

List of All Chemicals

Vigna radiata (Fabaceae)

Common name(s)

Green Gram; Mungbean

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 <input type="button" value="All"/>	Low PPM	High PPM	StdDev	*Reference
ADENOSINE-5'-MONOPHOSPHATE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ADENOSINE-DIPHOSPHATE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ADENOSINE-DIPHOSPHATE-D-RIBOSE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ADENOSINE-TRIPHOSPHATE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (4)

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

ALANINE	Sprout Seedling	990.0	10399.0	-0.9	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antioxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Oxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.

ALANINE	Seed	10500.0	11545.0	0.3	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antioxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Oxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978.

ALPHA-LINOLENIC-ACID	Sprout Seedling	160.0	1681.0	-1.0	USDA's Ag Handbook 8 and sequelae)
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Activities (15)					
5-Alpha-Reductase-Inhibitor					
Antiaggregant	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Antihypertensive					
Antiinflammatory IC50=42 uM					
Antileukotriene-D4 IC50=42 uM					
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antimetastatic	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
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.				
Hypotensive	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Immunostimulant 0.12 ml/man/day	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Lymphocytogenic 0.5 ug/ml	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Propecic					
Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn	Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. Prostaglandins Leukotrienes Essential Fatty Acids, 54(6): 451-455. ARS, USDA.				
Vasodilator					
ALPHA-LINOLENIC-ACID	Seed	270.0	297.0	-0.33	USDA's Ag Handbook 8 and sequelae)

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5-Alpha-Reductase-Inhibitor					
Antiaggregant	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Antihypertensive					
Antiinflammatory IC50=42 uM					
Antileukotriene-D4 IC50=42 uM					
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Antimetastatic	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.				
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
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Vasodilator					
ARACHIDIC-ACID	Seed	117.0	135.0	-0.64	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

ARGININE	Sprout Seedling	1970.0	20693.0	-0.62	USDA's Ag Handbook 8 and sequelae)
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Activities (14)					
Antidiabetic?	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.				
Antiencephalopathic	Martindale's 29th				
Antihepatic	Martindale's 29th				
Antihypertensive					
Antiimpotence					
Antiinfertility 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antioxidant?					
Aphrodisiac 3 g/day					
Diuretic					
Hypoammonemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
NO-Genic					
Pituitary-Stimulant					
Spermigenic 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Vasodilator					
ARGININE	Seed	16720.0	18383.0	-0.26	USDA's Ag Handbook 8 and sequelae)

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Antidiabetic?	Wichtl, M. 1984. Teedrogen. Ein Handbuch für Apotheker und Ärzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Antiencephalopathic	Martindale's 29th
Antihepatic	Martindale's 29th
Antihypertensive	
Antiimpotence	
Antiinfertility 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antioxidant?	
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Hypoammonemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
NO-Genic	
Pituitary-Stimulant	
Spermigenic 4 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

ARSENIC

Seed -- 0.09 0.19 *

Activities (2)

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

ASCORBIC-ACIDSprout 113.0 1506.0 0.12 USDA's Ag Handbook 8 and sequelae)
Seedling**Activities (112)**

Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Aldose-Reductase-Inhibitor	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Analgesic 5-10 g/day	
Angiotensin-Receptor-Blocker	
AntiAGE 2,000 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
AntiCFS 500-1,000 mg	
AntiCTS 1,000 mg 3x/day	
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th
AntiLyme 500-2,000 mg	
AntiRaynaud's 500 mg 1-2x/day	
Antiaggregant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiaging 400 mg/day	
Antiallergic	
Antialzheimeran 2,000-6,000 mg/day	
Antiarthritic 0.2-1 g/day	
Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiatherosclerotic	
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anticataract 1 g 3x/day	
Anticervicaldysplasic 1,000-2,000 mg/day	
Anticlimacteric 500-5,000 mg/day	
Anticold 1-2 g/man/day	
Antidecubitic 500 mg/man/2x/day	Martindale's 28th
Antidementia	
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Aluminum)	Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Paraquat)	Martindale's 28th
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiendometriotic 2,000 mg/day	
Antifatigue 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastritic	
Antigingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 1,000 mg	
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
Antiherpetic 1-5 g/day	
Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileptic 1.5 g/man/day	Martindale's 28th
Antilithic 1,000-3,000 mg/day	
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
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.
Antioosteoarthritic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antioostoporotic 500 mg/day	
Antioxidant 100 ppm	
Antiparkinsonian 1 g 2-3x/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic 1 g 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipneumonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipoliomyelitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiretinotic	
Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbutic 10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	

Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th
Pesticide	
Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

ASCORBIC-ACID Seed 48.0 53.0 -0.31 *

Activities (112)

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Antiallergic	
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Collagenic	
Detoxicant	

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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).				

ASCORBIGEN	Seed	24.0	26.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ASH	Sprout Seedling	3750.0	53025.0	-0.3	USDA's Ag Handbook 8 and sequelae)
ASH	Seed	32210.0	37609.0	-0.31	USDA's Ag Handbook 8 and sequelae)
ASPARAGINE	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (2)

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.
Diuretic	HerbalGram No. 17.

ASPARTIC-ACID	Sprout Seedling	4790.0	50315.0	-0.42	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antimorphinic	Martindale's 28th
Neuroexcitant	Martindale's 28th
Roborant	Merck 11th Edition

ASPARTIC-ACID	Seed	27560.0	30302.0	0.68	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antimorphinic	Martindale's 28th
Neuroexcitant	Martindale's 28th
Roborant	Merck 11th Edition

BEHENIC-ACID	Seed	312.0	360.0	-0.64	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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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.
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BETA-CAROTENE	Sprout Seedling	0.1	1.4	0.05	USDA's Ag Handbook 8 and sequelae)
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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.

BETA-CAROTENE Seed 0.9 1.2 -0.35 USDA's Ag Handbook 8 and sequelae)

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.
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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	
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Colorant	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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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	Sprout Seedling	50.0	500.0	-0.23	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
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Activities (47)

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

BETA-SITOSTEROL	Seed	130.0	150.0	-0.57	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
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Activities (47)

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Anticancer (Lung)	
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Antileukemic	
Antilymphomic	
Antimutagenic 250 ug/ml	
Antiophidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC44=10 uM	
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Antiprostataadenomic	Merck 11th Edition
Antiprostatic 10-20 mg 3 x/day/orl man	
Antipyretic	Neuwinger, H. D. 1996. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
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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	

BIOCHANIN-A

Plant

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Stitt, Paul. Why George should eat broccoli.

Activities (32)

17-beta-hydroxysteroid dehydrogenase-inhibitor 10.8 uM

5-Alpha-Reductase-Inhibitor IC50=35 uM

5-Alpha-Reductase-Inhibitor IC>80=100 uM

Alpha-Reductase-Inhibitor IC50=~35 uM

Antialcoholic

Anticarcinogenic Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

Anticephalagic

Antimutagenic Economic & Medicinal Plant Research, 6: 235.

Antiproliferant

Antiprostataadenomic 8-27 ug/ml Medline (post 1990 searches filed in my computer)

Antiprostatic IC50=~35 uM

Antitumor (GI)

Antitumor (Lung)

Apoptotic >150 uM

Aromatase-Inhibitor IC45=1 uM/l Journal of Medicinal Food 2: 235.1999.

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

Chemopreventive Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

ER-Beta-Binder

Estrogen-Agonist 0.1-1 uM/l Journal of Medicinal Food 2: 139.1999.

Estrogenic EC50=0.1-25 uM/l

Estrogenic 0.1 uM

Flatulent

Fungicide ED50=250-350 ug/ml 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.

Fungistat IC50=200 uM

Herbicide-Safener Chau (1985) in Purseglove et al. Acta Botanica Sinica, 2.

Hypocholesterolemic

Hypolipidemic

Pesticide

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.

Uterotrophic EC50=0.1-25 uM/l Journal of Medicinal Food 2: 227.1999.

VAM-Simulant Chau (1985) in Purseglove et al. Acta Botanica Sinica, 2.

