

List of All Chemicals

P Gardenia jasminoides (Rubiaceae)

Common name(s)

Cape Jasmine; Gardenia; Shan-Zhi-Zi; Zhi Zi; Jasmin; Shan-Chih-Tzu

How used

Medicinal

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

Chemical	Part	Low PPM	High PPM	StdDev	*Reference
(1R,74,8S,10R)-7,8,11-TRIHYDROXYGUAI-4-EN-3-ONE-8-O-BETA-D-GLUCOPYRANOSIDE	Fruit	--	--		*
(R)-LINALYL-6-O-ALPHA-L-ARABINOPYRANOSYL-BETA-D-GLUCOPYRANOSIDE	Flower	--	--		*
10-ACETYLGENIPOSIDE	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
13-Z-CROCIN-ESTER	Fruit	--	--		*
2-HYDROXYETHYL-GARDENAMIDE-A	Fruit	--	--		*
ARSENIC	Fruit	--	0.05	-0.47	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Activities (2)					
Anorexic	Forest H. Nielsen, USDA, Grand Forks, various publications.				
Pesticide					
ASH	Seed	--	25000.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
BENZOIC-ACID-ESTER	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
BENZYL-ACETATE	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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 reviewed 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					
BETA-SITOSTEROL	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)

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. <i>Journal of Ethnopharmacology</i> , 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 <i>Vaccinium myrtillus</i> (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 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. <i>Journal of Ethnopharmacology</i> , 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. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antigonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Antihyperlipoproteinaemic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> 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. <i>Journal of Ethnopharmacology</i> , 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. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from <i>Vaccinium myrtillus</i> (Bilberry) Fruits and Cell Cultures. <i>Plant Sci.</i> , 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 <i>Artemisia annua</i> . <i>Plant Science</i> , 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 <i>Melodorum fruticosum</i> . <i>Phytochemistry</i> . 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. <i>African Ethnobotany - Poisons and Drugs.</i> Chapman & Hall, New York. 941 pp.
Gonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 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. <i>Journal of Ethnopharmacology</i> , 27: 243-275, 1989.
Hypolipidemic 2-6 g/day	
Pesticide	
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology</i> , 28: 221-234, 1990.
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Ulcerogenic 500 mg/kg ipr rat	

BORNEOL

Flower

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Activities (35)

(-)-Chronotropic 29 ug/ml	Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
(-)-Inotropic 29 ug/ml	Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Allelochemic	
Analgesic	
Antiacetylcholine	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Antibacterial MIC=125-250 ug/ml	
Antibronchitic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Antiescherichic MIC=125 ug/ml	
Antifeedant	
Antiinflammatory	
Antiotitic	
Antipyretic	
Antisalmonella MIC=125 ug/ml	
Antispasmodic ED50=0.008 mg/ml	
Antistaphylococcic MIC=250 ug/ml	
Antiyeast MIC=250 ug/ml	
CNS-Stimulant	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
CNS-Toxic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Candidicide MIC=250 ug/ml	
Choleretic	
FLavor FEMA<1	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Fungicide	
Hepatoprotective	
Herbicide IC50=470 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.
Herbicide IC50=470 uM	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.
Inhalant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Insect-Repellent	
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Irritant	Rinzler, C. A. 1990. The Complete Book of Herbs, Spices and Condiments. Facts on File, New York. 199 pp.
Myorelaxant	Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Nematicide MLC=1 mg/ml	Shoyakugaku Zasshi, 44: 183.
Perfumery	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Pesticide	
Sedative	Medline (post 1990 searches filed in my computer)
Tranquilizer	

BORNYL-6-O-BETA-D-XYLOPYRANOSYL- BETA-D-GLUCOPYRANOSIDE	Flower	--	--		*
CALCIUM	Fruit	2810.0	4710.0	0.2	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.

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	

CHLOROGENIN Fruit -- -- *

Activities (3)

Antiinflammatory	
Pesticide	
Piscicide	Merck 11th Edition

COPPER Fruit 10.0 13.0 0.01 *

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.

