

# List of All Chemicals

## **P** Bertholletia excelsa (Lecythidaceae)

### Common name(s)

Creamnut; Brazilnut; Paranut; Brazilnut-Tree

### How used

Food

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

Chemical	Part All parts ...	Low PPM	High PPM	StdDev	*Reference
3,3'-DI-O-METHYL-ELLAGIC-ACID	Bark	--	--		Lowry, J. B. 1968. The Distribution and Potential Taxonomic Value of Alkylated Ellagic Acids. <i>Phytochemistry</i> , 7(10): 1803-1813.
3-O-METHYL-ELLAGIC-ACID	Bark	--	--		Lowry, J. B. 1968. The Distribution and Potential Taxonomic Value of Alkylated Ellagic Acids. <i>Phytochemistry</i> , 7(10): 1803-1813.
ALANINE	Seed	5700.0	5897.0	-0.91	USDA's Ag Handbook 8 and sequelae)
<b>Activities (3)</b>					
Antioxidant	Larson, R.A. 1987. Review Article Number 30. The Antioxidants of Higher Plants. <i>Phytochemistry</i> . 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. <i>Phytochemistry</i> . 27: 969-978.				
ALBUMIN	Seed	--	--		Rotenberg, B. and Iachan, A. 1975. Study on the Protein of Brazil Nuts from Para. <i>Inf. Int.</i> , 8(7): 22-24.
ALPHA-LINOLENIC-ACID	Seed	620.0	641.0	-0.32	USDA's Ag Handbook 8 and sequelae)
<b>Activities (15)</b>					
5-Alpha-Reductase-Inhibitor					
Antiangregant	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					
Antimemorrhagic	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.				
Propepic					
Prostaglandin-Synthesis-Inhibitor 39.5 g/day/hmn	Ferretti, A., Flanagan, V. P. 1996. Antithromboxane Activity of Dietary Alpha-linolenic Acid: A Pilot Study. <i>Prostaglandins Leukotrienes Essential Fatty Acids</i> , 54(6): 451-455. ARS, USDA.				
Vasodilator					
ALUMINUM	Seed	--	5.0	-0.36	*
<b>Activities (5)</b>					
Antisilicotic	Medicinal and Poisonous Plants of the Tropics. Leeuwenberg, A.J.M., ed. Pudoc, Wageningen. 1987.				
Antivaginitic	Martindale's 28th				
Candidicide	Martindale's 28th				
Encephalopathic	Martindale's 29th				
Pesticide					
ANTIMONY	Seed	--	0.1	-0.17	*
ARGININE	Seed	23900.0	24727.0	0.0	*

**Activities (14)**

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?	
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	

ARSENIC                      Seed                      --                      0.02                      -0.62                      \*

**Activities (2)**

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

ASCORBIC-ACID                      Seed                      --                      7.0                      -0.33                      USDA's Ag Handbook 8 and sequelae)

**Activities (112)**

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

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

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

ASH	Seed	31840.0	35342.0	-0.38	USDA's Ag Handbook 8 and sequelae)
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ASPARTIC-ACID	Seed	13550.0	14019.0	-0.76	*
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<b>Activities (3)</b>					
Antimorphinic					Martindale's 28th
Neuroexcitant					Martindale's 28th
Roborant					Merck 11th Edition

BARIUM	Seed	1764.0	2600.0	4.0	*
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BETA-CAROTENE	Seed	--	--	-0.43	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).
Antiporphyric 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.

BORON                      Seed                      --                      2.7                      -1.02                      Furr, A.K., et al. 1979

Activities (4)					
Androgenic 3 mg/man/day					
Antiosteoarthritis					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 3 mg/man/day					
Estrogenic 3 mg/man/day					

BROMINE	Seed	--	87.0	3.2	Furr, A.K., et al. 1979
CADMIUM	Seed	--	0.03	-0.33	Furr, A.K., et al. 1979

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	Seed	1300.0	1820.0	-0.43	*
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Activities (28)					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive					
Antiinsomniac					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontitic 750 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					

CARBOHYDRATES	Seed	128000.0	132429.0	-1.55	USDA's Ag Handbook 8 and sequelae)
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CERIUM	Seed	--	1.2	1.67	Furr, A.K., et al. 1979
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CESIUM	Seed	--	1.3	3.24	Furr, A.K., et al. 1979
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CHLORINE	Seed	--	246.0	-0.23	Furr, A.K., et al. 1979
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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

