

# List of All Chemicals

## **P** Cucumis melo (Cucurbitaceae)

### Common name(s)

Nutmeg Melon; Persian Melon; Netted Melon; Melon; Muskmelon; Cantaloupe

### Subspecies

ssp melo var.cantalupensis

Speciesauth gov.usda.nal.duke.Authors : 223

### 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 ▾	Low PPM	High PPM	StdDev	*Reference
2,4-METHYLENE-CHOLESTEROL	Seed	--	--		*
22-DIHYDRO-SPINASTEROL	Seed	--	--		*
22-DIHYDROBRASSICASTEROL	Seed	--	--		*
24-BETA-ETHYL-25(27)-DEHYDROLATHOSTEROL	Seed	--	--		*
24-METHYL-25(27)-DEHYDROCYCLOARTANOL	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
24-METHYL-LATHOSTEROL	Seed	--	--		*
24-METHYLENE-24-DIHYDRO-PARKEOL	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
24-METHYLENE-24-DIHYDROLANASETOL	Seed	--	--		*
24-METHYLENE-CYCLOARTANOL	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<b>Activities (5)</b>					
Antiinflammatory					
Antinociceptive					
Antirheumatic 2-5 mg/man					
Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Hypocholesterolemic					
25(27)-DEHYDRO-CHONDRILLASTEROL	Seed	--	--		*
25(27)-DEHYDRO-FUNGISTEROL	Seed	--	--		*
25(27)-DEHYDRO-PORIFERASTEROL	Seed	--	--		*
3,4-DIMETHOXY-ACETOPHENONE-ISOMER	Petiole	--	--		*
3-PHENYL-PROPYL-ACETATE	Petiole	--	--		*
<b>Activities (2)</b>					
FLavor FEMA 0.5-10					Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Perfumery					Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
ACETALDEHYDE	Petiole	--	--		*

Activities (6)				
Addictive 8 ug/kg				Science News, 145: 294.
Fungicide				
Perfumery FEMA 4-25				Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Pesticide				
Respiraparalytic				
Tyrosinase-Inhibitor ID50=43 ug/ml				

ADENOSINE                      Fruit                      --                      --                      \*

Activities (28)				
Analgesic				
Antiaggregant				
Antiarrhythmic	Merck 11th Edition			
Antidiuretic	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.			
Antientotoxic 500 mg/kg ipr mus	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.			
Antihypertensive	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.			
Antiinsomniac				
Antilipolytic				
Antispasmodic				
Antitachycardic 50-250 ug/kg/ivn	Martindale's 29th			
Anxiolytic				
Arteriodilator				
Glucogonogenic	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.			
Hypocholesterolemic	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.			
Hypoglycemic				
Hypotensive	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.			
Immunomodulator				
Insulinic				
Laxative				
Lipolytic	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.			
Myorelaxant	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.			
PAF-Inhibitor IC50=90 nM				
PAF-Inhibitor 0.024 ug/ml				
Pyrogenic 0.09 mg/kg ivn hmn	Conradson, T. B. G., Dixon, C. M. S., Clarke, B., Barnes, P. J. 1987. Cardiovascular Effects of Infused Adenosine in Man: Potentiation by Dipyridamole. Acta Physiol Scand, 129(3): 387-391.			
Respirastimulant	Martindale's 29th			
Secretomotor				
Sedative	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.			
Vasodilator				

ALPHA-AMYRIN                      Seed                      --                      --                      Chemical Constituents of Oriental Herbs (3 diff. books)

Activities (10)				
Analgesic				
Antiedemic IC43=40 mg/kg ipr rat				
Antiinflammatory IC71=1,000 ppm orl				
Antinociceptive				
Antitumor				
Antiulcer				
Cytotoxic 50-400				
Gastroprotective				
Hepatoprotective				
Insectifuge				

ALPHA-CAROTENE                      Fruit                      --                      --                      \*

**Activities (7)**

Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Liver)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Lung)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticancer (Skin)	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiproliferant 10 x beta-carotene	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Previtamin-A	

ALPHA-SPINASTEROL	Stem	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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**Activities (2)**

Antiinflammatory >Phenylbutazone  
Antipyretic

ALPHA-TOCOPHEROL	Fruit	1.4	14.0	-0.91	USDA's Ag Handbook 8 and sequelae)
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**Activities (32)**

Antialzheimeran	
Antianginal	
Antiarthritic	
Antiasthmatic	
Antiatherosclerotic	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Anticancer	
Anticataract	
Anticonvulsant Synergen	
Antidementia	
Antidiabetic	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Antiinfarctal	Soumyanath, A. Ed. 2006. Traditional Medicines for Modern Times - Antidiabetic Plants. CRC Press, Taylor & Francis Group. Boca Raton, FL. 314 pp.
Antiinfertility	
Antiischemic	
Antimaculitic	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuropathic	
Antioxidant 5 x quercetin	
Antioxidant IC34=10 uM	
Antiparkinsonian	
Antiradicular 5 x quercetin	
Antiretinotic	
Antirheumatic	
Antistroke	
Antitumor	
Antitumor (Bladder)	
Antitumor (Prostate)	
Antitumor (Stomach)	
Antitumor-Promoter	
Cancer-Preventive	
Cardioprotective	
Circulotonic	
Immunomodulator	

ALUMINUM	Fruit	26.0	77.0	-0.2	*
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**Activities (5)**

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	

ARACHIDIC-ACID	Seed	2700.0	4014.0	-0.26	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ARACHIDIC-ACID	Cotyledon	10200.0	55300.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
ARSENIC	Fruit	0.004	0.006	-0.53	*

#### Activities (2)

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

ASCORBIC-ACID	Fruit	397.0	4370.0	-0.01	USDA's Ag Handbook 8 and sequelae)
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#### 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					
Antidecubitic 500 mg/man/2x/day	Martindale's 28th				
Antidementia					
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95				
Antidote (Aluminum)	Economic & Medicinal Plant Research, 6: 189.				
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidote (Paraquat)	Martindale's 28th				
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidendometriotic 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.				

