

ביבליוגרפיה של הספר: "הטע שבטבע - המדריך המקצועי לליקוט צמחים בר למאכל ולמרפא בישראל" מאת אביבית ג'וטי ברקוביץ' בודן

כללי:

1. נעמי פינברון דותן, אבינעם דין - המגדר לצמחים בר בארץ ישראל.
[/www.wildflowers.co.il](http://www.wildflowers.co.il)
2. אתר צמח השדה:
[/http://flora.org.il/plants](http://flora.org.il/plants)
3. צמחיית ארץ ישראל בראשת:
<http://www.bioquicknews.com/node/2590>

על היתרונות של הצמחים המרדים:

1. McMullen, M. K., Whitehouse, J. M., & Towell, A. (2015). Bitters: time for a new paradigm. *Evidence-Based Complementary and Alternative Medicine*, 2015.
2. Lee, R. J., & Cohen, N. A. (2015). Taste receptors in innate immunity. *Cellular and molecular life sciences*, 72(2), 217-236.
3. <http://www.bioquicknews.com/node/2590>
4. Yan, C. H., Hahn, S., McMahon, D., Bonislawski, D., Kennedy, D. W., Adappa, N. D., ... & Cohen, N. A. (2017). Nitric oxide production is stimulated by bitter taste receptors ubiquitously expressed in the sinonasal cavity. *American Journal of Rhinology & Allergy*, 31(2), 85.
5. Carabotti, M., Scirocco, A., Maselli, M. A., & Severi, C. (2015). The gut-brain axis: interactions between enteric microbiota, central and enteric nervous systems. *Annals of gastroenterology: quarterly publication of the Hellenic Society of Gastroenterology*, 28(2), 203.
6. Zhang, C. H., Lifshitz, L. M., Uy, K. F., Ikebe, M., Fogarty, K. E., & ZhuGe, R. (2013). The cellular and molecular basis of bitter tastant-induced bronchodilation. *PLoS biology*, 11(3), e1001501.
7. Baothman, O. A., Zamzami, M. A., Taher, I., Abubaker, J., & Abu-Farha, M. (2016). The role of gut microbiota in the development of obesity and diabetes. *Lipids in health and disease*, 15(1), 108.

רגلت הגינה:

1. Simopoulos AP, Salem N Jr. Purslane: a terrestrial source of omega-3 fatty acids. *N Engl J Med* 1986;315:833.
2. ערכים תזונתיים של רגلت הגינה:
<https://ndb.nal.usda.gov/ndb/foods/show/3145?manu=&fgcd=&ds=Standard%20Reference>
3. Ezekwe, M.O., Omara-Alwala, T.R. & Membrahtu, T. Plant Foods Hum Nutr (1999) 54: 183. <https://doi.org/10.1023/A:1008101620382>
4. Mohamed AI, Hussein A (1994) Chemical composition of purslane (*Portulaca oleracea*). *Plant Foods Human Nutr* 45: 1–9.

5. Simopoulos AP, Norman HA, Gillaspy JE, Duke JA (1992) Common purslane: A source of Omega-3 fatty acids and antioxidants. *J Am Coll Nut* 11: 374–382.
6. A.P Simopoulos, The importance of the ratio of omega-6/omega-3 essential fatty acids, *Biomedicine & Pharmacotherapy*, Volume 56, Issue 8, 2002, Pages 365-379, ISSN 0753-3322, [http://dx.doi.org/10.1016/S0753-3322\(02\)00253-6](http://dx.doi.org/10.1016/S0753-3322(02)00253-6).
7. Seddon JM, Ajani UA, Sperduto RD, Hiller R, Blair N, Burton TC, Farber MD, Gragoudas ES, Haller J, Miller DT, Yannuzzi LA, Willett W. Dietary Carotenoids, Vitamins A, C, and E, and Advanced Age-Related Macular Degeneration. *JAMA*. 1994;272(18):1413–1420. doi:10.1001/jama.1994.03520180037032
8. Simopoulos AP (ed): Plants in Human Nutrition. *World Rev Nutr Diet*. Basel, Karger, 1995, vol 77, pp 47-74
9. Mohamed-I Kotb El-Sayed, Effects of L. seeds in treatment of type-2 diabetes mellitus patients as adjunctive and alternative therapy, *Journal of Ethnopharmacology*, Volume 137, Issue 1, 2011, Pages 643-651, ISSN 0378-8741
10. Li, F., Li, Q., Gao, D., Peng, Y., & Feng, C. (2009). Preparation and antidiabetic activity of polysaccharide from Portulaca oleracea L. *African Journal of Biotechnology*, 8(4).
11. Gong, F., Li, F., Zhang, L., Li, J., Zhang, Z., & Wang, G. (2009). Hypoglycemic effects of crude polysaccharide from purslane. *International journal of molecular sciences*, 10(3), 880-888.

ירבד:

1. **עריכים תזונתיים של עלי אמранט:**

<https://ndb.nal.usda.gov/ndb/foods/show/2816?fgcd=&manu=&lfacet=&format=&count=&max=50&offset=&sort=default&order=asc&qlookup=amaranth&ds=&qt=&qp=&qa=&qn=&q=&ing>

Silva-Sánchez C, de la Rosa AP, León-Galván MF, de Lumen BO, de León-Rodríguez A, de Mejía EG. Bioactive peptides in amaranth (*Amaranthus hypochondriacus*) seed. *J Agric Food Chem*. 2008 Feb 27;56(4):1233-40. doi: 10.1021/jf072911z. Epub 2008 Jan 23

3. Bressani, R., De Martell, E. C. M., & De Godinez, C. M. (1993). Protein quality evaluation of amaranth in adult humans. *Plant Foods for Human Nutrition (Formerly Qualitas Plantarum)*, 43(2), 123-143.
4. Martirosyan, D. M., Miroshnichenko, L. A., Kulakova, S. N., Pogojeva, A. V., & Zoloedov, V. I. (2007). Amaranth oil application for coronary heart disease and hypertension. *Lipids in health and disease*, 6(1), 1.

5. Marcone, M. F., Kakuda, Y., & Yada, R. Y. (2003). Amaranth as a rich dietary source of β -sitosterol and other phytosterols. *Plant Foods for Human Nutrition (Formerly Qualitas Plantarum)*, 58(3), 207-211.
6. Su, Q., Rowley, K. G., Itsipoulos, C., & O'Dea, K. (2002). Identification and quantification of major carotenoids in selected components of the Mediterranean diet: green leafy vegetables, figs and olive oil. *European journal of clinical nutrition*, 56(11), 1149.
7. Morales, E., Lembcke, J., & Graham, G. G. (1988). Nutritional value for young children of grain amaranth and maizeamaranth mixtures: effect of processing. *The Journal of nutrition*, 118(1), 78-85.
8. Prakash, D. and Pal, M. (1991), Nutritional and antinutritional composition of vegetable and grain amaranth leaves. *J. Sci. Food Agric.*, 57: 573–583.
doi:10.1002/jsfa.2740570410
9. R. Repo-Carrasco-Valencia (2011). Andean indigenous food crops: nutritional value and Bioactive Compounds. Department of Biochemistry and Food Chemistry, University of Turku.
10. C. Silva-Sanchez et al (2008). Bioactive peptides in amaranth (*Amaranthus hypochondriacus*) seed. *Journal of Agricultural and Food Chemistry*, 56(4), 1233-40.
11. J. Kalinova and E. Dadakova (2009). Rutin and Total Quercetin Content in Amaranth (*Amaranthus spp.*). *Plant Foods for Human Nutrition*, 64(1), 68-74.

חידל לבן

- Yang, R., Zhou, Q., Wen, C., Hu, J., Li, H., Zhao, M., & Zhao, H. (2013). .1
Mustard seed (*Sinapis Alba* Linn) attenuates imiquimod-induced psoriasisiform inflammation of BALB/c mice. *The Journal of dermatology*, 40(7), 543-552
- Buttriss, J. L., & Stokes, C. S. (2008). Dietary fibre and health: an overview. .2
Nutrition Bulletin, 33(3), 186-200
- Howarth, N. C., Saltzman, E., & Roberts, S. B. (2001). Dietary fiber and .3
weight regulation. *Nutrition reviews*, 59(5), 129-139
- Singh, R. B., Niaz, M. A., Sharma, J. P., Kumar, R., Rastogi, V., & Moshiri, M. .4
(1997). Randomized, double-blind, placebo-controlled trial of fish oil and mustard oil in patients with suspected acute myocardial infarction: the Indian experiment of infarct survival—4. *Cardiovascular drugs and therapy*, 11(3), .485-491
- Takase, B., Akima, T., Uehata, A., Ohsuzu, F., & Kurita, A. (2004). Effect of .5
chronic stress and sleep deprivation on both flow-mediated dilation in the brachial artery and the intracellular magnesium level in humans. *Clinical cardiology*, 27(4), 223-227

- Cui W, Eskin NA, Biliaderis CG. Chemical and physical properties of .6 yellow mustard (*Sinapis alba* L.) mucilage. *Food Chem.* .1993;46(2):169-176
- Pedras MS, Zaharia IL. Sinalbins A and B, phytoalexins from *Sinapis alba* : elicitation, isolation, and synthesis. *Phytochemistry* .2000;55(3):213-216
8. Appelqvist LD, Kornfeld AK, Wennerholm JE. Sterols and sterol esters in some *Brassica* and *Sinapis* seeds. *Phytochemistry* .1981;20(2):207-210.
 9. Coggiola B, Pagliai F, Allegrone G, Genazzani AA, Tron GC. Synthesis and biological activity of mustard derivatives of combretastatins. *Bioorg Med Chem Lett* . 2005;15(15):3551-3554.
 10. Tseng E, Kamath A, Morris ME. Effect of organic isothiocyanates on the P-glycoprotein- and MRP1-mediated transport of daunomycin and vinblastine. *Pharm Res* . 2002;19(10):1509-1515.
 11. Yusuf MA, Sarin NB. Antioxidant value addition in human diets: genetic transformation of *Brassica juncea* with gamma-TMT gene for increased alpha-tocopherol content. *Transgenic Res* . 2007;16(1):109-113.
 12. Sujatha R, Srinivas L. Modulation of lipid peroxidation by dietary components. *Toxicol In Vitro* . 1995;9(3):231-236.
 13. Risé P, Marangoni F, Martiello A, et al. Fatty acid profiles of blood lipids in a population group in Tibet: correlations with diet and environmental conditions. *Asia Pac J Clin Nutr* . 2008;17(1):80-85.
 14. Singh RB, Niaz MA, Sharma JP, Kumar R, Rastogi V, Moshiri M. Randomized, double-blind, placebo-controlled trial of fish oil and mustard oil in patients with suspected acute myocardial infarction: the Indian experiment of infarct survival-4. *Cardiovasc Drugs Ther* . 1997;11(3):485-491.
 15. Singh RB, Dubnov G, Niaz MA, et al. Effect of an Indo-Mediterranean diet on progression of coronary artery disease in high risk patients (Indo-Mediterranean Diet Heart Study): a randomised single-blind trial. *Lancet* . 2002;360(9344):1455-1461.
- 16. שימוש בעלי חרדל:**
17. DeKock, P. C., Hall, A., & McDonald, M. (1960). A relation between the ratios of phosphorus to iron and potassium to calcium in mustard leaves. *Plant and Soil*, 12(2), 128-142.
 18. Dekock, P. C., & Inkson, R. H. E. (1962). Manganese content of mustard leaves in relation to iron and major nutrient supply. *Plant and Soil*, 17(2), 183-190.

19. Kim, J. O., Kim, M. N., Park, K. Y., Moon, S. H., Ha, Y. L., & Rhee, S. H. (1993). Antimutagenic effects of 4-decanol identified from mustard leaf. *Applied Biological Chemistry*, 36(6), 424-427.
20. Kaur, N., & Kawatra, B. L. (1994). Effect of cooking methods and maturity of mustard leaves on bioavailability of iron. *Journal of Food Science and Technology*.
21. Kim, Y. N., Giraud, D. W., & Driskell, J. A. (2007). Tocopherol and carotenoid contents of selected Korean fruits and vegetables. *Journal of Food Composition and Analysis*, 20(6), 458-465.
22. Manohar, P., Pushpan, R., & Rohini, S. (2009). Mustard and its uses in Ayurveda.

: 23. ערכים תזונתיים:

<https://ndb.nal.usda.gov/ndb/foods/show/3018?manu=&fgcd=&ds=Standard%20Reference>

24. Chernomorsky, S., Segelman, A., & Poretz, R. D. (1999). Effect of dietary chlorophyll derivatives on mutagenesis and tumor cell growth. *Teratogenesis, carcinogenesis, and mutagenesis*, 19(5), 313-322.
25. Lee, H. S., Cho, Y. H., Park, J., Shin, H. R., & Sung, M. K. (2013). Dietary intake of phytonutrients in relation to fruit and vegetable consumption in Korea. *Journal of the Academy of Nutrition and Dietetics*, 113(9), 1194-1199.
26. Anderson, J. W., Baird, P., Davis, R. H., Ferreri, S., Knudtson, M., Koraym, A., ... & Williams, C. L. (2009). Health benefits of dietary fiber. *Nutrition reviews*, 67(4), 188-205.
27. Weber, P. (2001). Vitamin K and bone health. *Nutrition*, 17(10), 880-887.
28. Bügel, S. (2008). Vitamin K and bone health in adult humans. *Vitamins & Hormones*, 78, 393-416.
29. Heimer, K. A., Hart, A. M., Martin, L. G., & Rubio-Wallace, S. (2009). Examining the evidence for the use of vitamin C in the prophylaxis and treatment of the common cold. *Journal of the American Association of Nurse Practitioners*, 21(5), 295-300.
30. Ambrosone CB, Tang L. Cruciferous vegetable intake and cancer prevention: role of nutrigenetics. *Cancer Prev Res (Phila Pa)*. 2009 Apr;2(4):298-300. 2009.
31. Angeloni C, Leoncini E, Malaguti M, et al. Modulation of phase II enzymes by sulforaphane: implications for its cardioprotective potential. *J Agric Food Chem*. 2009 Jun 24;57(12):5615-22. 2009.
32. Antosiewicz J, Ziolkowski W, Kar S et al. Role of reactive oxygen intermediates in cellular responses to dietary cancer chemopreventive agents. *Planta Med*. 2008 Oct;74(13):1570-9. 2008.

33. Awasthi S and Saraswathi NT. Sinigrin, a major glucosinolate from cruciferous vegetables restrains non-enzymatic glycation of albumin. *Macromolecules* 34. Volume 83, February 2016, pages 410—415.
35. Banerjee S, Wang Z, Kong D, et al. 3,3'-Diindolylmethane enhances chemosensitivity of multiple chemotherapeutic agents in pancreatic cancer. 3,3'-Diindolylmethane enhances chemosensitivity of multiple chemotherapeutic agents in pancreatic cancer. 2009.
36. Bhattacharya A, Tang L, Li Y, et al. Inhibition of bladder cancer development by allyl isothiocyanate. *Carcinogenesis*. 2010 Feb;31(2):281-6. 2010.
37. Brat P, George S, Bellamy A, et al. Daily Polyphenol Intake in France from Fruit and Vegetables. *J. Nutr.* 136:2368-2373, September 2006. 2006.
38. Bryant CS, Kumar S, Chamala S, et al. Sulforaphane induces cell cycle arrest by protecting RB-E2F-1 complex in epithelial ovarian cancer cells. *Molecular Cancer* 2010, 9:47. 2010.
39. Carpenter CL, Yu MC, and London SJ. Dietary isothiocyanates, glutathione S-transferase M1 (GSTM1), and lung cancer risk in African Americans and Caucasians from Los Angeles County, California. *Nutr Cancer*. 2009;61(4):492-9. 2009.
40. Christopher B, Sanjeez K, Sreedhar C, et al. Sulforaphane induces cell cycle arrest by protecting RB-E2F-1 complex in epithelial ovarian cancer cells. *Molecular Cancer Year: 2010 Vol: 9 Issue: 1 Pages/record No.: 47.* 2010.
41. Clarke JD, Dashwood RH, Ho E. Multi-targeted prevention of cancer by sulforaphane. *Cancer Lett.* 2008 Oct 8;269(2):291-304. 2008.
42. Cornelis MC, El-Sohemy A, Campos H. GSTT1 genotype modifies the association between cruciferous vegetable intake and the risk of myocardial infarction. *Am J Clin Nutr.* 2007 Sep;86(3):752-8. 2007.
43. Fowke JH, Morrow JD, Motley S, et al. Brassica vegetable consumption reduces urinary F2-isoprostane levels independent of micronutrient intake. *Carcinogenesis*, October 1, 2006; 27(10): 2096 - 2102. 2006.
44. Higdon JV, Delage B, Williams DE, et al. Cruciferous Vegetables and Human Cancer Risk: Epidemiologic Evidence and Mechanistic Basis. *Pharmacol Res.* 2007 March; 55(3): 224-236. 2007.
45. Hu J, Straub J, Xiao D, et al. Phenethyl isothiocyanate, a cancer chemopreventive constituent of cruciferous vegetables, inhibits cap-dependent translation by regulating the level and phosphorylation of 4E-BP1. *Cancer Res.* 2007 Apr 15;67(8):3569-73. 2007.
46. Huang Z, Wang B, Eaves DH, et al. Phenolic compound profile of selected vegetables frequently consumed by African Americans in the southeast United States. *Food Chemistry*, Volume 103, Issue 4, 2007, pages 1395-1402.

47. Hutzen B, Willis W, Jones S, et al. Dietary agent, benzyl isothiocyanate inhibits signal transducer and activator of transcription 3 phosphorylation and collaborates with sulforaphane in the growth suppression of PANC-1 cancer cells. *Cancer Cell International* 2009, 9:24. 2009.
48. Jiang H, Shang X, Wu H, et al. Combination treatment with resveratrol and sulforaphane induces apoptosis in human U251 glioma cells. *Neurochem Res.* 2010 Jan;35(1):152-61. 2010.
49. Kahlon TS, Chiu MC, Chapman MH. Steam cooking significantly improves in vitro bile acid binding of collard greens, kale, mustard greens, broccoli, green bell pepper, and cabbage. 2008 Jun;28(6):351-7. 2008.
50. Kelemen LE, Cerhan JR, Lim U, et al. Vegetables, fruit, and antioxidant-related nutrients and risk of non-Hodgkin lymphoma: a National Cancer Institute-Surveillance, Epidemiology, and End Results population-based case-control study. *Am J Clin Nutr.* 2006 Jun;83(6):1401-10. 2006.
51. Konsue N, Ioannides C. Modulation of carcinogen-metabolising cytochromes P450 in human liver by the chemopreventive phytochemical phenethyl isothiocyanate, a constituent of cruciferous vegetables. *Toxicology.* 2010 Feb 9;268(3):184-90. 2010.
52. Kunimasa K, Kobayashi T, Kaji K et al. Antiangiogenic effects of indole-3-carbinol and 3,3'-diindolylmethane are associated with their differential regulation of ERK1/2 and Akt in tube-forming HUVEC. *J Nutr.* 2010 Jan;140(1):1-6. 2010.
53. Lakhan SE, Kirchgessner A, Hofer M. Inflammatory mechanisms in ischemic stroke: therapeutic approaches. *Journal of Translational Medicine* 2009, 7:97. 2009.
54. Larsson SC, Andersson SO, Johansson JE, et al. Fruit and vegetable consumption and risk of bladder cancer: a prospective cohort study. *Cancer Epidemiol Biomarkers Prev.* 2008 Sep;17(9):2519-22. 2008.
55. Li F, Hullar MAJ, Schwarz Y, et al. Human Gut Bacterial Communities Are Altered by Addition of Cruciferous Vegetables to a Controlled Fruit- and Vegetable-Free Diet. *J Nutr.* 2009 Sep; 139(9): 1685—1691. doi: 10.3945/jn.109.108191.
56. Lin J, Kamat A, Gu J, et al. Dietary intake of vegetables and fruits and the modification effects of GSTM1 and NAT2 genotypes on bladder cancer risk. *Cancer Epidemiol Biomarkers Prev.* 2009 Jul;18(7):2090-7. 2009.
57. Lin LZ and Harnly JM. Phenolic component profiles of mustard greens, yu choy, and 15 other brassica vegetables. *J Agric Food Chem.* 2010 Jun 9;58(11):6850-7. doi: 10.1021/jf1004786.

