

List of Activities

P Basella alba (Basellaceae)

Common name(s)

Vinespinach

How used

Food

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

| Activity | Reference |
|---|--|
| 11B-HSD-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN | |
| 5-Lipoxygenase-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN IC50 (uM)=4 | |
| Acidulant | Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry |
| Chemicals (1) | |
| ASCORBIC-ACID FEMA 6,000 | |
| Adjuvant | Merck 11th Edition |
| Chemicals (1) | |
| CYSTINE | |
| Aldehyde-Oxidase-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN IC70-96=10 uM | |
| Aldose-Reductase-Inhibitor | 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. |
| Chemicals (3) | |
| ASCORBIC-ACID | |
| P-COUMARIC-ACID 4 ug/ml (weak activity) | |
| QUERCETIN 100 uM | |
| Allelochemic | 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. |
| Chemicals (1) | |
| QUERCETIN IC82=1 mM | |
| Allelopathic | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| Chemicals (2) | |
| FERULIC-ACID | |
| P-COUMARIC-ACID | |
| Allergenic | Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp. |

Chemicals (3)

BETA-CAROTENE
NIACIN
QUERCETIN

Analgesic Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.

Chemicals (5)

ASCORBIC-ACID 5-10 g/day
FERULIC-ACID
QUERCETIN
THIAMIN 1-4 g/day
TRYPTOPHAN 750 mg/4x/day/orl/man

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

Chemicals (1)

BETA-CAROTENE

Angiotensin-
Receptor-Blocker

Chemicals (2)

ASCORBIC-ACID
FIBER

Antiacid Martindale's 29th

Chemicals (1)

GLYCINE

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

Chemicals (1)

BETA-CAROTENE

Antiadrodynic

Chemicals (1)

NIACIN

AntiADD Martindale's 29th

Chemicals (1)

PHENYLALANINE 587 mg/day/orl

Antiaflatoxin

Chemicals (1)

QUERCETIN IC50=25 uM

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

Chemicals (1)

ASCORBIC-ACID 2,000 mg/day

Antiaggregant

Chemicals (3)

ASCORBIC-ACID
FERULIC-ACID
QUERCETIN IC50=55 uM

Antiaging

Chemicals (3)

ASCORBIC-ACID 400 mg/day
BETA-CAROTENE
QUERCETIN

Antiakathisic Martindale's 29th

Chemicals (1)

IRON

Antialcoholic

Chemicals (1)

THIAMIN 50-100 mg/day

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

Chemicals (1)

GLYCINE

Antialkali? Martindale's 29th

Chemicals (1)

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

Antialkalotic Martindale's 29th

Chemicals (1)

LYSINE

Antiallergic

Chemicals (5)

ASCORBIC-ACID
CALCIUM 500 mg/day
FERULIC-ACID
NIACIN 50 mg/2x/day
QUERCETIN IC50=14 uM

Antialzheimeran

Chemicals (4)

ASCORBIC-ACID 2,000-6,000 mg/day
NIACIN
QUERCETIN
THIAMIN 100-3,000 mg/day

Antiamblyopic

Chemicals (1)

NIACIN

Antianaphylactic Meli, R., Autore, G., Di Carlo, G., Capasso, F. Inhibitory Action of Quercetin on Intestinal Transit in Mice. *Phytotherapy Research* 4(5): 201, 1990.

Chemicals (1)

QUERCETIN

Antianemic Martindale's 29th

Chemicals (1)

IRON

Antianginal

Chemicals (1)

NIACIN

Antiangiogenic

Chemicals (1)

QUERCETIN

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

Chemicals (1)

THIAMIN

Anti-anxiety Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

CALCIUM

TRYPTOPHAN 500-1,000 mg/meal

Antiarrhythmic

Chemicals (2)

CALCIUM 500-1,500 mg

FERULIC-ACID

Antiarteriosclerotic

Chemicals (1)

HISTIDINE

Antiarthritic

Chemicals (4)

ASCORBIC-ACID 0.2-1 g/day

BETA-CAROTENE

CALCIUM 1,000 mg/day

QUERCETIN

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

Chemicals (3)

ASCORBIC-ACID 1,000 mg/day

BETA-CAROTENE

QUERCETIN IC₅₀=14 uM

Antiatherosclerotic

Chemicals (3)

ASCORBIC-ACID

CALCIUM 500 mg/day

QUERCETIN

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

Chemicals (1)

THIAMIN 1-4 g/day

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

Chemicals (4)

ASCORBIC-ACID

FERULIC-ACID

P-COUMARIC-ACID

QUERCETIN

Antiberiberi

Chemicals (1)

THIAMIN

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

Chemicals (1)

BETA-CAROTENE

Anticancer (Colon)

Chemicals (1)

FERULIC-ACID

Anticancer
(Forestomach)

Chemicals (1)

FERULIC-ACID

Anticancer (Liver)

Chemicals (1)

FERULIC-ACID

Anticancer (Skin)