Antihyperpetic 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	
Antimaculitic	
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	Fruit	6950.0	110000.0	1.38	*
AVENASTEROL	Seed	--	--		*
BARIUM	Fruit	1.3	7.7	-0.91	*
BEHENIC-ACID	Leaf	--	--		*

#### Activities (1)

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

BENZALDEHYDE	Petiole	--	--		*
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#### Activities (24)

- Allergenic
- Anesthetic
- Antibacterial
- Anticancer
- Antimutagenic
- Antipeptic
- Antiseptic
- Antispasmodic
- Antitumor
- Candidicide
- Flavor FEMA 150-800 Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
- Immunostimulant
- Insecticide Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
- Insectifuge 50 ppm J. Stored. Prod. Res., 22:141, 1986.
- Motor-Depressant Buchbauer et al, e.g.Buchbauer et al,1993.Therapeutic properties of essential oils and fragrances. Chap.12 in Teranishi,R, Buttery,R.G and Sugisawa,H. Eds. Bioactive Volatile Compounds from Plants. ACS Symposium Series 525. Amer. Chem. Soc., Washington DC
- Narcotic Merck 11th Edition
- Nematicide Shoyakugaku Zasshi, 44: 183.
- MLC=1 mg/ml
- Pesticide
- Sedative Buchbauer et al, e.g.Buchbauer et al,1993.Therapeutic properties of essential oils and fragrances. Chap.12 in Teranishi,R, Buttery,R.G and Sugisawa,H. Eds. Bioactive Volatile Compounds from Plants. ACS Symposium Series 525. Amer. Chem. Soc., Washington DC
- Termiticide LD100=5 mg/g
- Tyrosinase-Inhibitor ID50=820 uM
- Tyrosinase-Inhibitor ID50=87 ug/ml
- Tyrosinase-Inhibitor ID50=0.82 mM
- Tyrosinase-Inhibitor ID50=830 uM

BENZYL-ACETATE	Petiole	--	--		*
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**Activities (9)**

Acaricide	
Cardiotonic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Emetic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
FLavor FEMA 35-800	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hypotensive	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Laxative	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Tumorigenic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Varroacide	

BENZYL-PROPIONATE                      Petiole                      --                      --                      \*

**Activities (2)**

FLavor FEMA 40-150	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.

BETA-AMYRIN                      Seed                      --                      --                      Chemical Constituents of Oriental Herbs (3 diff. books)

**Activities (9)**

- Analgesic
- Antiedemic IC27=40 mg/kg ipr rat
- Antiinflammatory
- Antinociceptive
- Antiulcer
- Gastroprotective
- Hepatoprotective
- Larvicide
- Mosquitocide

BETA-CAROTENE                      Fruit                      0.2                      201.0                      0.24                      USDA's Ag Handbook 8 and sequelae)

**Activities (53)**

Allergenic	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiPMS	
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiaging	
Antiarthritic	
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticarcinomic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticervicaldysplasic	
Anticoronary 50 mg/man/2 days	
Antihyperkeratotic	
Antiichthyotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileukoplakic	
Antilipoperoxidant IC71=50 ug/ml	
Antilupus 150 mg/man/day/2 mos	Martindale's 28th
Antimaculitic	
Antimastitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiozenic	
Antipapillomic	
Antiphotophobic 30-300 mg/man/day	Martindale's 29th
Antipityriasic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiporphyrhic 30-300 mg/man/day	Martindale's 28th
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	
Antistress	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antitumor	Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990.
Antitumor (Breast) IC45=60 ug/ml	
Antitumor (CNS) IC43=45 ug/ml	
Antitumor (Colon) IC43=45 ug/ml	
Antitumor (Lung) IC30=60 ug/ml	
Antitumor (Prostate)	
Antitumor (Stomach) IC26=45 ug/ml	
Antiulcer 12 mg 3x/day/man/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer 15,000-25,000 IU/day	
Antixerophthalmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COX-1-Inhibitor IC78=50 ug/ml	
COX-2-Inhibitor IC82=50 ug/ml	
Cancer-Preventive 22 ppm	Jim Duke's personal files.
Chemopreventive	
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Gastroprotective	
Immunostimulant 180 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Interferon-Synergist	
Mucogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Phagocytotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant 20 ug/g	
Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

BETA-CRYPTOXANTHIN      Fruit      --      --      \*



**Activities (47)**

Androgenic	
Angiogenic	
Anorexic	Martindale's 28th
Antiadenomic	Merck 11th Edition
Antiandrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antibacterial	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Anticancer (Cervix)	
Anticancer (Lung)	
Antiedemic IC54=320 mg/kg orl	
Antiestrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Antifertility	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antigonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antihyperlipoproteinaemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiinflammatory	
Antileukemic	
Antilymphomic	
Antimutagenic 250 ug/ml	
Antiophidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.
Antioxidant IC44=10 uM	
Antiprogestational	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Antiprostaglandin 30 mg/day/12 wks	
Antiprostataadenomic	Merck 11th Edition
Antiprostatic 10-20 mg 3 x/day/orl man	
Antipyretic	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.
Antitumor (Cervix)	
Antitumor (Lung)	
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.
Apoptotic	
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry. 29(5): 1667-1670. 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.
Caspase-8-Inducer	
Estrogenic	
Febrifuge	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.
Gonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Hepatoprotective	
Hypocholesterolemic 2-6 g/man/day/orl	Martindale's 30th
Hypocholesterolemic 9-3,330 mg/man/day/orl	Martindale's 28th
Hypoglycemic	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.
Hypolipidemic 2-6 g/day	
Pesticide	
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Ulcerogenic 500 mg/kg ipr rat	