58. Machijima Y, Ishikawa C, Sawada S, et al. Anti-adult T-cell leukemia/lymphoma effects of indole-3-carbinol. *Retrovirology* 2009, 6:7. 2009.
59. Mazumder A, Dwivedi A, and du Plessis J. Sinigrin and Its Therapeutic Benefits. *Molecules* 2016, 21, 416; doi:10.3390/molecules21040416.
60. Moore LE, Brennan P, Karami S, et al. Glutathione S-transferase polymorphisms, cruciferous vegetable intake and cancer risk in the Central and Eastern European Kidney Cancer Study. *Carcinogenesis*. 2007 Sep;28(9):1960-4. Epub 2007 Jul 7. 2007.
61. Nettleton JA, Steffen LM, Mayer-Davis EJ, et al. Dietary patterns are associated with biochemical markers of inflammation and endothelial activation in the Multi-Ethnic Study of Atherosclerosis (MESA). *Am J Clin Nutr.* 2006 Jun;83(6):1369-79. 2006.
62. Rungapamestry V, Duncan AJ, Fuller Z et al. Effect of cooking brassica vegetables on the subsequent hydrolysis and metabolic fate of glucosinolates. *Proc Nutr Soc.* 2007 Feb;66(1):69-81. 2007.
63. Silberstein JL, Parsons JK. Evidence-based principles of bladder cancer and diet. *Urology.* 2010 Feb;75(2):340-6. 2010.
64. Singh J, Rai M, Upadhyay AK, et al. Sinigrin (2-Propenyl Glucosinolate) Content and Myrosinase Activity in BrassicaVegetables. *International Journal of Vegetable Science* Vol. 13 , Iss. 2, 2007.
65. Steinbrecher A, Linseisen J. Dietary Intake of Individual Glucosinolates in Participants of the EPIC-Heidelberg Cohort Study. *Ann Nutr Metab* 2009;54:87-96. 2009.
66. Tang L, Paonessa JD, Zhang Y, et al. Total isothiocyanate yield from raw cruciferous vegetables commonly consumed in the United States. *Journal of Functional Foods*, Volume 5, Issue 4, October 2013, pages 1996-2001.
67. Tang L, Zirpoli GR, Guru K et al. Consumption of Raw Cruciferous Vegetables is Inversely Associated with Bladder Cancer Risk. *Cancer Res.* 2007 Apr 15;67(8):3569-73. 2007.
68. Tang L, Zirpoli GR, Jayaprakash V, et al. Cruciferous vegetable intake is inversely associated with lung cancer risk among smokers: a case-control study. *BMC Cancer* 2010, 10:162. 2010.
69. Tarozzi A, Morroni F, Merlicco A, et al. Sulforaphane as an inducer of glutathione prevents oxidative stress-induced cell death in a dopaminergic-like neuroblastoma cell line. *J Neurochem.* 2009 Dec;111(5):1161-71. 2009.
70. Zhang Y. Allyl isothiocyanate as a cancer chemopreventive phytochemical. *Mol Nutr Food Res.* 2010 Jan;54(1):127-35. 2010.Zhang BY, Wang YM, Gong H, et al. Isorhamnetin flavonoid synergistically enhances the anticancer activity and apoptosis induction by cis-platin and carboplatin in non-small cell lung carcinoma (NSCLC). *Int J Clin Exp Pathol.* 2015; 8(1): 25—37.

71. Zhao X, Chambers E 4th, Matta Z, et al. Consumer sensory analysis of organically and conventionally grown vegetables. *J Food Sci.* 2007 Mar;72(2):S87-91.
- 72.

: טרף

1. Özen, T., Çöllü, Z., & Korkmaz, H. (2010). Antioxidant properties of *Urtica pilulifera* root, seed, flower, and leaf extract. *Journal of medicinal food*, 13(5), 1224-1231.
2. Kavalali, G., & Tuncel, H. (1997). Anti-inflammatory activities of *Urtica pilulifera*. *International journal of pharmacognosy*, 35(2), 138-140.
3. Abo-elmatty, D. M., Essawy, S. S., Badr, J. M., & Sterner, O. (2013). Antioxidant and anti-inflammatory effects of *Urtica pilulifera* extracts in type2 diabetic rats. *Journal of ethnopharmacology*, 145(1), 269-277.
4. Körpe, D. A., İşeri, Ö. D., Sahin, F. I., Cabi, E., & Haberal, M. (2013). High-antibacterial activity of *Urtica* spp. seed extracts on food and plant pathogenic bacteria. *International journal of food sciences and nutrition*, 64(3), 355-362.
5. Sang Jeong, Ratna Tulasi, Sundar Kooyalamudi. Antioxidant Capacities of Hot Water Extracts and Endopolysaccharides of Selected Chinese Medicinal Fruits. Cancers. Mar 2016, Vol. 8, No. 3: 33
6. Voesenek, L. A. C. J., & Blom, C. W. P. M. (1996). Plants and hormones: an ecophysiological view on timing and plasticity. *Journal of Ecology*, 111-119.
7. Kavalali, G. M. (Ed.). (2004). *Urtica: The genus Urtica*. CRC Press.
8. Kuhn, M. A., & Winston, D. (2000). *Herbal therapy and supplements: a scientific and traditional approach*. Lippincott Williams & Wilkins.
9. Grieve. A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-
10. Launert. E. Edible and Medicinal Plants. Hamlyn 1981 ISBN 0-600-37216-2
11. The Herb Society Herbal Review. Vol.11. 3. The Herb Society 1986 ISBN 0264-9853
12. Mills. S. Y. The Dictionary of Modern Herbalism.
13. Bown. D. Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31

: שומר פשוט

1. Oktay, M., Gülçin, İ., & Küfrevoğlu, Ö. İ. (2003). Determination of in vitro antioxidant activity of fennel (*Foeniculum vulgare*) seed extracts. *LWT-Food Science and Technology*, 36(2), 263-271.
2. Ruberto, G., Baratta, M. T., Deans, S. G., & Dorman, H. D. (2000). Antioxidant and antimicrobial activity of *Foeniculum vulgare* and *Crithmum maritimum* essential oils. *Planta medica*, 66(08), 687-693.

3. Kaur, G. J., & Arora, D. S. (2009). Antibacterial and phytochemical screening of Anethum graveolens, Foeniculum vulgare and Trachyspermum ammi. BMC complementary and alternative medicine, 9(1), 30.
4. Choi, E. M., & Hwang, J. K. (2004). Antiinflammatory, analgesic and antioxidant activities of the fruit of Foeniculum vulgare. Fitoterapia, 75(6), 557-565.
5. Savino, F., Cresi, F., Castagno, E., Silvestro, L., & Oggero, R. (2005). A randomized double-blind placebo-controlled trial of a standardized extract of Matricariae recutita, Foeniculum vulgare and Melissa officinalis (ColiMil®) in the treatment of breastfed colicky infants. Phytotherapy research, 19(4), 335-340.
6. Alexandrovich, I., Rakovitskaya, O., Kolmo, E., Sidorova, T., & Shushunov, S. (2003). The effect of fennel (Foeniculum vulgare) seed oil emulsion in infantile colic: a randomized, placebo-controlled study. Alternative therapies in health and medicine, 9(4), 58.
7. Muckensturm, B., Foechterlen, D., Reduron, J. P., Danton, P., & Hildenbrand, M. (1997). Phytochemical and chemotaxonomic studies of Foeniculum vulgare. Biochemical Systematics and Ecology, 25(4), 353-358.
8. Phillips. R. & Foy. N. Herbs Pan Books Ltd. London. 1990 ISBN 0-330-30725-8
9. Westphal, J., Hörning, M., & Leonhardt, K. (1996). Phytotherapy in functional upper abdominal complaints: results of a clinical study with a preparation of several plants. *Phytomedicine*, 2(4), 285-291.
10. Conforti, F., Sosa, S., Marrelli, M., Menichini, F., Statti, G. A., Uzunov, D., ... & Menichini, F. (2009). The protective ability of Mediterranean dietary plants against the oxidative damage: the role of radical oxygen species in inflammation and the polyphenol, flavonoid and sterol contents. *Food Chemistry*, 112(3), 587-594.
11. Ghanem MT, Radwan HM, Mahdy el-SM, Elkholy YM, Hassanein HD, Shahat AA. Phenolic compounds from Foeniculum vulgare (Subsp. Piperitum) (Apiaceae) herb and evaluation of hepatoprotective antioxidant activity. *Pharmacognosy Res*. 2012 Apr;4(2):104-8.
12. Sumbul S, Ahmad MA, Mohd A, Mohd A. Role of phenolic compounds in peptic ulcer: An overview. *J Pharm Bioallied Sci*. 2011 Jul;3(3):361-7.
13. Valussi M. Functional foods with digestion-enhancing properties. *Int J Food Sci Nutr*. 2012 Mar;63 Suppl 1:82-9. Epub 2011 Oct 19.
14. Zaidi SF, Muhammad JS, Shahryar S, Usmanghani K, Gilani AH, Jafri W, Sugiyama T. Anti-inflammatory and cytoprotective effects of selected Pakistani medicinal plants in Helicobacter pylori-infected gastric epithelial cells. *J Ethnopharmacol*. 2012 May 7;141(1):403-10. Epub 2012 Mar 13.

15. Shai, I., Schwarzfuchs, D., Henkin, Y., Shahar, D. R., Witkow, S., Greenberg, I., ... & Tangi-Rozental, O. (2008). Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. *N Engl J Med*, 2008(359), 229-241.
16. Rahimi, R., & Ardekani, M. R. S. (2013). Medicinal properties of *Foeniculum vulgare* Mill. in traditional Iranian medicine and modern phytotherapy. *Chinese journal of integrative medicine*, 19(1), 73-79.

צבר מצוי:

1. Butera, D., Tesoriere, L., Di Gaudio, F., Bongiorno, A., Allegra, M., Pintaudi, A. M., ... & Livrea, M. A. (2002). Antioxidant activities of Sicilian prickly pear (*Opuntia ficus indica*) fruit extracts and reducing properties of its betalains: betanin and indicaxanthin. *Journal of agricultural and food chemistry*, 50(23), 6895-6901.
2. Dok-Go, H., Lee, K. H., Kim, H. J., Lee, E. H., Lee, J., Song, Y. S., ... & Cho, J. (2003). Neuroprotective effects of antioxidative flavonoids, quercetin,(+)-dihydroquercetin and quercetin 3-methyl ether, isolated from *Opuntia ficus-indica* var. saboten. *Brain research*, 965(1), 130-136.
3. Park, E. H., & Chun, M. J. (2001). Wound healing activity of *Opuntia ficus-indica*. *Fitoterapia*, 72(2), 165-167.
4. Lee, E. H., Kim, H. J., Song, Y. S., Jin, C., Lee, K. T., Cho, J., & Lee, Y. S. (2003). Constituents of the stems and fruits of *Opuntia ficus-indica* var. saboten. *Archives of pharmacal research*, 26(12), 1018-1023.
5. Trachtenberg, S., & Mayer, A. M. (1981). Composition and properties of *Opuntia ficus-indica* mucilage. *Phytochemistry*, 20(12), 2665-2668.
6. Frati, A. C., Jiménez, E., & Ariza, C. R. (1990). Hypoglycemic effect of *Opuntia ficus indica* in non insulin-dependent diabetes mellitus patients. *Phytotherapy research*, 4(5), 195-197.
7. Frati-Munari, A. C., De Leon, C., Ariza-Andracá, R., Banales-Ham, M. B., Lopez-Ledesma, R., & Lozoya, X. (1989). Effect of a dehydrated extract of nopal (*Opuntia ficus indica* Mill.) on blood glucose. *Archivos de investigacion medica*, 20(3), 211-216.
8. Kaur, M., Kaur, A., & Sharma, R. (2012). Pharmacological actions of *opuntia ficus indica*: A review.
9. Stintzing, F. C., & Carle, R. (2005). Cactus stems (*Opuntia* spp.): A review on their chemistry, technology, and uses. *Molecular nutrition & food research*, 49(2), 175-194.
10. Park, E. H., Kahng, J. H., & Paek, E. A. (1998). Studies on the pharmacological actions of cactus: identification of its anti-inflammatory effect. *Archives of pharmacal research*, 21(1), 30-34.

11. Bensadón, S., Hervet-Hernández, D., Sáyago-Ayerdi, S. G., & Goñi, I. (2010). By-products of *Opuntia ficus-indica* as a source of antioxidant dietary fiber. *Plant foods for human nutrition*, 65(3), 210-216.
12. Chaoying, C., Shenglan, Z., & Jianxin, G. (1998). The Analyses of Nutritional Components of Cactus *Opuntia ficus-indica* Mill. Stem [J]. *ACTA NUTRIMENTA SINICA*, 1.
13. De Leo, M., De Abreu, M. B., Pawlowska, A. M., Cioni, P. L., & Braca, A. (2010). Profiling the chemical content of *Opuntia ficus-indica* flowers by HPLC-PDA-ESI-MS and GC/EIMS analyses. *Phytochemistry Letters*, 3(1), 48-52.
14. Palevitch, D., Earon, G., & Levin, I. (1993). Treatment of benign prostatic hypertrophy with *Opuntia ficus-indica* (L.) Miller. *Journal of Herbs, Spices & Medicinal Plants*, 2(1), 45-49.

סות המציג:

1. Grieve. A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9
2. Elsharkawy, E., Alshathly, M., & Helal, M. (2014). Anti-inflammatory and Chemical Composition of Two Plants Family Asteraceae Growing in Saudi Arabia. *J. Chem*, 8, 157-162.
3. Launert. E. Edible and Medicinal Plants. Hamlyn 1981 ISBN 0-600-37216-2
4. Lust. J. The Herb Book. Bantam books 1983 ISBN 0-553-23827-2
5. Mou, B. (2005). Genetic variation of beta-carotene and lutein contents in lettuce. *Journal of the American Society for Horticultural Science*, 130(6), 870-876.
6. Nebel, S., Pieroni, A., & Heinrich, M. (2006). Ta chòrta: wild edible greens used in the Graecanic area in Calabria, Southern Italy. *Appetite*, 47(3), 333-342.
7. Guerrera, P. M., & Savo, V. (2013). Perceived health properties of wild and cultivated food plants in local and popular traditions of Italy: a review. *Journal of Ethnopharmacology*, 146(3), 659-680.
8. Pieroni, A., Nebel, S., Santoro, R. F., & Heinrich, M. (2005). Food for two seasons: culinary uses of non-cultivated local vegetables and mushrooms in a south Italian village. *International Journal of Food Sciences and Nutrition*, 56(4), 245-272.
9. Hosseini, A., Ghorbani, A., Sadeghnia, H. R., Rajabian, A., & Rakhshandeh, H. (2014). Potentiating effects of *Lactuca serriola* on pentobarbital-induced sleep. *Research Opinions in Animal & Veterinary Sciences*, 4(11).
10. Bell, J. L., Burke, I. C., & Neff, M. M. (2015). Genetic and Biochemical Evaluation of Natural Rubber from Eastern Washington Prickly Lettuce (*Lactuca serriola* L.). *Journal of agricultural and food chemistry*, 63(2), 593-602.

11. Davey, M. R., & Anthony, P. (2011). Lactuca. In *Wild crop relatives: genomic and breeding resources* (pp. 115-128). Springer Berlin Heidelberg.
12. Launert E. Edible and Medicinal Plants. Hamlyn 1984 ISBN 0-600-37216-2
13. Chiej R. Encyclopaedia of Medicinal Plants, MacDonald 1984
14. Bown D. . Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London, 1995, p. 250.
15. Henley, E., Uttech, K., & Wenzel-Wamhoff, J. (1999). PDR for Herbal Medicines. *Journal of Family Practice*, 48(5), 390-390.

:ינbowת השדה

1. Asadollahi, H. Sarir, A. Omidi, and M. B. Torbati. 2014. Hepatoprotective Potential of *Prosopis Farcta* Beans Extracts against Acetaminophen-Induced Hepatotoxicity in Wister Rats. *International Journal of Preventive Medicine* 5:10: 1281–1285.
2. Dashtban , H. Sarir, and A. Omidi. 2016. The Effect of *Prosopis Farcta* Beans Extract on Blood Biochemical Parameters in Streptozotocin-Induced Diabetic Male Rats. *Advanced Biomedical Research* 5: 116.PMC. Web. 6 Nov. 2016.
3. Omidi, and M. Ghazaghi. 2013. Prosopis farcta beans increase HDL cholesterol and decrease LDL cholesterol in ostriches (*Struthio camelus*). Tropical animal health and production, 45(2): 431-434.
4. Miri, M. Sarani, M. R. Bazaz, and M. Darroudi. 2015. Plant-mediated biosynthesis of silver nanoparticles using *Prosopis farcta* extract and its antibacterial properties. *Spectrochimica Acta Part A: Molecular and Biomolecular Spectroscopy*, 141, 287-291.
5. Azaizeh, B. Saad, K. Khalil, and O. Said. 2006. The state of the art of traditional Arab herbal medicine in the Eastern region of the Mediterranean: a review. *Evidence-Based Complementary and Alternative Medicine*, 3(2): 229-235.
6. A. Twaij, and E. A. Al-Dujaili. 2014. Evaluation of the anti-diabetic and anti-ulcer properties of some Jordanian and Iraqi medicinal plants; a screening study. JMED Res: 1-10.
7. Ehsan, M. Qasim, M. S. Masoud, M. Rehman, S. Jahan, and U. A. Ashfaq. 2013. Therapeutic potential of herbs against diabetes. *Pure and Applied Biology*, 2(4): 138.
8. Joseph, G. Faran, M. Raskin, M. A. Lila, and B. Fridlender. 2014. Medicinal Plants of Israel: A Model Approach to Enable an Efficient, Extensive, and Comprehensive Field Survey. *J Biodivers Biopros Dev*, 1(134): 2376-0214.
9. Ali-Shtayeh, R. M. Jamous, and S. Y. Abu Zaitoun. 2015. A Comprehensive Science-Based Field Assessment of Bioactive Properties of the Native Plants of Palestine. *J Biodivers Biopros Dev*, 2(151): 2376-0214.

10. Seifi, F. Seifi, A. Z. Mahmoudabadi, M. J. Mahdavi, and R. Seifi. 2013. In vitro ant- Candida activity of Prosopis farcta. *Jundishapur Journal of Microbiology*.
11. Mahasneh, M., Abbas, J.A. and El-Oqlah, A.A. 1996. Antimicrobial activity of extracts of herbal plants used in the traditional medicine of Bahrain. *Phytotherapy Research*, 10(3): 251-253.
12. Cowan, M. 1999. Plant products as antimicrobial agents. *Clinical microbiology reviews*, 12(4), 564-582.
13. Vessal, M. Hemmati, and M. Vasei. 2003. Antidiabetic effects of quercetin in streptozocin-induced diabetic rats. *Comparative Biochemistry and Physiology Part C: Toxicology & Pharmacology*, 135(3): 357-364.
14. Huisamen, B., George, C., Genade, S., & Dietrich, D. (2013). Cardioprotective and anti-hypertensive effects of Prosopis glandulosa in rat models of pre-diabetes: cardiovascular topics. *Cardiovascular journal of Africa*, 24(2), 10-16.
15. Poudineh, Z., Amiri, R., Najafi, S., & Mir, N. (2015). Total phenolic content, antioxidant, and antibacterial activities of seed and pod of Prosopis farcta from Sistan region, Iran. *Azarian Journal of Agriculture*.
16. ברקוביץ, א. 2016. שימושי ינבות השדה למאכל ולמרפא. *כלנית 3*
[/http://www.kalanit.org.il/prosopis-farcta](http://www.kalanit.org.il/prosopis-farcta)
17. Catalán, L., Balzarini, M., Taleisnik, E., Sereno, R., & Karlin, U. (1994). Effects of salinity on germination and seedling growth of *Prosopis flexuosa* (DC). *Forest Ecology and Management*, 63(2-3), 347-357.
18. Omidi, A., & Ghazaghi, M. (2013). *Prosopis farcta* beans increase HDL cholesterol and decrease LDL cholesterol in ostriches (*Struthio camelus*). *Tropical animal health and production*, 45(2), 431-434.
19. Ranjbar-Heidari, A., Khaiatzadeh, J., Mahdavi-Shahri, N., & Tehranipoor, M. (2012). The effect of fruit pod powder and aquatic extract of *Prosopis farcta* on healing cutaneous wounds in diabetic rat 14(5), 16-20.
20. Baharvand-Ahmadi, B., Bahmani, M., Tajeddini, P., Naghdi, N., & Rafieian-Kopaei, M. (2016). An ethno-medicinal study of medicinal plants used for the treatment of diabetes. *Journal of nephropathology*, 5(1), 44.