Chemicals (1)

FERULIC-ACID

Anticanker

Chemicals (2)

IRON

THIAMIN

Anticarcinogenic

Chemicals (1)

FERULIC-ACID

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

Chemicals (1)

BETA-CAROTENE

Anticarcinomic
(Breast) Medline (post 1990 searches filed in my computer)

Chemicals (1)

QUERCETIN IC50=1.5 uM

Anticardiospasmic

Chemicals (1)

THIAMIN

Anticariogenic

Chemicals (1)

QUERCETIN ID50=120 ug/ml

Anticataract

Chemicals (5)

ASCORBIC-ACID 350 mg/day
METHIONINE
NIACIN
QUERCETIN
THIAMIN

Anticervicaldysplasic

Chemicals (2)

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

AntiCFS

Chemicals (1)

ASCORBIC-ACID 500-1,000 mg

Anticheilitic

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

Chemicals (1)

IRON

Antichilblain

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

Chemicals (1)

NIACIN

Anticlastogen

Chemicals (1)

P-COUMARIC-ACID

Anticlimacteric

Chemicals (2)

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

Anticold

Chemicals (1)

ASCORBIC-ACID 1-2 g/man/day

Anticolitic

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

Chemicals (2)

QUERCETIN 400 mg/man/3x/day
THIAMIN

Anticomplementary

Chemicals (1)

QUERCETIN

Anticonvulsant

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

Chemicals (1)

NIACIN 3 g/day

Anticoronary

Chemicals (1)

BETA-CAROTENE 50 mg/man/2 days

AntiCrohn's

Martindale's 29th

Chemicals (2)

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

QUERCETIN 400 mg/man/3x/day

AntiCTS

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Anticystitic

Chemicals (1)

QUERCETIN 1,000 mg/day/4 weeks

Antidecubitic

Chemicals (2)

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

THIAMIN

Antideliriant

Chemicals (1)

THIAMIN

Antidementia

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

Chemicals (4)

ASCORBIC-ACID

NIACIN

THIAMIN

TRYPTOPHAN 3 g/day

Antidepressant

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

Chemicals (5)

ASCORBIC-ACID 2,000 mg/day

CALCIUM

PHENYLALANINE 50-4,000 mg/day/man

QUERCETIN

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

Antidepressant?

Chemicals (1)

TYROSINE

Antidermatitic

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

Chemicals (2)

NIACIN

QUERCETIN

Antidiabetic

Chemicals (4)

ASCORBIC-ACID

FIBER

NIACIN

QUERCETIN

Chemicals (1)

ARGININE

Antidote (Acetaminophen) Martindale's 29th

Chemicals (1)

METHIONINE 10 g/16hr/man/orl

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

Chemicals (2)

ASCORBIC-ACID
CALCIUM

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

Chemicals (1)

ASCORBIC-ACID

Antidote (Hypoglycin-A) Martindale's 29th

Chemicals (1)

GLYCINE

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

Chemicals (2)

ASCORBIC-ACID
CALCIUM

Antidote (Paracetamol) Martindale's 29th

Chemicals (1)

METHIONINE 10 g/16hr/man/orl

Antidote (Paraquat) Martindale's 28th

Chemicals (1)

ASCORBIC-ACID

Antidyskinetic Martindale's 29th

Chemicals (1)

TRYPTOPHAN 2-8 g/orl/wmn/day

Antidysmenorrhic

Chemicals (1)

FERULIC-ACID

Antidyspeptic

Chemicals (1)

THIAMIN

Antidysphagic

Chemicals (1)

NIACIN

Antieczemic

Chemicals (2)

ASCORBIC-ACID 3.5-5 g/day
METHIONINE

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

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antielastase

Chemicals (1)

QUERCETIN IC50=0.8 ug/ml

Antiencephalitic Economic & Medicinal Plant Research, 5: 199.

Chemicals (2)

ASCORBIC-ACID
QUERCETIN

Antiencephalopathic Martindale's 29th

Chemicals (6)

ARGININE
GLYCINE
LEUCINE
THIAMIN
TYROSINE
VALINE

Antiencephalopathic? Martindale's 29th

Chemicals (1)

ISOLEUCINE

Antiendometriotic

Chemicals (1)

ASCORBIC-ACID 2,000 mg/day

Antiepileptic

Chemicals (2)

GLUTAMIC-ACID
NIACIN 3 g/day

Antiescherichic

Chemicals (1)

QUERCETIN

Antiestrogenic

Chemicals (2)

FERULIC-ACID
QUERCETIN

Antifatigue

Chemicals (2)

ASCORBIC-ACID 500-1,000 mg
THIAMIN

Antifeedant 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.

Chemicals (1)

QUERCETIN IC52=<1,000 ppm diet

Antifertility

Chemicals (1)

P-COUMARIC-ACID

Antifibrosarcomic

Chemicals (1)

QUERCETIN

Antifibrotic

Chemicals (1)

ASCORBIC-ACID 1,000-2,000 mg

Antiflu

Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.

