| Anticarcinogenic | |
| Anticarcinomic | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Anticataract EC=3 ppm | Shin*, K.H., Chung, M.S., Chae, Y.J., Yoon, K.Y., Cho, T.S. 1992. A survey for aldose reductase inhibition of herbal medicines. <i>Fitoterapia</i> 64(2): 130, 1993. |
| Anticomplementary | |
| Antidermatic | Bisset, N.G., ed. 1994. <i>Herbal Drugs and Phytopharmaceuticals</i> . CRC Press. Boca Raton, FL. 566 pp. |
| Antiestrogenic | |
| Antifeedant IC52=<1,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Antiherpetic 11-23 ug/ml | |
| Antihistaminic <10-15 uM | |
| Antiinflammatory #NAME? | Wichtl, M. 1984. <i>Teedrogen. Ein Handbuch für Apotheker und Ärzte</i> . Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp. |
| Antileukemic 20-50 uM | |
| Antilymphomic | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antimelanomic | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antimutagenic ID50=2-5 nM | |
| Antimutagenic ID50=0.44 ug/ml | |
| Antinociceptive | |
| Antioxidant IC50=10 uM | |
| Antipolio | <i>Economic & Medicinal Plant Research</i> , 5: 197. |
| Antiproliferant | |
| Antispasmodic | Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989. |
| Antitumor 1-50 uM | |
| Antitumor (Colon) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Kidney) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Lung) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Ovary) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Pancreas) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Skin) 20 uM | |
| Antitumor (Stomach) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitumor (Thyroid) 12-50 uM | |
| Antitumor (brain) | Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46. |
| Antitussive | |
| Antiviral 11-23 ug/ml | |
| Aphidifuge | |
| Apoptotic 12-50 uM | |
| Aromatase-Inhibitor IC35=1 uM/l | <i>Journal of Medicinal Food</i> 2: 235.1999. |
| Beta-Glucuronidase-Inhibitor IC50=~40 uM | |
| Calcium-Antagonist IC50=1.2 uM fbt | |
| Cancer-Preventive | |
| Chemopreventive | |
| Choleretic | |
| Cytotoxic 1-50 uM | |

| | |
|--|---|
| Deiodinase-Inhibitor | Jim Duke's personal files. |
| Differentiator IC>40=40 uM | |
| Diuretic | Jim Duke's personal files. |
| Estrogenic 58% genistein | |
| Hepatoprotective | |
| Hyaluronidase-Inhibitor IC50+=100-250 uM | |
| Hypocholesterolemic | |
| ICAM-1-Inhibitor | |
| IKK-Inhibitor | |
| Iodothyronine-Deiodinase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| Lipoxygenase-Inhibitor | |
| MAPK-Inhibitor | |
| MMP-9-Inhibitor 20 uM | |
| Metalloproteinase-Inhibitor | |
| Myorelaxant | |
| NEP-Inhibitor IC50=>42 uM | |
| NF-kB-Inhibitor | |
| NO-Inhibitor | |
| PTK-Inhibitor 10-100 uM | |
| Pesticide | |
| Proliferant | |
| Prostaglandin-Synthetase-Inhibitor | |
| Protein-Kinase-C-Inhibitor IC70=50 uM | |
| Succinoxidase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. |
| TNF-alpha-Inhibitor IC50=14.44 uM | |
| Topoisomerase-I-Inhibitor | Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. <i>Toxicol Ind Health</i> , 14: 223-237. |
| VEGF-Inhibitor IC50=2-7 uM | |
| Vasodilator | |
| Xanthine-Oxidase-Inhibitor IC50=0.11 ug/ml | Chem. & Pharm. Bull. 38: 1772. |
| iNOS-Inhibitor | |

LUTEOLIN-7-GLUCOSIDE Shoot -- -- *

Activities (7)

| | |
|---------------------------------------|---|
| Aldose-Reductase-Inhibitor IC73=10 uM | |
| Aldose-Reductase-Inhibitor IC31=1 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Antidermatic | Bisset, N.G., ed. 1994. <i>Herbal Drugs and Phytopharmaceuticals.</i> CRC Press. Boca Raton, FL. 566 pp. |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 204. |
| Antiinflammatory | Bisset, N.G., ed. 1994. <i>Herbal Drugs and Phytopharmaceuticals.</i> CRC Press. Boca Raton, FL. 566 pp. |
| Antiviral | <i>Economic & Medicinal Plant Research</i> , 5: 204. |
| Pesticide | |

MAGNESIUM Leaf 887.0 4030.0 -0.04 *

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. <i>Healing with Food.</i> Harper Collins, New York, 443 pp. |
| Antianorectic | Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp. |
| Antianxiety 400 mg/day | Werbach, M. 1993. <i>Healing with Food.</i> 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. |
| Antidometriotic 500 mg/day | |
| Antienterotic | |
| Antiepileptic 450 mg/day | |
| Antifatigue | |
| Antifibromyalgic 200-300 mg 3x/day | |
| Antigastrotic | |
| Antiglaucomic | |
| Antihyperkinetic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antihypertensive | |
| Antihypoglycemic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Antiinflammatory 100 mg 4 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antisomniac | 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 | |
| Antiplateque 500-1,000 mg/day | |
| Antiretinopathic 400 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Antispasmodic | |
| Antispasmophilic 500 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antistress 500-750 mg/day | |
| Antistroke 400 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Antisyndrome-X 400 mg/man/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Anxiolytic 500-750 mg/day | |
| CNS-Depressant | Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp. |
| Calcium-Antagonist | |
| Cardioprotective | |
| Diuretic | |
| Hypocholesterolemic 400 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Hypotensive 260-500 mg/day | |
| Immunomodulator | |
| Insulinogenic 400 mg/day | Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95 |
| Laxative 300-500 mg/day | |
| Litholytic | |
| Myorelaxant 100 mg 4 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Neurotransmitter | |
| Tranquilizer 500-750 mg/day | |
| Uterorelaxant 100 mg 4 x/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Vasodilator | |

MAGNESIUM Plant -- 4030.0 -0.01 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

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 | |
| Antiplateque 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 Leaf 3.2 14.7 -0.44 *

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 | |

MANGANESE Plant -- 14.7 -0.59 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.

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 | |

MUCILAGE Seed -- -- *

Activities (3)

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

MYRISTIC-ACID Seed -- -- *

Activities (6)

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

NARINGENIN

Seed

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Activities (56)

| | |
|---------------------------------------|--|
| 11B-HSD-Inhibitor | |
| Aldose-Reductase-Inhibitor IC25=1 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Aldose-Reductase-Inhibitor IC78=10 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Aldose-Reductase-Inhibitor 100 uM | Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. <i>J Braz Chem Soc</i> , 8(3): 211-213. |
| Aldose-Reductase-Inhibitor 1 ug/ml | Aida, K., Tawata, M., Shindo, H., Onaya, T., Sasaki, H., Yamaguchi, T., Chin, M.(Chen, Z.), and Mitsunashi, H. 1989. Isoliquiritigenin: A New Aldose Reductase Inhibitor from <i>Glycyrrhizae Radix</i> . <i>Planta Medica</i> 56(3): 254-258. |
| AntiHIV IC35=200 ug/ml | |
| Antiacetylcholinesterase | |
| Antiaflatoxin IC50=12 uM | |
| Antiaflatoxin IC50=3.37 ppm | |
| Antiaggregant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antialzheimeran | |
| Antiamnesic | |
| Antiamyloid-Beta | |
| Antibacterial MIC=250-500 ug/ml | <i>Planta Medica</i> , 57: A43, 1991. |
| Anticancer | |
| Antiescherichic | |
| Antiestrogenic | |
| Antifibrotic | |
| Antihepatotoxic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 197. |
| Antiinflammatory 20 ppm | |
| Antileukemic IC50=>10 ug/ml | <i>Life Sciences</i> 55: 1061. |
| Antimutagenic ID50=50-100 nM | Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.13. |
| Antioxidant 7 x quercetin | |
| Antiperistaltic | |
| Antiperoxidative | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antiradicular 7 x quercetin | |
| Antisindhis IC50=15 ug/ml | |
| Antispasmodic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antistaphylococcic | |
| Antitumor | |
| Antitumor-Promoter | |
| Antiulcer | <i>Fitoterapia</i> No.5-1990. |
| Antiviral IC50=15 ug/ml | |
| Aphidifuge | |
| Aromatase-Inhibitor IC45=1 uM/l | <i>Journal of Medicinal Food</i> 2: 235.1999. |
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Candidicide | |
| Choleretic | |
| Cytochrome-P450-Inhibitor | Pizzorno, J. 1998. Total Wellness. Prima Health, a division of Prima. |
| Decarboxylase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Embryotoxic | |
| Estrogenic EC50=0.1-25 uM/l | |
| Fungicide 2.5 mM | |

| | |
|--------------------------------------|---|
| Fungistat | Weidenborner, M., Hindorf, H., Jha, H.C., and Tsotsonos, P. 1989. Antifungal Activity of Flavonoids Against Storage Fungi of the Genus <i>Aspergillus</i> . <i>Phytochemistry</i> . 29(4): 1103-1105. |
| Hepatoprotective IC50=12 uM | |
| Hepatoprotective IC50=3.37 ppm | |
| Neuroprotective | |
| P450-Inhibitor | |
| Pesticide | |
| Serotonin-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| TNF-alpha-Inhibitor IC50=14.41 uM | |
| Teratogenic | |
| Topoisomerase-I-Inhibitor | Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. <i>Toxicol Ind Health</i> , 14: 223-237. |
| Uterotrophic EC50=0.1-25 uM/l | Journal of Medicinal Food 2: 227.1999. |
| cAMP-Phosphodiesterase-Inhibitor | Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf). |

NARINGENIN Fruit -- -- *

Activities (56)

| | |
|---------------------------------------|---|
| 11B-HSD-Inhibitor | |
| Aldose-Reductase-Inhibitor IC25=1 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Aldose-Reductase-Inhibitor IC78=10 uM | Shimizu, M., Ito, T., Terashima, S., Hayashi, T., Arisawa, M., Morita, N., Kurokawa, S., Ito, K., and Hashimoto, Y. 1984. Inhibition of Lens Aldose Reductase by Flavonoids. <i>Phytochemistry</i> , 23: 1885-1888. |
| Aldose-Reductase-Inhibitor 100 uM | Oliveira, T. T., Nagem, T. J., Miranda, L. C. G., Paula, V. F., Teixeira, M. A. 1997. Inhibitory Action on Aldose Reductase by Soybean Flavonoids. <i>J Braz Chem Soc</i> , 8(3): 211-213. |
| Aldose-Reductase-Inhibitor 1 ug/ml | Aida, K., Tawata, M., Shindo, H., Onaya, T., Sasaki, H., Yamaguchi, T., Chin, M.(Chen, Z.), and Mitsushashi, H. 1989. Isoliquiritigenin: A New Aldose Reductase Inhibitor from <i>Glycyrrhizae Radix</i> . <i>Planta Medica</i> 56(3): 254-258. |
| AntiHIV IC35=200 ug/ml | |
| Antiacetylcholinesterase | |
| Antiaflatoxin IC50=12 uM | |
| Antiaflatoxin IC50=3.37 ppm | |
| Antiaggregant | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| Antialzheimeran | |
| Antiamnesic | |
| Antiamyloid-Beta | |
| Antibacterial MIC=250-500 ug/ml | <i>Planta Medica</i> , 57: A43, 1991. |
| Anticancer | |
| Antiescherichic | |
| Antiestrogenic | |
| Antifibrotic | |
| Antihepatotoxic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 197. |
| Antiinflammatory 20 ppm | |
| Antileukemic IC50=>10 ug/ml | <i>Life Sciences</i> 55: 1061. |
| Antimutagenic ID50=50-100 nM | Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.13. |
| Antioxidant 7 x quercetin | |
| Antiperistaltic | |
| Antiperoxidative | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| Antiradicular 7 x quercetin | |
| Antisindhis IC50=15 ug/ml | |
| Antispasmodic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp. |
| Antistaphylococcic | |
| Antitumor | |
| Antitumor-Promoter | |
| Antiulcer | <i>Fitoterapia</i> No.5-1990. |
| Antiviral IC50=15 ug/ml | |
| Aphidifuge | |
| Aromatase-Inhibitor IC45=1 uM/l | <i>Journal of Medicinal Food</i> 2: 235.1999. |

| | |
|-----------------------------------|---|
| Cancer-Preventive | Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp. |
| Candidicide | |
| Choleretic | |
| Cytochrome-P450-Inhibitor | Pizzorno, J. 1998. Total Wellness. Prima Health, a division of Prima. |
| Decarboxylase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Embryotoxic | |
| Estrogenic EC50=0.1-25 uM/l | |
| Fungicide 2.5 mM | |
| Fungistat | Weidenborner, M., Hindorf, H., Jha, H.C., and Tsotsonos, P. 1989. Antifungal Activity of Flavonoids Against Storage Fungi of the Genus Aspergillus. Phytochemistry. 29(4): 1103-1105. |
| Hepatoprotective IC50=12 uM | |
| Hepatoprotective IC50=3.37 ppm | |
| Neuroprotective | |
| P450-Inhibitor | |
| Pesticide | |
| Serotonin-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| TNF-alpha-Inhibitor IC50=14.41 uM | |
| Teratogenic | |
| Topoisomerase-I-Inhibitor | Santti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237. |
| Uterotrophic EC50=0.1-25 uM/l | Journal of Medicinal Food 2: 227.1999. |
| cAMP-Phosphodiesterase-Inhibitor | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |

| | | | | | |
|---------------|-------|-----|------|-------|---|
| NEOSILYHERMIN | Plant | -- | -- | | * |
| NEOSILYHERMIN | Seed | -- | -- | | * |
| NIACIN | Leaf | 2.2 | 10.0 | -1.06 | * |

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). |
| Serotoninerbic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Vasodilator | Martindale's 29th |

| | | | | | |
|--------|-------|----|------|-------|---|
| NIACIN | Plant | -- | 10.0 | -0.93 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
|--------|-------|----|------|-------|---|

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). |
| Serotoninerbic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Vasodilator | Martindale's 29th |

| | | | | |
|-----------------------|-------|----|----|---|
| NITRATES | Shoot | -- | -- | * |
| OCTADECADIENOIC-ACID | Seed | -- | -- | * |
| OCTADECATRIENOIC-ACID | Seed | -- | -- | * |
| OCTADECENOIC-ACID | Seed | -- | -- | * |
| OLEIC-ACID | Seed | -- | -- | * |

Activities (18)

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antiallopecic

Antiandrogenic

Antiinflammatory
IC50=21 uMAntileukotriene-D4
IC50=21 uM

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

Choleretic 5 ml/man

Dermatitigenic

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

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

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

Irritant Merck 11th Edition

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

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

Propecic

OLEIC-ACID Seed Oil 180000.0 250000.0 -0.37 *

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

PALMITIC-ACID Plant -- -- *

| 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 reviewd book by Coats and draft by Henry | | | | |
| Hemolytic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |
| Pesticide | | | | | |
| Propepic | | | | | |
| Soap | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |

PALMITIC-ACID Seed -- -- *

| 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 reviewd book by Coats and draft by Henry | | | | |
| Hemolytic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |
| Pesticide | | | | | |
| Propepic | | | | | |
| Soap | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |

PALMITIC-ACID Seed Oil -- -- *

| 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 reviewd book by Coats and draft by Henry | | | | |
| Hemolytic | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. | | | | |
| Hypercholesterolemic | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) | | | | |
| Lubricant | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| Nematicide | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |
| Pesticide | | | | | |
| Propepic | | | | | |
| Soap | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |

PEROXIDASE-ISOENZYMES Leaf -- -- *

PEROXIDASE-ISOENZYMES Stem -- -- *

PEROXIDASE-ISOENZYMES Fruit -- -- *

PEROXIDASE-ISOENZYMES Root -- -- *

PHOSPHORUS Leaf 1553.0 7060.0 0.38 *

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

| | | | | | |
|------------|-------|----|--------|------|---|
| PHOSPHORUS | Plant | -- | 7060.0 | 1.67 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
|------------|-------|----|--------|------|---|

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

| | | | | | |
|-----------|-------|----|--------|-------|---|
| POTASSIUM | Plant | -- | 8330.0 | -0.94 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
|-----------|-------|----|--------|-------|---|

| Activities (14) | | | | | |
|---------------------------------|--|--|--|--|--|
| Angiotensin-Receptor-Blocker | | | | | |
| Antiarrhythmic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antidepressant | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antifatigue | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antihypertensive | | | | | |
| Antispasmodic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antistroke | | | | | |
| Anxiolytic | | | | | |
| Beta-Blocker | | | | | |
| Cardioprotective 3,000-5,000 mg | | | | | |
| Cardiotoxic 18,000 mg/man/day | | | | | |
| Diuretic | | | | | |
| Hypotensive | | | | | |
| Vasodilator | | | | | |

| | | | | | |
|-----------|------|--------|--------|-------|---|
| POTASSIUM | Leaf | 1833.0 | 8330.0 | -0.97 | * |
|-----------|------|--------|--------|-------|---|

| Activities (14) | | | | | |
|---------------------------------|--|--|--|--|--|
| Angiotensin-Receptor-Blocker | | | | | |
| Antiarrhythmic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antidepressant | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antifatigue | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antihypertensive | | | | | |
| Antispasmodic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| Antistroke | | | | | |
| Anxiolytic | | | | | |
| Beta-Blocker | | | | | |
| Cardioprotective 3,000-5,000 mg | | | | | |
| Cardiotoxic 18,000 mg/man/day | | | | | |
| Diuretic | | | | | |
| Hypotensive | | | | | |
| Vasodilator | | | | | |

| | | | | | |
|---------|----------------|----|----|--|---|
| PROLINE | Tissue Culture | -- | -- | | * |
|---------|----------------|----|----|--|---|

| | | | | | |
|---------|-------|----|----------|-------|---|
| PROTEIN | Plant | -- | 143000.0 | -0.25 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
|---------|-------|----|----------|-------|---|

| | | | | | |
|---------|------|---------|----------|-------|---|
| PROTEIN | Leaf | 31460.0 | 143000.0 | -0.69 | * |
|---------|------|---------|----------|-------|---|

| | | | | | |
|---------|------|----------|----------|------|---|
| PROTEIN | Seed | 186000.0 | 280000.0 | 0.41 | * |
|---------|------|----------|----------|------|---|

| | | | | | |
|-----------|-------|----|----|--|---|
| QUERCETIN | Fruit | -- | -- | | * |
|-----------|-------|----|----|--|---|

| Activities (176) | | | | | |
|---|--|--|--|--|--|
| 11B-HSD-Inhibitor | | | | | |
| 5-Lipoxygenase-Inhibitor IC50 (uM)=4 | | | | | |
| ATPase-Inhibitor | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. | | | | |

| | |
|--|--|
| Aldehyde-Oxidase-Inhibitor IC70-96=10 uM | |
| Aldose-Reductase-Inhibitor 100 uM | |
| Aldose-Reductase-Inhibitor 4 ug/ml | 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. |
| Aldose-Reductase-Inhibitor IC50=0.84 ug/ml cow | Okada, Y., et al. 1995. Search for Naturally Occurring Substances to Prevent the Complications of Diabetes. II. Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation. Chem Pharm Bull 43(8):1385-1387 |
| Aldose-Reductase-Inhibitor IC50=0.344 uM | Mao, X. M., Zhang, J. Q. 1993. Inhibition of Aldose Reductase by Extracts of Chinese Herbal Medicine. Zhongguo Zhongyao Zazhi, 18(10): 623-624. |
| Allelochemic IC82=1 mM | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Allergenic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Analgesic | |
| AntiCrohn's 400 mg/man/3x/day | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| AntiGTF ID50=120 ug/ml | |
| AntiHIV | |
| AntiPMS 500 mg/2x/day/wmn | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiaflatoxin IC50=25 uM | |
| Antiaflatoxin IC50=7.5 ppm | |
| Antiaggregant IC50=55 uM | Economic & Medicinal Plant Research, 5: 333. |
| Antiaggregant 30 uM | |
| Antiaging | |
| Antiallergic IC50=14 uM | Jim Duke's personal files. |
| Antialzheimeran | |
| Antianaphylactic | Meli, R., Autore, G., Di Carlo, G., Capasso, F. Inhibitory Action of Quercetin on Intestinal Transit in Mice. Phytotherapy Research 4(5): 201, 1990. |
| Antiangiogenic | |
| Antiarthritic | |
| Antiasthmatic IC50=14 uM | |
| Antiatherosclerotic | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Anticarcinomic (Breast) IC50=1.5 uM | Medline (post 1990 searches filed in my computer) |
| Anticariogenic ID50=120 ug/ml | |
| Anticataract | |
| Anticolitic 400 mg/man/3x/day | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Anticomplementary | |
| Anticystitic 1,000 mg/day/4 weeks | |
| Antidepressant | |
| Antidermatitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidiabetic | |
| Antielastase IC50=0.8 ug/ml | |
| Antiencephalitic | Economic & Medicinal Plant Research, 5: 199. |
| Antiescherichic | |
| Antiestrogenic | |
| Antifeedant IC52=<1,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Antifibrosarcomic | |
| Antiflu | Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart. |
| Antigastric | Rastitel'nye Resursy, 21: 85. |
| Antigonadotropic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antihepatotoxic | Joyeux, M., Rolland, A., Fleurentin, J., Mortier, F., and Dorfman, P. 1989. Tert-Butyl Hydroperoxide-Induced Injury in Isolated Rat Hepatocytes: A Model for Studying Anti-Hepatotoxic Crude Drugs. Planta Medica 56(2): 171-173, 1990. |
| Antiherpetic 48-150 ug/ml | |
| Antihistaminic IC50=<10 uM | |
| Antihydrophobic | Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart. |
| Antihypertensive | Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp. |
| Antiinflammatory 20-150 mg/kg | Fitoterapia No.5-1990. |
| Antileishmanic IC50=64 uM | |
| Antileukemic IC50=10 uM | Economic & Medicinal Plant Research, 5: 225. |

| | |
|------------------------------------|---|
| Antileukemic IC50=>10 ug/ml | Life Sciences 55: 1061. |
| Antileukemic 5.5-60 uM | |
| Antileukotriene | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antilipoperoxidant IC67=50 | |
| Antimalarial IC50=1-6.4 ug/ml | Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987. |
| Antimelanomic | |
| Antimetastatic | |
| Antimutagenic ID50=2-5 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. |
| Antimutagenic ID50=0.62 ug/ml | |
| Antimyocarditic | Economic & Medicinal Plant Research, 5: 199. |
| Antinitrosaminic | |
| Antinociceptive | |
| Antioxidant IC96=300 ppm | 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 ED50=2.3 uM | Seidel, V., Verholle, M., Malard, Y., Tilleguin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. <i>Phytotherapy Research</i> , 14(2): 93-98. |
| Antioxidant 4.7 x Vit. E | |
| Antioxidant IC47=10 uM | |
| Antipancratic | Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY. |
| Antiperiodontal | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiperistaltic | |
| Antipermeability | |
| Antiperoxidant | <i>Planta Medica</i> , 57: A110, 1991. |
| Antipharyngitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiplateau | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiplasmodial IC50=13-64 | |
| Antipodriac | |
| Antipolio | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiproliferant 10 nM | |
| Antiprostanoic | |
| Antiprostatic | 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 IC50=4.6 uM | <i>Planta Medica</i> , 56(6): 695, 1990. |
| Antispasmodic | |
| Antistreptococcic ID50=120 ug/ml | |
| Antithiamin | Phenolic Compounds in Food and Their Effects on Health, 69. |
| Antithrombic | |
| Antitrypanosomic IC50=13 | |
| Antitumor 10 uM | |
| Antitumor (Bladder) | |
| Antitumor (Breast) | |
| Antitumor (Colon) | |
| Antitumor (Lung) | |
| Antitumor (Ovary) | |
| Antitumor (Skin) 20 uM | |
| Antitumor-Promoter | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiulcer | |
| Antiviral IC50=10 uM | Economic & Medicinal Plant Research, 5: 225. |
| Antiviral 48-150 ug/ml | Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. <i>J. of Natural Products</i> 55(12):1732-1740, 1992. |
| Apoptotic 20-60 uM | |
| Bacteristat 10 mg/ml | |
| Bradycardiac | Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp. |
| COMT-Inhibitor | |
| COX-2-Inhibitor <40 uM | |
| Calmodulin-Antagonist | 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. |
| Candidicide | |
| Capillariprotective | Merck 11th Edition |
| Carcinogenic 40,000 ppm (diet) mus | Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp. |
| Catabolic | |
| Copper-Chelator | |
| Cyclooxygenase-Inhibitor | |

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|---|--|
| Cytochrome-P450-1A2-Inhibitor | |
| Cytotoxic ED50=70 ug/ml | Matsukawa, Y., et al. The Effect of Quercetin and Other Flavonoids on Cell Cycle Progression and Growth of Human Gastric Cancer Cells. <i>Planta Medica</i> , 56(6): 677, 1990. |
| Cytotoxic IC82=100 ug/ml | <i>Planta Medica</i> , 57: A113, 1991. |
| Deiodinase-Inhibitor | Jim Duke's personal files. |
| Diaphoretic? | Lawrence Review of Natural Products, Dec-90. |
| Differentiator 5.5 uM | |
| Estrogenic 10% genistein | |
| Fungicide | |
| Glucosyl-Transferase-Inhibitor ID50=120 ug/ml | |
| HIV-RT-Inhibitor IC50=<1 ug/ml | Nakane, H., Fukushima, M., and Ono*, K. Differential Inhibition Of Reverse Transcriptase And Various DNA Polymerases By Digallic Acid And Its Derivatives. <i>Journal of Natural Products</i> , 53(5): 1234-1240, 1990. |
| Hemostat | Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp. |
| Hepatomagenic 5,000 ppm (diet) rat | 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. |
| Hepatoprotective | |
| Hypoglycemic 100 mg/kg orl rat | 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. |
| Inotropic | |
| Insulinogenic | Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Juvabional | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Larvistat 8,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Lipoxygenase-Inhibitor IC11=1.25 mM | Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. <i>J. Agric. Food Chem.</i> 38: 688-690. |
| Lipoxygenase-Inhibitor IC50=0.1-5 uM | |
| MAO-A-Inhibitor | |
| MMP-9-Inhibitor 20 uM | |
| Mast-Cell-Stabilizer | |
| Metal-Chelator (Copper) | Seidel, V., Verholle, M., Malard, Y., Tillequin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. <i>Phytotherapy Research</i> , 14(2): 93-98. |
| Metalloproteinase-Inhibitor IC50=>42 uM | |
| Mutagenic | |
| NADH-Oxidase-Inhibitor | |
| NEP-Inhibitor IC50=>42 uM | |
| NF-kB-Inhibitor | |
| NO-Inhibitor IC>50=125 uM | |
| NO-Inhibitor IC50=20 uM | |
| NO-Synthase-Inhibitor 5-50 uM | |
| Neuroprotective 5-25 uM | |
| Ornithine-Decarboxylase-Inhibitor <10 uM | |
| P450-Inducer 5 uM | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| P450-Inhibitor 50-100 uM | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| PGE2-Inhibitor | |
| PTK-Inhibitor 0.4-24 uM | |
| Pesticide | |
| Phospholipase-Inhibitor | |
| Plasmodicide | Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs</i> . Chapman & Hall, New York. 941 pp. |
| Proliferant | |
| Prostaglandin-Synthesis-Inhibitor 40 ug/ml | Ibewuike, J. C., Ogungbamila, F. O., Ogundaini, A. O., Okeke, I. N., Bohlin, L. 1997. Antiinflammatory and Antibacterial Activities of C-methylflavonol from <i>Piliostigma thonningii</i> . <i>Phytotherapy Research</i> , 11(4): 281-284. |
| Protein-Kinase-C-Inhibitor | Naim, M., Zehavi, U., Nagy, S., and Rouseff, R.L. Hydroxycinnamic Acids as Off-Flavor Precursors in Citrus Fruits and Their Products. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.14. |
| Quinone-Reductase-Inducer 6 uM | Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. <i>Cancer Lett.</i> , 120 (2): 213-216. |
| Quinone-Reductase-Inducer 13 uM | |
| TNF-alpha-Inhibitor IC50=3.11 uM | |
| Teratologic | |
| Topoisomerase-I-Inhibitor IC50=12.8 ug/ml | |
| Topoisomerase-I-Inhibitor IC50=42 uM | |
| Topoisomerase-II-Inhibitor IC50=1-6.9 ug/ml | |
| Topoisomerase-II-Inhibitor IC50=23-40 uM | |

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| Tumorigenic 0.1% diet orl rat/yr | Jim Duke's personal files. |
| Tyrosinase-Inhibitor ID50=70 uM | |
| Tyrosine-Kinase-Inhibitor | Economic & Medicinal Plant Research, 6: 170. |
| VEGF-Inhibitor | |
| Vasodilator | |
| Xanthine-Oxidase-Inhibitor IC50=>0.4 ug/ml | Chem. & Pharm. Bull. 38: 1772. |
| Xanthine-Oxidase-Inhibitor IC50=10.6 ug/ml | |
| Xanthine-Oxidase-Inhibitor 3.1 uM | |
| cAMP-Phosphodiesterase-Inhibitor | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| iNOS-Inhibitor IC50=20 uM | |

QUERCETIN Seed -- -- List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (176)

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| 11B-HSD-Inhibitor | |
| 5-Lipoxygenase-Inhibitor IC50 (uM)=4 | |
| ATPase-Inhibitor | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Aldehyde-Oxidase-Inhibitor IC70-96=10 uM | |
| Aldose-Reductase-Inhibitor 100 uM | |
| Aldose-Reductase-Inhibitor 4 ug/ml | 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. |
| Aldose-Reductase-Inhibitor IC50=0.84 ug/ml cow | Okada, Y., et al. 1995. Search for Naturally Occurring Substances to Prevent the Complications of Diabetes. II. Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation. Chem Pharm Bull 43(8):1385-1387 |
| Aldose-Reductase-Inhibitor IC50=0.344 uM | Mao, X. M., Zhang, J. Q. 1993. Inhibition of Aldose Reductase by Extracts of Chinese Herbal Medicine. Zhongguo Zhongyao Zazhi, 18(10): 623-624. |
| Allelochemic IC82=1 mM | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267 pp. |
| Allergenic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Analgesic | |
| AntiCrohn's 400 mg/man/3x/day | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| AntiGTF ID50=120 ug/ml | |
| AntiHIV | |
| AntiPMS 500 mg/2x/day/wmn | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiaflatoxin IC50=25 uM | |
| Antiaflatoxin IC50=7.5 ppm | |
| Antiaggregant IC50=55 uM | Economic & Medicinal Plant Research, 5: 333. |
| Antiaggregant 30 uM | |
| Antiaging | |
| Antiallergic IC50=14 uM | Jim Duke's personal files. |
| Antialzheimeran | |
| Antianaphylactic | Meli, R., Autore, G., Di Carlo, G., Capasso, F. Inhibitory Action of Quercetin on Intestinal Transit in Mice. Phytotherapy Research 4(5): 201, 1990. |
| Antiangiogenic | |
| Antiarthritic | |
| Antiasthmatic IC50=14 uM | |
| Antiatherosclerotic | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Anticarcinomic (Breast) IC50=1.5 uM | Medline (post 1990 searches filed in my computer) |
| Anticariogenic ID50=120 ug/ml | |
| Anticataract | |
| Anticolitic 400 mg/man/3x/day | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Anticomplementary | |
| Anticystitic 1,000 mg/day/4 weeks | |
| Antidepressant | |
| Antidermatitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antidiabetic | |

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| Antielastase IC50=0.8 ug/ml | |
| Antiencephalic | Economic & Medicinal Plant Research, 5: 199. |
| Antiescherichic | |
| Antiestrogenic | |
| Antifeedant IC52=<1,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Antifibrosarcomic | |
| Antiflu | Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart. |
| Antigastric | Rastitel'nye Resursy, 21: 85. |
| Antigonadotropic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Antihepatotoxic | Joyeux, M., Rolland, A., Fleurentin, J., Mortier, F., and Dorfman, P. 1989. Tert-Butyl Hydroperoxide-Induced Injury in Isolated Rat Hepatocytes: A Model for Studying Anti-Hepatotoxic Crude Drugs. Planta Medica 56(2): 171-173, 1990. |
| Antiherpetic 48-150 ug/ml | |
| Antihistaminic IC50=<10 uM | |
| Antihydrophobic | Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart. |
| Antihypertensive | Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp. |
| Antiinflammatory 20-150 mg/kg | Fitoterapia No.5-1990. |
| Antileishmanic IC50=64 | |
| Antileukemic IC50=10 uM | Economic & Medicinal Plant Research, 5: 225. |
| Antileukemic IC50=>10 ug/ml | Life Sciences 55: 1061. |
| Antileukemic 5.5-60 uM | |
| Antileukotriene | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antilipoperoxidant IC67=50 | |
| Antimalarial IC50=1-6.4 ug/ml | Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987. |
| Antimelanomic | |
| Antimetastatic | |
| Antimutagenic ID50=2-5 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. |
| Antimutagenic ID50=0.62 ug/ml | |
| Antimyocarditic | Economic & Medicinal Plant Research, 5: 199. |
| Antinitrosaminic | |
| Antinociceptive | |
| Antioxidant IC96=300 ppm | 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 ED50=2.3 uM | Seidel, V., Verholle, M., Malard, Y., Tilleguin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from Ballota nigra L. Inhibit in vitro LDL Peroxidation. Phytotherapy Research, 14(2): 93-98. |
| Antioxidant 4.7 x Vit. E | |
| Antioxidant IC47=10 uM | |
| Antipancreatic | Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY. |
| Antiperiodontal | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiperistaltic | |
| Antipermeability | |
| Antiperoxidant | Planta Medica, 57: A110, 1991. |
| Antipharyngitic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiplaque | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiplasmodial IC50=13-64 | |
| Antipodriac | |
| Antipolio | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiproliferant 10 nM | |
| Antiprostanoid | |
| Antiprostatic | 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 IC50=4.6 uM | Planta Medica, 56(6): 695, 1990. |
| Antispasmodic | |
| Antistreptococcic ID50=120 ug/ml | |
| Antithiamin | Phenolic Compounds in Food and Their Effects on Health, 69. |
| Antithrombic | |
| Antitrypanosomic IC50=13 | |
| Antitumor 10 uM | |
| Antitumor (Bladder) | |
| Antitumor (Breast) | |
| Antitumor (Colon) | |

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| Antitumor (Lung) | |
| Antitumor (Ovary) | |
| Antitumor (Skin) 20 uM | |
| Antitumor-Promoter | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiulcer | |
| Antiviral IC50=10 uM | Economic & Medicinal Plant Research, 5: 225. |
| Antiviral 48-150 ug/ml | Amoros, M., Simoes, C.M.O., Girre, L., et al. Synergistic Effect Of Flavones And Flavonols Against Herpes Simplex Virus Type 1 In Cell Culture. Comparison With The Antiviral Activity Of Propolis. J. of Natural Products 55(12):1732-1740, 1992. |
| Apoptotic 20-60 uM | |
| Bacteristat 10 mg/ml | |
| Bradycardiac | Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp. |
| COMT-Inhibitor | |
| COX-2-Inhibitor <40 uM | |
| Calmodulin-Antagonist | 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. |
| Candidicide | |
| Capillariprotective | Merck 11th Edition |
| Carcinogenic 40,000 ppm (diet) mus | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Catabolic | |
| Copper-Chelator | |
| Cyclooxygenase-Inhibitor | |
| Cytochrome-P450-1A2-Inhibitor | |
| Cytotoxic ED50=70 ug/ml | Matsukawa, Y., et al. The Effect of Quercetin and Other Flavonoids on Cell Cycle Progression and Growth of Human Gastric Cancer Cells. Planta Medica, 56(6): 677, 1990. |
| Cytotoxic IC82=100 ug/ml | Planta Medica, 57: A113, 1991. |
| Deiodinase-Inhibitor | Jim Duke's personal files. |
| Diaphoretic? | Lawrence Review of Natural Products, Dec-90. |
| Differentiator 5.5 uM | |
| Estrogenic 10% genistein | |
| Fungicide | |
| Glucosyl-Transferase-Inhibitor ID50=120 ug/ml | |
| HIV-RT-Inhibitor IC50=<1 ug/ml | Nakane, H., Fukushima, M., and Ono*, K. Differential Inhibition Of Reverse Transcriptase And Various DNA Polymerases By Digallic Acid And Its Derivatives. Journal of Natural Products, 53(5): 1234-1240, 1990. |
| Hemostat | Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp. |
| Hepatomagenic 5,000 ppm (diet) rat | 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. |
| Hepatoprotective | |
| Hypoglycemic 100 mg/kg orl rat | Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989. |
| Inotropic | |
| Insulinogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Juvabional | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Larvostat 8,000 ppm diet | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Lipoxygenase-Inhibitor IC11=1.25 mM | Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690. |
| Lipoxygenase-Inhibitor IC50=0.1-5 uM | |
| MAO-A-Inhibitor | |
| MMP-9-Inhibitor 20 uM | |
| Mast-Cell-Stabilizer | |
| Metal-Chelator (Copper) | Seidel, V., Verholle, M., Malard, Y., Tillequin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. Phytotherapy Research, 14(2): 93-98. |
| Metalloproteinase-Inhibitor IC50=>42 uM | |
| Mutagenic | |
| NADH-Oxidase-Inhibitor | |
| NEP-Inhibitor IC50=>42 uM | |
| NF-kB-Inhibitor | |
| NO-Inhibitor IC>50=125 uM | |
| NO-Inhibitor IC50=20 uM | |
| NO-Synthase-Inhibitor 5-50 uM | |
| Neuroprotective 5-25 uM | |
| Ornithine-Decarboxylase-Inhibitor <10 uM | |
| P450-Inducer 5 uM | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| P450-Inhibitor 50-100 uM | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| PGE2-Inhibitor | |

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| AntiNF-kB | |
| Antiacne 200 ug/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
| Antiangregant | 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). |
| Antimaclitic | |
| 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 | |

SELENIUM Plant -- 7.1 -0.11 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.

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. J. of Ethnopharmacology, 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 Protein-Kinase-C-Inhibitor IC50=2-50 uM VEGF-Inhibitor | | | | | 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. J. Pharm. Pharmacol. 42: 655-657, 1990. |
| SILANDRIN | Seed | -- | -- | * | |
| Activities (1) | | | | | |
| Antihepatotoxic | | | | | |
| SILANDRIN | Plant | -- | -- | * | |
| Activities (1) | | | | | |
| Antihepatotoxic | | | | | |
| SILANDRIN | Fruit | -- | -- | * | |
| Activities (1) | | | | | |
| Antihepatotoxic | | | | | |
| SILANDRIN-3-DESOXY-ISOSILYBIN | Shoot | -- | -- | * | |
| SILICON | Leaf | -- | -- | * | |
| Activities (4) | | | | | |
| Antiarteriosclerotic Antionychyotic Antiosteoporotic Cardioprotective | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| SILICON | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Activities (4) | | | | | |
| Antiarteriosclerotic Antionychyotic Antiosteoporotic Cardioprotective | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| SILYBIN | Seed | 5000.0 | 17600.0 | * | |
| Activities (4) | | | | | |
| Antihepatotoxic 75-100 mg/kg ivn mus Antioxidant Cytoprotective RNA-genic | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | | |
| | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| SILYBIN | Fruit | 500.0 | 30000.0 | * | |
| Activities (4) | | | | | |
| Antihepatotoxic 75-100 mg/kg ivn mus Antioxidant Cytoprotective RNA-genic | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | | |
| | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | | |
| SILYBIN | Plant | -- | -- | * | |

| | | | | |
|-------------------------------------|---|--------|----------|---|
| Activities (4) | | | | |
| Antihepatotoxic ivn mus | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | |
| Antioxidant | | | | |
| Cytoprotective | | | | |
| RNA-genic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. | | | |
| SILYBIN-A | Fruit | -- | 86400.0 | * |
| SILYBIN-B | Fruit | -- | 86400.0 | * |
| SILYBININ | Fruit | -- | -- | * |
| SILYBINOME | Seed | -- | -- | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| SILYBONOL | Seed | -- | 10200.0 | * |
| SILYBUM-MARIANUM-POLYACETYLENE-IX | Shoot | -- | -- | * |
| SILYBUM-MARIANUM-POLYACETYLENE-IX | Root | -- | 100.0 | * |
| SILYBUM-MARIANUM-POLYACETYLENE-VII | Root | -- | 15.0 | * |
| SILYBUM-MARIANUM-POLYACETYLENE-VIII | Shoot | -- | -- | * |
| SILYBUM-MARIANUM-POLYACETYLENE-X | Root | -- | 10.0 | * |
| SILYBUM-MARIANUM-POLYACETYLENE-XI | Root | -- | 10.0 | * |
| SILYBUM-MARIANUM-POLYACETYLENE-XII | Root | -- | 10.0 | * |
| SILYBUM-MARIANUM-POLYACETYLENE-XIII | Root | -- | 12.0 | * |
| SILYCHRISTIN | Plant | -- | -- | * |
| Activities (1) | | | | |
| Hepatoprotective | 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 253. | | | |
| SILYCHRISTIN | Seed | -- | 1000.0 | * |
| Activities (1) | | | | |
| Hepatoprotective | 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 253. | | | |
| SILYCHRISTIN | Fruit | 7000.0 | 147500.0 | * |
| Activities (1) | | | | |
| Hepatoprotective | 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 253. | | | |
| SILYDIANIN | Fruit | 100.0 | 21300.0 | * |
| Activities (1) | | | | |
| Hepatoprotective | 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 253. | | | |
| SILYDIANIN | Seed | -- | -- | * |
| Activities (1) | | | | |
| Hepatoprotective | 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 253. | | | |
| SILYDIANIN | Plant | -- | -- | * |

| Activities (1) | | | | |
|-----------------------------------|--|--------|---------|---|
| Hepatoprotective | 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 253. | | | |
| SILYHERMIN | Plant | -- | -- | * |
| SILYHERMIN | Seed | -- | -- | * |
| SILYMARIN | Fruit | 7000.0 | 45000.0 | * |
| Activities (16) | | | | |
| Anticirrhotic 450 mg/man/day | Martindale's 28th | | | |
| Antidiabetic 600 mg/man/day | | | | |
| Antierhythmic | Jim Duke's personal files. | | | |
| Antihepatotic | 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. | | | |
| Antiinflammatory | | | | |
| Antileukotriene | | | | |
| Antilipoperoxidant IC76=50 | | | | |
| Antioxidant 10 x tocopherol | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. | | | |
| Antiulcer 50-100 mg/kg | | | | |
| Antiviral | Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart. | | | |
| Glutathionigenic | | | | |
| Hepatoprotective 50 mg/kg ivn mus | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | |
| Hypolipidemic | 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. | | | |
| Laxative | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. | | | |
| Proteinogenic | | | | |
| Sunscreen | Jim Duke's personal files. | | | |
| SILYMARIN | Seed | 7000.0 | 60000.0 | * |
| Activities (16) | | | | |
| Anticirrhotic 450 mg/man/day | Martindale's 28th | | | |
| Antidiabetic 600 mg/man/day | | | | |
| Antierhythmic | Jim Duke's personal files. | | | |
| Antihepatotic | 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. | | | |
| Antiinflammatory | | | | |
| Antileukotriene | | | | |
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| Antioxidant 10 x tocopherol | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. | | | |
| Antiulcer 50-100 mg/kg | | | | |
| Antiviral | Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart. | | | |
| Glutathionigenic | | | | |
| Hepatoprotective 50 mg/kg ivn mus | Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176) | | | |
| Hypolipidemic | 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. | | | |
| Laxative | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. | | | |
| Proteinogenic | | | | |
| Sunscreen | Jim Duke's personal files. | | | |
| SILYMONIN | Plant | -- | -- | * |
| Activities (1) | | | | |
| Hepatoprotective | 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 253. | | | |
| SILYMONIN | Fruit | -- | -- | * |

| | | | | | |
|-----------------------------|---|----|----------|------|---|
| Activities (1) | | | | | |
| Hepatoprotective | 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 253. | | | | |
| SODIUM | Leaf | -- | -- | | * |
| Activities (1) | | | | | |
| Hypertensive | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| SODIUM | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Activities (1) | | | | | |
| Hypertensive | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. | | | | |
| STEARIC-ACID | Seed | -- | -- | | * |
| 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. | | | | |
| STEARIC-ACID | Seed Oil | -- | 178000.0 | 0.52 | * |
| 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. | | | | |
| STEARIC-ACID | Plant | -- | -- | | * |
| 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. | | | | |
| TAXIFOLIN | Seed | -- | -- | | * |

| Activities (17) | | | | | |
|--------------------------------------|--|--|--|--|--|
| Aldose-Reductase-Inhibitor 60 uM pig | Haraguchi, H., Ohmi, I., Masuda, H., Tamura, Y., Mizutani, K., Tanaka, O., Chou, W. H. 1996. Inhibition of Aldose Reductase by Dihydroflavonols in Engelhardtia chrysolepis and Effects on Other Enzymes. <i>Experientia</i> , 52(6): 564-567. | | | | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Anticomplementary 1/3 aspirin | | | | | |
| Antihepatotoxic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 198. | | | | |
| Antiinflammatory | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Antimutagenic | <i>Economic & Medicinal Plant Research</i> , 6: 235. | | | | |
| Antioxidant | Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp. | | | | |
| Antitumor | | | | | |
| Antiviral | | | | | |
| Cancer-Preventive | Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Fungicide | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Hepatoprotective | <i>Advance in Chinese Medicinal Materials Research.</i> 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 253. | | | | |
| Lipoxygenase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Oxidase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Pesticide | | | | | |
| RNA-genic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |

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|-----------|-------|-------|--------|---|--|
| TAXIFOLIN | Fruit | 100.0 | 8000.0 | * | |
|-----------|-------|-------|--------|---|--|

| Activities (17) | | | | | |
|--------------------------------------|--|--|--|--|--|
| Aldose-Reductase-Inhibitor 60 uM pig | Haraguchi, H., Ohmi, I., Masuda, H., Tamura, Y., Mizutani, K., Tanaka, O., Chou, W. H. 1996. Inhibition of Aldose Reductase by Dihydroflavonols in Engelhardtia chrysolepis and Effects on Other Enzymes. <i>Experientia</i> , 52(6): 564-567. | | | | |
| Antibacterial | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Anticomplementary 1/3 aspirin | | | | | |
| Antihepatotoxic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Antiherpetic | <i>Economic & Medicinal Plant Research</i> , 5: 198. | | | | |
| Antiinflammatory | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Antimutagenic | <i>Economic & Medicinal Plant Research</i> , 6: 235. | | | | |
| Antioxidant | Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp. | | | | |
| Antitumor | | | | | |
| Antiviral | | | | | |
| Cancer-Preventive | Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp. | | | | |
| Fungicide | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Hepatoprotective | <i>Advance in Chinese Medicinal Materials Research.</i> 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 253. | | | | |
| Lipoxygenase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Oxidase-Inhibitor | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |
| Pesticide | | | | | |
| RNA-genic | Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp. | | | | |

| | | | | | |
|----------|------|-----|-----|-------|---|
| THIAMINE | Leaf | 0.7 | 3.0 | -0.54 | * |
|----------|------|-----|-----|-------|---|

| | | | | | |
|-----|------|-----|------|------|---|
| TIN | Leaf | 9.0 | 42.0 | 3.16 | * |
|-----|------|-----|------|------|---|

| Activities (4) | | | | | |
|----------------|--|--|--|-------------------|--|
| Antiacne | | | | | |
| Antibacterial | | | | | |
| Pesticide | | | | | |
| Taenicide | | | | Martindale's 28th | |

| | | | | | |
|-----|-------|----|------|------|--|
| TIN | Plant | -- | 42.0 | 1.44 | Pedersen, M. 1987. <i>Nutritional Herbology.</i> Pederson Publishing. Bountiful, Utah. 377 pp. |
|-----|-------|----|------|------|--|

| Activities (4) | | | | | |
|----------------|--|--|--|--|-------------------|
| Antiacne | | | | | |
| Antibacterial | | | | | |
| Pesticide | | | | | |
| Taenicide | | | | | Martindale's 28th |

| | | | | | |
|---|-------|-----|--------|-------|--|
| TRIAMINE | Seed | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| TRIDEC-1-ENE-3-5-7-9-11-PENTAYNE | Shoot | -- | -- | | * |
| TRIDEC-1-ENE-3-5-7-9-11-PENTAYNE | Root | 1.0 | 1000.0 | -0.88 | * |
| TRIDEC-12-ENE-4-6-8-10-TETRAYN-1-AL | Root | -- | 400.0 | | * |
| TRIDECA-1-11-DIENE-3-5-7-9-TETRAYNE | Root | 3.0 | 3000.0 | 1.73 | * |
| TRIDECA-1-11-DIENE-3-5-7-9-TETRAYNE | Shoot | -- | -- | | * |
| TRIDECA-1-3-11-TRIENE-5-7-9-TRIYNE | Shoot | -- | -- | | * |
| TRIDECA-1-3-11-TRIENE-5-7-9-TRIYNE | Root | -- | 15.0 | | * |
| TRIDECA-3,5-DIENE-7,9,11-TRIYN-1-OL-ACETATE | Root | -- | 100.0 | | * |
| TRIDECADIEN-(1,11)-TETRAIN-(3,5,7,9) | Root | -- | 3.0 | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| TRIDECADIEN-(3,5)-TRIIN-(7,9,11)-OL-(1)-ACETATE | Root | -- | 0.1 | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| TRIDECATRIEN-(1,3,11)-TRIIN-(5,7,9) | Root | -- | 0.015 | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| TRIDECEN-(1)-PENTAIN(3,5,7,9,11) | Root | -- | 1.0 | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| TRIDECEN-(12)-TETRAIN-(4,6,8,10)-AL-(1) | Root | -- | 0.4 | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| TYRAMINE | Seed | -- | -- | | * |

| Activities (11) | |
|---------------------------------|--|
| Adrenergic | Merck 11th Edition |
| Antiaggregant | |
| Cardiovascular 0.8 ivn cat | 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. |
| Cardiovascular 30 mg/kg scu mus | 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. |
| Hypertensive | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Insectifuge | Grainge, M. and Ahmed, S., Handbook of Plants with Pest-Control Properties, John Wiley & Sons, New York, NY, 1988, 470. |
| Neurotoxic 1 mg/kg ivn dog | 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. |
| Pesticide | |
| Sympathomimetic | |
| Vasoconstrictor | |
| Vasopressor | |

| | | | | | |
|----------|-------|----|----|--|---|
| TYRAMINE | Plant | -- | -- | | * |
|----------|-------|----|----|--|---|

Activities (11)

| | |
|---------------------------------|--|
| Adrenergic | Merck 11th Edition |
| Antiaaggregant | |
| Cardiovascular 0.8 ivn cat | 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. |
| Cardiovascular 30 mg/kg scu mus | 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. |
| Hypertensive | Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp. |
| Insectifuge | Grainge, M. and Ahmed, S., Handbook of Plants with Pest-Control Properties, John Wiley & Sons, New York, NY, 1988, 470. |
| Neurotoxic 1 mg/kg ivn dog | 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. |
| Pesticide | |
| Sympathomimetic | |
| Vasoconstrictor | |
| Vasopressor | |

| | | | | | |
|-------|-------|----|----------|-------|---|
| WATER | Plant | -- | 882000.0 | 0.48 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| WATER | Leaf | -- | 780000.0 | -0.14 | * |
| ZINC | Plant | -- | 3.3 | -0.48 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |

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 | |

| | |
|--|--|
| Antinycatopic | |
| 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 | |
| Antiplateau | Martindale's 29th |
| Antiprolactin | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Antiprostataic 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 |

ZINC Leaf 0.7 3.3 -0.51 *

Activities (77)

| | |
|--|--|
| ACE-Inhibitor | |
| Analgesic | |
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| 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 | |
| Antiplateque | 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 |
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| 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 | |
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| Spermigenic 60 mg/day | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |
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| Vulnerary | Martindale's 28th |