נענע משובלת:

1. Mikaili, P., Mojaverrostami, S., Moloudizargari, M., & Aghajanshakeri, S. (2013). Pharmacological and therapeutic effects of *Mentha Longifolia* L. and its main constituent, menthol. *Ancient science of life*, 33(2), 131.
2. Nickavar, B., Alinaghi, A., & Kamalinejad, M. (2010). Evaluation of the antioxidant properties of five *Mentha* species. *Iranian Journal of Pharmaceutical Research*, 203-209.

3. López, V., Martín, S., Gómez-Serranillos, M. P., Carretero, M. E., Jäger, A. K., & Calvo, M. I. (2010). Neuroprotective and neurochemical properties of mint extracts. *Phytotherapy research*, 24(6), 869-874.
4. Ehsani, A., & Mahmoudi, R. (2013). Effects of *Mentha longifolia* L. essential oil and *Lactobacillus casei* on the organoleptic properties and on the growth of *Staphylococcus aureus* and *Listeria monocytogenes* during manufacturing, ripening and storage of Iranian white-brined cheese. *International Journal of Dairy Technology*, 66(1), 70-76.
5. Rasooli, I., & Rezaei, M. B. (2002). Bioactivity and chemical properties of essential oils from *Zataria multiflora* Boiss and *Mentha longifolia* (L.) Huds. *Journal of Essential Oil Research*, 14(2), 141-146.
6. Shah, A. J., Bhulani, N. N., Khan, S. H., & Gilani, A. H. (2010). Calcium channel blocking activity of *Mentha longifolia* L. explains its medicinal use in diarrhoea and gut spasm. *Phytotherapy research*, 24(9), 1392-1397.
7. Mimica-Dukić, N., Božin, B., Soković, M., Mihajlović, B., & Matavulj, M. (2003). Antimicrobial and antioxidant activities of three *Mentha* species essential oils. *Planta medica*, 69(05), 413-419.
8. Mimica-Dukic, N., Popovic, M., Jakovljevic, V., Szabo, A., & Gašic, O. (1999). Pharmacological studies of *Mentha longifolia* phenolic extracts. II. Hepatoprotective activity. *Pharmaceutical biology*, 37(3), 221-224.
9. Grieve. A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9
10. Niebuhr. A. D. Herbs of Greece. Herb Society of America. 1970
11. Chopra. R. N., Nayar. S. L. and Chopra. I. C. Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. 1986
12. Brahmi, F., Khodir, M., Mohamed, C., & Pierre, D. (2017). Chemical Composition and Biological Activities of *Mentha* Species. In *Aromatic and Medicinal Plants-Back to Nature*. InTech.

כרفو הביצות:

1. Pieroni, A., Janiak, V., Dürr, C. M., Lüdeke, S., Trachsel, E., & Heinrich, M. (2002). In vitro antioxidant activity of non-cultivated vegetables of ethnic Albanians in southern Italy. *Phytotherapy Research*, 16(5), 467-473.
2. Molina, M., Tardío, J., Aceituno-Mata, L., Morales, R., Reyes-García, V., & Pardo-de-Santayana, M. (2014). Weeds and food diversity: natural yield assessment and future alternatives for traditionally consumed wild vegetables. *Journal of Ethnobiology*, 34(1), 44-67.
3. Morales, P., Ferreira, I. C., Carvalho, A. M., Sánchez-Mata, M. C., Cámera, M., Fernández-Ruiz, V., ... & Tardío, J. (2014). Mediterranean non-cultivated vegetables as dietary sources of compounds with antioxidant and biological activity. *LWT-Food Science and Technology*, 55(1), 389-396.

4. Local Food-Nutraceuticals Consortium. (2005). Understanding local Mediterranean diets: a multidisciplinary pharmacological and ethnobotanical approach. *Pharmacological Research*, 52(4), 353-366.
5. P Tsakova, A., K Surcheva, S., S Bankova, V., P Popova, M., R Peev, D., R Popivanov, P., ... & V Vlaskovska, M. (2015). The effect of Apium nodiflorum in experimental osteoporosis. *Current pharmaceutical biotechnology*, 16(5), 414-423.
6. Maxia, A., Falconieri, D., Piras, A., Porcedda, S., Marongiu, B., Frau, M. A., ... & Salgueiro, L. (2012). Chemical composition and antifungal activity of essential oils and supercritical CO₂ extracts of Apium nodiflorum (L.) Lag. *Mycopathologia*, 174(1), 61-67.
7. Maxia, A., Falconieri, D., Piras, A., Porcedda, S., Marongiu, B., Frau, M. A., ... & Salgueiro, L. (2012). Chemical composition and antifungal activity of essential oils and supercritical CO₂ extracts of Apium nodiflorum (L.) Lag. *Mycopathologia*, 174(1), 61-67.
8. de Cortes Sánchez-Mata, M., & Tardío, J. (Eds.). (2016). *Mediterranean Wild Edible Plants: Ethnobotany and Food Composition Tables*. Springer.
9. Local Food-Nutraceuticals Consortium. (2005). Understanding local Mediterranean diets: a multidisciplinary pharmacological and ethnobotanical approach. *Pharmacological Research*, 52(4), 353-366.

ארגוני נחלים:

1. Chevallier. A. *The Encyclopedia of Medicinal Plants* Dorling Kindersley. London 1996 ISBN 9-780751-303148
2. Chiej. R. *Encyclopaedia of Medicinal Plants*. MacDonald 1984 ISBN 0-356-10541-5
3. Launert. E. *Edible and Medicinal Plants*. Hamlyn 1981 ISBN 0-600-37216-2
4. Cruz, R. M., Vieira, M. C., & Silva, C. L. (2008). Effect of heat and thermosonication treatments on watercress (*Nasturtium officinale*) vitamin C degradation kinetics. *Innovative Food Science & Emerging Technologies*, 9(4), 483-488.
5. Williams, D. J., Critchley, C., Pun, S., Chaliha, M., & O'Hare, T. J. (2009). Differing mechanisms of simple nitrile formation on glucosinolate degradation in *Lepidium sativum* and *Nasturtium officinale* seeds. *Phytochemistry*, 70(11), 1401-1409.

6. ערכים תזונתיים:

- <https://ndb.nal.usda.gov/ndb/foods/show/3259?fgcd=&manu=&lfacet=&format=&count=&max=50&offset=&sort=default&order=asc&qlookup=Watercress&dq=s=&qt=&qp=&qa=&qn=&q=&ing>
7. Ozen, T. (2009). Investigation of antioxidant properties of *Nasturtium officinale* (watercress) leaf extracts. *Acta poloniae pharmaceutica*, 66(2), 187-193.

8. Kopsell, D. A., Barickman, T. C., Sams, C. E., & McElroy, J. S. (2007). Influence of nitrogen and sulfur on biomass production and carotenoid and glucosinolate concentrations in watercress (*Nasturtium officinale* R. Br.). *Journal of agricultural and food chemistry*, 55(26), 10628-10634.
9. Rajalakshmi, P. A., & Agalyaa, S. (2010). Docking analysis of phenethyl isothiocyanate (PEITC) from *Nasturtium officinale* (watercress), on 4-(methylnitrosamino)-1-(3-pyridyl)-1-butanone (NNK), carcinogenic action in oral cancer. *interactions*, 1, 2.
10. Lhoste, E. F., Gloux, K., De Waziers, I., Garrido, S., Lory, S., Philippe, C., ... & Knasmüller, S. (2004). The activities of several detoxication enzymes are differentially induced by juices of garden cress, water cress and mustard in human HepG2 cells. *Chemico-biological interactions*, 150(3), 211-219.
11. Boyd, L. A., McCann, M. J., Hashim, Y., Bennett, R. N., Gill, C. I., & Rowland, I. R. (2006). Assessment of the anti-genotoxic, anti-proliferative, and anti-metastatic potential of crude watercress extract in human colon cancer cells. *Nutrition and cancer*, 55(2), 232-241.
12. Chiao, J. W., Wu, H., Ramaswamy, G., Conaway, C. C., Chung, F. L., Wang, L., & Liu, D. (2004). Ingestion of an isothiocyanate metabolite from cruciferous vegetables inhibits growth of human prostate cancer cell xenografts by apoptosis and cell cycle arrest. *Carcinogenesis*, 25(8), 1403-1408.
13. Rose, P., Faulkner, K., Williamson, G., & Mithen, R. (2000). 7-Methylsulfinylheptyl and 8-methylsulfinyloctyl isothiocyanates from watercress are potent inducers of phase II enzymes. *Carcinogenesis*, 21(11), 1983-1988.
14. Muti, P., Westerlind, K., Wu, T., Grimaldi, T., De Berry, J., Schünemann, H., ... & Bradlow, L. (2002). Urinary estrogen metabolites and prostate cancer: a case-control study in the United States. *Cancer Causes and Control*, 13(10), 947-955.
15. Rose, P., Won, Y. K., Ong, C. N., & Whiteman, M. (2005). β -Phenylethyl and 8-methylsulphinyloctyl isothiocyanates, constituents of watercress, suppress LPS induced production of nitric oxide and prostaglandin E2 in RAW 264.7 macrophages. *Nitric Oxide*, 12(4), 237-243.
16. Gill, C. I., Haldar, S., Boyd, L. A., Bennett, R., Whiteford, J., Butler, M., ... & Rowland, I. R. (2007). Watercress supplementation in diet reduces lymphocyte DNA damage and alters blood antioxidant status in healthy adults. *The American journal of clinical nutrition*, 85(2), 504-510.
17. Rose, P., Huang, Q., Ong, C. N., & Whiteman, M. (2005). Broccoli and watercress suppress matrix metalloproteinase-9 activity and invasiveness of human MDA-MB-231 breast cancer cells. *Toxicology and applied pharmacology*, 209(2), 105-113.

18. Amiri, H. (2012). Volatile constituents and antioxidant activity of flowers, stems and leaves of *Nasturtium officinale* R. Br. *Natural product research*, 26(2), 109-115.
19. Hecht, S. S., Chung, F. L., Richie, J. P., Akerkar, S. A., Borukhova, A., Skowronski, L., & Carmella, S. G. (1995). Effects of watercress consumption on metabolism of a tobacco-specific lung carcinogen in smokers. *Cancer Epidemiology and Prevention Biomarkers*, 4(8), 877-884.
20. Aires, A., Carvalho, R., Rosa, E. A., & Saavedra, M. J. (2013). Phytochemical characterization and antioxidant properties of baby-leaf watercress produced under organic production system. *CyTA-Journal of Food*, 11(4), 343-351.
21. Fowke, J. H. (2007). Head and neck cancer: a case for inhibition by isothiocyanates and indoles from cruciferous vegetables. *European journal of cancer prevention*, 16(4), 348-356.
22. Chevallier. A. *The Encyclopedia of Medicinal Plants* Dorling Kindersley. London 1996 ISBN 9-780751-303148
23. Hoffmann, David (2010-12-15). "Medical Herbalism: The Science and Practice of Herbal Medicine". Healing Arts Press.
24. Guarnera, P. M., Salerno, G., & Caneva, G. (2005). Folk phytotherapeutic plants from Maratea area (Basilicata, Italy). *Journal of Ethnopharmacology*, 99(3), 367-378.

מליסה רפואית:

1. Akhondzadeh, S., Noroozian, M., Mohammadi, M., Ohadinia, S., Jamshidi, A. H., & Khani, M. (2003). *Melissa officinalis* extract in the treatment of patients with mild to moderate Alzheimer's disease: a double blind, randomised, placebo controlled trial. *Journal of Neurology, Neurosurgery & Psychiatry*, 74(7), 863-866.
2. Mimica-Dukic, N., Bozin, B., Sokovic, M., & Simin, N. (2004). Antimicrobial and antioxidant activities of *Melissa officinalis* L.(Lamiaceae) essential oil. *Journal of agricultural and food chemistry*, 52(9), 2485-2489.
3. Taavoni, S., Nazem, Ekbatani N., Haghani, H. "[Valerian/lemon balm use for sleep disorders during menopause.](#)" Complement Ther Clin Pract. 2013 Nov;19(4):193-6. doi: 10.1016/j.ctcp.2013.07.002.
4. Scholey, A., Gibbs, A., Neale, C., Perry, N., Ossoukhova, A., Bilog, V., Kras, M., Scholz, C., Sass, M., Buchwald-Werner, S. "Anti-stress effects of *M. Officinalis*-containing foods." *Nutrients*. 2014 Oct 30;6(11):4805-21. doi: 10.3390/nu6114805.
5. Spiridon, I., Colceru, S., Anghel, N., Teaca, C.A., Bodirlau, R., Armatu, A. "Antioxidant capacity and total phenolic contents of oregano (*Origanum vulgare*), lavender (*Lavandula angustifolia*) and lemon balm (*Melissa officinalis*) from Romania." *Nat Prod Res*. 2011 Oct;25(17):1657-61.

6. Zeraatpishe, A., Oryan, S., Bagheri, M.H., Pilevarian, A.A., Malekiran, A.A., Baeeri, M., Abdollahi, M. "Effects of *Melissa officinalis* L. on oxidative status and DNA damage in subjects exposed to long-term low-dose ionizing radiation." *Toxicol Ind Health*. 2011 Apr;27(3):205-12.
7. Kennedy, D. O., Little, W., & Scholey, A. B. (2004). Attenuation of laboratory-induced stress in humans after acute administration of *Melissa officinalis* (Lemon Balm). *Psychosomatic medicine*, 66(4), 607-613.
8. Kennedy, D. O., Scholey, A. B., Tildesley, N. T. J., Perry, E. K., & Wesnes, K. A. (2002). Modulation of mood and cognitive performance following acute administration of *Melissa officinalis* (lemon balm). *Pharmacology Biochemistry and Behavior*, 72(4), 953-964.
9. Sousa, A. C., Gattass, C. R., Alviano, D. S., Alviano, C. S., Blank, A. F., & Alves, P. B. (2004). *Melissa officinalis* L. essential oil: antitumoral and antioxidant activities. *Journal of pharmacy and pharmacology*, 56(5), 677-681.
10. Dastmalchi, K., Dorman, H. D., Oinonen, P. P., Darwis, Y., Laakso, I., & Hiltunen, R. (2008). Chemical composition and in vitro antioxidative activity of a lemon balm (*Melissa officinalis* L.) extract. *LWT-Food Science and Technology*, 41(3), 391-400.
11. Ballard, C. G., O'Brien, J. T., Reichelt, K., & Perry, E. K. (2002). Aromatherapy as a safe and effective treatment for the management of agitation in severe dementia: the results of a double-blind, placebo-controlled trial with *Melissa*. *Journal of clinical Psychiatry*, 63(7), 553-558.
12. Burns, A., Perry, E., Holmes, C., Francis, P., Morris, J., Howes, M. J. R., ... & Ballard, C. (2011). A double-blind placebo-controlled randomized trial of *Melissa officinalis* oil and donepezil for the treatment of agitation in Alzheimer's disease. *Dementia and geriatric cognitive disorders*, 31(2), 158-164.
13. Bounihi, A., Hajjaj, G., Alnamer, R., Cherrah, Y., & Zellou, A. (2013). In vivo potential anti-inflammatory activity of *Melissa officinalis* L. essential oil. *Advances in pharmacological sciences*, 2013.
14. Hăncianu, M., Aprotozoaie, A. C., Gille, E., Poiată, A., Tuchiluș, C., Spac, A., & Stănescu, U. (2008). Chemical composition and in vitro antimicrobial activity of essential oil of *Melissa officinalis* L. from Romania. *Revista medico-chirurgicală a Societății de Medici și Naturaliști din Iași*, 112(3), 843-847.
15. Benzie, I. F., & Wachtel-Galor, S. (Eds.). (2011). *Herbal medicine: biomolecular and clinical aspects*. CRC Press.
16. Schnitzler, P., Schuhmacher, A., Astani, A., & Reichling, J. (2008). *Melissa officinalis* oil affects infectivity of enveloped herpesviruses. *Phytomedicine*, 15(9), 734-740.

17. Encalada, M. A., Hoyos, K. M., Rehecho, S., Berasategi, I., de Ciriano, M. G. I., Ansorena, D., ... & Calvo, M. I. (2011). Anti-proliferative effect of *Melissa officinalis* on human colon cancer cell line. *Plant foods for human nutrition*, 66(4), 328-334.
18. Koksal, E., Bursal, E., Dikici, E., Tozoglu, F., & Gulcin, I. (2011). Antioxidant activity of *Melissa officinalis* leaves. *Journal of Medicinal Plants Research*, 5(2), 217-222.
19. Saraydin, S. U., Tuncer, E., Tepe, B., Karadayi, S., Ozer, H., Sen, M., ... & Duman, M. (2012). Antitumoral effects of *Melissa officinalis* on breast cancer in vitro and in vivo. *Asian Pacific journal of cancer prevention*, 13(6), 2765-2770.
20. Ribeiro, M. A., Bernardo-Gil, M. G., & Esquivel, M. M. (2001). *Melissa officinalis*, L.: study of antioxidant activity in supercritical residues. *The Journal of Supercritical Fluids*, 21(1), 51-60.
21. Changizi Ashtiyani, S., Zarei, A., Taheri, S., Rezaei, A., Golshan, M., & Ghafarzadegan, R. (2013). A Comparative Study of Hypolipidemic Activities of the Extracts of *Melissa officinalis* and *Berberis vulgaris* in Rats. *Journal of Medicinal Plants*, 3(47), 38-47.

וועך מצוי:

1. Zhao Ji, et, al Department of Pathophysiology, Shanghai Second Medical University, Shanghai;The Effects of Pollen *Typhae* on the Production of PGI_2 and tPA by Cultured Porcine Aortic Endothelial Cells[J];Acta Universitatis Medicinalis Secondae Shanghai;1988-03
2. Henkel, R., Fransman, W., Hipler, U. C., Wiegand, C., Schreiber, G., Menkveld, R., ... & Fisher, D. (2012). *Typha capensis* (Rohrb.) NE Br.(bulrush) extract scavenges free radicals, inhibits collagenase activity and affects human sperm motility and mitochondrial membrane potential in vitro: a pilot study. *Andrologia*, 44(s1), 287-294.
3. Turner, N. C., & Bell, M. A. (1971). The ethnobotany of the coast Salish Indians of Vancouver Island. *Economic Botany*, 25(1), 63-99.
4. Duke. J. A. and Ayensu. E. S. *Medicinal Plants of China Reference Publications*, Inc. 1985 ISBN 0-917256-20-4
5. Yeung. Him-Che. *Handbook of Chinese Herbs and Formulas*. Institute of Chinese Medicine, Los Angeles 1985
6. Oricha, B. S., Yakubu, A., Yahaya, B. A., Yakubu, C. J., & Ekele, B. A. (2005). Breast Cancer and Food: A Quasi-epidemiological Evidence of a Role for Dietary Phytoestrogens in Northwestern Nigerian Women. *International Journal of Cancer Research*, 1(1), 21-24.

7. Sowa, S., Connor, K. F., & Towill, L. E. (1991). Temperature changes in lipid and protein structure measured by Fourier transform infrared spectrophotometry in intact pollen grains. *Plant science*, 78(1), 1-9.
8. Panda, V., & Thakur, T. (2014). Wound healing activity of the inflorescence of *Typha elephantina* (Cattail). *The international journal of lower extremity wounds*, 13(1), 50-57.

קינה מצוי:

1. Duke. J. A. and Ayensu. E. S. Medicinal Plants of China Reference Publications, Inc. 1985 ISBN 0-917256-20-4
2. A Barefoot Doctors Manual. Running Press ISBN 0-914294-92-X
3. Yeung. Him-Che. Handbook of Chinese Herbs and Formulas. Institute of Chinese Medicine, Los Angeles 1985
4. Bown. D. Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31
5. Moerman. D. Native American Ethnobotany Timber Press. Oregon. 1998 ISBN 0-88192-453-9
6. Baldantoni D, Alfani A, Di Tommasi P, et al. Assessment of macro and microelement accumulation capability of two aquatic plants. *Environ Pollut* July 2004;130(2):149-56.
7. Batty LC, Younger PL. Growth of *phragmites australis* (Cav.) Trin ex. Steudel in mine water treatment wetlands: effects of metal and nutrient uptake. *Environ Pollut* November 2004;132(1):85-93.
8. Chen JK, Chen TT. Chinese Medical Herbology and Pharmacology. City of Industry, CA: Art of Medicine Press, 2004, pp. 117-118.
9. Gruenwald J, Brendler T, Jaenicke C (eds.) PDR for Herbal Medicines. Montvale, NJ: Medical Economics Company, 2000, pp. 639-640.