Chemicals (1)

QUERCETIN

Antigallstone

Chemicals (1)

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

Antigastric

Rastitel'nye Resursy, 21: 85.

Chemicals (1)

QUERCETIN

Antigastritic

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

Chemicals (3)

ASCORBIC-ACID

GLYCINE

THIAMIN

Antigingivitic

Chemicals (1)

ASCORBIC-ACID

Antiglaucomic

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

Chemicals (1)

ASCORBIC-ACID 2 g/day

Antigonadotropic

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

Chemicals (1)

QUERCETIN

AntiGTF

Chemicals (1)

QUERCETIN ID50=120 ug/ml

Antihangover

Chemicals (3)

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

Antiheartburn

Chemicals (1)

THIAMIN

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

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antihepatitic Martindale's 29th

Chemicals (2)

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

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

Chemicals (1)

METHIONINE

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

Chemicals (4)

ASCORBIC-ACID
FERULIC-ACID
P-COUMARIC-ACID
QUERCETIN

Antiherpetic

Chemicals (5)

ASCORBIC-ACID 1-5 g/day
FERULIC-ACID
LYSINE 0.5-3 g/day
QUERCETIN 48-150 ug/ml
THIAMIN

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

Chemicals (3)

ASCORBIC-ACID 2 g/day orl man
NIACIN 50 mg 2x/day
QUERCETIN IC50=<10 uM

AntiHIV

Chemicals (1)

QUERCETIN

Antihomocystinuric Martindale's 29th

Chemicals (1)

CYSTINE

Antihydrophobic Vlietinck, A.J. and Domisse, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.

Chemicals (1)

QUERCETIN

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

Chemicals (1)

NIACIN 1.5-6 g/day

Antihyperammonemic Martindale's 29th

Chemicals (1)

GLUTAMIC-ACID

Antihyperkeratotic

Chemicals (1)

BETA-CAROTENE

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

Chemicals (1)

CALCIUM

Antihypertensive Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

Chemicals (6)

ARGININE

ASCORBIC-ACID

CALCIUM

FIBER

QUERCETIN

TRYPTOPHAN

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

Chemicals (1)

BETA-CAROTENE

Antiimpotence

Chemicals (1)

ARGININE

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

Chemicals (2)

ARGININE 4 g/day

ASCORBIC-ACID 1 g/day

Antiinflammatory Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.

Chemicals (3)

ASCORBIC-ACID

FERULIC-ACID

QUERCETIN 20-150 mg/kg

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

Chemicals (2)

CALCIUM

TRYPTOPHAN 1-3 g/day

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

Chemicals (1)

NIACIN 1 g/day

Antileishmanic

Chemicals (1)

QUERCETIN IC50=64

Antileptic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1.5 g/man/day

Antileukemic

Chemicals (3)

FERULIC-ACID IC50=25-56 ug/ml

P-COUMARIC-ACID IC50=25-56 ug/ml

QUERCETIN IC50=10 uM

Antileukoplakic

Chemicals (1)

BETA-CAROTENE

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

Chemicals (1)

QUERCETIN

Antilipoperoxidant

Chemicals (2)

BETA-CAROTENE IC71=50 ug/ml

QUERCETIN IC67=50

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

Chemicals (2)

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

GLUTAMIC-ACID

Antilupus Martindale's 28th

Chemicals (1)

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

AntiLyme

Chemicals (3)

ASCORBIC-ACID 500-2,000 mg

NIACIN 50 mg/day

THIAMIN 50 mg

Antimaculitic

Chemicals (2)

ASCORBIC-ACID

BETA-CAROTENE

Antimalarial Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.

Chemicals (1)

QUERCETIN IC50=1-6.4 ug/ml

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

Chemicals (1)

TRYPTOPHAN 12 g/man/day/orl

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

Chemicals (1)

BETA-CAROTENE

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

Chemicals (1)

ASCORBIC-ACID

Antimelanomic

Chemicals (1)

QUERCETIN

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

Chemicals (1)

NIACIN

Antimenopausal

Chemicals (3)

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

TRYPTOPHAN 6 g/day

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

Chemicals (1)

IRON 100 mg/day/wmn/orl

Antimetastatic

Chemicals (1)

QUERCETIN

Antimigraine

Chemicals (3)

ASCORBIC-ACID

THIAMIN

TRYPTOPHAN 500 mg/man/4x/day

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

Chemicals (1)

FERULIC-ACID

Antimorphinic Martindale's 28th

Chemicals (1)

ASPARTIC-ACID

Antimutagenic Economic & Medicinal Plant Research, 6: 235.

Chemicals (4)

ASCORBIC-ACID

BETA-CAROTENE

FERULIC-ACID

QUERCETIN ID50=2-5 nM

Antimyocarditic Economic & Medicinal Plant Research, 5: 199.

