

List of All Chemicals

P Cenchrus biflorus (Poaceae)

Common name(s)

Two-Flowered Sandspur

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	All <input type="button" value="v"/>	Low PPM	High PPM	StdDev	*Reference
ASH	Shoot		77000.0	116000.0	0.31	*
ASH	Seed		16000.0	18000.0	-0.9	*
CALCIUM	Seed		1440.0	1595.0	-0.47	*
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	Shoot		666000.0	779000.0	1.06	*
CARBOHYDRATES	Seed		623000.0	691000.0	0.67	*
FAT	Shoot		10000.0	28000.0	-0.35	*
FAT	Seed		85000.0	94000.0	-0.9	*
FIBER	Shoot		185000.0	339000.0	1.79	*

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

FIBER	Seed	6000.0	7000.0	-1.01	*
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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					

IRON	Seed	220.0	245.0	0.44	*
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Activities (6)					
Antiakathisic	Martindale's 29th				
Antianemic	Martindale's 29th				
Anticancer					
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					

KILOCALORIES	Seed	3700.0	4100.0	-0.59	*
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PHOSPHORUS	Seed	2700.0	2990.0	-0.62	*
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Activities (4)					
Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic					
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

PROTEIN	Shoot	90000.0	116000.0	-0.85	*
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PROTEIN	Seed	178000.0	197000.0	-0.33	*
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WATER	Seed	--	98000.0	-0.5	*
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