

List of All Chemicals

P *Elaeis guineensis* (Arecaceae)

Common name(s)

African Oil Palm

*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
1-ETHYL-3,5-DIMETHOXY-4-HYDROXYBENZENE	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
1-METHYL-3,5-DIMETHOXY-4-HYDROXYBENZENE	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
2,6-DIMETHOXYPHENOL	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Activities (2)					
Antiangregant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antiprostaglandin	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
ALPHA-TOCOPHEROL	Fruit	75.0	125.0	0.8	Abstract (See species file)
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					
ALPHA-TOCOTRIENOL	Fruit	100.0	165.0		Abstract (See species file)

Activities (1)

Antioxidant

ASCORBIC-ACID	Fruit	120.0	163.0	-0.27	*
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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 reservse 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 reservse 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 reservse 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 reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anticataract 1 g 3x/day	
Anticervicaldysplasic 1,000-2,000 mg/day	
Anticlimacteric 500-5,000 mg/day	
Anticold 1-2 g/man/day	
Antidecubic 500 mg/man/2x/day	Martindale's 28th
Antidementia	
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Aluminum)	Economic & Medicinal Plant Research, 6: 189.
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Paraquat)	Martindale's 28th
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiendometriotic 2,000 mg/day	
Antifatigue 500-1,000 mg	
Antifibrotic 1,000-2,000 mg	
Antigallstone 1,000-3,000 mg/day	
Antigastritic	
Antigingivitic	
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 1,000 mg	
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
Antiherpetic 1-5 g/day	
Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antilepric 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	9000.0	17000.0	-1.03	*
BETA-CAROTENE	Fruit	365.0	575.0	0.96	*

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-TOCOTRIENOL	Fruit	45.0	75.0	Abstract (See species file)	
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CALCIUM Fruit 820.0 1360.0 -0.58 *

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

CARBOHYDRATES Fruit 105000.0 364000.0 -2.24 *

FAT Fruit 460000.0 819000.0 5.61 *

FIBER Fruit 27000.0 43000.0 -0.93 *

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

GAMMA-TOCOTRIENOL Fruit 220.0 360.0 Abstract (See species file)

Activities (1)

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

Activities (18)

Anesthetic	
Antibacterial 8,000 ppm	Valnet, J. 1982. The Practice of Aromatherapy. Translated from the 1980 French Edition by Robin Campbell and Libby Houston. Destiny Books, New York. 279 pp.
Antidermatitic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antieczemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiesophagitic	Martindale's 29th
Antiseptic	Martindale's 29th
Antituberculic	
Cardiodepressant	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.
Cardiotonic	
Dermal	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.
Expectorant 0.3-0.6 ml/man	Martindale's 28th
FLavor FEMA <1-1	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Irritant	
Pesticide	
Prostaglandin-Synthesis-Inhibitor IC50=57 uM	Alanko, J., et al. 1999. Modulation of Arachidonic Acid Metabolism by Phenols: Relation to their Structure and Antioxidant/Prooxidant Properties. Free Radical Biol Med, 26(1/2): 193-201.
Transdermal	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.

IRON Fruit 40.0 61.0 -0.29 *

Activities (6)

Antiakathisic	Martindale's 29th
Antianemic	Martindale's 29th
Anticancer	
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant	

KILOCALORIES Fruit 5370.0 7460.0 5.77 *

LIGNOCERIC-ACID Fruit 460.0 820.0 -1.0 *

Activities (1)

Antihepatotoxic

LINOLEIC-ACID Fruit 9200.0 92550.0 0.95 *

Activities (27)**5-Alpha-Reductase-Inhibitor**

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

MYRISTIC-ACID Fruit 2300.0 48320.0 2.01 *

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 13.0 19.0 -0.56 *

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

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

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

Activities (6)

Allelochemic IC50=0.36 mM	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.
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antiseptic	Merck 11th Edition
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Pesticide	
Rodenticide LD 50=620 cut rat	

OLEIC-ACID Fruit 183080.0 429155.0 2.83 *

Activities (18)					
5-Alpha-Reductase-Inhibitor					
Allergenic					
Alpha-Reductase-Inhibitor					
Anemiagenic					
Antiallopecic					
Antiandrogenic					
Antiinflammatory IC50=21 uM					
Antileukotriene-D4 IC50=21 uM					
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Choleretic 5 ml/man					
Dermatitigenic					
FLavor FEMA 1-30	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Irritant	Merck 11th Edition				
Percutaneostimulant	Seki, T., Toeda, C., Kawaguchi, T., Juni, K., Sugibayashi, K., and Morimoto, Y. 1990. Enhanced Transdermal Delivery of Zidovudine in Rats and Human Skin. Chem. Pharm. Bull. 38(11): 3086-3089, 1990.				
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Propecic					

PALMITIC-ACID Fruit 148580.0 384930.0 5.63 *

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

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

Activities (2)					
5-Alpha-Reductase-Inhibitor					
Soap	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				

PHOSPHORUS Fruit 440.0 3100.0 -0.04 *

Activities (4)					
Antiosteoporotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Anxiolytic					
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
Osteogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				

PROTEIN Fruit 19000.0 99000.0 -0.14 *

RIBOFLAVIN Fruit 1.0 1.7 -0.71 *

Activities (15)

AntiLyme 50 mg/day	
Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th
Anticarpal-Tunnel 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 15 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticephalagic	
Anticervicaldysplasic 1.6-10 mg/day	
Anticheilitic	
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.

STEARIC-ACID Fruit 4600.0 69615.0 4.34 *

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.

THIAMIN Fruit 2.0 3.5 -0.23 *

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	

WATER Fruit 262000.0 280000.0 -2.13 *