עבקנה שכיח:

1. Jackson, George C.; Nunez, Josefina Rivera. 1964. Identification of silica present in the giant-reed (*Arundo donax* L.). *Journal of Agriculture of University of Puerto Rico*. 48: 60-62. [46766]
2. Perdue, Robert E., Jr. 1958. *Arundo donax*--source of musical reeds and industrial cellulose. *Economic Botany*. 12: 368-404. [46765]
3. Chaudhuri, R. K.; Ghosal, S. 1970. Triterpenes and sterols of the leaves of *Arundo donax*. *Phytochemistry*. 9: 1895-1896. [46764]
4. Bell, Gary P. 1997. Ecology and management of *Arundo donax*, and approaches to riparian habitat restoration in southern California. In: Brock, J. H.; Wade, M.; Pysek, P.; Green, D., eds. *Plant invasions: studies from North America and Europe*. Leiden, The Netherlands: Backhuys Publishers: 103-113. [43820]

5. Ghosal, R. K.; Chaudhuri, R. K.; Dutta, S. K.; Bhattacharya, S. K. 1972. Occurrence of curarimimetic indoles in the flowers of *Arundo donax*. *Planta Medica*. 21: 22-28. [46763]
6. Chopra. R. N., Nayar. S. L. and Chopra. I. C. *Glossary of Indian Medicinal Plants (Including the Supplement)*. Council of Scientific and Industrial Research, New Delhi. 1986
7. Manandhar. N. P. *Plants and People of Nepal* Timber Press. Oregon. 2002 ISBN 0-88192-527-6
8. Duke. J. *Handbook of Energy Crops* - 1983

עדשות מים:

- Facciola. S. *Cornucopia - A Source Book of Edible Plants*. Kampong . 1 Publications 1990 ISBN 0-9628087-0-9
2. Yeung. Him-Che. *Handbook of Chinese Herbs and Formulas*. Institute of Chinese Medicine, Los Angeles 1985
 3. Stuart. Rev. G. A. *Chinese Materia Medica*. Taipei. Southern Materials Centre
 4. Chopra. R. N., Nayar. S. L. and Chopra. I. C. *Glossary of Indian Medicinal Plants (Including the Supplement)*. Council of Scientific and Industrial Research, New Delhi. 1986
 5. Porath, D., Hepher, B., & Koton, A. (1979). Duckweed as an aquatic crop: evaluation of clones for aquaculture. *Aquatic Botany*, 7, 273-278.
 6. Porath, D., Oron, G., & Granoth, G. (1985). Duckweed as an aquatic crop: edible protein recovery, production and utilization. In Agricultural waste utilization and management. Proceedings of the 5th International Symposium on Agricultural Wastes, 16-17 December 1985, Chicago, Illinois, USA. (pp. 680-687). American Society of Agricultural Engineers.
 7. Raskin, I., Ribnicky, D. M., Komarnytsky, S., Illic, N., Poulev, A., Borisjuk, N., ... & O'Neal, J. M. (2002). Plants and human health in the twenty-first century. *TRENDS in Biotechnology*, 20(12), 522-531.
 8. Lam, E., Appenroth, K. J., Michael, T., Mori, K., & Fakhoorian, T. (2014). Duckweed in bloom: the 2nd International Conference on Duckweed Research and Applications heralds the return of a plant model for plant biology.
 9. Landolt, E. (1986) "Biosystematic investigations in the family of duckweeds (Lemnaceae)". Veroff. Geobot. Inst. ETH, Zurich. vol. 1, pp 61-64.

קיצת:

1. Saluk-Juszczak, J., Olas, B., Pawlaczyk, I., Gancarz, R., & Wachowicz, B. (2007). Effects of the extract from *Conyza canadensis* on human blood platelet aggregation. *General physiology and biophysics*, 26(2), 150-152.

2. Olas, B., Saluk-Juszczak, J., Pawlaczyk, I., Nowak, P., Kolodziejczyk, J., Gancarz, R., & Wachowicz, B. (2006). Antioxidant and antiaggregatory effects of an extract from Conyza canadensis on blood platelets in vitro. *Platelets*, 17(6), 354-360.
3. Shah, N. Z., Muhammad, N., Khan, A. Z., Samie, M., Khan, H., Uddin, G., & Rauf, A. (2013). Phytochemical analysis and antioxidant studies of Conyza bonarensis. *Acad J Plant Sci*, 6(3), 109-12.
4. Hayet, E., Maha, M., Samia, A., Ali, M. M., Souhir, B., Abderaouf, K., ... & Mahjoub, A. (2009). Antibacterial, antioxidant and cytotoxic activities of extracts of Conyza canadensis (L.) Cronquist growing in Tunisia. *Medicinal chemistry research*, 18(6), 447-454.
5. Mabrouk, S., Elaissi, A., Ben Jannet, H., & Harzallah-Skhiri, F. (2011). Chemical composition of essential oils from leaves, stems, flower heads and roots of Conyza bonariensis L. from Tunisia. *Natural product research*, 25(1), 77-84.
6. Mabrouk, S., Salah, K. B. H., Elaissi, A., Jlaiel, L., Jannet, H. B., Aouni, M., & Harzallah-Skhiri, F. (2013). Chemical composition and antimicrobial and allelopathic activity of Tunisian Conyza sumatrensis (Retz.) E. Walker essential oils. *Chemistry & biodiversity*, 10(2), 209-223.
7. Ayaz, F., Sarimahmut, M., KÜÇÜKBOYACI, N., & Ulukaya, E. (2016). Cytotoxic Effect of Conyza canadensis (L.) Cronquist on Human Lung Cancer Cell Lines. *Turkish Journal of Pharmaceutical Sciences*, 13(3), 342-346.
8. Bukhari, I. A., Shah, A. J., Khan, R. A., Meo, S. A., Khan, A., & Gilani, A. H. (2013). Gut modulator effects of Conyza bonariensis explain its traditional use in constipation and diarrhea. *European review for medical and pharmacological sciences*, 17(4), 552.
9. Tariq, M., Mossa, J. S., Al-Yahya, M. A., Al-Meshal, I. A., & Al-Badr, A. A. (1987). Phytochemical and Biological Screening of Saudi Medicinal Plants Part-10* A Study on Saudi Plants of Family Compositae. *International Journal of Crude Drug Research*, 25(1), 17-25.
10. Hernandez-Galicia, E., Aguilar-Contreras, A., Aguilar-Santamaria, L., Roman-Ramos, R., Chavez-Miranda, A. A., Garcia-Vega, L. M., ... & Alarcon-Aguilar, F. J. (2002). Studies on hypoglycemic activity of Mexican medicinal plants. In *Proceedings of the Western Pharmacology Society* (Vol. 45, pp. 118-124). Seattle, Wash.: The Society.
11. Thabit, R. A., Cheng, X. R., Al-Hajj, N. A. B. I. L., Rahman, M. R. T., & Le, G. (2014). Antioxidant and Conyza bonariensis: A review. *Eur. Acad. Res*, 2, 8454-8474.
12. Gonzalez, A., Ferreira, F., Vazquez, A., Moyna, P., & Paz, E. A. (1993). Biological screening of Uruguayan medicinal plants. *Journal of Ethnopharmacology*, 39(3), 217-220.

13. Begum, D., & Nath, S. C. (2000). Ethnobotanical review of medicinal plants used for skin diseases and related problems in Northeastern India. *Journal of herbs, spices & medicinal plants*, 7(3), 55-93.
14. Mukhtar, N., Iqbal, K., Anis, I., & Malik, A. (2002). Sphingolipids from Conyza canadensis. *Phytochemistry*, 61(8), 1005-1008.

אלה הגבישים:

Chopra. R. N., Nayar. S. L. and Chopra. I. C. Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. 1986

2. Agarie, S., Kawaguchi, A., Kodera, A., Sunagawa, H., Kojima, H., Nose, A., & Nakahara, T. (2009). Potential of the common ice plant, *Mesembryanthemum crystallinum* as a new high-functional food as evaluated by polyol accumulation. *Plant Production Science*, 12(1), 37-46.
3. Motohashi, N. The Health Effects of Halophyte Iceplant *Mesembryanthemum crystallinum* L. Based on Evidence. OCCURRENCES, STRUCTURE, BIOSYNTHESIS, AND HEALTH BENEFITS BASED ON THEIR EVIDENCES OF MEDICINAL PHYTOCHEMICALS IN VEGETABLES AND FRUITS, 67.
4. Holtum, J. A., & Winter, K. (1982). Activity of enzymes of carbon metabolism during the induction of Crassulacean acid metabolism in *Mesembryanthemum crystallinum* L. *Planta*, 155(1), 8-16.
5. Raak, C., Heinrich, U., Bertram, M., & Ostermann, T. (2014). Effects of a Dermatological Formulation Containing *Mesembryanthemum Crystallinum* Extracts on Skin Hydration Levels. *The Journal of Alternative and Complementary Medicine*, 20(5), A82-A82.

קריטמן ימי:

1. Meot-Duros, L., & Magne, C. (2009). Antioxidant activity and phenol content of *Crithmum maritimum* L. leaves. *Plant Physiology and Biochemistry*, 47(1), 37-41.
2. Hamed, K. B., Castagna, A., Salem, E., Ranieri, A., & Abdelly, C. (2007). Sea fennel (*Crithmum maritimum* L.) under salinity conditions: a comparison of leaf and root antioxidant responses. *Plant Growth Regulation*, 53(3), 185-194.
3. Zarrouk, M., El Almi, H., Youssef, N. B., Sleimi, N., Smaoui, A., Miled, D. B., & Abdelly, C. (2003). Lipid composition of seeds of local halophytes: *Cakile maritima*, *Zygophyllum album* and *Crithmum maritimum*. In Cash crop halophytes: recent studies (pp. 121-124). Springer, Dordrecht.
4. Guil-Guerrero, J. L., & Rodríguez-García, I. (1999). Lipids classes, fatty acids and carotenes of the leaves of six edible wild plants. *European Food Research and Technology*, 209(5), 313-316.

5. Jallali, I., Zaouali, Y., Missaoui, I., Smeoui, A., Abdelly, C., & Ksouri, R. (2014). Variability of antioxidant and antibacterial effects of essential oils and acetonic extracts of two edible halophytes: *Crithmum maritimum* L. and *Inula crithmoides* L. *Food chemistry*, 145, 1031-1038.
6. Atia, A., Barhoumi, Z., Mokded, R., Abdelly, C., & Smaoui, A. (2011). Environmental eco-physiology and economical potential of the halophyte *Crithmum maritimum* L.(Apiaceae). *Journal of Medicinal Plants Research*, 5(16), 3564-3571.
7. Griffin, S. G., Wyllie, S. G., Markham, J. L., & Leach, D. N. (1999). The role of structure and molecular properties of terpenoids in determining their antimicrobial activity. *Flavour and Fragrance Journal*, 14(5), 322-332.
8. Lequeux, C., Lhoste, A., Rovere, M. R., Montastier, C., & Damour, O. (2011). Model of in vitro healing to test the influence of dedifferentiated *Crithmum maritimum* cells on dermal repair and epidermal regeneration. *Skin pharmacology and physiology*, 24(2), 75-80.
9. Houta, O., Akroud, A., Neffati, M., & Amri, H. (2011). Phenolic contents, antioxidant and antimicrobial potentials of *Crithmum maritimum* cultivated in Tunisia Arid zones. *Journal of Biologically Active Products from Nature*, 1(2), 138-143.
10. Renna, M., & Gonnella, M. (2012). The use of the sea fennel as a new spice-colorant in culinary preparations. *International Journal of Gastronomy and Food Science*, 1(2), 111-115.
11. Ruberto, G., Biondi, D., & Piattelli, M. (1991). Composition of the volatile oil of *Crithmum maritimum* L. *Flavour and fragrance journal*, 6(2), 121-123.

דו פרק חופי:

1. Ksouri, R., Megdiche, W., Debez, A., Falleh, H., Grignon, C., & Abdelly, C. (2007). Salinity effects on polyphenol content and antioxidant activities in leaves of the halophyte *Cakile maritima*. *Plant Physiology and Biochemistry*, 45(3), 244-249.
2. Meot-Duros, L., Le Floch, G., & Magné, C. (2008). Radical scavenging, antioxidant and antimicrobial activities of halophytic species. *Journal of Ethnopharmacology*, 116(2), 258-262.
3. Guil, J. L., Torija, M. E., Gimenez, J. J., & Rodriguez, I. (1996). Identification of fatty acids in edible wild plants by gas chromatography. *Journal of chromatography A*, 719(1), 229-235.
4. Buhmann, A., & Papenbrock, J. (2013). An economic point of view of secondary compounds in halophytes. *Functional Plant Biology*, 40(9), 952-967.
5. Karray-Bouraoui, N., Harbaoui, F., Rabhi, M., Jallali, I., Ksouri, R., Attia, H., ... & Lachaâl, M. (2011). Different antioxidant responses to salt stress in two

different provenances of *Carthamus tinctorius* L. *Acta Physiologiae Plantarum*, 33(4), 1435-1444.

6. Qasim, M., Abideen, Z., Adnan, M. Y., Gulzar, S., Gul, B., Rasheed, M., & Khan, M. A. (2017). Antioxidant properties, phenolic composition, bioactive compounds and nutritive value of medicinal halophytes commonly used as herbal teas. *South African Journal of Botany*, 110, 240-250.
7. Houta, O., Akrout, A., Neffati, M., & Amri, H. (2011). Phenolic contents, antioxidant and antimicrobial potentials of *Crithmum maritimum* cultivated in Tunisia Arid zones. *Journal of Biologically Active Products from Nature*, 1(2), 138-143.

אחר רחוב עליום:

1. Ammar, R. B., Bhouri, W., Sghaier, M. B., Boubaker, J., Skandrani, I., Neffati, A., ... & Dijoux-Franca, M. G. (2009). Antioxidant and free radical-scavenging properties of three flavonoids isolated from the leaves of *Rhamnus alaternus* L.(Rhamnaceae): A structure-activity relationship study. *Food Chemistry*, 116(1), 258-264.
2. Longo, L., Vasapollo, G., & Rescio, L. (2005). Identification of anthocyanins in *Rhamnus alaternus* L. berries. *Journal of agricultural and food chemistry*, 53(5), 1723-1727.
3. Ammar, R. B., Bouhlel, I., Valenti, K., Sghaier, M. B., Kilani, S., Mariotte, A. M., ... & Chekir-Ghedira, L. (2007). Transcriptional response of genes involved in cell defense system in human cells stressed by H₂O₂ and pre-treated with (Tunisian) *Rhamnus alaternus* extracts: combination with polyphenolic compounds and classic in vitro assays. *Chemico-Biological Interactions*, 168(3), 171-183.
4. Ammar, R. B., Sghaier, M. B., Boubaker, J., Bhouri, W., Naffeti, A., Skandrani, I., ... & Chekir-Ghedira, L. (2008). Antioxidant activity and inhibition of aflatoxin B 1-, nifuroxazide-, and sodium azide-induced mutagenicity by extracts from *Rhamnus alaternus* L. *Chemico-biological interactions*, 174(1), 1-10.
5. Ammar, R. B., Kilani, S., Bouhlel, I., Ezzi, L., Skandrani, I., Boubaker, J., ... & Ghedira, K. (2007). Antiproliferative, antioxidant, and antimutagenic activities of flavonoid-enriched extracts from (Tunisian) *Rhamnus alaternus* L.: combination with the phytochemical composition. *Drug and chemical toxicology*, 31(1), 61-80.
6. Ammar, R. B., Kilani, S., Bouhlel, I., Skandrani, I., Naffeti, A., Boubaker, J., ... & Ghedira, K. (2007). Antibacterial and cytotoxic activities of extracts from (Tunisian) *Rhamnus alaternus* (Rhamnaceae). *Annals of microbiology*, 57(3), 453.

7. Bhouri, W., Boubaker, J., Kilani, S., Ghedira, K., & Chekir-Ghedira, L. (2012). Flavonoids from Rhamnus alaternus L.(Rhamnaceae): Kaempferol 3-O-β-isorhamninoside and rhamnocitrin 3-O-β-isorhamninoside protect against DNA damage in human lymphoblastoid cell and enhance antioxidant activity. *South African journal of botany*, 80, 57-62.
8. Akerreta, S., Cavero, R. Y., López, V., & Calvo, M. I. (2007). Analyzing factors that influence the folk use and phytonomy of 18 medicinal plants in Navarra. *Journal of ethnobiology and ethnomedicine*, 3(1), 16.
9. Cuoco, G., Mathe, C., & Vieillescazes, C. (2014). Liquid chromatographic analysis of flavonol compounds in green fruits of three Rhamnus species used in Stil de grain. *Microchemical Journal*, 115, 130-137.
10. Nollet, L. M., & Toldrá, F. (Eds.). (2012). *Food analysis by HPLC* (Vol. 100). CRC Press.

אחר א"י ומונחים:

1. Standish LJ, Greene K, Greenlee H, Kim JG, Grosshans C. Complementary and alternative medical treatment of breast cancer: a survey of licensed North American naturopathic physicians. *Altern Ther Health Med* 2002;8(5):68-70.
2. Huang HC, Lee CR, Chao PD, Chen CC, Chu SH. Vasorelaxant effect of emodin, an anthraquinone from a Chinese herb. *Eur J Pharmacol* 12-3-1991;205(3):289-294.
3. Merghoub, N., Amzazi, S., & Morjani, H. (2009). Cytotoxic effect of some Moroccan medicinal plant extracts on human cervical cell lines. *Journal of Medicinal Plants Research*, 3(12), 1045-1050.
4. Terencio, M. C., Sanz, M. J., & Paya, M. (1991). Antihypertensive action of a procyanidin glycoside from Rhamnus lycioides. *Journal of ethnopharmacology*, 31(1), 109-114.
5. Terencio, M. C., Sanz, M. J., & Paya, M. (1990). A hypotensive procyanidin-glycoside from Rhamnus lycioides ssp. Lycioides. *Journal of ethnopharmacology*, 30(2), 205-214.
6. Benbacer, L., Merghoub, N., El Btaouri, H., Gmouh, S., Attaleb, M., Morjani, H., ... & El Mzibri, M. (2012). Antiproliferative Effect and induction of apoptosis by Inula viscosa L. and Retama monosperma L. extracts in human cervical cancer cells. In *Topics on Cervical Cancer with an Advocacy for Prevention*. InTech.
7. Payá, M., Máñez, S., & Villar, A. (1986). Flavonoid constituents of Rhamnus lycioides L. *Zeitschrift für Naturforschung C*, 41(11-12), 976-978.
8. Villar, A., Terencio, M. C., & Paya, M. (1986). Hypotensive effect of Rhamnus lycioides extracts. *Journal of ethnopharmacology*, 16(2-3), 269-273.

1. Zeidan, R., Oran, S., Khleifat, K., & Matar, S. (2013). Antimicrobial activity of leaf and fruit extracts of Jordanian Rubus sanguineus Friv.(Rosaceae). *African Journal of Microbiology Research*, 7(44), 5114-5118.
2. Simpson, M. et al. (2001) Raspberry leaf in pregnancy: its safety and efficacy in labor. *J Midwif Women's Health*. 46:51-59.
3. Oran, S. A. (2014). The status of medicinal plants in Jordan. *Journal of Agricultural Science and Technology*. A, 4(6A).
4. Oliveira, B. D. Á., Rodrigues, A. C., Cardoso, B. M. I., Ramos, A. L. C. C., Bertoldi, M. C., Taylor, J. G., ... & Pinto, U. M. (2016). Antioxidant, antimicrobial and anti-quorum sensing activities of Rubus rosaefolius phenolic extract. *Industrial Crops and Products*, 84, 59-66.
5. Azimova, S. S., & Glushenkova, A. I. (2012). Rubus sanguineus Friv.(R. Sanctus auct. Plur. Non Schreb.). In *Lipids, Lipophilic Components and Essential Oils from Plant Sources* (pp. 777-777). Springer London.
6. Al-Qura'n, S. (2008). Folk medicinal qualities of aquatic plants in Jordan. *Journal of herbs, spices & medicinal plants*, 13(2), 95-106.
7. Al-Qura'n, S. (2006). Ethnobotany of Folk Medicinal Potentiality of Aquatic Plants in Jordan. *Research Journal of Botany*, 1(2), 75-84.
8. Grabek-Lejko, D. (2015). Blackberries (Rubus sp.) as a source of bioactive compounds with high potential in medicine. *Postępy Fitoterapii*.