Chemicals (2)

QUERCETIN
THIAMIN

Antineoplastic

Chemicals (1)

FERULIC-ACID (Stomach)

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

Chemicals (1)

HISTIDINE

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

Chemicals (2)

NIACIN
THIAMIN 1-4 g/day

Antineuramidase

Chemicals (1)

ASCORBIC-ACID

Antineurasthenic

Chemicals (1)

THIAMIN

Antineuritic

Chemicals (1)

THIAMIN

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

Chemicals (1)

THIAMIN 50 mg

Antinitrosaminic

Chemicals (3)

FERULIC-ACID
P-COUMARIC-ACID
QUERCETIN

Antinitrosic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antinociceptive

Chemicals (1)

QUERCETIN

Antiobesity

Chemicals (3)

ASCORBIC-ACID 1 g 3x/day
CALCIUM
FIBER

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

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (1)

ASCORBIC-ACID 1 g 2x/day

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

Chemicals (3)

ASCORBIC-ACID 500 mg/day

CALCIUM 500-2,000 mg/day

PHOSPHORUS

Antioxidant

Chemicals (9)

ALANINE

ASCORBIC-ACID 100 ppm

BETA-CAROTENE

FERULIC-ACID 3,000 uM

HISTIDINE

METHIONINE

P-COUMARIC-ACID IC24=30 ppm

QUERCETIN IC96=300 ppm

TRYPTOPHAN 125 ug/ml

Antioxidant?

Chemicals (2)

ARGININE

THREONINE

Antiozenic

Chemicals (1)

BETA-CAROTENE

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

Chemicals (1)

QUERCETIN

Antipapillomic

Chemicals (1)

BETA-CAROTENE

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

Chemicals (6)

ASCORBIC-ACID 1 g 2-3x/day

METHIONINE 1-5 g/day

NIACIN 100 mg/day

PHENYLALANINE 200-500 mg/day/man

TRYPTOPHAN 2 g 3 x/day

TYROSINE 100 mg/kg/day

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

Chemicals (1)

ASCORBIC-ACID

Antipellagic Martindale's 28th

Chemicals (2)

ISOLEUCINE
NIACIN

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

Chemicals (1)

QUERCETIN

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

Chemicals (2)

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

Antiperistaltic

Chemicals (1)

QUERCETIN

Antipermeability

Chemicals (1)

QUERCETIN

Antiperoxidant Planta Medica, 57: A110, 1991.

Chemicals (2)

P-COUMARIC-ACID IC50=>100 uM
QUERCETIN

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

Chemicals (1)

QUERCETIN

Antiphenylketonuric Martindale's 29th

Chemicals (2)

TRYPTOPHAN
TYROSINE

Antiphotophobic Martindale's 29th

Chemicals (1)

BETA-CAROTENE 30-300 mg/man/day

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

Chemicals (1)

BETA-CAROTENE

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

Chemicals (1)

QUERCETIN

Antiplasmodial

Chemicals (1)

QUERCETIN IC50=13-64

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

Chemicals (3)

BETA-CAROTENE
CALCIUM 1 g/day
QUERCETIN 500 mg/2x/day/wmn

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

Chemicals (1)

ASCORBIC-ACID

Antipodriac

Chemicals (2)

ASCORBIC-ACID
QUERCETIN

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

Chemicals (1)

QUERCETIN

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

Chemicals (2)

ASCORBIC-ACID
THIAMIN

Antiporphyric Martindale's 28th

Chemicals (1)

BETA-CAROTENE 30-300 mg/man/day

Antiproliferant

Chemicals (2)

BETA-CAROTENE
QUERCETIN 10 nM

Antiprostaglandin

Chemicals (1)

TRYPTOPHAN 250 pg/ml

Antiprostanoid

Chemicals (1)

QUERCETIN

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

Chemicals (3)

GLUTAMIC-ACID 125-250 mg 3 x/day
GLYCINE 125-250 mg 3 x/day
QUERCETIN

Antipruritic Merck 11th Edition

Chemicals (1)

GLYCINE

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

Chemicals (2)

BETA-CAROTENE
QUERCETIN

Antipsychotic Martindale's 29th

Chemicals (1)

TRYPTOPHAN 12 g/man/day

Antipyretic Economic & Medicinal Plant Research, 6: 189.