BORON Fruit 1.0 16.5 -0.47 \*

**Activities (4)**

Androgenic 3 mg/man/day	
Antiosteoarthritic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic 3 mg/man/day	
Estrogenic 3 mg/man/day	

BUTYL-ACETATE Petiole -- -- \*

CADMIUM Fruit 0.017 0.044 -0.51 \*

**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).

**CAFFEIC-ACID**

Plant

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Stitt, Paul. Why George should eat broccoli.

**Activities (102)**

Aldose-Reductase-Inhibitor 4 ug/ml (weak activity)	Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. <i>Sankyo Kenkyusho Nempo</i> , 43: 99-110.
Allergenic	
Analgesic	
AntiHIV EC50=200 ug/ml	
AntiLegionella	
Antiadenoviral	<i>Economic &amp; Medicinal Plant Research</i> , 5: 207.
Antiaaggregant	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antiaging	
Antiatherogenic	
Antibacterial	
Anticancer	
Anticarcinogenic	<i>Economic &amp; Medicinal Plant Research</i> , 6: 189.
Antidepressant	
Antiedemic	<i>Economic &amp; Medicinal Plant Research</i> , 6: 189.
Antielastase IC50=93 um/l	
Antielastase IC50=86 ug/ml (475 uM)	
Antiescherichic	
Antiflu	<i>Economic &amp; Medicinal Plant Research</i> , 5: 207.
Antigonadotropic	Jim Duke's personal files.
Antihemolytic 25 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antihepatoadenomic 200 ppm diet orl mus	
Antihepatotoxic	
Antiherpetic 50 ug/ml	
Antiherpetic EC50=>50 ug/ml	
Antihistaminic	
Antihypercholesterolemic	<i>Economic &amp; Medicinal Plant Research</i> , 6: 189.
Antihyperthyroid	
Antiinflammatory	
Antileukemic	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46.
Antileukotriene	
Antimelanogenic	
Antimutagenic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products</i> . Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antinitrosaminic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products</i> . Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antiophidic	
Antioxidant 50 uM	
Antioxidant IC57=30 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 30 mM	
Antioxidant 1.3 x Vit. E	
Antioxidant 1/2 BHA	
Antiperoxidant IC50=44 uM	<i>Planta Medica</i> , 57: A54, 1991.
Antiperoxidant IC35=200 ug/ml	
Antiperoxidant IC85=100 ug/ml	
Antiproliferant	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46.
Antiprostaglandin	
Antiradicular 10 uM	Ohnishi, M., Morishita, H., Iwahashi, H., Toda, S., Shirataki, Y., Kimura, M., and Kido, R. 1993. Inhibitory Effects of Chlorogenic Acids on Linoleic Acid Peroxidation and Haemolysis. <i>Phytochemistry</i> . 36(3): 579-583. 1994.
Antiradicular 1/3 quercetin	
Antiradicular 30 mM	
Antiradicular IC50=32-35 uM	
Antiseptic	
Antispasmodic EC50=3.4-15 uM	<i>Phytotherapy Research</i> , 4: 73.
Antistaphylococcic	
Antistomatitic	<i>Economic &amp; Medicinal Plant Research</i> , 5: 207.
Antisunburn	

Antithiamin	Phenolic Compounds in Food and Their Effects on Health, 69.
Antithyroid	Jim Duke's personal files.
Antitumor 200 ppm diet orl mus	
Antitumor (Skin)	
Antitumor-Promoter IC42=10 uM	Cancer Research, 48: 5941.
Antiulcerogenic	
Antivaccinia	Economic & Medicinal Plant Research, 5: 207.
Antiviral IC50=62.5 ug/ml	
Anxiolytic	
CNS-Active	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
COX-2-Inhibitor IC32=100 uM	
Calcium-Antagonist IC50=1.2 uM rbt	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic 2% (diet)	
Chemopreventive	
Cholagogue	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Clastogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Co-carcinogenic	
Collagen-Sparing	
Cytoprotective	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Cytotoxic TC50=200 ug/ml	
DNA-Active	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
DNA-Protective	
Diuretic	Wichtl, M. 1984. Teedrogen. Ein Handbuch fur Apotheker und Arzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
Fungicide MIC=0.4 mg/ml	
Hepatocarcinogenic 400 ppm diet orl mus (in the absence of alcohol)	
Hepatoprotective	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 210.
Hepatotropic	
Histamine-Inhibitor	
Immunostimulant	
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Leukotriene-Inhibitor	
Lipoxygenase-Inhibitor IC27=5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Lipoxygenase-Inhibitor IC50=62-148 uM	
Lyase-Inhibitor IC50=94-164 uM	
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Pesticide	
Prooxidant	
Prostaglandigenic	
Sedative 500 mg	
Sunscreen IC50=2.5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Sunscreen IC91=5 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Sunscreen IC98=25 mg/l	Lazarova*, G., Kostova, I., Neychev, H. 1992. Photodynamic damage prevention by some hydroxycoumarins. Fitoterapia 64(2): 134-136, 1993.
Tumorigenic	Jim Duke's personal files.
Vulnerary	
Xanthine-Oxidase-Inhibitor IC50=39.21 uM	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.