אוג הבורסקאים:

1. Giancarlo §, S., Rosa §, L. M., Nadjafi, F., & Francesco, M. (2006). Hypoglycaemic activity of two spices extracts: Rhus coriaria L. and Bunium persicum Boiss. *Natural product research*, 20(9), 882-886.
2. Kosar, M., Bozan, B., Temelli, F., & Baser, K. H. C. (2007). Antioxidant activity and phenolic composition of sumac (Rhus coriaria L.) extracts. *Food Chemistry*, 103(3), 952-959.
3. Candan, F., & Sökmen, A. (2004). Effects of Rhus coriaria L.(Anacardiaceae) on lipid peroxidation and free radical scavenging activity. *Phytotherapy research*, 18(1), 84-86.
4. Bursal, E., & Köksal, E. (2011). Evaluation of reducing power and radical scavenging activities of water and ethanol extracts from sumac (Rhus coriaria L.). *Food Research International*, 44(7), 2217-2221.
5. Abu-Reidah, I. M., Ali-Shtayeh, M. S., Jamous, R. M., Arráez-Román, D., & Segura-Carretero, A. (2015). HPLC–DAD–ESI-MS/MS screening of bioactive components from Rhus coriaria L.(Sumac) fruits. *Food chemistry*, 166, 179-191.
6. Özcan, M., & Haciseferogullari, H. (2004). A condiment [sumac (Rhus coriaria L.) fruits]: some physicochemical properties. *Bulgarian Journal of Plant Physiology*, 30(3-4), 74-84.

7. Chakraborty, A., Ferk, F., Simić, T., Brantner, A., Dušinská, M., Kundt, M., ... & Knasmüller, S. (2009). DNA-protective effects of sumach (*Rhus coriaria* L.), a common spice: results of human and animal studies. *Mutation Research/Fundamental and Molecular Mechanisms of Mutagenesis*, 661(1), 10-17.
8. Mohammadi, S., Kouhsari, S. M., & Feshani, A. M. (2010). Antidiabetic properties of the ethanolic extract of *Rhus coriaria* fruits in rats. DARU: Journal of Faculty of Pharmacy, Tehran University of Medical Sciences, 18(4), 270.
9. Kossah, R., Nsabimana, C., Zhao, J., Chen, H., Tian, F., Zhang, H., & Chen, W. (2009). Comparative study on the chemical composition of Syrian sumac (*Rhus coriaria* L.) and Chinese sumac (*Rhus typhina* L.) fruits. *Pakistan Journal of Nutrition*, 8(10), 1570-1574.
10. Pourahmad, J., Eskandari, M. R., Shakibaei, R., & Kamalinejad, M. (2010). A search for hepatoprotective activity of aqueous extract of *Rhus coriaria* L. against oxidative stress cytotoxicity. *Food and Chemical Toxicology*, 48(3), 854-858.
11. Iauk, L., Caccamo, F., Speciale, A. M., Tempera, G., Ragusa, S., & Pante, G. (1998). Antimicrobial activity of *Rhus coriaria* L. leaf extract. *Phytotherapy Research*, 12(S1).
12. El Hasasna, H., Athamneh, K., Al Samri, H., Karuvantevida, N., Al Dhaheri, Y., Hisaindee, S., ... & Iratni, R. (2015). *Rhus coriaria* induces senescence and autophagic cell death in breast cancer cells through a mechanism involving p38 and ERK1/2 activation. *Scientific reports*, 5.
13. El Hasasna, H., Saleh, A., Al Samri, H., Athamneh, K., Attoub, S., Arafat, K., ... & Eid, A. (2016). *Rhus coriaria* suppresses angiogenesis, metastasis and tumor growth of breast cancer through inhibition of STAT3, NFκB and nitric oxide pathways. *Scientific reports*, 6, 21144.
14. Janbaz, K. H., Shabbir, A., Mehmood, M. H., & Gilani, A. H. (2014). Pharmacological basis for the medicinal use of *Rhus coriaria* in hyperactive gut disorders. *Bangladesh Journal of Pharmacology*, 9(4), 636-644.
15. Alkofahi, A. S., Abdelaziz, A., Mahmoud, I., Abuirjie, M., Hunaiti, A., & El-Oqla, A. (1990). Cytotoxicity, mutagenicity and antimicrobial activity of forty Jordanian medicinal plants. *International Journal of Crude Drug Research*, 28(2), 139-144.
16. Candan, F. (2003). Effect of *Rhus coriaria* L.(Anacardiaceae) on superoxide radical scavenging and xanthine oxidase activity. *Journal of enzyme inhibition and medicinal chemistry*, 18(1), 59-62.
17. Shabbir, A. (2012). *Rhus coriaria* linn, a plant of medicinal, nutritional and industrial importance: a review. *J Anim Plant Sci*, 22(2), 505-12.

18. Zargham, H., & Zargham, R. (2008). Tannin extracted from Sumac inhibits vascular smooth muscle cell migration. *McGill Journal of Medicine: MJM*, 11(2), 119.
19. Asghari, M., Naseri, M., Sabet, Z., Davati, A., Kamalinejad, M., Jalali-Nadoushan, M. R., ... & Alamshekan, M. (2013). Efficacy and safety of Ziabites (an Iranian traditional medicine compound) on glycemic control in type 2 diabetic patients. *Journal of Medicinal Plants Research*, 7(22), 1624-1627.
20. Shidfar, F., Rahideh, S. T., Rajab, A., Khandoz, N., Hosseini, S., Shidfar, S., & Mojtaba, F. (2014). The Effect of Sumac (*Rhus coriaria L.*) Powder on Serum Glycemic Status, ApoB, ApoA-I and Total Antioxidant Capacity in Type 2 Diabetic Patients. *Iranian journal of pharmaceutical research: IJPR*, 13(4), 1249.
21. Aliakbarlu, J., Mohammadi, S., & Khalili, S. (2014). A Study on antioxidant potency and antibacterial activity of water extracts of some spices widely consumed in Iranian diet. *Journal of food biochemistry*, 38(2), 159-166.
22. Wu, T., McCallum, J. L., Wang, S., Liu, R., Zhu, H., & Tsao, R. (2013). Evaluation of antioxidant activities and chemical characterisation of staghorn sumac fruit (*Rhus hirta L.*). *Food chemistry*, 138(2), 1333-1340.
23. Rayne, S., & Mazza, G. (2007). Biological activities of extracts from sumac (*Rhus spp.*): a review. *Plant foods for human nutrition*, 62(4), 165-175.
24. Singh, O., Ali, M., & Akhtar, N. (2011). New antifungal xanthones from the seeds of *Rhus coriaria L.* *Zeitschrift für Naturforschung C*, 66(1-2), 17-23.
25. Shidfar, F., Rahideh, S. T., Rajab, A., Khandoz, N., Hosseini, S., Shidfar, S., & Mojtaba, F. (2014). The Effect of Sumac (*Rhus coriaria L.*) Powder on Serum Glycemic Status, ApoB, ApoA-I and Total Antioxidant Capacity in Type 2 Diabetic Patients. *Iranian journal of pharmaceutical research: IJPR*, 13(4), 1249.

אליה ארץישראלית, אלה אטלנטית:

1. Lampronti, I., Saab, A., & Gambari, R. (2005). Medicinal plants from Lebanon: effects of essential oils from *Pistacia palaestina* on proliferation and erythroid differentiation of human leukemic K562 cells. *Minerva Biotechnologica*, 17(3), 153.
2. Almehdar, H., Abdallah, H. M., Osman, A. M. M., & Abdel-Sattar, E. A. (2012). In vitro cytotoxic screening of selected Saudi medicinal plants. *Journal of natural medicines*, 66(2), 406-412.
3. Flamini, G., Bader, A., Cioni, P. L., Katbeh-Bader, A., & Morelli, I. (2004). Composition of the essential oil of leaves, galls, and ripe and unripe fruits of Jordanian *Pistacia palaestina* Boiss. *Journal of agricultural and food chemistry*, 52(3), 572-576.

4. Loizzo, M. R., Saab, A. M., Tundis, R., Statti, G. A., Menichini, F., Lampronti, I., ... & Doerr, H. W. (2008). Phytochemical analysis and in vitro antiviral activities of the essential oils of seven Lebanon species. *Chemistry & biodiversity*, 5(3), 461-470.
5. Bozorgi, M., Memariani, Z., Mobli, M., Salehi Surmaghi, M. H., Shams-Ardekani, M. R., & Rahimi, R. (2013). Five Pistacia species (P. vera, P. atlantica, P. terebinthus, P. khinjuk, and P. lentiscus): a review of their traditional uses, phytochemistry, and pharmacology. *The Scientific World Journal*, 2013.
6. Mahmoudvand, H., Kheirandish, F., Ghasemi Kia, M., Tavakoli Kareshk, A., & Yarahmadi, M. (2016). Chemical composition, protoscolicidal effects and acute toxicity of Pistacia atlantica Desf. fruit extract. *Natural product research*, 30(10), 1208-1211.
7. Tanideh, N., Masoumi, S., Hosseinzadeh, M., Safarpour, A. R., Erjaee, H., Koohi-Hosseinabadi, O., & Rahimikazerooni, S. (2014). Healing effect of pistacia atlantica fruit oil extract in acetic Acid-induced colitis in rats. *Iranian journal of medical sciences*, 39(6), 522.
8. Sifi, I., Gourine, N., Gaydou, E. M., & Yousfi, M. (2015). Chemotypes of essential oil of unripe galls of Pistacia atlantica Desf. from Algeria. *Natural product research*, 29(20), 1945-1949.
9. Golan-Goldhirsh, A. (2009). Bridging the gap between ethnobotany and biotechnology of Pistacia. *Israel journal of plant sciences*, 57(1-2), 65-78.
10. Hadjimbei, E., Botsaris, G., Goulas, V., & Gekas, V. (2015). Health-Promoting Effects of Pistacia Resins: Recent Advances, Challenges, and Potential Applications in the Food Industry. *Food Reviews International*, 31(1), 1-12.

ועזרר קווצני וועזרר אדום:

1. Ljubuncic, P., Portnaya, I., Cogan, U., Azaizeh, H., & Bomzon, A. (2005). Antioxidant activity of Crataegus aronia aqueous extract used in traditional Arab medicine in Israel. *Journal of ethnopharmacology*, 101(1), 153-161.
2. Foster, S. & Duke, J. A. *A Field Guide to Medicinal Plants. Eastern and Central N. America*. Houghton Mifflin Co. 1990 ISBN 0395467225
3. Ali-Shtayeh, M. S., Jamous, R. M., Al-Shafie, J. H., Elgharabah, W. A., Kherfan, F. A., Qarariah, K. H., ... & Herzallah, H. M. (2008). Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): a comparative study. *Journal of Ethnobiology and Ethnomedicine*, 4(1), 13.
4. Al-Hallaq, E. K., Kasabri, V., Abdalla, S. S., Bustanji, Y. K., & Afifi, F. U. (2013, August). Anti-obesity and antihyperglycemic effects of Crataegus aronia extracts: In vitro and in vivo evaluations. In *Food Nutr Sci* (Vol. 4, No. 9, pp. 972-983).

5. Al-Hallaq, E. K., Afifi, F. U., & Abdalla, S. S. (2012). Evaluation of the hypocholesterolemic effect and phytochemical screening of the hydroethanolic extract of Crataegus aronia from Jordan. *Natural product communications*, 7(1), 35-38.
6. Shatoor, A. S. (2012). Cardio-tonic effect of the aqueous extract of whole plant of Crataegus aronia syn: azarolus (L) on isolated Rabbits heart. *African Journal of Pharmacy and Pharmacology*, 6(26), 1901-1909.
7. Çalışkan, O., Gündüz, K., Serçe, S., Toplu, C., Kamiloğlu, Ö., Şengül, M., & Ercişli, S. (2012). Phytochemical characterization of several hawthorn (Crataegus spp.) species sampled from the Eastern Mediterranean region of Turkey. *Pharmacognosy magazine*, 8(29), 16.
8. Kmail, A., Lyoussi, B., Zaid, H., & Saad, B. (2015). In vitro assessments of cytotoxic and cytostatic effects of Asparagus aphyllus, Crataegus aronia, and Ephedra alata in monocultures and co-cultures of HepG2 and THP-1-derived macrophages. *Pharmacognosy Communications*, 5(3), 165.
9. Kumar, D., Arya, V., Bhat, Z. A., Khan, N. A., & Prasad, D. N. (2012). The genus Crataegus: chemical and pharmacological perspectives. *Revista Brasileira de Farmacognosia*, 22(5), 1187-1200.
10. Liu, H., Qiu, N., Ding, H., & Yao, R. (2008). Polyphenols contents and antioxidant capacity of 68 Chinese herbals suitable for medical or food uses. *Food Research International*, 41(4), 363-370.
11. Tassell, M. C., Kingston, R., Gilroy, D., Lehane, M., & Furey, A. (2010). Hawthorn (Crataegus spp.) in the treatment of cardiovascular disease. *Pharmacognosy reviews*, 4(7), 32.
12. Bernatoniene, J., Trumbeckaite, S., Majiene, D., Baniene, R., Baliutyte, G., Savickas, A., & Toleikis, A. (2009). The effect of crataegus fruit extract and some of its flavonoids on mitochondrial oxidative phosphorylation in the heart. *Phytotherapy Research*, 23(12), 1701-1707.
13. Özyürek, M., Bener, M., Güçlü, K., Dönmez, A. A., Süzgeç-Selçuk, S., Pirildar, S., ... & Apak, R. (2012). Evaluation of antioxidant activity of Crataegus species collected from different regions of Turkey. *Records of Natural Products*, 6(3), 263.
14. Yang, B., & Liu, P. (2012). Composition and health effects of phenolic compounds in hawthorn (Crataegus spp.) of different origins. *Journal of the Science of Food and Agriculture*, 92(8), 1578-1590.
15. Ebrahimzadeh, M. A., & Bahramian, F. (2009). Antioxidant Activity of Crataegus pentaegyna Subsp. elburensis Fruits Extracts. *Pakistan journal of biological sciences*, 12(5), 413-419.
16. Bignami, C., Paolocci, M., Scossa, A., & Bertazza, G. (2001, July). Preliminary evaluation of nutritional and medicinal components of Crataegus azarolus

- fruits. In *International Conference on Medicinal and Aromatic Plants (Part II)* 597 (pp. 95-100).
17. Belkhir, M., Rebai, O., Dhaouadi, K., Sioud, B., Amri, M., & Fattouch, S. (2013). Antioxidant and antimicrobial activities of Tunisian azarole (*Crataegus azarolus L.*) leaves and fruit pulp/peel polyphenolic extracts. *International journal of food properties*, 16(6), 1380-1393.
18. Mustapha, N., Bouhlel, I., Chaabane, F., Bzéouich, I. M., Ghedira, K., Hennebelle, T., & Chekir-Ghedira, L. (2014). Aqueous extract of *Crataegus azarolus* protects against DNA damage in human lymphoblast Cell K562 and enhances antioxidant activity. *Applied biochemistry and biotechnology*, 172(4), 2266-2275.
- חרוב:
1. Williamson, Elisabeth M.: *Potter's Herbal Cyclopaedia*. Essex. Saffron Walden 2003.
 2. Hedrick, U.P., Editor: *Sturtevant's Edible Plants of the World*. New York. Dover Publications Inc 1972.
 3. Zunft, H. J. F., Lüder, W., Harde, A., Haber, B., Graubaum, H. J., Koebnick, C., & Grünwald, J. (2003). Carob pulp preparation rich in insoluble fibre lowers total and LDL cholesterol in hypercholesterolemic patients. *European journal of nutrition*, 42(5), 235-242.
 4. Kumazawa, S., Taniguchi, M., Suzuki, Y., Shimura, M., Kwon, M. S., & Nakayama, T. (2002). Antioxidant activity of polyphenols in carob pods. *Journal of agricultural and food chemistry*, 50(2), 373-377.
 5. Custódio, L., Escapa, A. L., Fernandes, E., Fajardo, A., Aligué, R., Alberício, F., ... & Romano, A. (2011). Phytochemical profile, antioxidant and cytotoxic activities of the carob tree (*Ceratonia siliqua L.*) germ flour extracts. *Plant foods for human nutrition*, 66(1), 78-84.
 6. Loeb, H., Vandenplas, Y., Würsch, P., & Guesry, P. (1989). Tannin-rich carob pod for the treatment of acute-onset diarrhea. *Journal of pediatric gastroenterology and nutrition*, 8(4), 480-485.
 7. Feldman, N., Norenberg, C., Voet, H., Manor, E., Berner, Y., & Madar, Z. (1995). Enrichment of an Israeli ethnic food with fibres and their effects on the glycaemic and insulinaemic responses in subjects with non-insulin-dependent diabetes mellitus. *British Journal of Nutrition*, 74(5), 681-688.
 8. Agrawal, A., Mohan, M., Kasture, S., Foddis, C., Frau, M. A., Loi, M. C., & Maxia, A. (2011). Antidepressant activity of *Ceratonia siliqua L.* fruit extract, a source of polyphenols. *Natural product research*, 25(4), 450-456.
 9. Rtibi, K., Selmi, S., Grami, D., Saidani, K., Sebai, H., Amri, M., ... & Marzouki, L. (2017). *Ceratonia siliqua L.*(immature carob bean) inhibits intestinal glucose absorption, improves glucose tolerance and protects against alloxan-induced

- diabetes in rat. *Journal of the Science of Food and Agriculture*, 97(8), 2664-2670.
10. Afifi-Yazar, F. U., Kasabri, V., & Abu-Dahab, R. (2011). Medicinal plants from Jordan in the treatment of diabetes: traditional uses vs. in vitro and in vivo evaluations—part 2. *Planta medica*, 77(11), 1210-1220.
 11. Toklu, H. Z. (2013). Herbal medicine use among diabetes mellitus patients in Northern Cyprus. *Journal of Medicinal Plants Research*, 7(22), 1652-1664.
 12. Avallone, R., Plessi, M., Baraldi, M., & Monzani, A. (1997). Determination of chemical composition of carob (*Ceratonia siliqua*): protein, fat, carbohydrates, and tannins. *Journal of food composition and analysis*, 10(2), 166-172.
 13. KIVÇAK, B., MERT, T., & ÖZTÜRK, H. T. (2002). Antimicrobial and cytotoxic activities of *Ceratonia siliqua* L. extracts. *Turkish Journal of Biology*, 26(4), 197-200.
 14. Calixto, F. S., & Cañellas, J. (1982). Components of nutritional interest in carob pods (*Ceratonia siliqua*). *Journal of the Science of Food and Agriculture*, 33(12), 1319-1323.
 15. Dakia, P. A., Wathelet, B., & Paquot, M. (2007). Isolation and chemical evaluation of carob (*Ceratonia siliqua* L.) seed germ. *Food Chemistry*, 102(4), 1368-1374.
 16. Bengoechea, C., Romero, A., Villanueva, A., Moreno, G., Alaiz, M., Millán, F., ... & Puppo, M. C. (2008). Composition and structure of carob (*Ceratonia siliqua* L.) germ proteins. *Food chemistry*, 107(2), 675-683.

:ת

1. Benavente-García, O., Castillo, J., Lorente, J., Ortuno, A., & Del Rio, J. A. (2000). Antioxidant activity of phenolics extracted from *Olea europaea* L. leaves. *Food Chemistry*, 68(4), 457-462.
2. Pereira, A. P., Ferreira, I. C., Marcelino, F., Valentão, P., Andrade, P. B., Seabra, R., ... & Pereira, J. A. (2007). Phenolic compounds and antimicrobial activity of olive (*Olea europaea* L. Cv. Cobrançosa) leaves. *Molecules*, 12(5), 1153-1162.
3. Susalit, E., Agus, N., Effendi, I., Tjandrawinata, R. R., Nofiarny, D., Perrinjaquet-Moccetti, T., & Verbruggen, M. (2011). Olive (*Olea europaea*) leaf extract effective in patients with stage-1 hypertension: comparison with Captopril. *Phytomedicine*, 18(4), 251-258.
4. Benavente-García, O., Castillo, J., Lorente, J., Ortuno, A., & Del Rio, J. A. (2000). Antioxidant activity of phenolics extracted from *Olea europaea* L. leaves. *Food Chemistry*, 68(4), 457-462.
5. Somova, L. I., Shode, F. O., Ramnanan, P., & Nadar, A. (2003). Antihypertensive, antiatherosclerotic and antioxidant activity of triterpenoids isolated from *Olea europaea*, subspecies *africana* leaves. *Journal of ethnopharmacology*, 84(2), 299-305.