CROCETIN Fruit -- -- *

Activities (10)					
Anticancer (Skin) 3 uM					
Antihypoxic					
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.				
Antioxidant					
Antitumor-Promoter 3 uM					
Choleretic 100 mg/kg					
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Hypocholesterolemic	Fitoterapia No.5-1986.				
Lipolytic	Wichtl, M. 1984. Teedrogen. Ein Handbuch für Apotheker und Ärzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.				
Neuroprotective					

CROCETIN-MONO(BETA-GENTIOBIOSYL)-ESTER	Fruit	--	--		*
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CROCIN	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
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Activities (4)					
Choleretic 100 mg/kg					
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Dye	Merck 11th Edition				
Neuroprotective					

CROCIN	Flower	--	--		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
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Activities (4)					
Choleretic 100 mg/kg					
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Dye	Merck 11th Edition				
Neuroprotective					

CROCIN-1	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
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DAUCOSTEROL	Flower	--	--		*
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Activities (5)					
Aldose-Reductase-Inhibitor 0.1 mM/l rat (weak activity, 31.9% inhibition)	Fujita, T., Ohira, K., Miyatake, K., Nakano, Y., Nakayama, M. 1995. Inhibitory Effect of Perillosides A and C, Related Monoterpene Glucosides on Aldose Reductase and Their Structure-Activity Relationships. Chem Pharm Bull, 43(6): 920-926.				
Antileukemic					
Antispasmodic 20 mg/kg	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp				
Antitumor					
Hypoglycemic	Economic & Medicinal Plant Research, 6: 158.				

DEACETYLASPERULOSIDE-ACID-METHYL-ESTER	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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EO	Flower	--	700.0	-0.4	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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FAT	Seed	140000.0	200000.0	-0.34	*
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GARDENATE-A	Fruit	--	--		*
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GARDENIC-ACID	Plant	--	--		*
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Activities (1)					
Abortifacient 5 ug/ml					

GARDENIC-ACID-A	Flower	--	--		*
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GARDENIC-ACID-B	Flower	--	--		*
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Activities (1)				
Contraceptive				
GARDENIN	Fruit	--	--	*
Activities (2)				
Bilirubinolytic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.			
Choleretic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.			
GARDENODIC-ACID-A	Plant	--	--	*
GARDENOSIDE	Leaf	--	--	*
Activities (6)				
Antioxidant				
Antitumor-Promoter				
Bilirubinolytic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.			
Cathartic ED50=1,200 mg/kg	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)			
Choleretic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.			
Laxative				
GARDENOSIDE	Fruit	--	--	*
Activities (6)				
Antioxidant				
Antitumor-Promoter				
Bilirubinolytic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.			
Cathartic ED50=1,200 mg/kg	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)			
Choleretic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.			
Laxative				
GARDOSIDE	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
GENIPIN	Fruit	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
Activities (6)				
AntiEBV				
Anticomplementary				
Antitumor-Promoter				
Chemopreventive				
Choleretic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.			
Laxative	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)			
GENIPIN-1-BETA-D-GENTIOBIOSIDE	Fruit	--	--	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
GENIPIN-1-BETA-D-GLUCOSIDE	Plant	--	--	J.S. Glasby Dict.Pl's Containing 2ndary Metabolite. 1991.
GENIPOSIDE	Fruit	--	--	*
Activities (10)				
Antibacterial				
Anticlastogen				
Antimutagenic				
Antioxidant				
Antitumor-Promoter				
Cathartic ED50=300 mg/kg	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)			
Choleretic				
Hepatoprotective				
Laxative				
Pesticide				
GENIPOSIDE	Leaf	--	--	*

Activities (10)					
Antibacterial					
Anticlastogen					
Antimutagenic					
Antioxidant					
Antitumor-Promoter					
Cathartic ED50=300 mg/kg					Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)
Choleretic					
Hepatoprotective					
Laxative					
Pesticide					
GENIPOSIDIC-ACID	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Activities (10)					
Algistat					Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Anticlastogen					
Antimutagenic					
Antioxidant IC50=400 uM					
Antitumor-Promoter					
Bacteristat					Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Cathartic ED50=>800 mg/kg					Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)
Fungistat					Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Pesticide					
Protististat					Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
GENTIOBIOSIDE	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
IRON	Fruit	40.0	130.0	-0.01	*
Activities (6)					
Antiakathisic					Martindale's 29th
Antianemic					Martindale's 29th
Anticanker					
Anticheilitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenorrhagic 100 mg/day/wmn/orl					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant					
JASMINOSIDE-F	Fruit	--	--		*
LINALOL	Flower	--	--		*
LINALOOL	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (53)

Acaricide C90=<15 ul/l (= <15 ppm)	
Allergenic	
Analgesic	
Anesthetic 0.01-1 ug/ml	
Antiacetylcholinesterase	
Antiallergic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antianaphylactic	
Antibacterial MIC=1,600 ug/ml	
Anticariogenic MIC=1,600 ug/ml	Muroi, H. and Kubo, I. 1993. Combination Effects of Antibacterial Compounds in Green Tea Flavor against Streptococcus mutans. J. Agric. Food Chem. 41: 1102-1105.
Anticolic	
Anticonvulsant 200 mg/kg ipr mus	
Antiedemic	
Antiglutamaergic	
Antihistaminic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antiinflammatory	
Antileukemic IC50=3.5-4.2 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.
Antilymphomic IC50=3.5-4.2 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.
Antimange	
Antimite	
Antimutagenic	
Antiseptic 5 x phenol	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)
Antishock	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antispasmodic	Buchbauer, G., Jirovetz*, L., Nikiforov, A., Remberg, G., Raverdino, V. 1989. Headspace-Analysis and Aroma Compounds of Austrian Hay-Blossoms (Flores Graminis, Graminis Flos) used in Aromatherapy. J. Ess. Oil Res., 2: 185-191, 1990.
Antiviral	
Barbituate-Synergist	
Bronchorelaxant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
CNS-Depressant	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidistat	
Carminative	
Culicide LC50=156-194 mg/l	
Cytotoxic	
Expectorant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Flavor FEMA 2-40	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Fungicide	Acta Botanica Sinica, 32: 49.
GABA-nergic	
Hypnotic	
Hypothermic	
Insecticide LC50=156-194 mg/l	
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
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.
Larvicide LC50=156-194 mg/l	
Mosquitofuge > Deet	
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
Nematicide MLC=1 mg/ml	Shoyakugaku Zasshi, 44: 183.
Perfumery	Merck 11th Edition
Pesticide	
Prooxidant	Charalambous, G. (Ed.). 1994. Spices, Herbs and Edible Fungi. Elsevier Science B. V. Amsterdam. 764 pp.
Sedative ED=1-32 mg/kg	Wagner & Wolff, eds. 1977. New Natural Products (RS164. I56. 176)
Sedative 200 mg/kg ipr mus (1% as active as diazepam)	
Termitifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Trichomonicide LD100=600 ug/ml	
Tumor-Promoter	

LINALYL-ACETATE

Flower

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

Activities (7)Anesthetic 0.01-1
ug/mlAntioxidant 400
ppmAntispasmodic
ED50=0.21
mg/ml Fitoterapia No.59-1984.

FLavor FEMA 2-15 Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry

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

Perfumery Merck 11th Edition

Sedative

MAGNESIUM

Fruit

1880.0

2170.0

0.02

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Activities (65)

AntiCFS

AntiLyme 400-1,000 mg

AntiMS

AntiPMS 400-800
mg/day/wmn/orlAntiPMS 400-800
mg/day/wmn orlAntiRaynaud'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/dayAntidysmenorrheic 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/dayAntimigraine 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

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

MANGANESE Fruit 16.0 19.0 -0.28 *

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	

MANNITOL Fruit -- -- *

Activities (18)

Allergenic	Martindale's 29th
Analgesic	
Anthelmintic	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
AntiReye's	Martindale's 29th
Antiglaucomic	Martindale's 28th
Antiinflammatory	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Antimutagenic	
Antinephritic	Martindale's 29th
Antioxidant	Jim Duke's personal files.
Antiradicular	
Antispasmodic	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Diuretic	Merck 11th Edition
Emetic	Martindale's 28th
Flatugenic	Martindale's 29th
Laxative	
Nephrotoxic	Martindale's 29th
Pesticide	
Sweetener	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

METHYL-ANTHRANILATE	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (2)

Flavor FEMA 0.2-2,200	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry

METHYL-DEACETYLASPERULOSIDATE	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
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NONACOSANE	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
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Activities (2)

Antimutagenic 250 ug/ml	
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.