CHROMIUM	Seed	--	0.6	-0.6	Furr, A.K., et al. 1979
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**Activities (24)**

Amphiglycemic?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiAGE 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
AntiCFS 200 ug	
Antiacne	
Antiaging 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiatherosclerotic 20 ug/day	
Anticorneotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic 200-1,000 ug	
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue 200 ug	
Antiglycosuric 200-1,000 ug	
Antiobesity 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 200-800 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitriglyceride 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Cardioprotective	
Energizer	
Hypocholesterolemic 20 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypocholesterolemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Insulinogenic	
Memorigenic	

COBALT                      Seed                      --                      1.9                      -0.12                      Furr, A.K., et al. 1979

**Activities (2)**

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

COPPER                      Seed                      --                      18.0                      0.29                      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	
Schizophrenigenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

CYSTINE                      Seed                      3490.0                      3611.0                      0.32                      USDA's Ag Handbook 8 and sequelae)

**Activities (2)**

Adjuvant	Merck 11th Edition
Antihomocystinuric	Martindale's 29th

ELLAGIC-ACID                      Bark                      --                      --                      Lowry, J. B. 1968. The Distribution and Potential Taxonomic Value of Alkylated Ellagic Acids. Phytochemistry, 7(10): 1803-1813.

**Activities (51)**

ACE-Inhibitor IC50=5 mM/l	
Abortifacient 1.2 mg/kg ivn mus	
Aldose-Reductase-Inhibitor IC50=0.2 uM	
Aldose-Reductase-Inhibitor IC50=0.2 ug/ml (strong activity)	
AntiGTF ID50=20 ug/ml	
AntiHIV IC90=200 ug/ml	Tan, G.T., Pezzuto, J.M., Kinghorn,* A.D., Hughes, S.H. Evaluation Of Natural Products As Inhibitors Of Human Immunodeficiency Virus Type 1 (HIV-1) Reverse Transcriptase. <i>Journal of Natural Products</i> , 54(1): 143-154, 1991.
Antiaflatoxin	
Antianaphylactic	
Antibacterial 1,250 ug/ml	
Antibacterial ID50=20 ug/ml	
Anticancer (Cervix)	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Anticancer (Colon)	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Anticancer (Esophagus)	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Anticancer (Mouth)	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Anticariogenic ID50=20 ug/ml	
Anticataract	Shimizu, M., Horie, S., Terashima, S., Ueno, H., et al. 1989. Studies on Aldose Reductase Inhibitors from Natural Products.II. Active Components of a Paraguayan Crude Drug 'Para-parai mi,' <i>Phyllanthus niruri</i> . <i>Chem. Pharm. Bull.</i> 37(9): 2531-2532, 1989.
Antigingivitic 1,250 ug/ml	
Antihyperthyroid	
Antiinflammatory	
Antimalarial IC50=0.5 uM	Rukunga, G. and Simons, A. J. 2006. The Potential of Plants as a Source of Antimalarial Agents - A Review. <i>Africa Herbal Antimalaria Meeting</i> . PlantaPhile Publications, Berlin. 72 pp.
Antimutagenic	
Antioxidant >50 x tocopherol	Osawa, T. Phenolic Antioxidants in Dietary Plants as Antimutagens. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.11 p.142.
Antioxidant IC98=30 ppm	
Antioxidant 2/3 quercetin	
Antiperiodontic 1,250 ug/ml	
Antiperoxidant IC50=29 uM	<i>Planta Medica</i> , 57: A54, 1991.
Antiplatelet 1,250 ug/ml	
Antiplasmodial IC50=0.5 uM	Rukunga, G. and Simons, A. J. 2006. The Potential of Plants as a Source of Antimalarial Agents - A Review. <i>Africa Herbal Antimalaria Meeting</i> . PlantaPhile Publications, Berlin. 72 pp.
Antiseptic 1,250 ug/ml	
Antistreptococccic ID50=20 ug/ml	
Antithyroid	Jim Duke's personal files.
Antitumor	
Antiviral	<i>Economic &amp; Medicinal Plant Research</i> , 5: 224.
Antiyeast IC50=10.5 uM	
Apoptotic	Joseph, J., Nadeau, D. and Underwood, A. 2001. <i>The Color Code</i> . Hyperion, NY.
Astringent	Martindale's 29th
Cancer-Preventive 3 ppm	
Candida-SAP-Inhibitor IC50=8.4 uM	
Cytotoxic 4.6 ug/ml	<i>Advance in Chinese Medicinal Materials Research</i> . 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 359.
Deiodinase-Inhibitor	Jim Duke's personal files.
Detoxicant	
Glucosyl-Transferase-Inhibitor ID50=20 ug/ml	
HIV-RT-Inhibitor	<i>Economic &amp; Medicinal Plant Research</i> , 5: 224.
Hemostatic	Merck 11th Edition
Hepatoprotective IC55=30 ug/ml	Mayumi Ito (nee Someya), et al. 1990. Hepatoprotective Compounds from <i>Canarium album</i> and <i>Euphorbia nematocypa</i> . <i>Chem. Pharm. Bull.</i> 38(8): 2201-2203, 1990.
Juvabional	Jacobson, M., <i>Glossary of Plant-Derived Insect Deterrents</i> , CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Pesticide	
Quinone-Reductase-Inducer 0.4 g/kg rat	Ahn, D., Putt, D., Kresty, L., Stoner, G. D., Fromm, D., Hollenberg, P. F. 1996. The Effects of Dietary Ellagic Acid on Rat Hepatic and Esophageal Mucosal Cytochromes P450 and Phase II Enzymes. <i>Carcinogenesis</i> , 17(4): 821-828.
Sunscreen 0.50%	Jim Duke's personal files.
Topoisomerase-I-Antagonist	<i>Journal of Medicinal Food</i> 2: 167.1999.
Xanthine-Oxidase-Inhibitor IC50=3.1 uM	Hatano, T., Yasuhara, T., Yoshihara, R., Agata, I., Noro, T., and Okuda, T. 1989. Effects of Interaction of Tannins with Co-existing Substances.VII. Inhibitory Effects of Tannins Related Polyphenols on Xanthine Oxidase. <i>Chem. Pharm. Bull.</i> 38(5): 1224-1229