6. Le Tutour, B., & Guedon, D. (1992). Antioxidative activities of *Olea europaea* leaves and related phenolic compounds. *Phytochemistry*, 31(4), 1173-1178.
7. Pereira, A. P., Ferreira, I. C., Marcelino, F., Valentão, P., Andrade, P. B., Seabra, R., ... & Pereira, J. A. (2007). Phenolic compounds and antimicrobial activity of olive (*Olea europaea* L. Cv. Cobrançosa) leaves. *Molecules*, 12(5), 1153-1162.
8. El, S. N., & Karakaya, S. (2009). Olive tree (*Olea europaea*) leaves: potential beneficial effects on human health. *Nutrition reviews*, 67(11), 632-638.
9. Perrinjaquet-Moccetti, T., Busjahn, A., Schmidlin, C., Schmidt, A., Bradl, B., & Aydogan, C. (2008). Food supplementation with an olive (*Olea europaea* L.) leaf extract reduces blood pressure in borderline hypertensive monozygotic twins. *Phytotherapy Research*, 22(9), 1239-1242.
10. Susalit, E., Agus, N., Effendi, I., Tjandrawinata, R. R., Nofiarny, D., Perrinjaquet-Moccetti, T., & Verbruggen, M. (2011). Olive (*Olea europaea*) leaf extract effective in patients with stage-1 hypertension: comparison with Captopril. *Phytomedicine*, 18(4), 251-258.
11. Cherif, S., Rahal, N., Haouala, M., Hizaoui, B., Dargouth, F., Gueddiche, M., ... & Boukef, K. (1996). A clinical trial of a titrated *Olea* extract in the treatment of essential arterial hypertension. *Journal de pharmacie de Belgique*, 51(2), 69-71.
12. Khayyal, M. T., El-Ghazaly, M. A., Abdallah, D. M., Nassar, N. N., Okpanyi, S. N., & Kreuter, M. H. (2002). Blood Pressure Lowering Effect of an Olive Leaf Extract {*Olea europaea*} in L-NAME Induced Hypertension in Rats. *Arzneimittelforschung*, 52(11), 797-802.
13. Zare, L., Esmaeili-Mahani, S., Abbasnejad, M., Rasoulian, B., Sheibani, V., Sahraei, H., & Kaeidi, A. (2012). Oleuropein, Chief Constituent of Olive Leaf Extract, Prevents the Development of Morphine Antinociceptive Tolerance through Inhibition of Morphine-induced L-type Calcium Channel Overexpression. *Phytotherapy research*, 26(11), 1731-1737.
14. Anter, J., Fernández-Bedmar, Z., Villatoro-Pulido, M., Demyda-Peyras, S., Moreno-Millán, M., Alonso-Moraga, Á., ... & de Castro, M. D. L. (2011). A pilot study on the DNA-protective, cytotoxic, and apoptosis-inducing properties of olive-leaf extracts. *Mutation Research/Genetic Toxicology and Environmental Mutagenesis*, 723(2), 165-170.
15. Gonzalez, M., Zarzuelo, A., Gamez, M. J., Utrilla, M. P., Jimenez, J., & Osuna, I. (1992). Hypoglycemic activity of olive leaf. *Planta medica*, 58(06), 513-515.

אורנים:

1. Einerhand, A. W., Pasman, W., Rubingh, C., van den Berg, R., O'Shea, M., Gambelli, L., & Hendriks, H. (2006). Korean pine nut fatty acids affect appetite

- sensations, plasma CCK and GLP1 in overweight subjects. *The FASEB Journal*, 20(5), A829-A829.
2. Yu, L., & Slavin, M. (2008). 17 Nutraceutical Potential of Pine Nut. *Tree Nuts: Composition, Phytochemicals, and Health Effects*, 285.
 3. Lee, J. W., Lee, K. W., Lee, S. W., Kim, I. H., & Rhee, C. (2004). Selective increase in pinolenic acid (all-cis-5, 9, 12–18: 3) in Korean pine nut oil by crystallization and its effect on LDL-receptor activity. *Lipids*, 39(4), 383-387.
 4. Bao, Y., Han, J., Hu, F. B., Giovannucci, E. L., Stampfer, M. J., Willett, W. C., & Fuchs, C. S. (2013). Association of nut consumption with total and cause-specific mortality. *N Engl J Med*, 2013(369), 2001-2011.
 5. O'Neil, C. E., Fulgoni, V. L., & Nicklas, T. A. (2015). Tree Nut consumption is associated with better adiposity measures and cardiovascular and metabolic syndrome health risk factors in US Adults: NHANES 2005–2010. *Nutrition journal*, 14(1), 64.
 6. Morris, M. C., Tangney, C. C., Wang, Y., Sacks, F. M., Bennett, D. A., & Aggarwal, N. T. (2015). MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's & Dementia*, 11(9), 1007-1014.
 7. Lee, Y. J., Nam, G. E., Seo, J. A., Yoon, T., Seo, I., Lee, J. H., ... & Ahn, J. H. (2014). Nut consumption has favorable effects on lipid profiles of Korean women with metabolic syndrome. *Nutrition Research*, 34(9), 814-820.
 8. Bain, L. K., Myint, P. K., Jennings, A., Lentjes, M. A., Luben, R. N., Khaw, K. T., ... & Welch, A. A. (2015). The relationship between dietary magnesium intake, stroke and its major risk factors, blood pressure and cholesterol, in the EPIC-Norfolk cohort. *International journal of cardiology*, 196, 108-114.
 9. Dismore, M. L., Haytowitz, D. B., Gebhardt, S. E., Peterson, J. W., & Booth, S. L. (2003). Vitamin K content of nuts and fruits in the US diet. *Journal of the American Dietetic Association*, 103(12), 1650-1652.
 10. Roberts, R. L., Green, J., & Lewis, B. (2009). Lutein and zeaxanthin in eye and skin health. *Clinics in dermatology*, 27(2), 195-201.
 11. Tarleton, E. K., & Littenberg, B. (2015). Magnesium intake and depression in adults. *The Journal of the American Board of Family Medicine*, 28(2), 249-256.
 12. Ryan, E., Galvin, K., O'connor, T. P., Maguire, A. R., & O'brien, N. M. (2006). Fatty acid profile, tocopherol, squalene and phytosterol content of brazil, pecan, pine, pistachio and cashew nuts. *International journal of food sciences and nutrition*, 57(3-4), 219-228.
 13. Nergiz, C., & Dönmez, I. (2004). Chemical composition and nutritive value of *Pinus pinea* L. seeds. *Food Chemistry*, 86(3), 365-368.
 14. Ros, E., & Mataix, J. (2006). Fatty acid composition of nuts—implications for cardiovascular health. *British Journal of Nutrition*, 96(S2), S29-S35.

להשלים את הביבליוגרפיה של כל היתרונות הבריאותיים של האורנים.

שיזף מצוי ושיזף השיח:

1. Pawlowska, A. M., Camangi, F., Bader, A., & Braca, A. (2009). Flavonoids of *Zizyphus jujuba* L. and *Zizyphus spina-christi* (L.) Willd (Rhamnaceae) fruits. *Food Chemistry*, 112(4), 858-862.
2. Yossef, H. E., Khedr, A. A., & Mahran, M. Z. (2011). Hepatoprotective activity and antioxidant effects of El Nabka (*Zizyphus spina-christi*) fruits on rats hepatotoxicity induced by carbon tetrachloride. *Nature and Science*, 9(2), 1-7.
3. Hamza, M. F., Garba, A. A., & Ma'Aruf, S. M. Evaluating the Medicinal and Nutritional Benefits of Nigerian Edible Fruits of *Ziziphus jujube* and *Ziziphus spina-christi* Plants.
4. Adekunle, A. I., & Adenike, J. O. (2012). Comparative Analysis of Proximate, Minerals and Functional Properties of *Tamarindus indica* pulp and *Ziziphusspinica christi* Fruit and Seed. *Greener Journal of Agricultural Sciences*, 2 (1), 021-025.
5. Singh, V., Guizani, N., Essa, M. M., Rahman, M. S., & Selvaraj, S. (2012). In vitro antioxidant activities of *Ziziphus spina-christi* Fruits (red date) grown in Oman. *Biotechnology*, 11(4), 209.
6. Abdoul-Azize, S. (2016). Potential Benefits of Jujube (*Zizyphus Lotus* L.) Bioactive Compounds for Nutrition and Health. *Journal of nutrition and metabolism*, 2016.
7. Bakhtaoui, F. Z., Lakmichi, H., Megraud, F., Chait, A., & Gadhi, C. E. A. (2014). Gastro-protective Anti-*Helicobacter pylori* and, Antioxidant Properties of Moroccan *Zizyphus lotus* L.
8. Abdel-Zaher, A. O., Salim, S. Y., Assaf, M. H., & Abdel-Hady, R. H. (2005). Antidiabetic activity and toxicity of *Zizyphus spina-christi* leaves. *Journal of ethnopharmacology*, 101(1), 129-138.
9. Asgarpanah, J., & Haghigat, E. (2012). Phytochemistry and pharmacologic properties of *Ziziphus spina christi* (L.) Willd. *African Journal of Pharmacy and Pharmacology*, 6(31), 2332-2339.
10. M. Elaloui, H. Ghazghazi, A. Ennajah, S. Manaa, W. Guezmir, N. B. Karray, A. Laamouri. (2017) Phenolic profile, antioxidant capacity of five *Ziziphus spina-christi* (L.) Willd provenances and their allelopathic effects on *Trigonella foenum-graecum* L. and *Lens culinaris* L. seeds. *Natural Product Research* 31:10, pages 1209-1213.
11. Ghazghazi, H., Aouadhi, C., Riahi, L., Maaroufi, A., & Hasnaoui, B. (2014). Fatty acids composition of Tunisian *Ziziphus lotus* L.(Desf.) fruits and variation in biological activities between leaf and fruit extracts. *Natural product research*, 28(14), 1106-1110.
12. Benammar, C., Hichami, A., Yessoufou, A., Simonin, A. M., Belarbi, M., Allali, H., & Khan, N. A. (2010). *Zizyphus lotus* L.(Desf.) modulates antioxidant

- activity and human T-cell proliferation. *BMC complementary and alternative medicine*, 10(1), 54.
13. Sen, S., Chakraborty, R., De, B., Ganesh, T., Raghavendra, H. G., & Debnath, S. (2010). Analgesic and anti-inflammatory herbs: a potential source of modern medicine. *International Journal of Pharmaceutical Sciences and Research*, 1(11), 32.
- להשלים את הביבליוגרפיה של כל היתרונות הבריאותיים של הבלוטים.**
- גדייל:
1. Flora, K., Hahn, M., Rosen, H., & Benner, K. (1998). Milk thistle (*Silybum marianum*) for the therapy of liver disease. *The American journal of gastroenterology*, 93(2), 139-143.
 2. Milk Thistle fruit in: Bluementhal M. Goldberg A. Brickmann J. ed. *Herbal Medicine, Expanded Commission E Monographs 2000*, American Botanical Council, p. 257-263.
 3. He WXM, Zhang S. et al. Nutritional composition of *Silybum marianum* Gaertn seed oil and its hypolipidemic effect in rats (in Chinese). *Acta Nutrimenta Sinica*. 1996, 18: 163-167.
 4. Chen H. et al. Protective effects of silybin and tetrandsine on the outcome of spontaneously hypertensive rats subjected to acute coronary artery occlusion. *Int. J. Cardiol.* 1993, 41: 103-108.
 5. Felter HW. Lloyd Ju. King's American Dispensatory. 18th ed. Portland OR: Eclectic Medical Publications, 1898 and 1983.
 6. Singh RP. et al. Dietary feeding of silibinin inhibits advanced human prostate carcinoma growth in athymic nude mice and increases plasma insulin-like growth factor-binding protein-3 levels. *Cancer Res.* 2002, 62: 3063-3069.
 7. Singh RP. Agarwal R. Flavonoid antioxidant silymarin and skin cancer. *Antioxid Redox Signal* 2002, 4: 655-663.
 8. Abascal K. Yarnell E. The many faces of *Silybum marianum* (milk thistle). Part 1-Treating cancer and hyperlipidemia and restoring kidney function. *Alternative & Complementary Therapies*. 2003, Aug: 170-175.
 9. Sonnenbichler J. et al. Influence of flavonolignan silybinin of milk thistle on hepatocytes and kidney cells. In: Lawson LD. Bauer R. eds. *Phytomedicines of Europe: Chemistry and Biological Activity*. Washington, DC American Chemical Society, 1998: 263-277.
 10. Zhao J. et al. Inhibitory effect of a flavonoid antioxidant silymarin on benzoyl peroxide-induced tumor promotion, oxidative stress and inflammatory responses in SENCAR mouse skin. *Carcinogenesis* 2000, 21: 811-816.

11. Abascal K. Yarnell E. The many faces of Silybum marianum (milk thistle). Part 1-Treating cancer and hyperlipidemia and restoring kidney function. *Alternative & Complementary Therapies*. 2003, Aug: 170-175.
12. He WXM, Zhang S. et al. Nutritional composition of Silybum marianum Gaertn seed oil and its hypolipidemic effect in rats (in Chinese). *Acta Nutrimenta Sinica*. 1996, 18: 163-167.
13. Pradhan, S. C., & Girish, C. (2006). Hepatoprotective herbal drug, silymarin from experimental pharmacology to clinical medicine. *Indian Journal of Medical Research*, 124(5), 491.
14. Pradhan, S. C., & Girish, C. (2006). Hepatoprotective herbal drug, silymarin from experimental pharmacology to clinical medicine. *Indian Journal of Medical Research*, 124(5), 491.
15. Huseini, H. F., Larijani, B., Heshmat, R. A., Fakhrzadeh, H., Radjabipour, B., Toliat, T., & Raza, M. (2006). The efficacy of Silybum marianum (L.) Gaertn.(silymarin) in the treatment of type II diabetes: a randomized, double-blind, placebo-controlled, clinical trial. *Phytotherapy research*, 20(12), 1036-1039.
16. Barnes, J., Anderson, L. A., & Phillipson, J. D. (2003). *Herbal medicines: a guide for healthcare professionals* (No. Ed. 2). Pharmaceutical Press.
17. Gordon, A., Hobbs, D. A., Bowden, D. S., Bailey, M. J., Mitchell, J., Francis, A. J., & Roberts, S. K. (2006). Effects of Silybum marianum on serum hepatitis C virus RNA, alanine aminotransferase levels and well-being in patients with chronic hepatitis C. *Journal of gastroenterology and hepatology*, 21(1), 275-280.
18. Shaker, E., Mahmoud, H., & Mnaa, S. (2010). Silymarin, the antioxidant component and Silybum marianum extracts prevent liver damage. *Food and Chemical Toxicology*, 48(3), 803-806.
19. Kittur, S., Wilasrusmee, S., Pedersen, W. A., Mattson, M. P., Straube-West, K., Wilasrusmee, C., ... & Kittur, D. S. (2002). Neurotrophic and neuroprotective effects of milk thistle (Silybum marianum) on neurons in culture. *Journal of Molecular Neuroscience*, 18(3), 265-269.
20. Hassan, A., Rahman, S., Deeba, F., & Mahmud, S. (2009). Antimicrobial activity of some plant extracts having hepatoprotective effects. *Journal of Medicinal Plants Research*, 3(1), 020-023.
21. Hasani-Ranjbar, S., Larijani, B., & Abdollahi, M. (2008). A systematic review of Iranian medicinal plants useful in diabetes mellitus. *Archives of Medical Science*, 4(3), 285-292.
22. Ross, S. M. (2008). Milk thistle (Silybum marianum): an ancient botanical medicine for modern times. *Holistic nursing practice*, 22(5), 299-300.

23. Wilasrusmee, C., Kittur, S., Shah, G., Siddiqui, J., Bruch, D., Wilasrusmee, S., & Kittur, D. S. (2002). Immunostimulatory effect of Silybum Marianum (milk thistle) extract. *Medical Science Monitor*, 8(11), BR439-BR443.
24. Davis-Searles, P. R., Nakanishi, Y., Kim, N. C., Graf, T. N., Oberlies, N. H., Wani, M. C., ... & Kroll, D. J. (2005). Milk thistle and prostate cancer: differential effects of pure flavonolignans from Silybum marianum on antiproliferative end points in human prostate carcinoma cells. *Cancer research*, 65(10), 4448-4457.
25. Greenlee, H., Abascal, K., Yarnell, E., & Ladas, E. (2007). Clinical applications of Silybum marianum in oncology. *Integrative cancer therapies*, 6(2), 158-165.
26. Gargari, B. P., Mobasseri, M., Valizadeh, H., & Asghari-Jafarabadi, M. (2015). Effects of Silybum marianum (L.) Gaertn.(silymarin) extract supplementation on antioxidant status and hs-CRP in patients with type 2 diabetes mellitus: a randomized, triple-blind, placebo-controlled clinical trial. *Phytomedicine*, 22(2), 290-296.
27. Rastegarpanah, M., Malekzadeh, R., Vahedi, H., Mohammadi, M., Elahi, E., Chaharmahali, M., ... & Abdollahi, M. (2015). A randomized, double blinded, placebo-controlled clinical trial of silymarin in ulcerative colitis. *Chinese journal of integrative medicine*, 21(12), 902-906.
28. Loguercio, C., & Festi, D. (2011). Silybin and the liver: from basic research to clinical practice. *World journal of gastroenterology: WJG*, 17(18), 2288.

:סРАפ

1. Upton, R. (2013). Stinging nettles leaf (*Urtica dioica* L.): Extraordinary vegetable medicine. *Journal of Herbal Medicine*, 3(1), 9-38.
2. Lopatkin N et al. Efficacy and safety of a combination of Sabal and Urtica extract in lower urinary tract symptoms—long-term follow-up of a placebo-controlled, double-blind, multicenter trial. *Int Urol Nephrol* 2007; 39(4): 1137-46.
3. Safarinejad MR. *Urtica dioica* for treatment of benign prostatic hyperplasia: a prospective, randomized, double-blind, placebo-controlled, crossover study. *J Herb Pharmacother* 2005; 5(4):1-11.
4. Schneider T, Rubben H. Stinging nettle root extract (Bazoton-uno) in long term treatment of benign prostatic syndrome (BPS). Results of a randomized, double-blind, placebo controlled multicenter study after 12 months. *Urologe A* 2004 Mar; 43(3): 302-6
5. Sokeland J. Combined sabal and urtica extract compared with finasteride in men with benign prostatic hyperplasia: analysis of prostate volume and therapeutic outcome. *BJU Int* 2000;86:439-442.

6. Kavalalı, G., Tuncel, H., Göksel, S., & Hatemi, H. H. (2003). Hypoglycemic activity of *Urtica pilulifera* in streptozotocin-diabetic rats. *Journal of Ethnopharmacology*, 84(2), 241-245.
7. Özen, T., Çöllü, Z., & Korkmaz, H. (2010). Antioxidant properties of *Urtica pilulifera* root, seed, flower, and leaf extract. *Journal of medicinal food*, 13(5), 1224-1231.
8. Ravipati, A. S., Zhang, L., Koyyalamudi, S. R., Jeong, S. C., Reddy, N., Bartlett, J., ... & Satyanarayanan, M. (2012). Antioxidant and anti-inflammatory activities of selected Chinese medicinal plants and their relation with antioxidant content. *BMC complementary and alternative medicine*, 12(1), 173.
9. Özen, T., Çöllü, Z., & Korkmaz, H. (2010). Antioxidant properties of *Urtica pilulifera* root, seed, flower, and leaf extract. *Journal of medicinal food*, 13(5), 1224-1231.
10. Abo-elmatty, D. M., Essawy, S. S., Badr, J. M., & Sterner, O. (2013). Antioxidant and anti-inflammatory effects of *Urtica pilulifera* extracts in type2 diabetic rats. *Journal of ethnopharmacology*, 145(1), 269-277.
11. Kavalali, G., & Tuncel, H. (1997). Anti-inflammatory activities of *Urtica pilulifera*. *International journal of pharmacognosy*, 35(2), 138-140.
12. Kavalali, G., & Tuncel, H. (1997). Anti-inflammatory activities of *Urtica pilulifera*. *International journal of pharmacognosy*, 35(2), 138-140.
13. Saad, B., Azaizeh, H., & Said, O. (2008). Arab herbal medicine. *Botanical medicine in clinical practice*, 4, 31.
14. Lopatkin, N., Sivkov, A., Walther, C., Schlafke, S., Medvedev, A., Avdeichuk, J., ... & Engelmann, U. (2005). Longterm efficacy and safety of a combination of sabal and *Urtica pilulifera* extract for lower urinary tract symptoms: A placebocontrolled, double-blind, multi-center trial. *World J. Urol*, 12, 742-749.
15. Alpinar, K., Oezyuerek, M., Kolak, U., Gueclue, K., ARAS, Ç., Altun, M., ... & APAK, R. (2009). Antioxidant capacities of some food plants wildly grown in Ayvalik of Turkey. *Food science and technology research*, 15(1), 59-64.
16. Ali-Shtayeh, M. S., Yaniv, Z., & Mahajna, J. (2000). Ethnobotanical survey in the Palestinian area: a classification of the healing potential of medicinal plants. *Journal of Ethnopharmacology*, 73(1), 221-232.
17. Ljubuncic, P., Azaizeh, H., Portnaya, I., Cogan, U., Said, O., Saleh, K. A., & Bomzon, A. (2005). Antioxidant activity and cytotoxicity of eight plants used in traditional Arab medicine in Israel. *Journal of Ethnopharmacology*, 99(1), 43-47.
18. Wetherilt, H. (1992). Evaluation of *Urtica* species as potential sources of important nutrients. *Developments in food science*.