CADMIUM Seed -- 0.165 -0.26 *

Activities (3)

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

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

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

CALCIUM Sprout 110.0 1571.0 -0.48 USDA's Ag Handbook 8 and sequelae)
Seedling

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	

CALCIUM Seed 1183.0 1602.0 -0.47 USDA's Ag Handbook 8 and sequelae)

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	

CAMPESTEROL Sprout 10.0 100.0 -1.0 Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Activities (2)					
Antioxidant IC37=10 uM					
Hypocholesterolemic					Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
CAMPESTEROL	Seed	20.0	25.0	-0.57	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Activities (2)					
Antioxidant IC37=10 uM					
Hypocholesterolemic					Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
CARBOHYDRATES	Sprout Seedling	59300.0	622899.0	0.25	USDA's Ag Handbook 8 and sequelae)
CARBOHYDRATES	Seed	626200.0	688510.0	0.66	USDA's Ag Handbook 8 and sequelae)
CEROTIC-ACID	Seed	819.0	945.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
CHLORINE	Seed	120.0	278.0	-0.17	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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
CHOLINE	Seed	1670.0	1856.0	0.17	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Activities (20)					
Antialzheimeran 5-16 g/man/day					
Antichoreic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticirrhotic 6,000 mg/man/day					
Anticystinuric					
Antidementia					
Antidiabetic					
Antidyskinetic 150-200 mg/kg/man/day					Martindale's 28th
Antihomocysteine					
Antimanic 15-30 g/man/day/orl					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antinociceptive					
Antisteatotic					
Cardiodepressant					
Cerebrotonic					
Cholinergic					Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hepatoprotective					
Hypotensive					
Ileorelaxant					
Lipotropic					
Memorigenic					
Parasympathomimetic (1/1,000th acetylcholine)					Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
COPPER	Sprout Seedling	1.0	23.0	1.37	USDA's Ag Handbook 8 and sequelae)

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

COPPER Seed 9.0 13.0 -0.16 USDA's Ag Handbook 8 and sequelae)

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

COUMESTROL Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Seedling

Activities (13)

Antilipedemic ED50=0.4 mg/kg	
Antimicrobial	
Antiosteoporotic 10 mg/kg	
Estrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Fungicide EC50=>100	
Fungicide IC3-4=100 uM	
Hypocholesterolemic ED50=0.4 mg/kg	
Nematicide ED50=10-15 ug/ml	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Nematostat 5-25 ug/ml	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Peroxidase-Inhibitor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Phytoalexin	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Uterotrophic ED50=0.4 mg/kg	

COUMESTROL Seed -- -- -0.52 H. Adlercreutz, pers. comm.

Activities (13)

Antilipedemic ED50=0.4 mg/kg

Antimicrobial

Antiosteoporotic 10 mg/kg

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

Fungicide EC50=>100

Fungicide IC3-4=100 uM

Hypocholesterolemic ED50=0.4 mg/kg

Nematicide ED50=10-15 ug/ml Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

Nematostat 5-25 ug/ml Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

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

Pesticide

Phytoalexin Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

Uterotrophic ED50=0.4 mg/kg

CYANIDIN-3-GLUCOSIDE	Seed	--	--		*
CYSTINE	Sprout Seedling	170.0	1786.0	-1.19	USDA's Ag Handbook 8 and sequelae)

Activities (2)

Adjuvant Merck 11th Edition

Antihomocystinuric Martindale's 29th

CYSTINE	Seed	2100.0	2309.0	-0.59	USDA's Ag Handbook 8 and sequelae)
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Activities (2)

Adjuvant Merck 11th Edition

Antihomocystinuric Martindale's 29th

CYTIDINE-5'-MONOPHOSPHATE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
DAIDZEIN	Seed	0.3	15.0	-0.46	*

Activities (32)

Antialcoholic	
Antiarrhythmic	
Anticancer	
Anticephalagic	
Antidipsomaniac 150 mg/kg/day	
Antiestrogenic	
Antihemolytic	
Antiinflammatory	
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antimelanomic	
Antimicrobial	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antiosteoporotic	
Antioxidant 1/4 quercetin	
Antiproliferative	
Antiradicular 1/4 quercetin	
Antispasmodic	
Antitumor-Promoter	
Antiviral	
Aromatase-Inhibitor IC28=1 uM/l	Journal of Medicinal Food 2: 235.1999.
Cancer-Preventive	
Coronary-Dilator	
Estrogen-Agonist 0.1-1 uM/l	Journal of Medicinal Food 2: 139.1999.
Estrogenic EC50=0.1-25 uM/l	
Fungicide >100	
Hypotensive ivn	Foster, S. and Yue, C-G. 1992. Herbal Emissaries-Bringing Chinese Herbs to the West. Healing Arts Press, Rochester VT. 356 pp.
Lipase-Inhibitor	
Quinone-Reductase-Inducer	Yannai, S., Day, A. J., Williamson, G., Rhodes, M. J. C. 1998. Characterization of Flavonoids as Monofunctional or Bifunctional Inducers of Quinone Reductase in Murine Hepatoma Cell Lines. Food Chem Toxicol, 36(8): 623-630.
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=3.9 mM	Sun, N. J., Woo, S. H., Cassidy, J. M., Snapka, R. M. 1998. DNA Polymerase and Topoisomerase II Inhibitors From Psoralea corylifolia. J Natural Products, 61: 362-366.
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
VEGF-Inhibitor	

DAIDZEIN Sprout -- -- *

 Seedling

Activities (32)

Antialcoholic	
Antiarrhythmic	
Anticancer	
Anticephalagic	
Antidipsomanic 150 mg/kg/day	
Antiestrogenic	
Antihemolytic	
Antiinflammatory	
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antimelanomic	
Antimicrobial	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antiosteoporotic	
Antioxidant 1/4 quercetin	
Antiproliferative	
Antiradicular 1/4 quercetin	
Antispasmodic	
Antitumor-Promoter	
Antiviral	
Aromatase-Inhibitor IC28=1 uM/l	Journal of Medicinal Food 2: 235.1999.
Cancer-Preventive	
Coronary-Dilator	
Estrogen-Agonist 0.1-1 uM/l	Journal of Medicinal Food 2: 139.1999.
Estrogenic EC50=0.1-25 uM/l	
Fungicide >100	
Hypotensive ivn	Foster, S. and Yue, C-G. 1992. Herbal Emissaries-Bringing Chinese Herbs to the West. Healing Arts Press, Rochester VT. 356 pp.
Lipase-Inhibitor	
Quinone-Reductase-Inducer	Yannai, S., Day, A. J., Williamson, G., Rhodes, M. J. C. 1998. Characterization of Flavonoids as Monofunctional or Bifunctional Inducers of Quinone Reductase in Murine Hepatoma Cell Lines. Food Chem Toxicol, 36(8): 623-630.
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=3.9 mM	Sun, N. J., Woo, S. H., Cassady, J. M., Snapka, R. M. 1998. DNA Polymerase and Topoisomerase II Inhibitors From Psoralea corylifolia. J Natural Products, 61: 362-366.
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
VEGF-Inhibitor	

DAIDZEIN

Plant

--

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Activities (32)

Antialcoholic	
Antiarrhythmic	
Anticancer	
Anticephalagic	
Antidipsomaniac 150 mg/kg/day	
Antiestrogenic	
Antihemolytic	
Antiinflammatory	
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antimelanomic	
Antimicrobial	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antiosteoporotic	
Antioxidant 1/4 quercetin	
Antiproliferative	
Antiradicular 1/4 quercetin	
Antispasmodic	
Antitumor-Promoter	
Antiviral	
Aromatase-Inhibitor IC28=1 uM/l	Journal of Medicinal Food 2: 235.1999.
Cancer-Preventive	
Coronary-Dilator	
Estrogen-Agonist 0.1-1 uM/l	Journal of Medicinal Food 2: 139.1999.
Estrogenic EC50=0.1-25 uM/l	
Fungicide >100	
Hypotensive ivn	Foster, S. and Yue, C-G. 1992. Herbal Emissaries-Bringing Chinese Herbs to the West. Healing Arts Press, Rochester VT. 356 pp.
Lipase-Inhibitor	
Quinone-Reductase-Inducer	Yannai, S., Day, A. J., Williamson, G., Rhodes, M. J. C. 1998. Characterization of Flavonoids as Monofunctional or Bifunctional Inducers of Quinone Reductase in Murine Hepatoma Cell Lines. Food Chem Toxicol, 36(8): 623-630.
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=3.9 mM	Sun, N. J., Woo, S. H., Cassidy, J. M., Snapka, R. M. 1998. DNA Polymerase and Topoisomerase II Inhibitors From Psoralea corylifolia. J Natural Products, 61: 362-366.
Uterotrophic EC50=0.1-25 uM/l	Journal of Medicinal Food 2: 227.1999.
VEGF-Inhibitor	