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (4)

ASCORBIC-ACID

BETA-CAROTENE

FERULIC-ACID EC50=9-15 ug/ml

QUERCETIN IC50=4.6 uM

AntiRaynaud's

Chemicals (2)

ASCORBIC-ACID 500 mg 1-2x/day

NIACIN 1,500-4,000 mg/day

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

Chemicals (1)

GLUTAMIC-ACID

Antiretinotic

Chemicals (1)

ASCORBIC-ACID

Antirheumatic

Chemicals (4)

ASCORBIC-ACID

BETA-CAROTENE

CALCIUM 1,000 mg/day

TRYPTOPHAN

Antirhinitic

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Antiscoliotic

Chemicals (1)

TRYPTOPHAN

Antiscorbutic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 10 mg/man/day

Antiscotomic

Chemicals (1)

NIACIN

Antiseptic Martindale's 28th

Chemicals (2)

ASCORBIC-ACID MIC=3.3-217 mg/ml
P-COUMARIC-ACID

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

Chemicals (1)

FERULIC-ACID

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

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (2)

GLYCINE
PHENYLALANINE 690 ug/ml

Antispasmodic Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Chemicals (5)

ASCORBIC-ACID 500-5,000 mg/day
FERULIC-ACID
NIACIN 100 mg 2x/day
P-COUMARIC-ACID
QUERCETIN

Antistreptococcic

Chemicals (1)

QUERCETIN ID50=120 ug/ml

Antistress

Chemicals (3)

ASCORBIC-ACID 500-1,000 mg
BETA-CAROTENE
CALCIUM 500-1,500 mg/day

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

Chemicals (1)

ASCORBIC-ACID 1-4 g/day

Antithiamin Phenolic Compounds in Food and Their Effects on Health, 69.

Chemicals (1)

QUERCETIN

Antithrombic

Chemicals (2)

FERULIC-ACID
QUERCETIN

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

Chemicals (1)

CALCIUM

Antitrypanosomic

Chemicals (1)

QUERCETIN IC50=13

Antitumor

Chemicals (5)

BETA-CAROTENE

FERULIC-ACID

FIBER

P-COUMARIC-ACID

QUERCETIN 10 μ M

Antitumor (Bladder)

Chemicals (1)

QUERCETIN

Antitumor (Breast)

Chemicals (2)BETA-CAROTENE IC45=60 μ g/ml

QUERCETIN

Antitumor (CNS)

Chemicals (1)BETA-CAROTENE IC43=45 μ g/ml

Antitumor (Colon)

Chemicals (3)BETA-CAROTENE IC43=45 μ g/ml

FERULIC-ACID

QUERCETIN

Antitumor
(Fore stomach)**Chemicals (1)**

FERULIC-ACID

Antitumor (Gastric)

Chemicals (1)

ASCORBIC-ACID

Antitumor (Liver)

Chemicals (1)

FERULIC-ACID

Antitumor (Lung)

Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE IC30=60 μ g/ml

QUERCETIN

Antitumor (Ovary)

Chemicals (1)

QUERCETIN

Antitumor (Prostate)

Chemicals (1)

BETA-CAROTENE

Antitumor (Skin)

Chemicals (2)FERULIC-ACID
QUERCETIN 20 uM

Antitumor (Stomach)

Chemicals (1)

BETA-CAROTENE IC26=45 ug/ml

Antitumor-Promoter Cancer Research, 48: 5941.

Chemicals (2)FERULIC-ACID IC46=10 uM
QUERCETIN

Antiulcer Martindale's 29th

Chemicals (8)ASCORBIC-ACID
BETA-CAROTENE 12 mg 3x/day/man/orl
FIBER
GLYCINE
HISTIDINE
QUERCETIN
THREONINE
TYROSINE 256 mg scu

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

Chemicals (1)

HISTIDINE

Antivertigo

Chemicals (1)

NIACIN

Antiviral

Chemicals (3)ASCORBIC-ACID 1-5 g/day
FERULIC-ACID
QUERCETIN IC50=10 uM

Antivertigo Martindale's 29th

Chemicals (1)

PHENYLALANINE 100 mg/kg/day/orl/man

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

Chemicals (1)

BETA-CAROTENE

Anxiolytic Merck 11th Edition

Chemicals (3)CALCIUM 500-1,500 mg/day
GLUTAMIC-ACID
PHOSPHORUS

Aphrodisiac

Chemicals (1)

ARGININE 3 g/day

Apoptotic

Chemicals (2)

ASCORBIC-ACID 1-10 mM

QUERCETIN 20-60 uM

Arteriodilator

Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

Chemicals (1)

FERULIC-ACID

Asthma-preventive

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

Chemicals (1)

ASCORBIC-ACID 1,000 mg/day/orl

ATPase-Inhibitor

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

Chemicals (1)

QUERCETIN

Bacteristat

Chemicals (1)

QUERCETIN 10 mg/ml

Beta-Adrenergic
Receptor Blocker

Chemicals (1)

ASCORBIC-ACID

Beta-Blocker

Chemicals (1)

FIBER

Beta-Glucuronidase-
Inhibitor

Chemicals (1)

ASCORBIC-ACID 1.5 g/day/man

Bradycardiac

Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

Chemicals (1)

QUERCETIN

Calcium-Antagonist

Chemicals (1)

ASCORBIC-ACID

Calcium-Channel-
Blocker

Chemicals (1)

CALCIUM

Calmodulin-
Antagonist

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

Chemicals (1)

QUERCETIN

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

Chemicals (1)

QUERCETIN

Cancer-Preventive Jim Duke's personal files.