CALCIUM                      Fruit                      96.0                      3080.0                      -0.18                      \*

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

CAMPESTEROL                      Seed                      --                      --                      \*

Activities (2)					
Antioxidant IC37=10 uM					
Hypocholesterolemic					Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

CAPRIC-ACID                      Seed                      2400.0                      3570.0                      -0.37                      \*

Activities (3)					
Fungicide					
Irritant					
Pesticide					

CAPROIC-ACID                      Seed                      3000.0                      5350.0                      0.42                      ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (1)					
Irritant					

CAPRYLIC-ACID                      Seed                      6000.0                      8920.0                      -0.28                      ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (5)					
Antiseptic					
Candidicide 300 mg/man/12 x/day					
Fungicide					
Irritant					
Pesticide					

CARBOHYDRATES                      Fruit                      83600.0                      818026.0                      0.19                      USDA's Ag Handbook 8 and sequelae)

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

CHROMIUM                      Fruit                      0.13                      0.165                      -0.48                      \*

**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	

CINNAMIC-ACETATE	Petiole	--	--	*
CIS,CIS-3,6-NONADIEN-1-OL	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
CIS-3-NONEN-1-OL	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
CIS-6-NONEN-1-OL	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
CIS-6-NONENAL	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
CIS-CIS-NONA-3,6-DIENYL-ACETATE	Petiole	--	--	*
CITRIC-ACID	Leaf	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Activities (23)	
Allergenic	
Alpha-Amylase-Inhibitor	
Antiaphthc 20,000 ppm	Martindale's 28th
Antiatherosclerotic	
Antibacterial	
Anticalculic	
Anticoagulant	Merck 11th Edition
Antileishmanic	
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant Synergist	Merck 11th Edition
Antiseborrheic	
Antiseptic	Martindale's 29th
Antitubercular	
Antitumor	Economic & Medicinal Plant Research, 6: 235.
Disinfectant	Martindale's 29th
FLavor FEMA 370- 4,400	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hemostat	
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Laxative?	Lawrence Review of Natural Products, Sep-91.
Litholytic	Martindale's 29th
Mycobactericide	
Odontolytic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.
Refrigerant	Martindale's 28th

CITRULLINE                      Fruit              142.0              241.0              -0.51              \*

Activities (5)	
Antiasthenic 180 mg/kg/day	Martindale's 29th
Antiasthenic 6 g/day/orl/man	Martindale's 29th
Antihepatotic	Merck 11th Edition
Antiosteoporotic?	Martindale's 29th
Diuretic	

CLEROSTEROL                      Seed              --              --              \*

COBALT                              Fruit              0.087              0.11              -0.52              \*

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.

CODISTEROL                      Seed              --              --              \*

COPPER                              Fruit              0.4              7.7              -0.4              \*

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.

CUCURBITACIN-B                      Fruit              --              --              \*

<b>Activities (8)</b>				
Antigibberellin	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Antihepatotoxic				
Antiinflammatory				
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.			
Cytotoxic 2.5 ppt				
Insectifuge	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

CUCURBITACIN-E                      Fruit                      --                      --                      \*

<b>Activities (6)</b>				
Antigibberellin	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Antihepatotoxic				
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Cytotoxic 0.45 ppt				
Insectifuge	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

CUCURBITIN                              Seed                      --                      --                      \*

<b>Activities (3)</b>				
Antihelminthic				
Pesticide				
Schistosomicide				

CYCLOARTENOL                      Seed                      --                      --                      Chemical Constituents of Oriental Herbs (3 diff. books)

<b>Activities (7)</b>				
Antibacterial				
Antiinflammatory				
Antirheumatic 2-5 mg/man				
Antistaphylococcic				
Hypocholesterolemic				
Pesticide				
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

EPSILON-CAROTENE                      Fruit                      --                      --                      \*

<b>Activities (1)</b>				
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			

ETHANOL                                      Petiole                      --                      --                      \*

**Activities (24)**

Allergenic	
Anesthetic 4,000 orl cat	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.
Anesthetic 6,000 orl 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.
Anhydrotic	Martindale's 29th
Antiatherosclerotic	
Antibacterial	Martindale's 28th
Antipruritic	Martindale's 28th
Antiseptic	Merck 11th Edition
CNS-Depressant	Martindale's 28th
Expectorant	Schulz, V, Hansel, R and Tyler, VE. 1998. Rational Phytotherapy - A Physician's Guide to Herbal Medicine. 3rd ed. 1st English Edition. Translated by Terry C. Telger. Springer Verlag, Heidelberg. 306 pp.
Hepatotoxic	Martindale's 29th
Hypertensive >1 drink/day	
Hypnotic Antidote=Naloxone	Martindale's 29th
Hypocalcemic 4,000 orl 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.
Hypotensive 1 drink/day	
Mucotropic	Schulz, V, Hansel, R and Tyler, VE. 1998. Rational Phytotherapy - A Physician's Guide to Herbal Medicine. 3rd ed. 1st English Edition. Translated by Terry C. Telger. Springer Verlag, Heidelberg. 306 pp.
Neurolytic	Merck 11th Edition
Pesticide	
Rubefacient	Martindale's 29th
Sclerosant	Martindale's 29th
Surfactant	Schulz, V, Hansel, R and Tyler, VE. 1998. Rational Phytotherapy - A Physician's Guide to Herbal Medicine. 3rd ed. 1st English Edition. Translated by Terry C. Telger. Springer Verlag, Heidelberg. 306 pp.
Teratogenic 6,000 orl dog	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.
Tremorilytic	Martindale's 28th
Ulcerogenic 5 ml/kg (50%) orl rat	