DALBERGIODIN	Leaf Diffusate	--	3.0		*
DELPHINIDIN-3,5-DIGLUCOSIDE	Seed	--	--		*
DELPHINIDIN-3-(P-COUMARYL)-GLUCOSIDE	Seed	--	--		*
DELPHINIDIN-3-O-BETA-GLUCOSIDE	Seed	--	--		*
DEMTHYLMEDICARPIN	Leaf Diffusate	--	1.0		*
FAT	Sprout Seedling	1350.0	23625.0	-0.57	USDA's Ag Handbook 8 and sequelae)
FAT	Seed	10060.0	14234.0	-1.32	USDA's Ag Handbook 8 and sequelae)
FIBER	Sprout Seedling	7200.0	94500.0	-0.27	USDA's Ag Handbook 8 and sequelae)

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	

FIBER Seed 44950.0 66495.0 -0.54 USDA's Ag Handbook 8 and sequelae)

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	

FLAVADENINE-DINUCLEOTIDE Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

FOLACIN Sprout 0.539 7.105 1.41 USDA's Ag Handbook 8 and sequelae)

Activities (15)

AntiSpina-Bifida	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianemic 5-20 mg/man/day	
Anticervicaldysplasic 8-30 mg/wmn/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticheilitic	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.
Antigingivitic 2-5 mg/day/man	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimyelotoxic 5 mg/day/orl/man	Martindale's 29th
Antineuropathic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontitic	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).
Antipsychotic	Martindale's 29th
Hematopoietic	Merck 11th Edition
Uricosuric	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Xanthine-Oxidase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

FOLACIN Seed 5.8 7.3 1.94 USDA's Ag Handbook 8 and sequelae)

Activities (15)

AntiSpina-Bifida	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianemic 5-20 mg/man/day	
Anticervicaldysplasic 8-30 mg/wmn/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticheilitic	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.
Antingingivitic 2-5 mg/day/man	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimyelotoxic 5 mg/day/orl/man	Martindale's 29th
Antineuropathic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontic	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).
Antipsychotic	Martindale's 29th
Hematopoietic	Merck 11th Edition
Uricosuric	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Xanthine-Oxidase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

FOLIC-ACID Seed 1.4 1.6 -0.35 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (23)

AntiSpina-Bifida	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianemic 5-20 mg/man/day	
Anticervicaldysplasic 8-30 mg/wmn/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticoronary 400 ug/man/day	
Antidementia 10-20 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidepressant 800 ug/day	
Antingingivitic 2-5 mg/day/man	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antigout 10-40 mg/day	
Antiinfertility	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimetaplastic 10 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimyelotoxic 5 mg/day/orl/man	Martindale's 29th
Antineuropathic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiperiodontal 1 mg day	
Antiplaque	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipolyp (preventive)	
Antipsychotic	Martindale's 29th
Cancer-Preventive	
Hematopoietic	Merck 11th Edition
Immunostimulant	
Uricosuric	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Xanthine-Oxidase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

FORMONONETIN Plant -- -- *

Activities (16)

Abortifacient	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.
Anticephalagic	
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antiulcer?	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Estrogenic	Merck 11th Edition
Fungicide ED50=250-350 ug/ml	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.
Fungicide ED50=>100	
Fungicide IC16- 18=100 uM	
Herbicide-Safener	Chau (1985) in Purseglove et al. Acta Botanica Sinica, 2.
Hypocholesterolemic	
Hypolipidemic	
Myorelaxant	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Pesticide	
Topoisomerase-I- Inhibitor	Sanjti, R., Makela, S., Strauss, L., Korman, J., Kostian, M. L. 1998. Phytoestrogens: Potential Endocrine Disruptors in Males. Toxicol Ind Health, 14: 223-237.
VAM-Stimulant	Chau (1985) in Purseglove et al. Acta Botanica Sinica, 2.

FUCOSE	Seed	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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GALACTOSE	Seed	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (1)

Sweetener 0.32 x sucrose	Martindale's 28th
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GENISTEIN	Seed	2.0	21.8	-0.3	*
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Activities (81)

Abortifacient	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.
Aldose-Reductase-Inhibitor IC50=10 uM	
Alpha-Reductase-Inhibitor IC50=35 uM	
Antiaggregant 1-10 ug/ml	Medline (post 1990 searches filed in my computer)
Antiangiogenic 150 uM	
Antiatherosclerotic	Journal of Medicinal Food 2: 163.1999.
Anticancer (Breast) IC50=2.6-6.7 ug/ml	
Anticarcinomic (Breast) IC50=?640 uM	Medline (post 1990 searches filed in my computer)
Anticlimacteric	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Antiendocytotic 100 ug/ml	Medline (post 1990 searches filed in my computer)
Antiestrogenic	
Antifertility	
Antihemolytic	
Antiimplantation	
Antiinflammatory	Journal of Medicinal Food 2: 179.1999.
Antischemic	Medline (post 1990 searches filed in my computer)
Antileukemic >50 ug/ml (185 uM)	
Antileukemic IC50=0.010 ug/ml	Life Sciences 55: 1061.
Antileukotriene IC50=10- 15 uM	Medline (post 1990 searches filed in my computer)
Antilymphomic	
Antimelanomic	Medline (post 1990 searches filed in my computer)
Antimicrobial	
Antimitogenic IC50=12 uM	
Antimutagenic ID50=50- 100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. Phenolic Compounds in Food and Their Effects on Health, Ch.13.
Antineuroblastomic	
Antiosteoporotic	
Antioxidant	Phenolic Compounds in Food and Their Effects on Health, 64.
Antiproliferative 5-45 uM	

Antiprostataadenomic 8-27 ug/ml	Medline (post 1990 searches filed in my computer)
Antiprostatic IC50=35 uM	
Antispasmodic IC50=34 uM	
Antitumor (Breast)	
Antitumor (GI)	
Antitumor (Ovary)	
Antitumor (Prostate)	
Antitumor (Stomach)	
Antiulcer?	
Antiviral	
Apoptotic	
Aromatase-Inhibitor IC30=1 uM/l	Journal of Medicinal Food 2: 235.1999.
Calcium-Antagonist 50 uM gpg	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	Journal of Medicinal Food 2: 163.1999.
Catechol-O-Methyltransferase-Inhibitor	
Cytotoxic >50 ug/ml (185 uM)	Medline (post 1990 searches filed in my computer)
Cytotoxic IC89=10 ug/ml	Planta Medica, 57: A113, 1991.
DOPA-Decarboxylase-Inhibitor	
Estrogen-Agonist 0.1-1 uM/l	Journal of Medicinal Food 2: 139.1999.
Estrogenic EC50=0.1-25 uM/l	
Flatulent	
Fungicide 2.5 mM	Geibel, M. 1994. Sensitivity of the Fungus <i>Cytospora personii</i> to the Flavonoids of <i>Prunus cerasus</i> . <i>Phytochemistry</i> , 38(3): 599-601. 1995.
Fungicide ED50=50->100	
Fungistat IC34=200 uM	
Histidine-Kinase-Inhibitor IC50=110 uM	Medline (post 1990 searches filed in my computer)
Hypocholesterolemic ED50=0.5 mg/kg	
Immunostimulant 2-20 mg/kg orl mus	
Lipase-Inhibitor	
MAO-Inhibitor IC50=60-140 uM	
MAO-Inhibitor IC50=95	
MDR-Inhibitor 200 uM	Castro, A. F., Altenberg, G. A. 1997. Inhibition of Drug Transport by Genistein in Multidrug-Resistant Cell Expressing P-Glycoprotein. <i>Biochem Pharmacol</i> , 53(1): 89-93.
NADH-Ubiquinone-Oxidoreductase-Inhibitor	
Natriuretic	
Ornithine-Decarboxylase-Inhibitor	
PTK-Inhibitor 10-100 uM	
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.
Pesticide	
Phytoalexin	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Pituitary-sensitizer	Medline (post 1990 searches filed in my computer)
Quinone-Reductase-Inducer IC50=4.6 ug/ml	
Topoisomerase-I-Inhibitor IC50=250 ppm	
Topoisomerase-I-Inhibitor 1-10 ug/ml	Okura, A., Arakawa, H., Oka, H., Yoshinari, T., Monden, Y. 1988. Effect of Genistein on Topoisomerase Activity and on the Growth of [VAL 12]HA-RAS-Transformed NIH 3T3 Cells. <i>Biochem Biophys Res Commun</i> , 157: 183-189.
Topoisomerase-II-Inhibitor IC50=1-150 uM	
Topoisomerase-II-Inhibitor 2-7.5 ug/ml	
Topoisomerase-II-Inhibitor IC50=30 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. <i>J Natural Products</i> , 58: 217-225.
Topoisomerase-II-Inhibitor 20 uM	Markovits, J., et al. 1989. Inhibitory Effects of the Tyrosine Kinase Inhibitor Genistein on Mammalian DNA Topoisomerase II. <i>Cancer Research</i> , 49: 5111-5117.
Topoisomerase-II-Poison	Journal of Medicinal Food 2: 167.1999.
Trypanosomastat	Medline (post 1990 searches filed in my computer)
Tyrosine-Kinase-Inhibitor	
Uterotrophic ED50=0.5 mg/kg	
Uterotrophic EC50=0.1-25 uM/l	
VEGF-Inhibitor	