EUROPIUM	Seed	--	0.1	1.47	Furr, A.K., et al. 1979
FAT	Seed	649190.0	700000.0	2.29	*
FIBER	Seed	21160.0	25492.0	-0.86	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					

FLUORINE	Seed	--	1.7	0.18	Furr, A.K., et al. 1979
FOLACIN	Seed	--	--	-1.08	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.
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).

GADOLEIC-ACID	Seed	620.0	641.0	-0.64	USDA's Ag Handbook 8 and sequelae)
GLOBULIN	Seed	--	--		Rotenberg, B. and Iachan, A. 1975. Study on the Protein of Brazil Nuts from Para. Inf. Int., 8(7): 22-24.
GLUTAMIC-ACID	Seed	31510.0	32600.0	-0.38	*

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).
Antiprostatic 125-250 mg 3 x/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiretardation					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anxiolytic					Merck 11th Edition
Neurotoxic					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

GLYCINE	Seed	6570.0	6797.0	-0.6	USDA's Ag Handbook 8 and sequelae)
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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
Antigastric	Martindale's 29th
Antiproststatic 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	

HISTIDINE Seed 4020.0 4159.0 -0.52 USDA's Ag Handbook 8 and sequelae)

Activities (7)	
Antiarteriosclerotic	
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	

IODINE Seed -- 0.2 -0.26 Furr, A.K., et al. 1979

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	
Antithyrotoxic	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 Seed 30.0 93.0 -0.27 \*

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 Seed 6010.0 6218.0 -0.55 USDA's Ag Handbook 8 and sequelae)

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.

KILOCALORIES Seed 6560.0 6787.0 1.51 USDA's Ag Handbook 8 and sequelae)

LANTHANUM Seed -- 0.1 3.04 Furr, A.K., et al. 1979

LECITHIN Seed 60000.0 105000.0 2.13 \*

**Activities (20)**

AntiTourette's 20-50 g/man/day/orl	Martindale's 28th
Antialzheimeran 40-100 g/man/day/orl	Martindale's 28th
Antiataxic	Martindale's 28th
Anticirrhotic	
Antidementia	Martindale's 29th
Antidyskinetic 40-80 g/man/day/orl	Martindale's 28th
Antieczemic	
Antilithic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimanic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimorphinistic	
Antioxidant Synergist	Martindale's 29th
Antipsoriac	
Antisclerodermic	
Antiseborrheic	
Antisprue	
Antitumor (Lung)	
Cholinergic	Martindale's 28th
Hepatoprotective	
Hypocholesterolemic 20-30 g/man/day	
Lipotropic	Merck 11th Edition