ETHYL-(METHYLTHIO)-ACETATE	Petiole	--	--	*
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ETHYL-2-METHYL-BUTYRATE	Petiole	--	--	*
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ETHYL-2-METHYL-BUTYRATER	Petiole	--	--	*
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ETHYL-ACETATE	Petiole	--	--	*
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**Activities (6)**

Antispasmodic	
CNS-Depressant	Martindale's 29th
Carminative	
FLavor FEMA 20-1,500	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Respirotoxic >400 ppm	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Stimulant	

ETHYL-DECANOATE	Petiole	--	--	*
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EUGENOL-METHYL-ETHER	Plant	--	--	Stitt, Paul. Why George should eat broccoli.
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**Activities (5)**

CNS-Depressant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
DNA-Binder	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypothermic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Myorelaxant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

EUPHOL	Seed	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
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**Activities (1)**

Abortifacient	Singla*, A.K. Pathak, K. 1989. Phytoconstituents of Euphorbia species. Fitoterapia 61(6): 483-508, 1990.
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FAT	Seed	300000.0	446000.0	0.95	*
FAT	Fruit	2600.0	29355.0	-0.42	USDA's Ag Handbook 8 and sequelae)
FERULIC-ACID	Plant	--	--		Stitt, Paul. Why George should eat broccoli.

### Activities (61)

Allelopathic	Holappa, L.D., and Blum*. U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. J. of Chemical Ecology, 17(5): 865.
Analgesic	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.
Antiaggregant	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Antiallergic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antiarrhythmic	
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticancer (Colon)	
Anticancer (Forestomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidysmenorrhic	
Antiestrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiherpetic	
Antiinflammatory	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. Am J Chin Med, 31(1):37-46.
Antimitotic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antimutagenic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antineoplastic (Stomach)	
Antinitrosaminic	Ki Soon Rhee. Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health, Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (Forestomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. Advances in Medicinal Plant Research. Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. Phytotherapy. Churchill Livinston, Edinburgh.
Hepatotropic	
Herbicide	Angewandte Botanik 68(5/6)=1994. Page 195.

Hydrocholeric	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypolipidemic	
Immunostimulant	Economic & Medicinal Plant Research, 1: 124.
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. Phenolic Compounds in Food and Their Effects on Health, Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Pesticide	
Phagocytotic	
Preservative	Merck 11th Edition
Prostaglandigenic	
Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM	Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. Yao Hsueh Hsueh Pao, 25(6): 412-416.
Sunscreen	Chemical Marketing Reporter; a weekly tabloid, 9/10/92.
Uterosedative 30-100 mg/kg ivn rat	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. Chem. Pharm. Bull. 38(6): 1620-1623, 1990.

FIBER Fruit 3180.0 39357.0 -0.97 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	

FOLACIN Fruit 0.1 1.9 -0.06 USDA's Ag Handbook 8 and sequelae)

#### Activities (15)

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

GAMMA-GLUTAMYL-BETA-PYRAZOL-1-YL-ALANINE Fruit -- -- List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

GLOBULIN Fruit -- 26000.0 List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

HEPTYL-ACETATE Petiole -- -- \*

Activities (1)					
FLAVOR FEMA 3-5	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

HEXADECENOIC-ACID	Seed	2190.0	3255.0	1.24	*
HEXYL-ACETATE	Petiole	--	--		*

Activities (1)					
FLAVOR FEMA 3-25	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				

HISTAMINE	Juice	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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Activities (18)					
Allergenic					
AntiMeniere's	Martindale's 28th				
Antichilblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antimigraine	Martindale's 28th				
Bronchoconstrictor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Bronchostimulant	Martindale's 28th				
Cardiovascular 0.15 mg/kg ivn rbt	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.				
Gastrostimulant	Martindale's 28th				
Histaminic Antidote:Adrenaline	Martindale's 29th				
Hypotensive	Martindale's 28th				
Irritant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Myostimulant	Martindale's 29th				
Radioprotective	Martindale's 28th				
Secretogogue	Martindale's 29th				
Spasmogenic					
Tachycardic	Martindale's 29th				
Ulcerogenic 100 mg/kg ipr rat					
Vasodilator	Martindale's 29th				

IRON	Fruit	2.0	55.0	-0.31	*
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Activities (6)					
Antiakathisic	Martindale's 29th				
Antianemic	Martindale's 29th				
Anticanker					
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antimenorrhagic 100 mg/day/wmn/ori	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Prooxidant					

ISOBUTYL-ACETATE	Petiole	--	--		*
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Activities (3)					
Irritant	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.				
Narcotic	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.				
Perfumery Fragrance	Zebovitz, T. C. Ed. 1989. Part VII. Flavor and Fragrance Substances, in Keith L. H. and Walters, D.B., eds. Compendium of Safety Data Sheets for Research and Industrial Chemicals. VCH Publishers, New York. 3560-4253.				