Activities (81)

Abortifacient	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.
Aldose-Reductase-Inhibitor IC50=10 uM	
Alpha-Reductase-Inhibitor IC50=35 uM	
Antiaggregant 1-10 ug/ml	Medline (post 1990 searches filed in my computer)
Antiangiogenic 150 uM	
Antiatherosclerotic	Journal of Medicinal Food 2: 163.1999.
Anticancer (Breast) IC50=2.6-6.7 ug/ml	
Anticarcinomic (Breast) IC50=7640 uM	Medline (post 1990 searches filed in my computer)
Anticlimacteric	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Antijendocytotic 100 ug/ml	Medline (post 1990 searches filed in my computer)
Antiestrogenic	
Antifertility	
Antihemolytic	
Antiimplantation	
Antiinflammatory	Journal of Medicinal Food 2: 179.1999.
Antiischemic	Medline (post 1990 searches filed in my computer)
Antileukemic >50 ug/ml (185 uM)	
Antileukemic IC50=0.010 ug/ml	Life Sciences 55: 1061.
Antileukotriene IC50=10- 15 uM	Medline (post 1990 searches filed in my computer)
Antilymphomic	
Antimelanomic	Medline (post 1990 searches filed in my computer)
Antimicrobial	
Antimitogenic IC50=12 uM	
Antimutagenic ID50=50- 100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. Phenolic Compounds in Food and Their Effects on Health, Ch.13.
Antineuroblastomic	
Antiosteoporotic	
Antioxidant	Phenolic Compounds in Food and Their Effects on Health, 64.
Antiproliferative 5-45 uM	
Antiprostataenomic 8-27 ug/ml	Medline (post 1990 searches filed in my computer)
Antiprostatic IC50=35 uM	
Antispasmodic IC50=34 uM	
Antitumor (Breast)	
Antitumor (GI)	
Antitumor (Ovary)	
Antitumor (Prostate)	
Antitumor (Stomach)	
Antiulcer?	
Antiviral	
Apoptotic	
Aromatase-Inhibitor IC30=1 uM/l	Journal of Medicinal Food 2: 235.1999.
Calcium-Antagonist 50 uM gpg	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	Journal of Medicinal Food 2: 163.1999.
Catechol-O- Methyltransferase-Inhibitor	
Cytotoxic >50 ug/ml (185 uM)	Medline (post 1990 searches filed in my computer)
Cytotoxic IC89=10 ug/ml	Planta Medica, 57: A113, 1991.
DOPA-Decarboxylase- Inhibitor	
Estrogen-Agonist 0.1-1 uM/l	Journal of Medicinal Food 2: 139.1999.
Estrogenic EC50=0.1-25 uM/l	
Flatulent	
Fungicide 2.5 mM	Geibel, M. 1994. Sensitivity of the Fungus <i>Cytospora personii</i> to the Flavonoids of <i>Prunus cerasus</i> . <i>Phytochemistry</i> . 38(3): 599-601. 1995.
Fungicide ED50=50->100	
Fungistat IC34=200 uM	

Histidine-Kinase-Inhibitor IC50=110 uM	Medline (post 1990 searches filed in my computer)
Hypocholesterolemic ED50=0.5 mg/kg	
Immunostimulant 2-20 mg/kg orl mus	
Lipase-Inhibitor	
MAO-Inhibitor IC50=60- 140 uM	
MAO-Inhibitor IC50=95	
MDR-Inhibitor 200 uM	Castro, A. F., Altenberg, G. A. 1997. Inhibition of Drug Transport by Genistein in Multidrug-Resistant Cell Expressing P-Glycoprotein. <i>Biochem Pharmacol</i> , 53(1): 89-93.
NADH-Ubiquinone- Oxidoreductase-Inhibitor	
Natriuretic	
Ornithine-Decarboxylase- Inhibitor	
PTK-Inhibitor 10-100 uM	
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.
Pesticide	
Phytoalexin	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.
Pituitary-sensitizer	Medline (post 1990 searches filed in my computer)
Quinone-Reductase- Inducer IC50=4.6 ug/ml	
Topoisomerase-I-Inhibitor IC50=250 ppm	
Topoisomerase-I-Inhibitor 1-10 ug/ml	Okura, A., Arakawa, H., Oka, H., Yoshinari, T., Monden, Y. 1988. Effect of Genistein on Topoisomerase Activity and on the Growth of [VAL 12]HA-RAS-Transformed NIH 3T3 Cells. <i>Biochem Biophys Res Commun</i> , 157: 183-189.
Topoisomerase-II-Inhibitor IC50=1-150 uM	
Topoisomerase-II-Inhibitor 2-7.5 ug/ml	
Topoisomerase-II-Inhibitor IC50=30 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. <i>J Natural Products</i> , 58: 217-225.
Topoisomerase-II-Inhibitor 20 uM	Markovits, J., et al. 1989. Inhibitory Effects of the Tyrosine Kinase Inhibitor Genistein on Mammalian DNA Topoisomerase II. <i>Cancer Research</i> , 49: 5111-5117.
Topoisomerase-II-Poison	<i>Journal of Medicinal Food</i> 2: 167.1999.
Trypanosomastat	Medline (post 1990 searches filed in my computer)
Tyrosine-Kinase-Inhibitor	
Uterotrophic ED50=0.5 mg/kg	
Uterotrophic EC50=0.1-25 uM/l	
VEGF-Inhibitor	

GLUCOSE Seed -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (7)

Acetylcholinergic

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

GLUTAMIC-ACID Sprout 1610.0 16912.0 -1.33 USDA's Ag Handbook 8 and sequelae)

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. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatisic 125-250 mg 3 x/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiretardation	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Anxiolytic	Merck 11th Edition
Neurotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.

GLUTAMIC-ACID Seed 42640.0 46883.0 0.22 USDA's Ag Handbook 8 and sequelae)

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.

GLUTATHIONE Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Seedling

Activities (7)

ACE-Inhibitor IC50=3.2 ug/ml	
Anticytotoxic	
Antidote (Heavy Metals)	Martindale's 29th
Antieczemic	Martindale's 29th
Antihepatic	Martindale's 29th
Antioxidant	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

GLYCINE Sprout 930.0 6618.0 -1.18 USDA's Ag Handbook 8 and sequelae)
Seedling

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	

GLYCINE Seed 9540.0 10489.0 -0.07 USDA's Ag Handbook 8 and sequelae)

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	

GUANOSINE-5'-MONOPHOSPHATE Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Seedling

HEMICELLULOSE Seed -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

HISTIDINE Sprout 700.0 7353.0 -0.96 USDA's Ag Handbook 8 and sequelae)
 Seedling

Activities (7)

Antiartherosclerotic

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

Antioxidant

Antiulcer

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

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

Oxidant

HISTIDINE Seed 6950.0 7642.0 0.4 USDA's Ag Handbook 8 and sequelae)

Activities (7)

Antiartherosclerotic

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

Antioxidant

Antiulcer

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

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

Oxidant

HOMOGLUTATHIONE Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
 Seedling

HYDROXYGENISTEIN Leaf -- -- *
 Diffusate

HYDROXYLAMINE Root -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

IMIDAZOLEACRYLIC-ACID Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
 Seedling

INOSITOL Seed -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (8)

Antiallopecic

Anticirrhotic

Antidiabetic? Martindale's 29th

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

Cholesterolytic 2,000 mg/man/day

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

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

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

IODINE Seed 0.034 0.037 -0.27 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (12)

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

Antibacterial

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

Antiseptic

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

Antiviral

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

Fungicide

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

Hyperthyroid >1 mm/day/diet

Protisticide

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

IRON	Sprout Seedling	5.6	132.0	0.18	USDA's Ag Handbook 8 and sequelae)
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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	

IRON	Seed	58.0	84.0	-0.31	USDA's Ag Handbook 8 and sequelae)
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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	

ISOLEUCINE	Sprout Seedling	1320.0	13866.0	-0.27	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antiencephalopathic?	Martindale's 29th
Antipellagic	Martindale's 28th
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

ISOLEUCINE	Seed	10080.0	11083.0	0.08	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antiencephalopathic?	Martindale's 29th
Antipellagic	Martindale's 28th
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

ISOQUERCITRIN	Sprout Seedling	--	--	*	
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Activities (22)

ACE-Inhibitor ID50=300 ug/ml rat (24 hr.)

