

# List of All Chemicals

## Tragopogon porrifolius (Asteraceae)

### Common name(s)

Salsify

### How used

Food

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

Chemical	Part	All <input type="button" value="v"/>	Low PPM	High PPM	StdDev	*Reference
9,10-EPOXYSTEARIC-ACID	Plant		--	--		*
ALUMINUM	Root		--	56.0	-0.28	*
<b>Activities (5)</b>						
Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.					
Antivaginitic	Martindale's 28th					
Candidicide	Martindale's 28th					
Encephalopathic	Martindale's 29th					
Pesticide						
ARSENIC	Root		--	0.11	-0.2	*
<b>Activities (2)</b>						
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.					
Pesticide						
ASCORBIC-ACID	Root		80.0	491.0	-0.37	*
<b>Activities (112)</b>						
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 reservev 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 reservev insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95					
AntiCFS 500-1,000 mg						
AntiCTS 1,000 mg 3x/day						
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th					
AntiLyme 500-2,000 mg						
AntiRaynaud's 500 mg 1-2x/day						
Antiaggregant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservev 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 reservev 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						
Antidecubitic 500	Martindale's 28th					

## Antidementia

Antidepressant 2,000 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

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

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

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

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

Antidote (Paraquat) Martindale's 28th

Antieczemic 3.5-5 g/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiedemic 1 g/man/day Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

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

Antiendometriotic 2,000 mg/day

Antifatigue 500-1,000 mg

Antifibrotic 1,000-2,000 mg

Antigallstone 1,000-3,000 mg/day

Antigastritic

Antigingivitic

Antiglaucomic 2 g/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antihangover 1,000 mg

Antihemorrhagic 1 g/man/day Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antihepatitic 2-6 g/man/day Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antihepatotoxic Economic & Medicinal Plant Research, 6: 189.

Antiherpetic 1-5 g/day

Antihistaminic 2 g/day oral

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

Antimaclitic

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

Antioesity 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 Challe, 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

Antiscorbatic 10 mg/man/day Martindale's 28th

Antiseptic MIC=3.3-217 mg/ml Martindale's 28th

Antiseptic 4-8 g/day Challe, 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 Challe, 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)

Antitumor

Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

BETA-CAROTENE

Root

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0.268

-0.43

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**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.

CALCIUM

Root

480.0

2610.0

-0.52

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**Activities (28)**

AntiPMS 1 g/day	
Antiallergic 500 mg/day	
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontitic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	
Tranquilizer 500-1,500 mg/day	
Vasodilator	

CAOUTCHOUC	Root	--	2000.0		*
CARBOHYDRATES	Root	186000.0	888000.0	0.74	*
CHLORINE	Root	--	460.0	-1.37	*

**Activities (7)**

Antibacterial	Martindale's 29th
Antiherpetic	Martindale's 29th
Antiseptic	Martindale's 29th
Antiviral	Martindale's 29th
Candidicide	Martindale's 29th
Fungicide	Martindale's 29th
Pesticide	Martindale's 29th

COPPER	Root	--	1.0	-1.19	*
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**Activities (12)**

Antianemic	
Antiarthritic	
Antidiabetic 2-4 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifatigue	
Antiinflammatory	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinociceptive	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic	
Cardioprotective	
Contraceptive	Martindale's 28th
Hypocholesterolemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator	
Schizophrenigenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

FAT	Root	2000.0	39150.0	0.54	*
FIBER	Root	2000.0	78300.0	-0.22	*

Activities (15)					
Angiotensin-Receptor-Blocker					
Antidiabetic					
Antihypertensive					
Antiobesity					
Antitumor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antiulcer	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Beta-Blocker					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Cardioprotective					
Diuretic					
Hypocholesterolemic					
Hypotensive 10 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Hypouricemic					
Laxative					
Vasodilator					

GUM	Seed	--	10000.0	-0.74	*
HYDROXYDIEN-ACID	Plant	--	--		*
INULIN	Root	--	--		*

Activities (19)					
Alcohol-Dehydrogenase-Inhibitor (diagnostic)=50 mg/kg/ivn/man		Martindale's 29th			
Anticolic?					
Antidiabetic					
Antidiarrheic					
Antiobesity?					
Antiosteoporotic?					
Bifidogenic					
Chemopreventive (Breast Cancer)					
Chemopreventive (Colon Cancer)					
Expectorant		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.			
Gastrostimulant					
Hypocholesterolemic					
Hypoglycemic					
Immunostimulant					
Laxative					
Lipolytic					
Prebiotic					
Probiotic					
Probiotigenic					

IRON	Root	7.0	67.0	-0.34	*
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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					

ISOORIENTIN	Plant	--	--		*
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Activities (4)					
Antioxidant					
Antiperoxidant		Planta Medica, 57: A110, 1991.			
Larvostat IC50=2.6-3.5 mM/kg 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.			
Pesticide					

ISOVITEXIN	Plant	--	--		*
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**Activities (4)**

ACE-Inhibitor IC50=0.28 mM/l

Antioxidant #NAME?

Antioxidant >BHA Nigg, H.N. and Seigler, D.S., eds. 1992. *Phytochemical Resources for Medicine and Agriculture*. Plenum Press, New York. 445 pp.Cancer-Preventive Stitt, P. A. *Why George Should Eat Broccoli*. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

LUCENIN-1	Plant	--	--	*
LUTEOLIN	Plant	--	--	*

**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. *Fitoterapia* 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 *Planta Medica*, 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. *Am J Chin Med*, 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. *Fitoterapia* 64(2): 130, 1993.

Anticomplementary

Antidermatic Bisset, N.G., ed. 1994. *Herbal Drugs and Phytopharmaceuticals*. CRC Press. Boca Raton, FL. 566 pp.

Antiastrogenic

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.

Antiherpetic 11-23 ug/ml

Antihistaminic &lt;10-15 uM

Antiinflammatory #NAME? Wichtl, M. 1984. *Teedrogen. Ein Handbuch für Apotheker und Ärzte*. 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. *Am J Chin Med*, 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. *Am J Chin Med*, 31(1):37-46.

Antimutagenic ID50=2-5 nM

Antimutagenic ID50=0.44 ug/ml

Antinociceptive

Antioxidant IC50=10 uM

Antipolio

*Economic & Medicinal Plant Research*, 5: 197.

Antiproliferant

Antispasmodic 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.

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. *Am J Chin Med*, 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. *Am J Chin Med*, 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. *Am J Chin Med*, 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. *Am J Chin Med*, 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. *Am J Chin Med*, 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. *Am J Chin Med*, 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. *Am J Chin Med*, 31(1):37-46.

Antitussive

Antiviral 11-23 ug/ml

Aphidifuge

Apoptotic 12-50 uM

Aromatase-Inhibitor IC35=1 uM/l *Journal of Medicinal Food* 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	
Succinioxidase-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	

**MAGNESIUM**

Root

140.0

1000.0

-0.83

\*

**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. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic 400 mg/day	
Anticephalagic	
Anticlimacteric 500-750 mg/day	
Anticonvulsant	Facciola, S. 1998. <i>Cornucopia - A Source Book of Edible Plants.</i> Kampong Publications, Vista CA. 713 pp.
Anticoronary 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance.</i> 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	
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.
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	
Antiplateau 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE

Root

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12.0

-0.4

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<b>Activities (14)</b>	
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	

NIACIN	Root	5.0	22.0	-0.82	*
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<b>Activities (39)</b>	
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	
Antiambyopic	
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).
Serotonenergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Vasodilator	Martindale's 29th

ORIENTIN	Plant	--	--		*
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Activities (4)	
Antiinflammatory	Fitoterapia No.61: 263, 1990.
Antioxidant	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

PHOSPHORUS	Root	500.0	3262.0	-0.04	*
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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	Root	1830.0	16964.0	0.09	*
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Activities (14)	
Angiotensin-Receptor-Blocker	
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

PROTEIN	Seed	--	177000.0	-0.51	*
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PROTEIN	Root	14000.0	143550.0	0.28	*
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QUERCITRIN	Plant	--	--		*
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**Activities (44)**