Chemicals (12)

ALANINE
ASCORBIC-ACID
BETA-CAROTENE 22 ppm
FERULIC-ACID
FIBER
GLYCINE
METHIONINE
NIACIN
P-COUMARIC-ACID
QUERCETIN
SERINE
TYROSINE

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

Chemicals (2)

FERULIC-ACID
QUERCETIN

Capillari-protective Merck 11th Edition

Chemicals (1)

QUERCETIN

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

Chemicals (2)

QUERCETIN 40,000 ppm (diet) mus
TRYPTOPHAN

Cardiac Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

Chemicals (1)

FERULIC-ACID

Cardioprotective

Chemicals (3)

ASCORBIC-ACID
FIBER
NIACIN

Catabolic

Chemicals (1)

QUERCETIN

Chemopreventive

Chemicals (2)

BETA-CAROTENE
P-COUMARIC-ACID

Cholagogue Pharmazie, 46: 156, 1991.

Chemicals (1)

FERULIC-ACID

Choleretic

Chemicals (2)

FERULIC-ACID
P-COUMARIC-ACID

Circulotonic

Chemicals (1)

NIACIN

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

Chemicals (1)

ASCORBIC-ACID 1-2 g/day

Collagenic

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (1)

BETA-CAROTENE

COMT-Inhibitor

Chemicals (1)

QUERCETIN

Copper-Chelator

Chemicals (1)

QUERCETIN

COX-1-Inhibitor

Chemicals (1)

BETA-CAROTENE IC₇₈=50 ug/ml

COX-2-Inhibitor

Chemicals (2)

BETA-CAROTENE IC₈₂=50 ug/ml
QUERCETIN <40 uM

Cyclooxygenase-
Inhibitor

Chemicals (1)

QUERCETIN

Cytochrome-P450-
1A2-Inhibitor

Chemicals (1)

QUERCETIN

Cytotoxic Planta Medica, 57: A113, 1991.

Chemicals (2)P-COUMARIC-ACID
QUERCETIN ED50=70 ug/ml

Deiodinase-Inhibitor Jim Duke's personal files.

Chemicals (1)

QUERCETIN

Detoxicant

Chemicals (1)

ASCORBIC-ACID

Diaphoretic? Lawrence Review of Natural Products, Dec-90.

Chemicals (2)P-COUMARIC-ACID
QUERCETIN

Differentiator

Chemicals (1)

QUERCETIN 5.5 uM

Diuretic

Chemicals (4)ARGININE
ASCORBIC-ACID 700 mg/man/orl
CALCIUM
FIBER

Emetic Martindale's 29th

Chemicals (1)

METHIONINE

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

Chemicals (8)HISTIDINE
ISOLEUCINE
LEUCINE
LYSINE
METHIONINE
THREONINE
TRYPTOPHAN
VALINE

Estrogenic

Chemicals (1)

QUERCETIN 10% genistein

Fibrinolytic

Chemicals (1)

NIACIN

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

Chemicals (1)

ASCORBIC-ACID

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

Chemicals (2)

THREONINE FEMA 1,000

VALINE FEMA 1,000-2,000

Fungicide

Chemicals (3)

FERULIC-ACID

P-COUMARIC-ACID

QUERCETIN

Gastroprotective

Chemicals (1)

BETA-CAROTENE

Glucosyl-Transferase-Inhibitor

Chemicals (1)

QUERCETIN ID50=120 ug/ml

Glutathionigenic Martindale's 29th

Chemicals (1)

METHIONINE

Hemostat Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

Chemicals (1)

QUERCETIN

Hepatomagenic 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.

Chemicals (1)

QUERCETIN 5,000 ppm (diet) rat

Hepatoprotective Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.

Chemicals (4)

FERULIC-ACID

METHIONINE

NIACIN

QUERCETIN

Hepatotoxic

Chemicals (1)

NIACIN

Hepatotropic

Chemicals (1)

FERULIC-ACID

Herbicide Angewandte Botanik 68(5/6)=1994. Page 195.

Chemicals (1)

FERULIC-ACID

HIV-RT-Inhibitor Nakane, H., Fukushima, M., and Ono*, K. Differential Inhibition Of Reverse Transcriptase And Various DNA Polymerases By Digallic Acid And Its Derivatives. Journal of Natural Products, 53(5): 1234-1240, 1990.

Chemicals (1)

QUERCETIN IC50=<1 ug/ml

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

Chemicals (1)

FERULIC-ACID

Hypnotic Martindale's 29th

Chemicals (1)

TRYPTOPHAN

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

Chemicals (1)

ARGININE

Hypoarginanemic Martindale's 29th

Chemicals (1)

LYSINE 250 mg/kg

Hypocholesterolemic

Chemicals (4)

ASCORBIC-ACID 300-1,000 mg/day

CALCIUM 500 mg/day

FIBER

NIACIN 50-100 mg 3x/day

Hypoglycemic Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.

Chemicals (4)

ASCORBIC-ACID

NIACIN

QUERCETIN 100 mg/kg orl rat

TRYPTOPHAN

Hypolipidemic

Chemicals (2)

FERULIC-ACID

NIACIN

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

Chemicals (4)

ASCORBIC-ACID 1,000 mg/man/day

CALCIUM 1 g/day

FIBER 10 g/man/day/orl

TRYPTOPHAN 3 g/day

Hypouricemic

Chemicals (1)

FIBER

Immunomodulator

| | |
|----------------------------------|--|
| Chemicals (1) | |
| ASCORBIC-ACID | |
| Immunostimulant | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Chemicals (4) | |
| ASCORBIC-ACID | |
| BETA-CAROTENE 180 mg/man/day/orl | |
| FERULIC-ACID | |
| PHOSPHORUS | |
| iNOS-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN IC50=20 uM | |
| Inotropic | |
| Chemicals (1) | |
| QUERCETIN | |
| Insectifuge | Martindale's 28th |
| Chemicals (2) | |
| FERULIC-ACID | |
| THIAMIN 75-150 mg/man/day | |
| Insulinase-Inhibitor | Economic & Medicinal Plant Research, 6: 157. |
| Chemicals (1) | |
| TRYPTOPHAN | |
| Insulinogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Chemicals (1) | |
| QUERCETIN | |
| Insulinotonic | J. Agri. & Food Chemistry, 36: 1079. |
| Chemicals (1) | |
| TRYPTOPHAN | |
| Interferon-Synergist | |
| Chemicals (1) | |
| BETA-CAROTENE | |
| Interferonogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Chemicals (1) | |
| ASCORBIC-ACID | |
| Juvabional | Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp. |
| Chemicals (1) | |
| QUERCETIN | |
| Larvostat | 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. |
| Chemicals (1) | |
| QUERCETIN 8,000 ppm diet | |
| Laxative | |

| | |
|-----------------------------|---|
| Chemicals (2) | |
| CALCIUM 1,000-1,200 mg | |
| FIBER | |
| Lipotropic | Merck 11th Edition |
| Chemicals (1) | |
| METHIONINE | |
| Lipoxygenase-Inhibitor | |
| Chemicals (2) | |
| P-COUMARIC-ACID IC11=5 mM | |
| QUERCETIN IC11=1.25 mM | |
| Lithogenic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Chemicals (1) | |
| ASCORBIC-ACID | |
| MAO-A-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN | |
| Mast-Cell-Stabilizer | |
| Chemicals (1) | |
| QUERCETIN | |
| Metal-Chelator | McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25. |
| Chemicals (1) | |
| FERULIC-ACID | |
| Metal-Chelator (Copper) | Seidel, V., Verholle, M., Malard, Y., Tillequin, F., Fruchart, J-C., Duriez, P., Bailleul, F., Teissier, E. 2000. Phenylpropanoids from <i>Ballota nigra</i> L. Inhibit in vitro LDL Peroxidation. <i>Phytotherapy Research</i> , 14(2): 93-98. |
| Chemicals (1) | |
| QUERCETIN | |
| Metalloproteinase-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN IC50=>42 uM | |
| MMP-9-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN 20 uM | |
| Monoamine-Precursor | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Chemicals (3) | |
| PHENYLALANINE | |
| TRYPTOPHAN | |
| TYROSINE | |
| Mucogenic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Chemicals (1) | |
| BETA-CAROTENE | |
| Mucolytic | Martindale's 28th |

Chemicals (1)

ASCORBIC-ACID 1 g/woman/day

Mutagenic

Chemicals (1)

QUERCETIN

NADH-Oxidase-
Inhibitor**Chemicals (1)**

QUERCETIN

NEP-Inhibitor

Chemicals (1)

QUERCETIN IC50=>42 uM

Neuroexcitant Martindale's 28th

Chemicals (1)

ASPARTIC-ACID

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

Chemicals (1)

GLYCINE

Neuroprotective

Chemicals (2)

QUERCETIN 5-25 uM

THIAMIN

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

Chemicals (1)

GLUTAMIC-ACID

NF-kB-Inhibitor

Chemicals (1)

QUERCETIN

NO-Genic

Chemicals (1)

ARGININE

NO-Inhibitor

Chemicals (1)

QUERCETIN IC>50=125 uM

NO-Synthase-Inhibitor

Chemicals (1)

QUERCETIN 5-50 uM

Ornithine-
Decarboxylase-
Inhibitor Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.