ISOFRAXIDIN	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
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Activities (5)					
Aldose-Reductase-Inhibitor 10 ug/ml cow (weak activity, 18% inhibition)	Okada,Y,et al.1995.Search for Naturally Occurring Substances to Prevent the Complications of Diabetes.II.Inhibitory Effect of Coumarin and Flavonoid Derivatives on Bovine Lens Aldose Reductase and Rabbit Platelet Aggregation.Chem Pharm Bull43(8):1385-1387				
Antileukemic ED50=1.7					
Antimalarial IC50=7.95 ug/ml					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Choleretic					

KILOCALORIES	Fruit	350.0	3425.0	-0.36	USDA's Ag Handbook 8 and sequelae)
LAURIC-ACID	Seed	360.0	8920.0	-0.43	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<b>Activities (7)</b>					
Antibacterial					
Antioxidant IC71=60					
Antiviral					
COX-1-Inhibitor IC40=100					
COX-2-Inhibitor IC20=100					
Candidicide					
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
LEAD	Fruit	1.74	2.2	-0.36	*
LINOLEIC-ACID	Seed	99600.0	246192.0	1.19	*
<b>Activities (27)</b>					
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.				
Propecic					
LINOLEIC-ACID	Cotyledon	56100.0	726700.0	1.24	*

**Activities (27)**

## 5-Alpha-Reductase-Inhibitor

AntiMS	Economic & Medicinal Plant Research, 6: 189.
Antiacne	
Antiallopecic	
Antianaphylactic	Economic & Medicinal Plant Research, 6: 189.
Antiandrogenic	
Antiarteriosclerotic	
Antiarthritic	Economic & Medicinal Plant Research, 6: 189.
Anticoronary	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antieczemic	Economic & Medicinal Plant Research, 6: 189.
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antigranular	
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.
Antiinflammatory IC50=31 uM	
Antileukotriene-D4 IC50=31 uM	
Antimenorrhagic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Science News, 146: 421.
Comedolytic	
Hepatoprotective	
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Metastatic	Science News, 146: 421.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Propepic	

LINOLENIC-ACID                      Cotyledon    200500.0    219000.0    0.1            \*

LITHIUM                                      Fruit            0.348        0.44        -0.5           \*

**Activities (11)**

AntiPMS	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.
Antihyperthyroid	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimanic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antipsychotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antischizophrenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiviral	
Cholinergic	
Deliriant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Natriuretic	
Nephrotoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

LUPEOL                                      Seed            --            --                                      Chemical Constituents of Oriental Herbs (3 diff. books)

**Activities (21)**

AntiEBV	
Antiangiogenic 30-50 ug/ml	
Antiedemic	
Antiflu	
Antihyperglycemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiinflammatory 1/3 indomethacin	
Antilithic 25 mg/kg/day	
Antimalarial IC50=46.8 ug/ml	Khalid, S.A., Farouk, A., Geary**, T.G., and Jensen, J.B. 1985. Potential Antimalarial Candidates From African Plants: An In Vitro Approach Using Plasmodium falciparum*. Journal of Ethnopharmacology, 15: 201-209, 1986.
Antioxalate 25 mg/kg/day	
Antioxidant 25 mg/kg/day	
Antiperoxidant 25 mg/kg/day	
Antiprostaglandin	
Antirheumatic	
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiurethrotic	
Antiviral	
Cytotoxic 50-500 ppm	
FPTase-Inhibitor IC50=65 ug/ml	
Hypotensive	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
TOPO-2-Inhibitor IC50=10.4 uM	

MAGNESIUM                      Fruit                      92.0                      3300.0                      0.54                      \*

**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	
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	
Antiplateque 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

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

**Activities (1)**

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

MANGANESE                      Fruit                      0.4                      7.7                      -0.35                      \*

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					

MARGARIC-ACID	Stem	--	--		*
MELODIN	Plant	--	--		*
MELONIN	Seed	--	--		*
MELOSIDE	Leaf	--	--		*
MELOSIDE-A-CAFFELOYL-ESTER	Leaf	--	--		*
MERCURY	Fruit	0.001	0.001	-0.79	*

Activities (1)					
Nephrotoxic		Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).			

MOLYBDENUM	Fruit	0.609	0.77	-0.33	*
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Activities (2)					
Anticancer (Esophagus)?		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antitumor (Esophagus)?		Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			

MULTIFLORENOL	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
MYRISTIC-ACID	Fruit	1500.0	8920.0	0.15	*

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	Fruit	4.6	68.0	0.1	USDA's Ag Handbook 8 and sequelae)
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Activities (39)					
Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
AntiLyme 50 mg/day					
AntiMeniere's	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.				
AntiRaynaud's 1,500-4,000 mg/day					
Antiacrodynic					
Antiallergic 50 mg/2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antialzheimeran					
Antiamblyopic					
Antianginal					
Anticataract					
Antichilblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Anticonvulsant 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antidementia					
Antidermatitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antidiabetic					
Antidysphagic					
Antiepileptic 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antihangover 50 mg					
Antihistaminic 50 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antihyperactivity 1.5-6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antiinsomnic 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antineuralgic					
Antiparkinsonian 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antipellagric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Antiscotomic					
Antispasmodic 100 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.				
Antivertigo					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Cardioprotective					
Circulotonic					
Fibrinolytic					
Hepatoprotective					
Hepatotoxic					
Hypocholesterolemic 50-100 mg 3x/day					
Hypoglycemic					
Hypolipidemic					
Sedative	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Serotonergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Vasodilator	Martindale's 29th				

NICKEL Fruit 0.87 1.1 -0.44 \*

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.				

  

NONAN-1-OL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
NONANAL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
NONYL-ACETATE	Petiole	--	--		*
OCTYL-ACETATE	Petiole	--	--		*
OLEIC-ACID	Seed	81000.0	200700.0	0.67	*

**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

Propepic

OLEIC-ACID Cotyledon 40500.0 195300.0 -0.36 \*

**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

Propepic

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

**Activities (13)**

Antibacterial

Antimutagenic Economic &amp; Medicinal Plant Research, 6: 235.

Antioxidant Phenolic Compounds in Food and Their Effects on Health, 65.