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

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

Anticancer

Antielastase IC50=0.7 ug/ml

Antifeedant Russell, G. B., Phytochemical resources for crop protection, N. Z. J. Technol., 2, 1986, 127-134.

Antiinflammatory

Antinociceptive

Antioxidant 1/4 quercetin

Antioxidant IC50=9.0 uM

Antiradicular 1/4 quercetin

Antitumor

Antitumor-Promoter

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

Capillarigenic

Diaphoretic

Diuretic 10 ppm List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Hypotensive Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.

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

Pesticide

TNF-alpha-Inhibitor

Topoisomerase-II-Inhibitor 550 ug/ml Bernard, F. X., Sable, S., Cameron, B., Provost, J., Desnottes, J. F., Crouzet, J., Blanche, F. 1997. Glycosylated Flavones as Selective Inhibitors of Topoisomerase IV. Antimicrobial Agents & Chemotherapy, 41: 992-998.

KAEMPFEROL

Sprout

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Seedling

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. Plantes medicinales et phytotherapie, 23: 193-201, 1989.

Antigingivitic 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. J. of Natural Products 55(12):1732-1740, 1992.

Antihistaminic 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.

Antiimplantation

Antiinflammatory 20 mg/kg

Antiinflammatory 200 mg/kg ipr rat

Antileukemic IC50=3.1 ug/ml Life Sciences 55: 1061.

Antilymphocytic Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. 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

Anti plaque 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., 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.
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. 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 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 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-7-O-RHAAMNOSIDE	Sprout Seedling	--	--		*
KIEVITONE	Leaf Diffusate	--	24.0	-1.0	*
Activities (3)					
Antibacterial ED50=10 ug/ml	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.				
Fungicide	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					
KILOCALORIES	Sprout Seedling	--	3151.0	-0.53	USDA's Ag Handbook 8 and sequelae)
KILOCALORIES	Seed	3340.0	3815.0	-0.82	USDA's Ag Handbook 8 and sequelae)
LEAD	Seed	--	1.57	-0.25	*
LEUCINE	Sprout Seedling	1750.0	18382.0	-0.91	USDA's Ag Handbook 8 and sequelae)
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.				
LEUCINE	Seed	18470.0	20308.0	0.31	USDA's Ag Handbook 8 and sequelae)
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	Sprout Seedling	420.0	4412.0	-0.96	USDA's Ag Handbook 8 and sequelae)
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).				
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.				
Propepic					
LINOLEIC-ACID	Seed	3570.0	4890.0	-0.88	*

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.
Propepic	

LINOLENIC-ACID Seed 1872.0 2160.0 -0.54 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

LYSINE Seed 16640.0 18296.0 0.84 USDA's Ag Handbook 8 and sequelae)

Activities (4)

Antialkalotic	Martindale's 29th
Antiherpetic 0.5-3 g/day	
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypoarginanemic 250 mg/kg	Martindale's 29th

LYSINE Sprout 1666.0 17437.0 -1.38 USDA's Ag Handbook 8 and sequelae)
Seedling

Activities (4)

Antialkalotic	Martindale's 29th
Antiherpetic 0.5-3 g/day	
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypoarginanemic 250 mg/kg	Martindale's 29th

MAGNESIUM Sprout 176.0 2560.0 1.25 USDA's Ag Handbook 8 and sequelae)
Seedling

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.
Antidiabetriotic 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/ori	
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	

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	
Antigastric	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimitral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplatelet 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Hypotensive 260-500 mg/day					
Immunomodulator					
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Laxative 300-500 mg/day					
Litholytic					
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Neurotransmitter					
Tranquilizer 500-750 mg/day					
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Vasodilator					

MANGANESE	Seedling	1.4	25.0	0.56	USDA's Ag Handbook 8 and sequelae)
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Activities (14)

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

MANGANESE	Seed	9.6	12.2	-0.51	USDA's Ag Handbook 8 and sequelae)
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Activities (14)

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

MANNOSE	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (3)

AntiUTI					
Antiadhesive					
Anticystitic 0.25-1 tsp 3-4 x/day orl man					

MATRESINOL	Seed	--	--	-0.71	H. Adlercreutz, pers. comm.
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MERCURY	Seed	--	0.036	-0.53	*
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Activities (1)

Nephrotoxic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
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METHIONINE Sprout 340.0 3571.0 -0.64 USDA's Ag Handbook 8 and sequelae)
 Seedling

Activities (15)

Anticataract	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidote (Acetaminophen) 10 g/16hr/man/orl	Martindale's 29th
Antidote (Paracetamol) 10 g/16hr/man/orl	Martindale's 29th
Antieczemic	
Antihepatotic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antioxidant	
Antiparkinsonian 1-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Emetic	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.
Glutathionigenic	Martindale's 29th
Hepatoprotective	
Lipotropic	Merck 11th Edition
Urine-Acidifier 200 mg/3x/day/man/orl	Martindale's 28th
Urine-Deodorant	Martindale's 29th

METHIONINE Seed 2860.0 3145.0 -0.3 USDA's Ag Handbook 8 and sequelae)

Activities (15)

Anticataract	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antidote (Acetaminophen) 10 g/16hr/man/orl	Martindale's 29th
Antidote (Paracetamol) 10 g/16hr/man/orl	Martindale's 29th
Antieczemic	
Antihepatotic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antioxidant	
Antiparkinsonian 1-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Emetic	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.
Glutathionigenic	Martindale's 29th
Hepatoprotective	
Lipotropic	Merck 11th Edition
Urine-Acidifier 200 mg/3x/day/man/orl	Martindale's 28th
Urine-Deodorant	Martindale's 29th

MUFA Sprout 220.0 2311.0 -1.31 USDA's Ag Handbook 8 and sequelae)
 Seedling

Activities (13)

Allergenic	
Anemiagenic	
Antiinflammatory IC50=21 uM	
Antileukotriene-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

MUFA Seed 1610.0 1770.0 -0.78 USDA's Ag Handbook 8 and sequelae)

Activities (13)

Allergenic	
Anemiagenic	
Antiinflammatory IC50=21 uM	
Antileukotriene-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

MYRISTIC-ACID

Sprout	--	--	USDA's Ag Handbook 8 and sequelae)
Seedling			

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

Plant	--	--	Stitt, Paul. Why George should eat broccoli.
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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. Phytochemistry, 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. Phytochemistry, 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. J Braz Chem Soc, 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 Mitsuhashi, H. 1989. Isoliquiritigenin: A New Aldose Reductase Inhibitor from Glycyrrhizae Radix. Planta Medica 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	Planta Medica, 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	Economic & Medicinal Plant Research, 5: 197.
Antiinflammatory 20 ppm	
Antileukemic IC50=>10 ug/ml	Life Sciences 55: 1061.
Antimutagenic ID50=50-100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. Phenolic Compounds in Food and Their Effects on Health, 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	Fitoterapia No.5-1990.
Antiviral IC50=15 ug/ml	
Aphidifuge	
Aromatase-Inhibitor IC45=1 uM/l	Journal of Medicinal Food 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).

NIACIN	Sprout	6.8	85.0	-0.25	USDA's Ag Handbook 8 and sequelae)
	Seedling				

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 Seed 21.0 27.0 -0.48 USDA's Ag Handbook 8 and sequelae)

Activities (39)

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

NICKEL Seed -- 3.456 -0.25 *

Activities (3)

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

OLEIC-ACID Sprout 220.0 2311.0 -1.31 USDA's Ag Handbook 8 and sequelae)
 Seedling

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 832.0 1770.0 -0.96 USDA's Ag Handbook 8 and sequelae)

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

P-COUMARIC-ACID Plant -- -- Stitt, Paul. Why George should eat broccoli.