LEUCINE                      Seed                      11870.0    12281.0    -0.46       \*

**Activities (2)**

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

LINOLEIC-ACID              Seed                      140225.0    314300.0    1.78       \*

**Activities (27)**

5-Alpha-Reductase-Inhibitor	
AntiMS	Economic & Medicinal Plant Research, 6: 189.
Antiacne	
Antiallopecic	
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.
Antiandrogenic	
Antiartherosclerotic	
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.
Propeic	

LUTETIUM                      Seed                      --              0.01       0.07       Furr, A.K., et al. 1979

**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

**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.
Antidometriotic 500 mg/day	
Antienterotic	
Antiepileptic 450 mg/day	
Antifatigue	
Antifibromyalgic 200-300 mg 3x/day	
Antigastrotic	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimitral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplateau 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmodiphilic 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      Seed      --      8.0      -0.57      USDA's Ag Handbook 8 and sequelae)

**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	

MERCURY      Seed      --      0.01      -0.69      Furr, A.K., et al. 1979

**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      Seed      10140.0      10346.0      1.56      \*

**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                      Seed                      230160.0    238125.0    0.93                      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                      Seed                      6200.0    12600.0    -0.13                      \*

**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.

NIACIN                      Seed                      2.0    17.0    -0.77                      \*

**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

NICKEL                      Seed                      --                      5.8                      0.2                      Furr, A.K., et al. 1979

**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                      Seed                      198000.0                      408100.0                      2.38                      \*

**Activities (18)**

5-Alpha-Reductase-Inhibitor

Allergenic

Alpha-Reductase-Inhibitor

Anemiagenic

Antialopecic

Antiandrogenic

Antiinflammatory  
IC50=21 uMAntileukotriene-D4  
IC50=21 uM

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

Choleretic 5 ml/man

Dermatitigenic

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

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

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

Irritant Merck 11th Edition

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

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

Propecic

PALMITIC-ACID Seed 87630.0 113400.0 1.64 \*

**Activities (13)**

5-Alpha-Reductase-Inhibitor

Antialopecic

Antiandrogenic

Antifibrinolytic Economic &amp; Medicinal Plant Research, 1: 53.

Antioxidant IC40=60

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

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

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

Lubricant Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; 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

Propecic

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

PALMITOLEIC-ACID Seed 3240.0 3352.0 -0.22 USDA's Ag Handbook 8 and sequelae)

**Activities (2)**

5-Alpha-Reductase-Inhibitor

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

PANTOTHENIC-ACID Seed 2.0 3.0 -1.44 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 &amp; 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 &amp; Frost, London. 791 pp.

Antihypercholesterolemic 300 mg/meal Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Antielus? 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.



PHENYLALANINE Seed 7460.0 7718.0 -0.46 USDA's Ag Handbook 8 and sequelae)

**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 Seed 6000.0 6750.0 0.37 \*

**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.

PHYTATE Seed 17990.0 19660.0 0.92 \*

POTASSIUM Seed 5405.0 6450.0 -0.54 \*

**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 7620.0 7884.0 -0.68 USDA's Ag Handbook 8 and sequelae)

PROTEIN Seed 138820.0 153100.0 -0.72 \*

PUFA Seed 241290.0 249640.0 1.1 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

RIBOFLAVIN Seed 0.35 1.0 -0.97 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. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalagic	
Anticervicaldysplasic 1.6-10 mg/day	
Anticheilitic	
Antidecubic	
Antiglossitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antikeratitic	
Antimigraine	
Antioxidant	
Antipellagic	
Antiphotophobic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