Antiradicular

Antisickling 10.5 ug/ml

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

Fungistat EC50=607 ug/ml Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

Immunosuppressant

Pesticide

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

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

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

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

PALMITIC-ACID Seed 9600.0 58400.0 0.51 \*

**Activities (13)**

5-Alpha-Reductase-Inhibitor	
Antiallopecic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer 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 & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
Propepic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PALMITIC-ACID Cotyledon 122000.0 532300.0 0.68 \*

**Activities (13)**

5-Alpha-Reductase-Inhibitor	
Antiallopecic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer 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 & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.
Pesticide	
Propepic	
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

PANTOTHENIC-ACID Fruit 1.2 14.0 -0.26 USDA's Ag Handbook 8 and sequelae)

**Activities (11)**

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

PENTADECANOIC-ACID Leaf -- -- \*

**Activities (1)**

Antioxidant IC40=60
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PHOSPHORUS Fruit 121.0 2640.0 -0.17 \*

**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.

PHYLLOQUINONE	Fruit	--	0.001	-0.23	*
<b>Activities (5)</b>					
Antihemorrhagic 1 mg ims man					Martindale's 28th
Fungicide					
Hypotensive					
Pesticide					
Toxic					Martindale's 28th
PHYSETOLIC-ACID	Cotyledon	--	--		*
PHYTOSTEROLS	Fruit	100.0	978.0	0.04	USDA's Ag Handbook 8 and sequelae)
<b>Activities (2)</b>					
Antiprostatotic					
Hypocholesterolemic					
POTASSIUM	Fruit	3018.0	44000.0	2.31	*
<b>Activities (14)</b>					
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					
PROPYL-ACETATE	Petiole	--	--		*
PROTEIN	Seed	--	358000.0	1.1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
PROTEIN	Fruit	8410.0	89924.0	-0.26	USDA's Ag Handbook 8 and sequelae)
RIBOFLAVIN	Fruit	0.2	2.4	-0.56	USDA's Ag Handbook 8 and sequelae)
<b>Activities (15)</b>					
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					
Antidecubitic					
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.

**Activities (87)**

## 5-HT-Inhibitor

Aldehyde-Oxidase-Inhibitor IC27-52=10 uM

Aldose-Reductase-Inhibitor 100 uM

Aldose-Reductase-Inhibitor 4 ug/ml Ichikawa, K., et al. 1991. Isolation and Structure Determination of Aldose Reductase Inhibitors from Traditional Thai Medicine, and Syntheses of Their Derivatives. *Sankyo Kenkyusho Nempo*, 43: 99-110.

Allelochemic

AntiCVI 270 mg/man/day

Antiaggregant ED50=33 nmol/kg iv

Antiallergic

Antiapoplectic

Antiatherogenic

Antiatherosclerotic

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

Anticancer

Anticapillary-Fragility 20-100 mg orl man Merck 7th Ed.

Anticataract

Anticlastogen

Anticonvulsant Huang, K. C. 1993. *The Pharmacology of Chinese Herbs*. CRC Press, Boca Raton, FL 388 pp.Antidementia Bruneton, J. 1999. *Pharmacognosy, Phytochemistry, Medicinal Plants*. 2nd Ed. Lavoisier Publishing, Paris. 1119 pp.Antidermatitic Bisset, N.G., ed. 1994. *Herbal Drugs and Phytopharmaceuticals*. CRC Press. Boca Raton, FL. 566 pp.Antidiabetic Jin, G-Z., Yamagata, Y., and Tomita, K.-i. 1989. Structure of Rutin Pentamethanol. *Chem. Pharm. Bull.* 38(2): 297-300, 1990.

Antiedemic 270 mg/day orl man

Antierythemic

Antifeedant

Antiglaucomic 60 mg/day Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Antihematuric

Antihemorrhoidal

Antihepatotoxic Keeler, R.F. and Tu, A.T. eds. 1991. *Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6)* Marcel Dekker, Inc. NY. 665 pp.

Antiherpetic Economic &amp; Medicinal Plant Research, 5: 198.

Antihistaminic

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

Antiinflammatory 20 mg/kg

Antimalarial IC50=>100 ug/ml Khalid, S.A., Farouk, A., Geary\*\*, T.G., and Jensen, J.B. 1985. Potential Antimalarial Candidates From African Plants: An In Vitro Approach Using *Plasmodium falciparum*\*. *Journal of Ethnopharmacology*, 15: 201-209, 1986.

Antimelanomic

Antimetastatic

Antimutagenic ID50=2-5 nM

Antinephritic

Antinociceptive

Antioxidant IC28=30 ppm

Antioxidant IC50=120 uM

Antioxidant IC54=10 uM

Antiperoxidant IC50=10-20 uM

Antiplatelet

Antiproliferant 50-75 uM/l

Antiprotozoal

Antipurpuric

Antiradicular 9 x quercetin

Antispasmodic

Antisunburn

Antithrombogenic EC50=500 nM

Antithyroid IC50=68 uM

Antitrypanosomic 100 mg/kg *Planta Medica*, 57: A44, 1991.