Activities (25)

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

PALMITIC-ACID Sprout 320.0 3361.0 -0.29 USDA's Ag Handbook 8 and sequelae)
Seedling

Activities (13)

5-Alpha-Reductase-Inhibitor	
Antiallopecic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
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 2500.0 4215.0 -0.61 *

Activities (13)

5-Alpha-Reductase-Inhibitor	
Antiallopecic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
Propepic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PANTOTHENIC-ACID Sprout 2.9 48.0 1.0 USDA's Ag Handbook 8 and sequelae)
Seedling

Activities (11)

Antiallergic 100-500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiarthritic 500-2,000 mg/day	
Anticephalagic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticlaudificant?	Martindale's 29th
Antidermatitic	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihypercholesterolemic 300 mg/meal	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiileus?	Martindale's 29th
Antiinsomniac?	Martindale's 29th
Antirheumatic?	Martindale's 29th
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

PANTOTHENIC-ACID Seed 18.0 22.0 0.55 USDA's Ag Handbook 8 and sequelae)

Activities (11)

Antiallergic 100-500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiarthritic 500-2,000 mg/day	
Anticephalagic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticlaudificant?	Martindale's 29th
Antidermatitic	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Antifatigue	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihypercholesterolemic 300 mg/meal	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiileus?	Martindale's 29th
Antiinsomniac?	Martindale's 29th
Antirheumatic?	Martindale's 29th
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

PECTIN Seed -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (24)

Antiatheromic 15 g/man/day	Cerda, J.J. Pectin in Health and Disease. HortScience, 25(12): 1485, 1990.
Antibacterial	
Antidiabetic 10 g/man/day/orl	
Antidiarrheic	Merck 11th Edition
Antienteric	
Antigallstone	
Antigastric	
Antilithic	
Antimetastatic	
Antimutagenic	
Antiobesity	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antitumor (Colon)	
Antitumor (Prostate)	
Antitussive	
Antiulcer	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Chemopreventive	
Demulcent	
Fungicide	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Hemostat	
Hypocholesterolemic	
Hypoglycemic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Peristaltic	
Pesticide	

PHASEOLLIDIN	Leaf	--	13.0	1.0	*
	Diffusate				

Activities (2)

- Fungicide
- Pesticide

PHENYLALANINE	Sprout	1170.0	12290.0	-0.96	USDA's Ag Handbook 8 and sequelae)
	Seedling				

Activities (7)

AntiADD 587 mg/day/orl	Martindale's 29th
Antidepressant 50-4,000 mg/day/man	
Antiparkinsonian 200-500 mg/day/man	Martindale's 28th
Antisickling 690 ug/ml	
Antivilitigic 100 mg/kg/day/orl/man	Martindale's 29th
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Tremorigenic 1,600-12,600 mg/man/day	Martindale's 28th

PHENYLALANINE	Seed	14430.0	15865.0	0.52	USDA's Ag Handbook 8 and sequelae)
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Activities (7)

AntiADD 587 mg/day/orl	Martindale's 29th
Antidepressant 50-4,000 mg/day/man	
Antiparkinsonian 200-500 mg/day/man	Martindale's 28th
Antisickling 690 ug/ml	
Antivilitigic 100 mg/kg/day/orl/man	Martindale's 29th
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Tremorigenic 1,600-12,600 mg/man/day	Martindale's 28th

PHOSPHORUS	Sprout	455.0	6560.0	0.12	USDA's Ag Handbook 8 and sequelae)
	Seedling				

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	Seed	3260.0	4500.0	-0.23	*
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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.			

PHYTIN-PHOSPHORUS	Seed	1480.0	2322.0	0.82	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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PHYTOSTEROLS	Sprout Seedling	150.0	1576.0	0.2	USDA's Ag Handbook 8 and sequelae)
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Activities (2)					
Antiprostatotic					
Hypocholesterolemic					

PHYTOSTEROLS	Seed	230.0	253.0	-0.58	USDA's Ag Handbook 8 and sequelae)
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Activities (2)					
Antiprostatotic					
Hypocholesterolemic					

POTASSIUM	Sprout Seedling	1256.0	18092.0	0.79	USDA's Ag Handbook 8 and sequelae)
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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					

POTASSIUM	Seed	12038.0	14170.0	0.14	USDA's Ag Handbook 8 and sequelae)
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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					

PROLINE	Seed	10950.0	12090.0	0.15	USDA's Ag Handbook 8 and sequelae)
PROTEIN	Sprout Seedling	25740.0	368130.0	0.52	USDA's Ag Handbook 8 and sequelae)
PROTEIN	Seed	234890.0	266541.0	0.29	USDA's Ag Handbook 8 and sequelae)
PUFA	Sprout Seedling	580.0	6092.0	-0.76	USDA's Ag Handbook 8 and sequelae)

Activities (4)

AntiMS	Martindale's 28th
Antiacne	Martindale's 28th
Antieczemic	Martindale's 28th
Antipolyneuritic	Martindale's 28th

PUFA	Seed	3840.0	4222.0	-0.77	USDA's Ag Handbook 8 and sequelae)
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Activities (4)

AntiMS	Martindale's 28th
Antiacne	Martindale's 28th
Antieczemic	Martindale's 28th
Antipolyneuritic	Martindale's 28th

PYRIDOXINE	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (43)

Analgesic 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiMSG-Sensitivity 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiMorning-Sickness	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiPMS 100 mg/day/orl/wmn	Martindale's 29th
AntiPMS 50 mg/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiTMJ 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiacne 50 mg/day	
Antiaaggregant 40 mg/day	
Antianemic 50-400 mg/man/day	
Antiasthmatic 100-200 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiatherosclerotic 40 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiautistic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticarpal-Tunnel 100-150 mg/day/12 wks/orl/man	Martindale's 29th
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 40-50 mg/day	
Antidermatitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Hydrazine) 10 g ivn	Martindale's 29th
Antidyskinetic 250-300 mg/man/4x/day	Martindale's 28th
Antiemetic 20-200 mg/man/day	Martindale's 28th
Antiepileptic 40 mg/day	
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihomocystinuric 40 mg/day	
Antihyperkinetic 1.5-2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihyperventilation 40 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 40 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antilithic 40 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinephritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antineuritic 150 mg/man/day	Martindale's 28th
Antineuropathic 50 mg	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antioxaluric	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiparkinsonian 50 mg/day	
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradiation	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antischizophrenic 50 mg/man/3x/day	Martindale's 28th
Antiseborrheic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antisickling	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antispasmodic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiulcer	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antivertigo	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Dopaminergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Neurotoxic 2-6 g/day for 2-24 mos	Martindale's 29th
Progesteronigenic 40 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

QUERCETIN

Sprout -- -- *

Seedling

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 Bull43(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. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Analgesic	
AntiCrohn's 400 mg/man/3x/day	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> 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. <i>A Textbook of Natural Medicine.</i> 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. <i>Phytotherapy Research</i> 4(5): 201, 1990.
Antiangiogenic	
Antiarthritic	
Antiasthmatic IC50=14 uM	
Antiatherosclerotic	
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.
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. <i>A Textbook of Natural Medicine.</i> 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. <i>A Textbook of Natural Medicine.</i> 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, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.
Antifibrosarcomic	
Antiflu	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Antigastric	Rastitel'nye Resursy, 21: 85.
Antigonadotropic	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	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. <i>Planta Medica</i> 56(2): 171-173, 1990.
Antiherpetic 48-150 ug/ml	
Antihistaminic IC50=<10 uM	
Antihydrophobic	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research.</i> Wiss. Verlag. Stuttgart.
Antihypertensive	Huang, K. C. 1993. <i>The Pharmacology of Chinese Herbs.</i> 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. <i>A Textbook of Natural Medicine.</i> 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	

Antimycarditic	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	
Antipancreatic	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Antiperiodontal	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . 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. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplateau	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiplasmodial IC50=13-64	
Antipodriac	
Antipolio	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiproliferant 10 nM	
Antiprostanoind	
Antiprostatic	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . 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. <i>A Textbook of Natural Medicine</i> . 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. <i>The Pharmacology of Chinese Herbs</i> . CRC Press, Boca Raton, FL 388 pp.
COMT-Inhibitor	
COX-2-Inhibitor <40 uM	
Calmodulin-Antagonist	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
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	
Cytochrome-P450-1A2-Inhibitor	
Cytotoxic ED50=70 ug/ml	Matsukawa, Y., et al. The Effect of Quercetin and Other Flavonoids on Cell Cycle Progresssion 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. <i>Antioxidants & Cancer Prevention</i> . 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.
Larvostat 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., 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.
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	
Tumorigenic 0.1% diet orl rat/yr	Jim Duke's personal files.
Tyrosinase-Inhibitor ID50=70 uM	
Tyrosine-Kinase-Inhibitor	<i>Economic & Medicinal Plant Research</i> , 6: 170.
VEGF-Inhibitor	
Vasodilator	
Xanthine-Oxidase-Inhibitor IC50=>0.4 ug/ml	<i>Chem. & Pharm. Bull.</i> 38: 1772.
Xanthine-Oxidase-Inhibitor IC50=10.6 ug/ml	
Xanthine-Oxidase-Inhibitor 3.1 uM	

cAMP-Phosphodiesterase-Inhibitor iNOS-Inhibitor IC50=20 uM	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
QUINIC-ACID	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Activities (1)					
Choleretic	Fitoterapia No.5-1986.				
RAFFINOSE	Seed	--	8000.0	0.4	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Activities (1)					
Flatugenic	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (<i>Trigonella foenum graecum</i> L.). <i>Plant Foods for Human Nutrition</i> . 46: 77-84, 1994.				
RHAMNOSE	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
RIBOFLAVIN	Sprout Seedling	1.0	15.0	0.22	USDA's Ag Handbook 8 and sequelae)
Activities (15)					
AntiLyme 50 mg/day					
Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th				
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Anticataract 15 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Anticephalagic					
Anticervicaldysplasic 1.6-10 mg/day					
Anticheilitic					
Antidecubitic					
Antiglossitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antikeratitic					
Antimigraine					
Antioxidant					
Antipellagric					
Antiphotophobic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
RIBOFLAVIN	Seed	2.1	2.8	-0.28	USDA's Ag Handbook 8 and sequelae)
Activities (15)					
AntiLyme 50 mg/day					
Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th				
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Anticataract 15 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Anticephalagic					
Anticervicaldysplasic 1.6-10 mg/day					
Anticheilitic					
Antidecubitic					
Antiglossitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Antikeratitic					
Antimigraine					
Antioxidant					
Antipellagric					
Antiphotophobic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
RIBOSE	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ROBININ	Sprout Seedling	--	--		*

Activities (10)

Antiazotemic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticancer	
Antimutagenic ID50=50-100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. Phenolic Compounds in Food and Their Effects on Health, Ch.13.
Antioxidant 1/5 quercetin	
Antiradicular 1/5 quercetin	
Antitumor-Promoter	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Diuretic	
Pesticide	

ROBININ Plant -- -- Stitt, Paul. Why George should eat broccoli.

Activities (10)

Antiazotemic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticancer	
Antimutagenic ID50=50-100 nM	Maga, J.A. Contribution of Phenolic Compounds to Smoke Flavor. Phenolic Compounds in Food and Their Effects on Health, Ch.13.
Antioxidant 1/5 quercetin	
Antiradicular 1/5 quercetin	
Antitumor-Promoter	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Diuretic	
Pesticide	

RUTIN Sprout -- -- *
Seedling

Activities (87)

5-HT-Inhibitor	
Aldehyde-Oxidase-Inhibitor IC27-52=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.
Allelochemic	
AntiCVI 270 mg/man/day	
Antiaggregant ED50=33 nmol/kg iv	
Antiallergic	
Antiapoplectic	
Antiatherogenic	
Antiatherosclerotic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticancer	
Anticapillary-Fragility 20-100 mg orl man	Merck 7th Ed.
Anticataract	
Anticlastogen	
Anticonvulsant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antidementia	Bruneton, J. 1999. Pharmacognosy, Phytochemistry, Medicinal Plants. 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.
Antidermatitic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Antidiabetic	Jin, G-Z., Yamagata, Y., and Tomita, K.-i. 1989. Structure of Rutin Pentamethanol. Chem. Pharm. Bull. 38(2): 297-300, 1990.
Antiedemic 270 mg/day orl man	
Antierhythmic	
Antifeedant	
Antiglaucomic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihematuric	
Antihemorrhoidal	
Antihepatotoxic	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.
Antiherpetic	Economic & Medicinal Plant Research, 5: 198.
Antihistaminic	
Antihypertensive	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

Antiinflammatory 20 mg/kg	
Antimalarial IC50=>100 ug/ml	Khalid, S.A., Farouk, A., Geary**, T.G., and Jensen, J.B. 1985. Potential Antimalarial Candidates From African Plants: An In Vitro Approach Using Plasmodium falciparum*. Journal of Ethnopharmacology, 15: 201-209, 1986.
Antimelanomic	
Antimetastatic	
Antimutagenic ID50=2-5 nM	
Antinephritic	
Antinociceptive	
Antioxidant IC28=30 ppm	
Antioxidant IC50=120 uM	
Antioxidant IC54=10 uM	
Antiperoxidant IC50=10-20 uM	
Antiplatelet	
Antiproliferant 50-75 uM/l	
Antiprotozoal	
Antipurpuric	
Antiradicular 9 x quercetin	
Antispasmodic	
Antisunburn	
Antithrombogenic EC50=500 nM	
Antithyroid IC50=68 uM	
Antitrypanosomic 100 mg/kg	Planta Medica, 57: A44, 1991.
Antitumor	
Antitumor-Promoter	
Antiulcer	
Antivaricose	
Antiviral	
Apoptotic 75 uM/l	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Capillarioprotective	Merck 11th Edition
Catabolic	
Chemopreventive	
Cytoprotective IC50=3 uM	
Estrogenic?	Economic & Medicinal Plant Research, 6: 189.
Hemostat	
Hepatomagenic 20,000 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 20 mg/kg rat	
Hypocholesterolemic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Hypotensive	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Immunomodulator	
Insecticide	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.
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Juvabional	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvostat IC95=4,000-8,000 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 IC75=2.5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Mutagenic	Economic & Medicinal Plant Research, 6: 189.
Myoprotective	
Myorelaxant	Economic & Medicinal Plant Research, 6: 189.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
PAF-Inhibitor	
Pesticide	
Protisticide	
Radioprotective	
Sunscreen	
Topoisomerase-II-Inhibitor IC50=1 ug/ml	Bernard, F. X., Sable, S., Cameron, B., Provost, J., Desnottes, J. F., Crouzet, J., Blanche, F. 1997. Glycosylated Flavones as Selective Inhibitors of Topoisomerase IV. Antimicrobial Agents & Chemotherapy, 41: 992-998.
Vasodilator	
Vasopressor	
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

SALICYLATES	Seed	--	--	-0.34	*
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Activities (7)

Antiaggregant	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antiinflammatory	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antipyretic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antiuricosuric	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hyperglycemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hypoglycemic	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Uricosuric	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

SAPONINS	Seed	500.0	6000.0	-0.42	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
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Activities (5)

- Antihepatomic
- Antimutagenic
- Antitumor (Lung)
- Antitumor (Ovary)
- Immunomodulator

SECOISOLARICRESINOL	Seed	--	8.0	1.41	H. Adlercreutz, pers. comm.
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Activities (3)

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

SERINE	Sprout Seedling	330.0	3466.0	-1.26	USDA's Ag Handbook 8 and sequelae)
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Activities (1)

Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
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SERINE	Seed	11760.0	12930.0	0.45	USDA's Ag Handbook 8 and sequelae)
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Activities (1)

Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
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SFA	Sprout Seedling	460.0	4831.0	0.0	USDA's Ag Handbook 8 and sequelae)
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SFA	Seed	3480.0	3826.0	-0.54	USDA's Ag Handbook 8 and sequelae)
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SHIKIMIC-ACID	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (14)

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

SODIUM	Sprout Seedling	45.0	782.0	-0.04	USDA's Ag Handbook 8 and sequelae)
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Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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SODIUM	Seed	129.0	311.0	-0.22	*
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Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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STACHYOSE	Seed	--	25000.0	0.2	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (1)