19. AlShuwayeb, M. H., & Al-Khatib, A. J. (2013). Molecular and chemical therapeutic features of *Urtica* species. *European Scientific Journal, ESJ*, 9(24).
20. Roschek, B., Fink, R. C., McMichael, M., & Alberte, R. S. (2009). Nettle extract (*Urtica dioica*) affects key receptors and enzymes associated with allergic rhinitis. *Phytotherapy research*, 23(7), 920-926.
21. Thornhill, S. M., & Kelly, A. M. (2000). Natural treatment of perennial allergic rhinitis. *Alternative Medicine Review*, 5(5), 448-454.
22. Ayers, S., Roschek Jr, B., Williams, J. M., & Alberte, R. S. (2008). Pharmacokinetic analysis of anti-allergy and anti-inflammation bioactives in a nettle (*Urtica dioica*) extract. *Online Journal of Pharmacology and Pharmacokinetics*, 5, 6-21.
23. Emmelin, N., & Feldberg, W. (1947). The mechanism of the sting of the common nettle (*Urtica urens*). *The Journal of physiology*, 106(4), 440-455.

:קורטם

1. Alali, F. Q., Tawaha, K., El-Elimat, T., Syouf, M., El-Fayad, M., Abulaila, K., ... & Oberlies, N. H. (2007). Antioxidant activity and total phenolic content of aqueous and methanolic extracts of Jordanian plants: an ICBG project. *Natural Product Research*, 21(12), 1121-1131.
2. Qasem, J. R. (2015). Prospects of wild medicinal and industrial plants of saline habitats in the Jordan valley. *Pak. J. Bot*, 47(2), 551-570.
3. Asp, M. L., Collene, A. L., Norris, L. E., Cole, R. M., Stout, M. B., Tang, S. Y., ... & Belury, M. A. (2011). Time-dependent effects of safflower oil to improve glycemia, inflammation and blood lipids in obese, post-menopausal women with type 2 diabetes: a randomized, double-masked, crossover study. *Clinical nutrition*, 30(4), 443-449.
4. Norris, L. E., Collene, A. L., Asp, M. L., Hsu, J. C., Liu, L. F., Richardson, J. R., ... & Belury, M. A. (2009). Comparison of dietary conjugated linoleic acid with safflower oil on body composition in obese postmenopausal women with type 2 diabetes mellitus. *The American journal of clinical nutrition*, 90(3), 468-476.

להוסיף ביבליוגרפיה על דוחה!

:חרצית

1. Cheung CS and Belluomini J, Traditional and new interpretation of prescriptions: the harmonizing group, *Journal of the American College of Traditional Chinese Medicine*, 1984; (1): 3-15.
2. Saruwatari J, Nakagawa K, Shindo J, Nachi S, Echizen H, Ishizaki T. The in-vivo effects of sho-saiko-to, a traditional Chinese herbal medicine, on two

- cytochrome P450 enzymes (1A2 and 3A) and xanthine oxidase in man. *J Pharm Pharmacol.* 2003 Nov;55(11):1553-9. PubMed PMID: 14713367.
3. Zhang H, Huang J. [Preliminary study of traditional Chinese medicine treatment of minimal brain dysfunction: analysis of 100 cases]. *Zhong Xi Yi Jie He Za Zhi.* 1990 May;10(5):278-9, 260. Chinese. PubMed PMID: 2397543.
 4. Takenaka, M., Nagata, T., & Yoshida, M. (2000). Stability and bioavailability of antioxidants in garland (*Chrysanthemum coronarium* L.). *Bioscience, biotechnology, and biochemistry,* 64(12), 2689-2691.
 5. Choi, J. M., Lee, E. O., Lee, H. J., Kim, K. H., Ahn, K. S., Shim, B. S., ... & Kim, S. H. (2007). Identification of campesterol from *Chrysanthemum coronarium* L. and its antiangiogenic activities. *Phytotherapy research,* 21(10), 954-959.
 6. Hosni, K., Hassen, I., Sebei, H., & Casabianca, H. (2013). Secondary metabolites from *Chrysanthemum coronarium* (Garland) flowerheads: Chemical composition and biological activities. *Industrial Crops and Products,* 44, 263-271.
 7. Nandakishore, T. H., & Pasricha, J. S. (1994). Pattern of cross-sensitivity between 4 Compositae plants, *Parthenium hysterophorus*, *Xanthium strumarium*, *Helianthus annuus* and *Chrysanthemum coronarium*, in Indian patients. *Contact dermatitis,* 30(3), 162-167.
 8. Alzoreky, N. S., & Nakahara, K. (2003). Antibacterial activity of extracts from some edible plants commonly consumed in Asia. *International journal of food microbiology,* 80(3), 223-230.
 9. Song, M. C., Hong, Y. H., Kim, D. H., Kim, D. K., Chung, I. S., Lee, Y. H., ... & Baek, N. I. (2003). Development of Biologically Active Compounds from Edible Plant Sources-VI-Isolation of Sterol Compounds from the Aerial Parts of Garland (*Chrysanthemum coronarium* L.). *Applied Biological Chemistry,* 46(4), 376-379.
 10. Tawaha, K., Alali, F. Q., Gharaibeh, M., Mohammad, M., & El-Elimat, T. (2007). Antioxidant activity and total phenolic content of selected Jordanian plant species. *Food Chemistry,* 104(4), 1372-1378.
 11. Clifford, M. N., Wu, W., Kirkpatrick, J., & Kuhnert, N. (2007). Profiling the chlorogenic acids and other caffeic acid derivatives of herbal *Chrysanthemum* by LC- MS n. *Journal of agricultural and food chemistry,* 55(3), 929-936.
 12. Wills, R. B., Wong, A. W., Scriven, F. M., & Greenfield, H. (1984). Nutrient composition of Chinese vegetables. *Journal of Agricultural and Food Chemistry,* 32(2), 413-416.
 13. Jin, Y. R., Lee, M. S., Lee, J. H., Hsu, H. K., Lu, J. Y., Chao, S. S., ... & Ger, L. P. (2007). Intake of vitamin A-rich foods and lung cancer risk in Taiwan: with special reference to garland chrysanthemum and sweet potato leaf consumption. *Asia Pacific journal of clinical nutrition,* 16(3), 477-488.

14. Lograda, T., Ramdani, M., Chalard, P., Figueiredo, G., Silini, H., & Kenoufi, M. (2013). Chemical composition, antibacterial activity and chromosome number of Algerian populations of two chrysanthemum species.

איסוף:

1. Kizil, S., Murat, T. U. R. K., Cakmak, O., ÖZGÜVEN, M., & Khawar, K. M. (2009). Microelement Contents and Fatty Acid Compositions of some *Isatis* Species Seeds. *Notulae Botanicae Horti Agrobotanici Cluj-Napoca*, 37(1), 175.
2. Bown, D. (1995). Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London.
3. Bagci, E. Y. U. P., & Özçelik, H. A. S. A. N. (2009). Fatty acid and tocopherol patterns of some *Isatis* L.(Brassicaceae) species from Turkey. *Pak. J. Bot*, 41(2), 639-646.
4. Misirdali, H. (1985). Taxonomic and cytological investigations on the species of L. *Isatis*, grown in the Eastern and South Eastern Anatolia and over the regions of Eastern Mediterranean.
5. ueralt, L., M. Ovejero, M. L. Carvalho, A. F. Marques and J. M. Labres (2005). Quantitative determination of essential and trace element content of medicinal plants and their infusions by XRF and ICP techniques. *X-Ray Spectrom.* 34:213-217.

בקבוקן מקומות:

1. Amel, O. H., Malek, B. H., Hichem, B. J., Ali, L., Mahjoub, A., & Boulbaba, S. (2013). Antioxidant and anti-acetylcholinesterase activities of extracts from *Rapistrum rugosum* in Tunisia. *Asian Pacific journal of tropical disease*, 3(5), 367-374.
2. Guarnera, P. M., & Savo, V. (2016). Wild food plants used in traditional vegetable mixtures in Italy. *Journal of ethnopharmacology*, 185, 202-234.

ליקוט הרועים:

1. Foster. S. & Duke. J. A. A Field Guide to Medicinal Plants. Eastern and Central N. America. Houghton Mifflin Co. 1990 ISBN 0395467225
2. Grieve. A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9
3. Chiej. R. Encyclopaedia of Medicinal Plants. MacDonald 1984 ISBN 0-356-10541-5
4. Launert. E. Edible and Medicinal Plants. Hamlyn 1981 ISBN 0-600-37216-2
5. Triska. Dr. Hamlyn Encyclopaedia of Plants. Hamlyn 1975 ISBN 0-600-33545-3
6. Schofield. J. J. Discovering Wild Plants - Alaska, W. Canada and the Northwest. ('תושים')

7. Reeves, E. L., & GARCIA, C. (1969). Mucilaginous seeds of the Cruciferae family as potential biological control agents for mosquito larvae. *Mosq. News*, 29, 601-607.
8. Al-Snafi, A. E. (2015). The chemical constituents and pharmacological effects of Capsella bursa-pastoris-A review. *International Journal of Pharmacology and toxicology*, 5(2), 76-81.
9. Kuroda, K., Akao, M., Kanisawa, M., & Miyaki, K. (1976). Inhibitory effect of Capsella bursa-pastoris extract on growth of Ehrlich solid tumor in mice. *Cancer Research*, 36(6), 1900-1903.
10. Kuroda, K., Kanisawa, M., & Akao, M. (1982). Inhibitory effect of fumaric acid on forestomach and lung carcinogenesis by a 5-nitrofuran naphthyridine derivative in mice. *Journal of the National Cancer Institute*, 69(6), 1317-1320.
11. Kuroda, K., & Akao, M. (1981). Antitumor and anti-intoxication activities of fumaric acid in cultured cells. *Gann= Gan*, 72(5), 777-782.
12. Kuroda, K., & Kaku, T. (1969). Pharmacological and chemical studies on the alcohol extract of Capsella bursa-pastoris. *Life sciences*, 8(3), 151-155.
13. Bekker, N. P., Ul'chenko, N. T., & Glushenkova, A. I. (2002). Lipids of the aerial part of Capsella bursa-pastoris. *Chemistry of natural compounds*, 38(6), 610-611.
14. Grosso, C., Vinholes, J., Silva, L. R., Pinho, P. G. D., Gonçalves, R. F., Valentão, P., ... & Andrade, P. B. (2011). Chemical composition and biological screening of Capsella bursa-pastoris. *Revista Brasileira de Farmacognosia*, 21(4), 635-643.
15. Vermathen, M., & Glasl, H. (1993). Effect of the herb extract of Capsella bursa-pastoris on blood coagulation. *Planta Medica*, 59(S 1), A670-A670.

: שלדים

1. Chopra. R. N., Nayar. S. L. and Chopra. I. C. Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. 1986
2. Maghrani, M., Zeggwagh, N. A., Michel, J. B., & Eddouks, M. (2005). Antihypertensive effect of Lepidium sativum L. in spontaneously hypertensive rats. *Journal of Ethnopharmacology*, 100(1), 193-197.
3. Eddouks, M., Maghrani, M., Zeggwagh, N. A., & Michel, J. B. (2005). Study of the hypoglycaemic activity of Lepidium sativum L. aqueous extract in normal and diabetic rats. *Journal of Ethnopharmacology*, 97(2), 391-395.
4. Al-Yahya, M. A., Mossa, J. S., Ageel, A. M., & Rafatullah, S. (1994). Pharmacological and safety evaluation studies on Lepidium sativum L., seeds. *Phytomedicine*, 1(2), 155-159.
5. Kassie, F., Rabot, S., Uhl, M., Huber, W., Qin, H. M., Helma, C., ... & Knasmüller, S. (2002). Chemoprotective effects of garden cress (Lepidium

sativum) and its constituents towards 2-amino-3-methyl-imidazo [4, 5-f] quinoline (IQ)-induced genotoxic effects and colonic preneoplastic lesions. *Carcinogenesis*, 23(7), 1155-1161.

6. Mahassni, S. H., & Al-Reemi, R. M. (2013). Cytotoxic effect of an aqueous extract of *Lepidium sativum* L. seeds on human breast cancer cells.
7. Orlovskaia, T. V., & Chelombit'ko, V. A. (2007). Phenolic compounds from *Lepidium sativum*. *Chemistry of Natural Compounds*, 43(3), 323-323.
8. Khan, S. W., & Khatoon, S. U. R. A. Y. Y. A. (2008). Ethnobotanical studies on some useful herbs of Haramosh and Bugrote valleys in Gilgit, northern areas of Pakistan. *Pakistan Journal of Botany*, 40(1), 43.

: ציט:

1. Triska. Dr. Hamlyn Encyclopaedia of Plants. Hamlyn 1975 ISBN 0-600-33545-3
2. Rajurkar, N. S., & Damame, M. M. (1998). Mineral content of medicinal plants used in the treatment of diseases resulting from urinary tract disorders. *Applied radiation and isotopes*, 49(7), 773-776.
3. O'Hare, T. J., Williams, D. J., Zhang, B., Wong, L. S., Jarrett, S., Pun, S., ... & Imsic, M. (2007, October). Radish sprouts versus broccoli sprouts: A comparison of anti-cancer potential based on glucosinolate breakdown products. In *II International Symposium on Human Health Effects of Fruits and Vegetables: FAVHEALTH 2007* 841 (pp. 187-192).

: שלח

1. Elkot, W. M. I. (2012). A pharmacognostical study of *farsetia aegyptia turra* family: Cruciferae growing in Egypt. *CU Theses*.
2. Marzouk, M. M. (2016). Flavonoid constituents and cytotoxic activity of *Erucaria hispanica* (L.) Druce growing wild in Egypt. *Arabian Journal of Chemistry*, 9, S411-S415.
3. Ngameni, B., Fotso, G. W., Kamga, J., Ambassa, P., Abdou, T., Fankam, A. G., ... & Kuete, V. (2013). 9—Flavonoids and related compounds from the medicinal plants of Africa. *Medicinal Plant Research in Africa*. Oxford: Elsevier, 301-50.

: שום מושלץ

1. Nencini, C., Cavallo, F., Capasso, A., Franchi, G. G., Giorgio, G., & Micheli, L. (2007). Evaluation of antioxidative properties of Allium species growing wild in Italy. *Phytotherapy Research*, 21(9), 874-878.
2. Nencini, C., Franchi, G. G., Cavallo, F., & Micheli, L. (2010). Protective effect of *Allium neapolitanum* Cyr. versus *Allium sativum* L. on acute

- ethanol-induced oxidative stress in rat liver. *Journal of medicinal food*, 13(2), 329-335.
3. Nencini, C., Menchiari, A., Franchi, G. G., & Micheli, L. (2011). In vitro antioxidant activity of aged extracts of some Italian Allium species. *Plant foods for human nutrition*, 66(1), 11-16.
 4. Wu, H., Dushenkov, S., Ho, C. T., & Sang, S. (2009). Novel acetylated flavonoid glycosides from the leaves of Allium ursinum. *Food chemistry*, 115(2), 592-595.
 5. Digrak, M., Alma, M. H., & İlçim, A. (2001). Antibacterial and antifungal activities of Turkish medicinal plants. *Pharmaceutical Biology*, 39(5), 346-350.
 6. Nencini, C., Franchi, G. G., & Micheli, L. (2010). Cardiovascular receptor binding affinity of aqueous extracts from Allium species. *International journal of food sciences and nutrition*, 61(4), 433-439.
 7. Nencini, C., Franchi, G. G., & Micheli, L. (2010). Cardiovascular receptor binding affinity of aqueous extracts from Allium species. *International journal of food sciences and nutrition*, 61(4), 433-439.
 8. Nencini, C., Menchiari, A., Franchi, G. G., & Micheli, L. (2011). In vitro antioxidant activity of aged extracts of some Italian Allium species. *Plant foods for human nutrition*, 66(1), 11-16.

עירית גדולה:

1. Lanzetta, R., Parrilli, M., Adinolfi, M., Aquila, T., & Corsaro, M. M. (1990). Bianthrone C-glycosides. 2. Three new compounds from Asphodelus ramosus tubers. *Tetrahedron*, 46(4), 1287-1294.
2. Bedoya, L. M., Sanchez-Palomino, S., Abad, M. J., Bermejo, P., & Alcami, J. (2001). Anti-HIV activity of medicinal plant extracts. *Journal of Ethnopharmacology*, 77(1), 113-116.
3. Rimbau, V., Risco, E., Canigueral, S., & Iglesias, J. (1996). Antiinflammatory Activity of Some Extracts from Plants used in the Traditional Medicine of North-African Countries. *Phytotherapy Research*, 10(5), 421-423.
4. Ouml; zlem, S. A. R., & Tuuml; lay, A. C. E. (2013). Investigation of antioxidant, cytotoxic and apoptotic activities of the extracts from tubers of Asphodelus aestivus Brot. *African Journal of Pharmacy and Pharmacology*, 7(11), 610-621.

לוף:

1. Afifi, F. U., Khalil, E., & Abdalla, S. (1999). Effect of isoorientin isolated from Arum palaestinum on uterine smooth muscle of rats and guinea pigs. *Journal of Ethnopharmacology*, 65(2), 173-177.
2. El-Desouky, S. K., Kim, K. H., Ryu, S. Y., Eweas, A. F., Gamal-Eldeen, A. M., & Kim, Y. K. (2007). A new pyrrole alkaloid isolated from Arum palaestinum

- Boiss. and its biological activities. *Archives of pharmacal research*, 30(8), 927-931.
3. El-Desouky, S. K., Ryu, S. Y., & Kim, Y. K. (2007). Piperazirum, a novel bioactive alkaloid from Arum palaestinum Boiss. *Tetrahedron letters*, 48(23), 4015-4017.
 4. Al-Mustafa, A. H., & Al-Thunibat, O. Y. (2008). Antioxidant activity of some Jordanian medicinal plants used traditionally for treatment of diabetes. *Pak J Biol Sci*, 11(3), 351-358.
 5. Farid, M. M., Hussein, S. R., Ibrahim, L. F., El Desouky, M. A., Elsayed, A. M., El Oqlah, A. A., & Saker, M. M. (2015). Cytotoxic activity and phytochemical analysis of Arum palaestinum Boiss. *Asian Pacific Journal of Tropical Biomedicine*, 5(11), 944-947.
 6. Afifi, F. U., & Abu-Irmaileh, B. (2000). Herbal medicine in Jordan with special emphasis on less commonly used medicinal herbs. *Journal of Ethnopharmacology*, 72(1), 101-110.
 7. Ali-Shtayeh, M. S., Jamous, R. M., Al-Shafie, J. H., Elgharabah, W. A., Kherfan, F. A., Qarariah, K. H., ... & Herzallah, H. M. (2008). Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): a comparative study. *Journal of Ethnobiology and Ethnomedicine*, 4(1), 13.
 8. El-Desouky, S. K., Hawas, U. W., & Kim, Y. K. (2014). Two new diketopiperazines from Arum palaestinum. *Chemistry of natural compounds*, 50(6), 1075-1078.
 9. Husein, A. I., Ali-Shtayeh, M. S., Jondi, W. J., Zatar, N. A. A., Abu-Reidah, I. M., & Jamous, R. M. (2014). In vitro antioxidant and antitumor activities of six selected plants used in the Traditional Arabic Palestinian herbal medicine. *Pharmaceutical biology*, 52(10), 1249-1255.
 10. Diab-Assaf, M., Taleb, R. I., Shebably, W., Mansour, A., Moussa, C. J., Daher, C., & Mroueh, M. (2012). Antioxidant and anticancer activities of methanolic, ethyl acetate and chloroform extracts of Arum Palaestinum. *Planta Medica*, 78(11), PI389.