PECTIN	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
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Activities (24)

Antiatheromic 15 g/man/day	Cerda, J.J. Pectin in Health and Disease. HortScience, 25(12): 1485, 1990.
Antibacterial	
Antidiabetic 10 g/man/day/orl	
Antidiarrheic	Merck 11th Edition
Antienteric	
Antigallstone	
Antigastritic	
Antilithic	
Antimetastatic	
Antimutagenic	
Antiobesity	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antitumor (Colon)	
Antitumor (Prostate)	
Antitussive	
Antiulcer	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Chemopreventive	
Demulcent	
Fungicide	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Hemostat	
Hypocholesterolemic	
Hypoglycemic	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Peristaltic	
Pesticide	

PENTA-ACETYL-GENIPOSIDE	Leaf	--	--		*
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PICROCROCINIC-ACID	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
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POTASSIUM	Fruit	13800.0	15300.0	-0.23	*
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Activities (14)

Angiotensin-Receptor-Blocker	
Antiarrhythmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antispasmodic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke	
Anxiolytic	
Beta-Blocker	
Cardioprotective 3,000-5,000 mg	
Cardiotoxic 18,000 mg/man/day	
Diuretic	
Hypotensive	
Vasodilator	

PROTEIN	Seed	--	144000.0	-0.8	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
SCANDOSIDE-METHYL-ESTER	Fruit	--	--		*
Activities (1)					
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
SHANZHISIDE	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
SODIUM	Fruit	731.0	985.0	-0.09	*
Activities (1)					
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
STYRENE-ACETATE	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
TANNIN	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Activities (35)					
Anthelmintic					
AntiHIV					
Antibacterial					
Anticancer					
Anticariogenic					
Antidiarrheic					
Antidysenteric					
Antihepatotoxic					
Antihypertensive					
Antilipolytic					
Antimutagenic					
Antinephritic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.				
Antiophidic	Economic & Medicinal Plant Research, 5: 363.				
Antioxidant IC50=1.44 ug/ml					
Antioxidant 1/3 quercetin					
Antiradicular 500 mg/kg/day orl mus	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.				
Antiradicular 1/3 quercetin					
Antirenitic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.				
Antitumor					
Antitumor-Promoter					
Antiulcer					
Antiviral					
Cancer-Preventive	HerbalGram No. 22 - Spring 1990, page 14.				
Carcinogenic					
Chelator					
Cyclooxygenase- Inhibitor					
Glucosyl- Transferase-Inhibitor					
Hepatoprotective					
Immunosuppressant					
Lipoxygenase- Inhibitor					
MAO-Inhibitor					
Ornithine- Decarboxylase- Inhibitor					
Pesticide					
Psychotropic	Uchida, U., Ohta, H., Niwa, M., Mori, A., Nonaka, G-i., Nishioka, I., and Zaki, M. 1989. Prolongation of Life Span of Stroke-Prone Spontaneously Hypertensive Rats (SHRSP) Ingesting Persimmon Tannin. Chem. Pharm. Bull. 38(4): 1049-1052, 1990.				
Xanthine-Oxidase- Inhibitor					
TERPINEOL	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Activities (18)

Analgesic 10-100 ug/ml	
Anesthetic 10-100 ug/ml	
Antiallergenic	
Antiasthmatic	
Antibacterial	
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antiseptic	Merck 11th Edition
Antispasmodic	
Antitussive	
Cholagogue	
Culicide LC50=156-194 mg/l	
Expectorant	
Insecticide LC50=156-194 mg/l	
Insectifuge	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Larvicide LC50=156-194 mg/l	
Perfumery	Merck 11th Edition
Pesticide	

ZHIZININ-A	Flower	--	--		*
ZINC	Fruit	10.0	17.0	-0.4	*

Activities (77)

ACE-Inhibitor	
Analgesic	
AntiBPH 25-60 mg/day	
AntiCrohn's	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
AntiHIV	
Antiacne 135 mg/day	
Antiacrodermatitic 8-34 mg/day/orl/chd	Martindale's 29th
Antialcoholic	
Antialopepic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antialzheimeran 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiangiogenic	
Antianorexic	Martindale's 29th
Antiarthritic 50 mg/3x/day/orl/man	
Anticanker 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticataract 30 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticoeliac	Martindale's 28th
Anticold 50 mg	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticolitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anticoronary 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidandruff	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidementia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiencephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antileptic	Martindale's 29th
Antileukonychic	
Antilymphomic	
Antimaculitic	

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