SALICYLATES      Seed      4.0      5.0      -0.31      \*

**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.

SAMARIUM      Seed      --      0.04      -0.33      \*

SCANDIUM      Seed      --      0.02      3.39      \*

SELENIUM      Seed      3.0      497.0      4.66      \*

**Activities (60)**

AP-1-Inhibitor 2-50 uM	
Analgesic 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anorexic	Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.
AntiHIV	
AntiNF-kB	
Antiacne 200 ug/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiaggregant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiangiogenic 2 uM	
Antiangiogenic 230 ug/kg orl rat	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	
Anticataract 400 ug/day	
Anticirrhotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticlimacteric 200 ug/day	
Anticoronary 200 ug/day	
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant 200 ug/day	
Antidote (Mercury)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifibrotic 400 ug	
Antigout 200 ug	
Antikeshan	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileukemic 1.6 mg/kg ipr mus	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimaclitic	
Antimelanomic 480 ug/kg	
Antimenopausal 200 ug/day	

Antimetastatic 480 ug/kg					
Antimyalgic 200 ug/day		Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiosteoarthritis					
Antioxidant 100-200 (-400) ug/man/day					
Antiparkinsonian 200-400 ug/day					
Antiproliferant 2 uM					
Antiradicular 100-200 (-400) ug/man/day		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antirheumatic					
Antisyndrome-X 100-200 (-400) ug/man/day		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antitumor 100-200 (-400) ug/man/day		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antitumor (Breast) 333.6 ug/day					
Antitumor (Breast) 0.8 mg/kg scu mus					
Antitumor (Breast) 150 ug/kg diet rat					
Antitumor (Breast) 230 ug/kg orl rat					
Antitumor (Lung) 240 ug/kg diet					
Antitumor (Prostate)					
Antitumor (brain) 38-150 ug/kg					
Antiulcerogenic		Rafatullah, S., Tariq, M., Al-Yahya, M.A., Mossa, J.S., and Ageel, A.M. 1989. Evaluation of Turmeric (Curcuma longa) for Gastric and Duodenal Antiulcer Activity in Rats. J. of Ethnopharmacology, 29: 25-34, 1990.			
Anxiolytic					
Apoptotic					
Cancer-Preventive		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Cardioprotective 200 ug/day					
Depressant		Cooper-Driver, G. A., Chemical substances in plants toxic to animals, pp. 213-47 in Rechcigl, M., Jr., ed. CRC Handbook of Naturally Occurring Food Toxicants, CRC Press, Boca Raton, 1983, 339 pp.			
Fungicide		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Immunomodulator					
Immunostimulant 100-200 (-400) ug/man/day		Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
NF-kB-Inhibitor					
Ornithine-Decarboxylase-Inhibitor					
Pesticide					
Polyamine-Synthesis-Inhibitor					
Prostaglandin-Sparer		Fujita, T., Nakatani, E., Funaishi, N., Sakuma, S., Fujimoto, Y. Potent inhibition of prostaglandin inactivation in rabbit gastric antral mucosal slices by selenium ions in-vitro. J. Pharm. Pharmacol. 42: 655-657, 1990.			
Protein-Kinase-C-Inhibitor IC50=2-50 uM					
VEGF-Inhibitor					

SELENOPROTEIN	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
SERINE	Seed	7460.0	7718.0	-0.55	USDA's Ag Handbook 8 and sequelae)

<b>Activities (1)</b>					
Cancer-Preventive		Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.			

SFA	Seed	161540.0	167130.0	1.06	USDA's Ag Handbook 8 and sequelae)
SILICON	Seed	--	1770.0	1.62	USDA's Ag Handbook 8 and sequelae)

<b>Activities (4)</b>					
Antiarteriosclerotic		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antionychyotic					
Antiosteoporotic					
Cardioprotective					

SODIUM	Seed	7.0	20.0	-0.68	*
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<b>Activities (1)</b>					
Hypertensive		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			

STEARIC-ACID	Seed	16228.0	72800.0	1.01	*
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Activities (8)					
5-Alpha-Reductase-Inhibitor					
Cosmetic					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
FLavor FEMA 2-4,000					Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypocholesterolemic					Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Perfumery					Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Propecic					
Suppository					Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

STRONTIUM	Seed	--	77.0	1.7	Furr, A.K., et al. 1979
TANTALUM	Seed	--	0.1	1.79	*
THIAMIN	Seed	--	10.0	0.81	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	Seed		4600.0	4759.0	-0.76	USDA's Ag Handbook 8 and sequelae)
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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 reviewd book by Coats and draft by Henry

TIN	Seed	--	3.5	-0.14	*
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**Activities (4)**

Antiacne					
Antibacterial					
Pesticide					
Taenicide			Martindale's 28th		

TITANIUM	Seed	--	6.1	-0.43	*
TOCOPHEROL	Seed	76.0	80.0	-0.4	*

**Activities (93)**

5-HETE-Inhibitor	
Allergenic	
Analgesic 100 IU 3 x day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiMD	
AntiMS	
AntiPMS 300 IU 2 x day	
Antiaggregant	Martindale's 28th
Antiaging	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
Antialzheimeran 2,000 IU	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
Antianginal 1,067 mg/man/day	
Antiarteriosclerotic	
Antiartthritic	
Antiatherosclerotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antibronchitic	
Anticancer (Breast) IC50=125 ug/ml	
Anticariogenic	
Anticataract	
Antichorea	
Antichoreic	
Anticonvulsant	
Anticoronary 100-200 IU/day	
Antidecubitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidermatitic	
Antidiabetic 600-1,200 mg/day	
Antidysmenorrhic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiepileptic	
Antifibrositic	Martindale's 28th
Antiglycosation	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
Antiherpetic	Martindale's 28th
Antiinfertility	
Antiinflammatory	
Antiischemic	
Antileukemic 100-250 uM	
Antileukotriene	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilithic 600 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antilupus	
Antimaculitic	
Antimastalgic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimelanomic	
Antimyoclonic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antineuritic	Martindale's 29th
Antineuropathic	
Antinitrosaminic	
Antiophthalmic	
Antiosteoarthritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant IC50=30 ug/ml	
Antioxidant IC95=650 uM	
Antioxidant IC36=10 uM	
Antiparkinsonian	
Antiproliferant IC50=150 ug/ml	
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Antiretinopathic?	Martindale's 29th
Antirheumatic	
Antisenility	
Antisickling	Martindale's 28th
Antispasmodic 300 mg/man/day	Martindale's 28th
Antisterility	
Antistroke	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antisunburn	
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
Antithalassemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antithrombotic 600 IU/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antithromboxane-B2	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
Antitoxemic	
Antitumor 7 uM ckn	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antitumor (Breast) IC50=125 ug/ml	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 100-250 uM	
Antitumor (Colorectal) 500-10,000 uM	
Antitumor (Prostate) 100-250 uM	
Antitumor (Stomach)	
Antiulcerogenic 67 mg/man/3 x/day/orl	
Apoptotic 100-250 uM	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cerebroprotective	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Circulatory-Stimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Circulotonic	
Hepatoprotective	
Hypocholesterolemic 100-450 IU/man/day	
Hypoglycemic 600 IU/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
Immunomodulator	
Immunostimulant 60-800 IU	
Insulin-Sparing 1,000 IU	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Lipoxygenase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
NO-Inhibitor	
Ornithine-Decarboxylase-Inhibitor 400 mg/kg	
P21-Inducer 500-10,000 uM	
Phospholipase-A2-Inhibitor	
Protein-Kinase-C-Inhibitor 10-50 uM	
Protein-Kinase-C-Inhibitor IC50=450 uM	
Vasodilator	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

TRYPTOPHAN      Seed                      2600.0      2690.0      -0.22      USDA's Ag Handbook 8 and sequelae)

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.

TUNGSTEN Seed -- 0.1 0.01 Furr, A.K., et al. 1979

TYROSINE Seed 4570.0 4728.0 -0.7 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).

VALINE Seed 9110.0 9425.0 -0.32 USDA's Ag Handbook 8 and sequelae)

Activities (3)	
Antiencephalopathic	Martindale's 29th
Essential	
FLavor FEMA 1,000-2,000	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

VANADIUM Seed -- 0.01 -0.58 Furr, A.K., et al. 1979

**Activities (16)**

ATPase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic ?25-100 ug/man/day?	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiinfertility	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinsulinogenic	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
Antimanic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antisyndrome-X ?25-100 ug/man/day?	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Cancer-Preventive?	
Cardioprotective?	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hypocholesterolemic	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	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
Hypotriglyceridemic	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
Nephrotoxic	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
Pancreatoxic	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
Toxic	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

VIT-B-6	Seed	2.0	3.0	-0.75	USDA's Ag Handbook 8 and sequelae)
WATER	Seed	32860.0	38770.0	-0.72	USDA's Ag Handbook 8 and sequelae)
YTTERBIUM	Seed	--	0.2	-0.2	*
ZINC	Seed	41.0	53.0	0.22	*

**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	
Antialopecic	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	
Anti plaque	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