ACE-Inhibitor IC50=0.67 mM/	
Aldose-Reductase-Inhibitor IC50=2 uM	Terashima, S., Shimizu, M., Nakayama, H., Ishikura, M., et al. 1990. Studies on Aldose Reductase Inhibitors from Medicinal Plant of 'Sinfito,' <i>Potentilla candicans</i> , and Further Synthesis of Their Related Compounds. <i>Chem. Pharm. Bull</i> 38(10):2733-2736, 1990
Aldose-Reductase-Inhibitor IC55=0.15 uM	
Aldose-Reductase-Inhibitor 0.1-100 uM	
Aldose-Reductase-Inhibitor 0.5-4 ug/ml	
Aldose-Reductase-Inhibitor IC50=64 uM rat	Al-Khalil, S. 1996. Inhibition of Lens Alkaloids Reductase by Protopine Alkaloids. <i>Saudi Pharm J</i> , 4(1): 45-47.
Aldose-Reductase-Inhibitor IC55=0.1 uM	
Antiarrhythmic	
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.
Anticataract	
Antiedemic	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Antifeedant IC52=<1,000 ppm diet	Lydon, J. & Duke, S., <i>The potential of pesticides from plants</i> , pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices &amp; Medicinal Plants: Recent Advances in Botany, Horticulture, &amp; Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Antiflu	Leung, A.Y., <i>Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics</i> , John Wiley & Sons, New York, 1980.
Antihemorrhagic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antihepatotoxic	
Antiherpetic	<i>Economic &amp; Medicinal Plant Research</i> , 5: 198.
Antiinflammatory	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Antimutagenic ID50=2-5 nM	<i>Phenolic Compounds in Food and Their Effects on Health. Antioxidants &amp; Cancer Prevention.</i> Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. <i>ACS Symposium Series 507.</i> ACS, Washington 402 pp.
Antioxidant IC50=120 uM	
Antipurpuric	
Antispasmodic	
Antistaphylococcic 0.41%	
Antithrombogenic	
Antitumor	
Antiulcer	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antiviral	
CNS-Depressant	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardiotonic	
Choleretic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients 2nd Ed.</i> John Wiley & Sons, New York. 649 pp.
Cyclooxygenase-Activator 200 uM	Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. <i>Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D)</i> , 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Detoxicant	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients 2nd Ed.</i> John Wiley & Sons, New York. 649 pp.
Diuretic	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> CRC Press, Boca Raton, FL 388 pp.
Dye	Merck 11th Edition
Hemostat	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Hepatotonic	
Hypoglycemic	<i>Economic &amp; Medicinal Plant Research</i> , 6: 189.
Hypotensive	
Insectiphile	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-A-Inhibitor	
MAO-Inhibitor	
Paralytic	
Pesticide	
Vasopressor	

RIBOFLAVIN

Root

1.0

10.0

1.3

\*

**Activities (15)**

AntiLyme 50 mg/day	
Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalagic	
Anticervicaldysplasic 1.6-10 mg/day	
Anticheilitic	
Antidecubitic	
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antikeratitic	
Antimigraine	
Antioxidant	
Antipellagic	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SODIUM Root 80.0 870.0 -0.11 \*

**Activities (1)**

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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SULFUR Root -- 250.0 -0.73 \*

**Activities (14)**

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

THIAMIN Root 1.0 3.0 -0.33 \*

**Activities (31)**

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

VICENIN-1	Plant	--	--	*
VICENIN-2	Plant	--	--	*

**Activities (12)**

ACE-Inhibitor IC50=0.2 mM/l	
Antiangiogenic	
Anticancer	
Anticancer (Prostate)	
Anticarcinomic	
Antiinflammatory ED50=148 (ipr mus)	
Antiproliferant	
Apoptotic	
Cyclin-B1-Inhibitor	
Cyclin-D1-Inhibitor	
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Radioprotective	

VITEXIN	Plant	--	--	*
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**Activities (18)**

ACE-Inhibitor 5 ug/ml	
ACE-Inhibitor IC50=0.3 mM/l	
Aldose-Reductase-Inhibitor IC15=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 5 ug/ml	Okamoto, Y., Yoshizawa, T. 1994. Angiotensin-Converting Enzyme Inhibitors and Aldose Reductase Inhibitors Containing Passiflora quadraquilaris Extracts or Vitexin. Patent, Japan Kokai Tokyo Koho-06,293,657. 4pp.
Antiarrhythmic	Jim Duke's personal files.
Antibradiquinic	Fitoterapia No.61: 277, 1990.
Antidermatitic	
Antihistaminic	
Antiinflammatory	Fitoterapia No.61: 263, 1990.
Antioxidant	
Antiserotoninic	
Antithyroid	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Aphidifuge	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Goitrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Hypotensive	
Thyroid-Peroxidase-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.
cAMP-Phosphodiesterase-Inhibitor IC50=1.6 mg/ml	Schussler, M., Fricke, U., Nikolov, N., and Holz, J. 1991. Comparison of the Flavonoids Occurring in <i>Crataegus</i> species and Inhibition of 3',5'-Cyclic Adenosine Monophosphate Phosphodiesterase. <i>Plant Medica</i> 57: Suppl Issue 2. p.A-133.

WATER	Root	768000.0	776000.0	0.04	*
ZINC	Root	--	2.0	-0.97	*

**Activities (77)**

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

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