לופית:

1. Zhao, F. W., Luo, M., Wang, Y. H., Li, M. L., Tang, G. H., & Long, C. L. (2010). A piperidine alkaloid and limonoids from Arisaema decipiens, a traditional antitumor herb used by the Dong people. *Archives of pharmacal research*, 33(11), 1735-1739.
2. Sánchez-Medina, A., García-Sosa, K., May-Pat, F., & Peña-Rodríguez, L. M. (2001). Evaluation of the biological activity of crude extracts from plants used in Yucatecan Traditional Medicine. Part II. DNA-interacting activity. *Phytomedicine*, 8(3), 236-239.

3. MEDDOUR, R., MEDDOUR-SAHAR, O., & OUYESSAD, M. ETHNOBOTANICAL SURVEY IN THE BIOSPHERE RESERVE OF DJURDJURA, ALGERIA. THE CASE OF MEDICINAL AND AROMATIC PLANTS AND THEIR USES.
4. Meddour, R., & Meddour-Sahar, O. (2015). Medicinal plants and their traditional uses in Kabylia (Tizi Ouzou, Algeria). *Arabian Journal of Medicinal and Aromatic Plants*, 1(2), 137-151.
5. Melhaoui, A. (1998). A new toxic alkylpyrrolidine alkaloid from Arisarum vulgare. *Planta medica*, 64(05), 476-477.
6. Chen, J., Henny, R. J., & Liao, F. (2007). Aroids are important medicinal plants. *Acta horticulturae*, 756, 347.
7. Melhaoui, A., Mallea, M., Jossang, A., & Bodo, B. (1993). Antibiotic and antifungal pyrrolidine alkaloids, from Arisarum vulgare. *Natural Product Letters*, 2(3), 237-242.
8. Abu-Rabia, A. (2005). Palestinian plant medicines for treating renal disorders: An inventory and brief history. *Alternative & Complementary Therapies*, 11(6), 295-300.

:ץ

1. Romojaro, A., Botella, M. Á., Obón, C., & Pretel, M. T. (2013). Nutritional and antioxidant properties of wild edible plants and their use as potential ingredients in the modern diet. *International journal of food sciences and nutrition*, 64(8), 944-952.
2. Bianco, V. V., Santamaría, P., & Elia, A. (1996, September). Nutritional value and nitrate content in edible wild species used in southern Italy. In *III International Symposium Diversification of Vegetable Crops 467* (pp. 71-90).
3. Ibrahim, M., Hussain, I., Imran, M., Hussain, N., Hussain, A., & Mahboob, T. (2013). Corniculatin A, a new flavonoidal glucoside from Oxalis corniculata. *Revista Brasileira de Farmacognosia*, 23(4), 630-634.
4. Güçlütürk, I., Detsi, A., Weiss, E. K., Ioannou, E., Roussis, V., & Kefalas, P. (2012). Evaluation of Anti-oxidant Activity and Identification of Major Polyphenolics of the Invasive Weed Oxalis pes-caprae. *Phytochemical analysis*, 23(6), 642-646.
5. Badwaik, H., Singh, M. K., Thakur, D., Giri, T. K., & Tripathi, D. K. (2011). The Botany, Chemistry, Pharmacological and Therapeutic Application of Oxalis corniculata Linn-A Review. *International Journal of Phytomedicine*, 3(1), 01.
6. Taranalli AD, Tipare SV, Kumar S. Wound healing activity of Oxalis Corniculata whole plant extract in rats. Indian Journal of pharmaceutical sciences. 2004;66(4):444-446.

:חומרה

- Yıldırım, A., Mavi, A., & Kara, A. A. (2001). Determination of antioxidant and antimicrobial activities of Rumex crispus L. extracts. *Journal of agricultural and food chemistry*, 49(8), 4083-4089.
- Demirezer, L. Ö. (1993). Comparison of two Rumex Species with a spectrophotometric method and chromatographic identification with regard to anthraquinone derivatives. *Planta Medica*, 59(S 1), A630-A630.
- Kizilarslan, Ç., & ÖZHATAY, N. (2012). Wild plants used as medicinal purpose in the south part of İzmit (northwest Turkey). *Turkish Journal of Pharmaceutical Sciences*, 9(2).
- Elharriry, M. Y. (2012). Phytochemical and biological study of some rumex species (Rumex vesicarius) family polygonaceae. *CU Theses*.
- Morales, P., Ferreira, I. C., Carvalho, A. M., Sánchez-Mata, M. C., Cámaras, M., Fernández-Ruiz, V., ... & Tardío, J. (2014). Mediterranean non-cultivated vegetables as dietary sources of compounds with antioxidant and biological activity. *LWT-Food Science and Technology*, 55(1), 389-396.
- Vasas, A., Orbán-Gyapai, O., & Hohmann, J. (2015). The Genus Rumex: Review of traditional uses, phytochemistry and pharmacology. *Journal of ethnopharmacology*, 175, 198-228.
- Zwaving, J. H. (1980). Recent developments in the analysis of anthraquinone derivatives. *Pharmacology*, 20(Suppl. 1), 65-75.
- Taskin, T., & Bitis, L. (2016). In vitro antioxidant activity of eight wild edible plants in Bursa province of Turkey. *medicine*, 6, 25.
- Harborne, J. B. (1979). Variation in and functional significance of phenolic conjugation in plants. In *Biochemistry of plant phenolics* (pp. 457-474). Springer US.

פרק II:

- Simopoulos, A. P. (2004). Omega-3 fatty acids and antioxidants in edible wild plants. *Biological research*, 37(2), 263-277.
- Vardavas, C. I., Majchrzak, D., Wagner, K. H., Elmadafa, I., & Kafatos, A. (2006). The antioxidant and phylloquinone content of wildly grown greens in Crete. *Food Chemistry*, 99(4), 813-821.
- Azimova, S. S., & Glushenkova, A. I. (2012). Prasium majus L. In *Lipids, Lipophilic Components and Essential Oils from Plant Sources* (pp. 469-469). Springer London.
- Chaouche TM, Haddouchi F, Ksouri R, Medini F, El-Haci IA, Boucherit Z, Sekkal FZ, Atik-Bekara F (2013). Antioxidant activity profiling by spectrophotometric methods of phenolic extract of Prasium majus L. *J. Free Rad. Antioxid.* 3:43-46.

עלש:

1. Al Khateeb, W., Hussein, E., Qouta, L., Alu'datt, M., Al-Shara, B., & Abu-Zaiton, A. (2012). In vitro propagation and characterization of phenolic content along with antioxidant and antimicrobial activities of *Cichorium pumilum* Jacq. *Plant Cell, Tissue and Organ Culture (PCTOC)*, 110(1), 103-110.
2. Debarbieux-Deleporte M, Delbreil B, Collin T, et al. InsP(3)-mediated calcium release induced by heterologous expression of total chicory Leaf RNA. *Biol Cell* 2002;94(7-8):545-552.
3. Esiyok D, Otles S, Akcicek E. Herbs as a food source in Turkey. *Asian Pac J Cancer Prev* 2004;5(3):334-339.
4. Kisiel, W., & Michalska, K. (2003). Root constituents of *Cichorium pumilum* and rearrangements of some lactucin-like guaianolides. *Zeitschrift für Naturforschung C*, 58(11-12), 789-792.
5. Zeghichi, S., Kallithraka, S., Simopoulos, A. P., & Kyriakis, Z. (2003). Nutritional composition of selected wild plants in the diet of Crete. In *Plants in human health and nutrition policy* (Vol. 91, pp. 22-40). Karger Publishers.
6. Al-Akhras, M. A. H., Aljarrah, K., Al-Khateeb, H., Jaradat, A., Al-omari, A., Al-Nasser, A., ... & Al Olama, M. (2012). Introducing *Cichorium pumilum* as a potential therapeutical agent against drug-induced benign breast tumor in rats. *Electromagnetic biology and medicine*, 31(4), 299-309.
7. Saad, B., Azaizeh, H., & Said, O. (2008). Arab herbal medicine. *Botanical medicine in clinical practice*, 4, 31.
8. Saleh, M. R., Metwally, A. M., & Amer, M. M. (1975). Isolation of a flavonoidal substance from *Cichorium pumilum* jacq. *Die Pharmazie*, 30(6), 404-404.
9. Simopoulos, A. P. (2004). Omega-3 fatty acids and antioxidants in edible wild plants. *Biological research*, 37(2), 263-277.
10. Kiers, A. M. (2000). Endive, chicory, and their wild relatives. A systematic and phylogenetic study of *Cichorium* (Asteraceae). *Gorteria-Supplement*, 5(1), 1-77.
11. Saad, B., Zaid, H., & Said, O. (2012). Tradition and perspectives of diabetes treatment in Greco-Arab and Islamic medicine. *Bioactive Food as Dietary Interventions for Diabetes: Bioactive Foods in Chronic Disease States*, 319.
12. Andary, C., Ribes, G., Tousch, D., Azay-Milhau, J., & Lajoix, A. D. (2013). U.S. Patent No. 8,404,746. Washington, DC: U.S. Patent and Trademark Office.
13. Alkofahi, A. S., Abdul-Razzak, K. K., Alzoubi, K. H., & Khabour, O. F. (2017). Screening of the Anti-hyperglycemic activity of some medicinal plants of Jordan. *Pakistan Journal of Pharmaceutical Sciences*, 30(3).
14. Tawaha, K., Alali, F. Q., Gharaibeh, M., Mohammad, M., & El-Elimat, T. (2007). Antioxidant activity and total phenolic content of selected Jordanian plant species. *Food Chemistry*, 104(4), 1372-1378.

מרור הגינות:

1. Jimoh, F. O., & Afolayan, A. A. A. A. J. (2011). Comparison of the nutritive value, antioxidant and antibacterial activities of Sonchus asper and Sonchus oleraceus. *Records of Natural Products*, 5(1), 29.
2. Xu, Y., & Liang, J. Y. (2005). Chemical Constituents of Sonchus oleraceus L.[J]. *Journal of China Pharmaceutical University*, 5, 007.
3. Miyase, T., & Fukushima, S. (1987). Studies on sesquiterpene glycosides from Sonchus oleraceus L. *Chemical and pharmaceutical bulletin*, 35(7), 2869-2874.
4. Yin, J., Kwon, G. J., & Wang, M. H. (2007). The antioxidant and cytotoxic activities of Sonchus oleraceus L. extracts. *Nutrition research and Practice*, 1(3), 189-194.
5. Vilela, F. C., Soncini, R., & Giusti-Paiva, A. (2009). Anxiolytic-like effect of Sonchus oleraceus L. in mice. *Journal of ethnopharmacology*, 124(2), 325-327.
6. Teugwa, C. M., Mejia, P. C., Zofou, D., Tchinda, B. T., & Boyom, F. F. (2013). Antioxidant and antidiabetic profiles of two African medicinal plants: Picralima nitida (Apocynaceae) and Sonchus oleraceus (Asteraceae). *BMC complementary and alternative medicine*, 13(1), 175.
7. McDowell, A., Thompson, S., Stark, M., Ou, Z. Q., & Gould, K. S. (2011). Antioxidant activity of puha (Sonchus oleraceus L.) as assessed by the cellular antioxidant activity (CAA) assay. *Phytotherapy Research*, 25(12), 1876-1882.
8. Abbas, M. N., Rana, S. A., UL-HASSAN, M. M., RAN, N., & Iqbal, M. (2013). Phytochemical constituents of weeds: baseline study in mixed crop zone agro ecosystem. *Pak. J. Weed Sci. Res*, 19(2), 231-238.
9. Luedtke, R. R., Freeman, R. A., Volk, M., Arfan, M., & Reinecke, M. G. (2003). Pharmacological survey of medicinal plants for activity at dopamine receptor subtypes. II. Screen for binding activity at the D1 and D2 dopamine receptor subtypes. *Pharmaceutical biology*, 41(1), 45-58.
10. Yin, J., Si, C. L., & Wang, M. H. (2008). Antioxidant activity of flavonoids and their glucosides from Sonchus oleraceus L. *Journal of Applied Biological Chemistry*, 51(2), 57-60.
11. Xia, D. Z., Yu, X. F., Zhu, Z. Y., & Zou, Z. D. (2011). Antioxidant and antibacterial activity of six edible wild plants (Sonchus spp.) in China. *Natural product research*, 25(20), 1893-1901.

1. Ahmad, B., Jan, Q., Bashir, S., Choudhary, M. I., & Nisar, M. (2003). Phytochemical evaluation of *Chenopodium murale* Linn. *Asian J Plant Sci*, 2(15-16), 1072-1078.
2. Alanis, A. D., Calzada, F., Cervantes, J. A., Torres, J., & Ceballos, G. M. (2005). Antibacterial properties of some plants used in Mexican traditional medicine for the treatment of gastrointestinal disorders. *Journal of Ethnopharmacology*, 100(1), 153-157.
3. Guil, J. L., Rodríguez-Garcí, I., & Torija, E. (1997). Nutritional and toxic factors in selected wild edible plants. *Plant Foods for Human Nutrition (Formerly Qualitas Plantarum)*, 51(2), 99-107.
4. Castetter, Edward F. 1935 Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food. University of New Mexico Bulletin 4(1):1-44 (p. 16)
5. Allen, David E. & Gabrielle Hatfield: Medicinal Plants in Folk Tradition. An Ethnobotany of Britain & Ireland. Portland / Cambridge, Timber Press 2004.
6. Barker, Julian: The Medicinal Flora of Britain & Northwestern Europe. Kent, Winter Press 2001.
7. Hatfield, Gabrielle: Hatfield's Herbal. London, Allen Lane 2007.
8. Moerman, Daniel E.: Native American Ethnobotany. Portland, Timber Press 1998.
9. Stuart, Malcolm: The Encyclopedia of Herbs and Herbalism. London, Orbis Publishing 1979.
10. Gohara, A. A., & Elmazar, M. M. A. (1997). Isolation of hypotensive flavonoids from *Chenopodium* species growing in Egypt. *Phytotherapy Research*, 11(8), 564-567.
11. Saleem, M., Ahmed, B., Qadir, M. I., Rafiq, M., Ahmad, M., & Ahmad, B. (2014). Hepatoprotective effect of *Chenopodium murale* in mice. *Bangladesh Journal of Pharmacology*, 9(1), 124-128.
12. Gohar, A. A., Maatooq, G. T., & Niwa, M. (2000). Two flavonoid glycosides from *Chenopodium murale*. *Phytochemistry*, 53(2), 299-303.
13. El-Sayed, N. H., Awaad, A. S., Hifnawy, M. S., & Mabry, T. J. (1999). A flavonol triglycoside from *Chenopodium murale*. *Phytochemistry*, 51(4), 591-593.
14. Singh, K. P., Dwevedi, A. K., & Dhakre, G. (2011). Evaluation of antibacterial activities of *chenopodium album* L.
15. Ullah, M., Khan, M. U., Mahmood, A., Malik, R. N., Hussain, M., Wazir, S. M., ... & Shinwari, Z. K. (2013). An ethnobotanical survey of indigenous medicinal plants in Wana district south Waziristan agency, Pakistan. *Journal of ethnopharmacology*, 150(3), 918-924.
16. Mollik, M. A. H., Hossan, M. S., Paul, A. K., Taufiq-Ur-Rahman, M., Jahan, R., & Rahmatullah, M. (2010). A comparative analysis of medicinal plants used by

folk medicinal healers in three districts of Bangladesh and inquiry as to mode of selection of medicinal plants. *Ethnobotany Research and Applications*, 8, 195-218.

17. Qasim, M., Abideen, Z., Adnan, M. Y., Ansari, R., Gul, B., & Khan, M. A. (2014). Traditional ethnobotanical uses of medicinal plants from coastal areas. *J. Coastal Life Medic*, 2(1), 22-30.
18. Nigam, V., & Paarakh, P. M. (2013). Evaluation of anti-diarrhoeal activity of hydro alcoholic extract of *Chenopodium album* L.

מרחות ירושלים:

- Mancini, E., Arnold, N. A., De Martino, L., De Feo, V., Formisano, C., Rigano, . I D., & Senatore, F. (2009). Chemical composition and phytotoxic effects of essential oils of *Salvia hierosolymitana* Boiss. and *Salvia multicaulis* Vahl. var. *simplicifolia* Boiss. growing wild in Lebanon. *Molecules*, 14(11), 4725-4736
2. De Felice, A., Bader, A., Leone, A., Sosa, S., Della Loggia, R., Tubaro, A., & De Tommasi, N. (2006). New polyhydroxylated triterpenes and anti-inflammatory activity of *Salvia hierosolymitana*. *Planta medica*, 72(07), 643-649.
 3. Khalil, A., Dababneh, B. F., & Al-Gabbiesh, A. H. (2009). Antimicrobial activity against pathogenic microorganisms by extracts from herbal Jordanian plants. *J Food Agric Env*, 7, 103-106.
 4. Ali-Shtayeh, M. S., Jamous, R. M., Al-Shafie, J. H., Elgharabah, W. A., Kherfan, F. A., Qarariah, K. H., ... & Herzallah, H. M. (2008). Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): a comparative study. *Journal of Ethnobiology and Ethnomedicine*, 4(1), 13.
 5. ULUBELEN, A. (2000). III. CHEMICAL CONSTITUENTS 4. TERPENOIDS IN THE GENUS SALVIA. *The Genus Salvia*, 55.
 6. Tawaha, K., Alali, F. Q., Gharaibeh, M., Mohammad, M., & El-Elimat, T. (2007). Antioxidant activity and total phenolic content of selected Jordanian plant species. *Food Chemistry*, 104(4), 1372-1378.
 7. Aşkun, T., Başer, K. H. C., Tümen, G., & KÜRKÇÜOĞLU, M. (2010). Characterization of essential oils of some *Salvia* species and their antimycobacterial activities. *Turkish Journal of Biology*, 34(1), 89-95.

כוכבית:

1. TURKINGTON, R., KENKEL, N. C., & FRANKO, G. D. (1980). THE BIOLOGY OF CANADIAN WEEDS.: 42. *Stellaria media* (L.) Vill. *Canadian Journal of Plant Science*, 60(3), 981-992.
2. Pande, A., Shukla, Y. N., & Tripathi, A. K. (1995). Lipid constituents from *Stellaria media*. *Phytochemistry*, 39(3), 709-711.

3. Verkleij, J. A. C., De Boer, A. M., & Lugtenborg, T. F. (1980). On the ecogenetics of *Stellaria media* (L.) Vill. and *Stellaria pallida* (Dum.) Piré from abandoned arable field. *Oecologia*, 46(3), 354-359.
4. Rani, N., Vasudeva, N., & Sharma, S. K. (2012). Quality assessment and anti-obesity activity of *Stellaria media* (Linn.) Vill. *BMC complementary and alternative medicine*, 12(1), 145.
5. Chidrawar, V. R., Patel, K. N., Bothra, S. B., Shiromwar, S. S., Koli, A. R., & Kalyankar, G. G. (2012). Anti-obesity effect of *Stellaria media* methanolic extract in the murine model of cafeteria diet induced obesity. *International Journal of Nutrition, Pharmacology, Neurological Diseases*, 2(2), 121.
6. Ummara, U., Bokhari, T. Z., Altaf, A., Younis, U., & Dasti, A. A. (2013). Pharmacological Study of Shogran Valley Flora, Pakistan. *Int J Sci Eng Res*, 4(9), 1-9.
7. Bown. D. *Encyclopaedia of Herbs and their Uses*. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31
8. Chevallier. A. *The Encyclopedia of Medicinal Plants* Dorling Kindersley. London 1996 ISBN 9-780751-303148
9. Duke. J. A. and Ayensu. E. S. *Medicinal Plants of China Reference Publications*, Inc. 1985 ISBN 0-917256-20-4
10. Wilman, D., & Riley, J. A. (1993). Potential nutritive value of a wide range of grassland species. *The Journal of Agricultural Science*, 120(1), 43-50.
11. Shruti, S. *Pharmacognostic Study of the Stellaria media Roots*.

:לחן

1. Núñez Guillén, M. E., da Silva Emim, J. A., Souccar, C., & