

List of All Chemicals

P Salvia miltiorrhiza (Lamiaceae)

Common name(s)

Dan-Shen; Red Sage; Tan-Shen

How used

Medicinal

*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
ARSENIC	Root	--	0.34	-0.19	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Activities (2)					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					
CALCIUM	Root	--	2780.0	-0.51	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Activities (28)					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antihypertensive					
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					
COPPER	Root	--	8.0	-0.41	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Activities (12)				
Antianemic				
Antiarthritic				
Antidiabetic 2-4 mg/day				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifatigue				
Antiinflammatory				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinociceptive				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic				
Cardioprotective				
Contraceptive				Martindale's 28th
Hypocholesterolemic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunomodulator				
Schizophrenigenic				Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

CRYPTOTANSHINONE Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

Activities (11)				
Aldose-Reductase-Inhibitor IC50=10 uM rat				Kasimu, R., Basnet, P., Tezuka, Y., Kadota, S., Namba, T. 1997. Danshenols A and B, New Aldose Reductase Inhibitors from the Root of <i>Salvia miltiorrhiza</i> BUNGE. Chem Pharm Bull, 45(3): 564-566.
Antiacne				
Antiaggregant IC50=5-100 ug/ml				
Antianginal				Shimomura,* K., Kitazawa, T., Okamura, N., and Yagi, A. Tanshinone Production In Adventitious Roots And Regenerates Of <i>Salvia miltiorrhiza</i> . Journal of Natural Products, 54(6): 1583-1587, 1991.
Antibacterial				
Antiburn				
Anticarbuncular				
Antiischemic				Shimomura,* K., Kitazawa, T., Okamura, N., and Yagi, A. Tanshinone Production In Adventitious Roots And Regenerates Of <i>Salvia miltiorrhiza</i> . Journal of Natural Products, 54(6): 1583-1587, 1991.
Antiosteomyelitic				
Antitonsillitic				
Pesticide				

DANSHENSPIROKETALLACTONE Plant -- -- J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.

HYDROXYTANSHINONE Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

IRON Root -- 230.0 -0.11 Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

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				

ISOCRYPTOTANSHINONE Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

ISOTANSHINONE-I Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

ISOTANSHINONE-II Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

ISOTANSHINONE-III Plant -- -- J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.

MAGNESIUM Root -- 3230.0 0.36 Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Activities (65)				
AntiCFS				
AntiLyme 400-1,000 mg				
AntiMS				
AntiPMS 400-800 mg/day/wmn/orl				
AntiPMS 400-800 mg/day/wmn orl				
AntiRaynaud's 280-350 mg/day				
Antiaggregant 400 mg/day				
Antialcoholic				
Antianginal 400 mg/day				Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antianorectic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianxiety 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiarrhythmic 400 mg/day	
Antiarthritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic 400 mg/day	
Anticephalagic	
Anticlimacteric 500-750 mg/day	
Anticonvulsant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Anticoronary 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic 400-800 mg/man/day	
Antidysmenorrheic 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiendometriotic 500 mg/day	
Antienterotic	
Antiepileptic 450 mg/day	
Antifatigue	
Antifibromyalgic 200-300 mg 3x/day	
Antigastroic	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimitral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
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	Root	--	23.0	-0.27	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
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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				

METHYL-TANSHINONATE Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

Activities (1)				
Antiaggregant IC50=25-50 ug/ml				Oriental Healing Arts Institute, 1987. (Changed to Int. J. Oriental Medicine).

METHYL-TANSHINONE Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

MILTIRONE Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

POTASSIUM Root -- 11700.0 -0.3 Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

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				

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

Activities (6)				
ATPase-Inhibitor				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Aldose-Reductase-Inhibitor 0.01 uM rat				Du, G. H., Qiu, Y., Tian, Y. E., Zhang, J. T. 1995. Prevention of Galactose-Induced Cataractogenesis in Rats by Salvianolic Acid A. Yao Hsueh Hsueh Pao, 30(8): 561-566.
Anticoagulant				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antioxidant				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antisecretory				
Antiulcer 25 mg/kg ip				Murakami, S., et al. 1989. Effect of Salvianolic Acid A, a Depside from Roots of Salvia miltiorrhiza, on Gastric H ⁺ ,K ⁺ -ATPase. Planta Medica, 56(4): 360, 1990.

SALVIOL Root -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

Activities (3)				
Antibacterial				
Cytostatic ID50=10ug/ml				Darias, V., Bravo, L., Rabanal, R., Sanchez-Mateo, C.C., and Martin-Herrera, D.A. 1988. Cytostatic and Antibacterial Activity of Some Compounds Isolated from Several Lamiaceae Species from the Canary Islands. Planta Medica 56(1): 70, 1990.
Pesticide				

SODIUM	Root	--	70.0	-0.48	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
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Activities (1)

Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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TANSHINOLACTONE	Plant	--	--	J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
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TANSHINONE-I	Root	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
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Activities (4)

Aldose-Reductase-Inhibitor
IC50=4.8 uM rat

Antiischemic Shimomura,* K., Kitazawa, T., Okamura, N., and Yagi, A. Tanshinone Production In Adventitious Roots And Regenerates Of Salvia miltiorrhiza. Journal of Natural Products, 54(6): 1583-1587, 1991.

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

Pesticide

TANSHINONE-II	Root	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
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TANSHINONE-II-A	Root	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
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Activities (10)

Aldose-Reductase-Inhibitor IC50=1.14 uM rat

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

Antianginal

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

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

Antimyocardotic

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

Calcium-Antagonist 50-100 uM/l Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

Calcium-Antagonist 20 uM gpg

Sodium-Blocker 50-100 umol/l Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.

TANSHINONE-IIIB	Plant	--	--	J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
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TANSHINONIC-ACID	Plant	--	--	J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
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ZINC	Root	--	12.0	-0.53	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
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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	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiosteoporotic	
Antiperiodontitic	
Antiplateau	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antispare-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitic 60-120 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Leptingenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. J. Pharm. Pharmacol. 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Testosteronigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th