Flatulogenic	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (<i>Trigonella foenum graecum</i> L.). <i>Plant Foods for Human Nutrition</i> . 46: 77-84, 1994.
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STEARIC-ACID	Seed	710.0	1170.0	-0.54	*
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Activities (8)

5-Alpha-Reductase-Inhibitor

Cosmetic	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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FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
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Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.)
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Lubricant	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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Perfumery	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
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Propepic

Suppository	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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STEARIC-ACID	Sprout Seedling	80.0	840.0	0.51	USDA's Ag Handbook 8 and sequelae)
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Activities (8)

5-Alpha-Reductase-Inhibitor

Cosmetic	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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FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
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Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.)
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Lubricant	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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Perfumery	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
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Propepic

Suppository	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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STIGMASTEROL	Sprout Seedling	90.0	900.0	0.86	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.)
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Activities (12)

Antihepatotoxic

Antiinflammatory	Lawrence Review of Natural Products, 1995
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Antinociceptive

Antiphidic 2.3 mg ipr mus	Economic & Medicinal Plant Research, 5: 363.
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Antioxidant IC33=10 uM

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

Hypocholesterolemic	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.
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Ovulant

Sedative

STIGMASTEROL Seed 80.0 230.0 -0.24 *

Activities (12)

Antihepatotoxic
 Antiinflammatory Lawrence Review of Natural Products, 1995
 Antinociceptive
 Antiophidic 2.3 mg ipr mus Economic & Medicinal Plant Research, 5: 363.
 Antioxidant IC33=10 uM
 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 Artemisia annua. Plant Science, 75: 161-165, 1991.
 Artemicide LC50=110 ppm Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry. 29(5): 1667-1670. 1990.
 Cancer-Preventive Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
 Estrogenic
 Hypocholesterolemic Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
 Ovulant
 Sedative

SUCROSE Seed -- 18000.0 -0.44 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (14)

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

SULFUR Seed 1880.0 2378.0 -0.09 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

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 Sprout 0.7 10.3 -0.45 USDA's Ag Handbook 8 and sequelae)
 Seedling

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	

THIAMIN Seed 5.4 7.7 0.27 USDA's Ag Handbook 8 and sequelae)

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	

THREONINE Sprout 780.0 8192.0 -0.99 USDA's Ag Handbook 8 and sequelae)
 Seedling

Activities (4)

Antioxidant?	
Antiulcer	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.
FLavor FEMA 1,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

THREONINE Seed 7820.0 8598.0 0.1 USDA's Ag Handbook 8 and sequelae)

Activities (4)

Antioxidant?	
Antiulcer	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.
FLavor FEMA 1,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

TRYPTOPHAN Sprout 370.0 3886.0 -1.0 USDA's Ag Handbook 8 and sequelae)
 Seedling

Activities (29)

Analgesic 750 mg/4x/day/orl/man	Martindale's 29th
Antianxiety 500-1,000 mg/meal	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidepressant 1-3 g/3x/day/orl/man	Martindale's 29th
Antidyskinetic 2-8 g/orl/wmn/day	Martindale's 29th
Antihypertensive	J. Agri. & Food Chemistry, 36: 1079.
Antiinsomniac 1-3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimanic 12 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimigraine 500 mg/man/4x/day	Martindale's 29th
Antioxidant 125 ug/ml	
Antiparkinsonian 2 g 3 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
Antiprostaglandin 250 pg/ml	
Antipsychotic 12 g/man/day	Martindale's 29th
Antirheumatic	Martindale's 29th
Antiscoliotic	
Carcinogenic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypnotic	Martindale's 29th
Hypoglycemic	Economic & Medicinal Plant Research, 6: 157.
Hypotensive 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Insulinase-Inhibitor	Economic & Medicinal Plant Research, 6: 157.
Insulinotonic	J. Agri. & Food Chemistry, 36: 1079.
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prolactinogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Sedative 3-10 g/man/day	
Serotonergic 6-12 g/day/orl/man	Martindale's 28th
Tumor-Promoter	J. Agri. & Food Chemistry, 36: 1079.

TRYPTOPHAN	Seed	2600.0	2859.0	-0.16	USDA's Ag Handbook 8 and sequelae)
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Activities (29)

Analgesic 750 mg/4x/day/orl/man	Martindale's 29th
Antianxiety 500-1,000 mg/meal	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidepressant 1-3 g/3x/day/orl/man	Martindale's 29th
Antidyskinetic 2-8 g/orl/wmn/day	Martindale's 29th
Antihypertensive	J. Agri. & Food Chemistry, 36: 1079.
Antiinsomniac 1-3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimanic 12 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimigraine 500 mg/man/4x/day	Martindale's 29th
Antioxidant 125 ug/ml	
Antiparkinsonian 2 g 3 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
Antiprostaglandin 250 pg/ml	
Antipsychotic 12 g/man/day	Martindale's 29th
Antirheumatic	Martindale's 29th
Antiscoliotic	
Carcinogenic	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Essential	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypnotic	Martindale's 29th
Hypoglycemic	Economic & Medicinal Plant Research, 6: 157.
Hypotensive 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Insulinase-Inhibitor	Economic & Medicinal Plant Research, 6: 157.
Insulinotonic	J. Agri. & Food Chemistry, 36: 1079.
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prolactinogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Sedative 3-10 g/man/day	
Serotonergic 6-12 g/day/orl/man	Martindale's 28th
Tumor-Promoter	J. Agri. & Food Chemistry, 36: 1079.

TYROSINE Seed 7140.0 7850.0 0.03 USDA's Ag Handbook 8 and sequelae)

Activities (8)

Antidepressant?	
Antiencephalopathic	Martindale's 29th
Antiparkinsonian 100 mg/kg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
Antiulcer 256 mg scu	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.
Antiulcer 400 mg/kg ipr rat	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.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

TYROSINE Sprout 520.0 5462.0 -1.03 USDA's Ag Handbook 8 and sequelae)
 Seedling

Activities (8)

Antidepressant?	
Antiencephalopathic	Martindale's 29th
Antiparkinsonian 100 mg/kg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiphenylketonuric	Martindale's 29th
Antiulcer 256 mg scu	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.
Antiulcer 400 mg/kg ipr rat	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.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Monoamine-Precursor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

URIDINE-5'-MONOPHOSPHATE Sprout -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

URIDINE-DIPHOSPHATE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
URIDINE-DIPHOSPHATE-GALACTURONIC-ACID	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
URIDINE-DIPHOSPHATE-GLUCURONIC-ACID	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
URIDINE-DIPHOSPHATE-N-ACETYL-GLUCOSAMINE	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
UROCANIC-ACID	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
VALINE	Sprout Seedling	1300.0	13655.0	-0.67	USDA's Ag Handbook 8 and sequelae)

Activities (3)

Antiencephalopathic Essential	Martindale's 29th
FLavor FEMA 1,000-2,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

VALINE	Seed	12370.0	13600.0	0.2	USDA's Ag Handbook 8 and sequelae)
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Activities (3)

Antiencephalopathic Essential	Martindale's 29th
FLavor FEMA 1,000-2,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

VERBASCOSE	Seed	--	38000.0	0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (1)

Flatulent

VIT-B-6	Sprout Seedling	0.8	11.0	1.0	USDA's Ag Handbook 8 and sequelae)
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VIT-B-6	Seed	3.7	4.3	-0.22	USDA's Ag Handbook 8 and sequelae)
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VIT-B12	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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WATER	Sprout Seedling	--	888140.0	0.76	USDA's Ag Handbook 8 and sequelae)
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WATER	Seed	86100.0	94890.0	-0.51	USDA's Ag Handbook 8 and sequelae)
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XYLOSE	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (3)

Antidiabetic Diagnostic Dye	Martindale's 28th Merck 11th Edition
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ZINC	Sprout Seedling	3.5	48.0	0.49	USDA's Ag Handbook 8 and sequelae)
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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	

Antialoepic	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	
Antiperiodontic	
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 NF-kB-Inhibitor Pesticide	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. J. Pharm. Pharmacol. 42: 657-659, 1990.
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	Seed	26.0	31.0	-0.4	USDA's Ag Handbook 8 and sequelae)
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Activities (77)	
ACE-Inhibitor	
Analgesic	
AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopepic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticolitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antioesity 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.

Antispasmodic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
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 reverse 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 reverse 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 reverse 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 reverse 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 reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
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