| | |
|--|--|
| Chemicals (2) | |
| FERULIC-ACID QUERCETIN <10 uM | |
| Osteogenic | Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp. |
| Chemicals (1) | |
| PHOSPHORUS | |
| Oxidant | Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. Phytochemistry. 27: 969-978. |
| Chemicals (2) | |
| ALANINE HISTIDINE | |
| P450-Inducer | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| Chemicals (1) | |
| QUERCETIN 5 uM | |
| P450-Inhibitor | Father Nature's Farmacy: The aggregate of all these three-letter citations. |
| Chemicals (1) | |
| QUERCETIN 50-100 uM | |
| Pesticide | |
| Chemicals (5) | |
| ASCORBIC-ACID FERULIC-ACID P-COUMARIC-ACID QUERCETIN THIAMIN | |
| PGE2-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN | |
| Phagocytotic | Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf). |
| Chemicals (2) | |
| BETA-CAROTENE FERULIC-ACID | |
| Phospholipase-Inhibitor | |
| Chemicals (1) | |
| QUERCETIN | |
| Pituitary-Stimulant | |
| Chemicals (1) | |
| ARGININE | |
| Plasmodicide | Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp. |
| Chemicals (1) | |
| QUERCETIN | |
| Preservative | Merck 11th Edition |
| Chemicals (1) | |
| FERULIC-ACID | |

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

Chemicals (1)

TRYPTOPHAN

Proliferant

Chemicals (1)

QUERCETIN

Prooxidant

Chemicals (2)

BETA-CAROTENE 20 ug/g

IRON

Prostaglandigenic

Chemicals (2)

FERULIC-ACID

P-COUMARIC-ACID

Prostaglandin-Synthesis-Inhibitor Ibewiuke, J. C., Ogungbamila, F. O., Ogundaini, A. O., Okeke, I. N., Bohlin, L. 1997. Antiinflammatory and Antibacterial Activities of C-methylflavonol from *Piliostigma thonningii*. *Phytotherapy Research*, 11(4): 281-284.

Chemicals (3)

FERULIC-ACID 0.58-3.2 mM

P-COUMARIC-ACID

QUERCETIN 40 ug/ml

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. Phenolic Compounds in Food and Their Effects on Health, Ch.14.

Chemicals (1)

QUERCETIN

PTK-Inhibitor

Chemicals (1)

QUERCETIN 0.4-24 uM

Quinone-Reductase-Inducer Uda, Y., Price, K. R., Williamson, G., Rhodes, M. J. C. 1997. Induction of the Anticarcinogenic Marker Enzyme, Quinone Reductase, in Murine Hepatoma Cells In Vitro by Flavonoids. *Cancer Lett.*, 120 (2): 213-216.

Chemicals (1)

QUERCETIN 6 uM

Roborant Merck 11th Edition

Chemicals (1)

ASPARTIC-ACID

Sedative

Chemicals (2)

NIACIN

TRYPTOPHAN 3-10 g/man/day

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

Chemicals (2)

NIACIN

TRYPTOPHAN 6-12 g/day/orl/man

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

Chemicals (1)

ARGININE 4 g/day

Sunscreen Chemical Marketing Reporter; a weekly tabloid, 9/10/92.

Chemicals (1)

FERULIC-ACID

Teratologic

Chemicals (1)

QUERCETIN

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

Chemicals (1)

BETA-CAROTENE

TNF-alpha-Inhibitor

Chemicals (1)

QUERCETIN IC50=3.11 uM

Topoisomerase-I-
Inhibitor**Chemicals (1)**

QUERCETIN IC50=12.8 ug/ml

Topoisomerase-II-
Inhibitor**Chemicals (1)**

QUERCETIN IC50=1-6.9 ug/ml

Tranquilizer

Chemicals (1)

CALCIUM 500-1,500 mg/day

Tremorigenic Martindale's 28th

Chemicals (1)

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

Tumor-Promoter J. Agri. & Food Chemistry, 36: 1079.

Chemicals (1)

TRYPTOPHAN

Tumorigenic Jim Duke's personal files.

Chemicals (1)

QUERCETIN 0.1% diet orl rat/yr

Tyrosinase-Inhibitor

Chemicals (2)

P-COUMARIC-ACID ID50=3,650 uM

QUERCETIN ID50=70 uM

Tyrosine-Kinase-
Inhibitor Economic & Medicinal Plant Research, 6: 170.**Chemicals (1)**

QUERCETIN

Chemicals (1)

BETA-CAROTENE

Uricosuric

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

Chemicals (2)

ASCORBIC-ACID 4 g/man/day

GLYCINE

Urinary-Acidulant

Martindale's 29th

Chemicals (1)

ASCORBIC-ACID

Urine-Acidifier

Martindale's 28th

Chemicals (1)

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

Urine-Deodorant

Martindale's 29th

Chemicals (1)

METHIONINE

Uterosedative

Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

Chemicals (1)

FERULIC-ACID 30-100 mg/kg ivn rat

Vasodilator

Chemicals (6)

ARGININE

ASCORBIC-ACID

CALCIUM

FIBER

NIACIN

QUERCETIN

VEGF-Inhibitor

Chemicals (1)

QUERCETIN

Vulnerary

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

Chemicals (1)

ASCORBIC-ACID

Xanthine-Oxidase-Inhibitor

Chemicals (1)

QUERCETIN IC50=>0.4 ug/ml