Antitumor

Antitumor-Promoter

Antiulcer

Antivaricose

Antiviral	
Apoptotic 75 uM/l	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Capillariprotective	Merck 11th Edition
Catabolic	
Chemopreventive	
Cytoprotective IC50=3 uM	
Estrogenic?	Economic & Medicinal Plant Research, 6: 189.
Hemostat	
Hepatomaigenic 20,000 ppm (diet) rat	Phenolic Compounds in Food and Their Effects on Health. Antioxidants & Cancer Prevention. Huang, M.T., Ho, C.T. and Lee, C.Y. eds. 1992. ACS Symposium Series 507.ACS, Washington 402 pp.
Hepatoprotective 20 mg/kg rat	
Hypocholesterolemic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Hypotensive	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Immunomodulator	
Insecticide	Keeler, R.F. and Tu, A.T. eds. 1991. Toxicology of Plant and Fungal Compounds. (Handbook of Natural Toxins Vol. 6) Marcel Dekker, Inc. NY. 665 pp.
Insectiphile	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Juvabional	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvostat IC95=4,000-8,000 ppm diet	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology, v. 4, Oryx Press, Phoenix, 1989, 267pp.
Lipoxygenase-Inhibitor IC75=2.5 mM	Oszmianski, J. and Lee, C.Y. 1990. Inhibitory Effect of Phenolics on Carotene Bleaching in Vegetables. J. Agric. Food Chem. 38: 688-690.
Mutagenic	Economic & Medicinal Plant Research, 6: 189.
Myoprotective	
Myorelaxant	Economic & Medicinal Plant Research, 6: 189.
Oviposition-Stimulant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
PAF-Inhibitor	
Pesticide	
Protisticide	
Radioprotective	
Sunscreen	
Topoisomerase-II-Inhibitor IC50=1 ug/ml	Bernard, F. X., Sable, S., Cameron, B., Provost, J., Desnottes, J. F., Crouzet, J., Blanche, F. 1997. Glycosylated Flavones as Selective Inhibitors of Topoisomerase IV. Antimicrobial Agents & Chemotherapy, 41: 992-998.
Vasodilator	
Vasopressor	
cAMP-Phosphodiesterase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

SALICYLATES                      Leaf              19.0              200.0              -0.14              \*

**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.
Antiricosuric	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.

SELENIUM                      Fruit              0.003              0.004              -0.39              \*

**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).
Antimaculitic	
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.
Antiosteoarthritic	
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	

SILVER Fruit 0.087 0.11 -0.43 \*

Activities (3)					
Antibacterial				Martindale's 28th	
Astringent					
Pesticide					
SITOSTEROL	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
SODIUM	Fruit	66.0	1115.0	-0.08	USDA's Ag Handbook 8 and sequelae)
Activities (1)					
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
STEARIC-ACID	Seed	10080.0	35145.0	0.2	*
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				
Propepic					
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
STEARIC-ACID	Cotyledon	10100.0	61400.0	-0.56	*
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				
Propepic					
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
STIGMAST-7-EN-3-BETA-OL	Stem	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
STIGMASTEROL	Seed	--	--		*
Activities (12)					
Antihepatotoxic					
Antiinflammatory	Lawrence Review of Natural Products, 1995				
Antinociceptive					
Antiphidic 2.3 mg ipr mus	Economic & Medicinal Plant Research, 5: 363.				
Antioxidant IC33=10 uM					
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.				
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, c., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry. 29(5): 1667-1670. 1990.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Estrogenic					
Hypocholesterolemic	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Ovulant					
Sedative					
STRONTIUM	Fruit	2.6	16.5	-0.84	*
SUGAR	Fruit	20000.0	30000.0	-1.07	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

SULFUR Fruit 139.0 198.0 -0.85 \*

**Activities (14)**

Acarifuge  
Antiacne Martindale's 29th  
Antiarthritic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.  
Antidandruff Martindale's 29th  
Antigrey Martindale's 29th  
Antiosteoarthritic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.  
Antiseborrheic Martindale's 29th  
Antiseptic Martindale's 29th  
Comedogenic Martindale's 29th  
Keratolytic Martindale's 29th  
Laxative Martindale's 29th  
Parasiticide Martindale's 29th  
Pesticide  
Scabicide Martindale's 29th

TARAXEROL Seed -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

**Activities (2)**

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

THIAMIN Fruit 0.3 4.4 -0.12 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

TIRUCALLOL Seed -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

TITANIUM Fruit 0.435 2.2 -0.7 \*

TRANS,CIS-2,6-NONADIEN-1-OL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
TRANS,CIS-2,6-NONADIENAL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
TRANS-2-NONEN-1-OL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
TRANS-2-NONENAL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
TRIDECANOIC-ACID	Root	--	--		*

#### Activities (2)

Antioxidant IC85=60  
Perfumery  
Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

TRIGONELLINE	Seed	2.0	6.0	-0.47	*
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#### Activities (15)

Anticancer (Cervix) Williamson, E. M. and Evans, F. J., *Potter's New Cyclopaedia of Botanical Drugs and Preparations*, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.

Anticancer (Liver) Williamson, E. M. and Evans, F. J., *Potter's New Cyclopaedia of Botanical Drugs and Preparations*, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.

Antihyperglycemic Iwu, M.M. 1993. *Handbook of African Medicinal Plants*. CRC Press, Boca Raton, FL 435 pp.

Antimigraine

Antiseptic Iwu, M.M. 1993. *Handbook of African Medicinal Plants*. CRC Press, Boca Raton, FL 435 pp.

Antitumor (Cervix)

Antitumor (Liver)

Epidermal-Stimulant

Hypocholesterolemic

Hypoglycemic 500-3,000 mg/man/day Martindale's 28th

Hypoglycemic 50 mg/kg orl rat Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. *Herbal Medicine - A Guide for Health-care Professionals*. The Pharmaceutical Press, London. 296pp.

Mutagenic

Osmoregulator

Pesticide

Propepic

VIT-B-6	Fruit	1.0	13.0	0.81	USDA's Ag Handbook 8 and sequelae)
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WATER	Fruit	896000.0	938000.0	0.73	*
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ZINC	Fruit	1.5	31.0	0.02	*
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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	
Antimaclitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antioesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiosteoporotic	
Antiperiodontic	
Antiplate	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

ZIRCONIUM                      Fruit            1.7            2.2            -0.3            \*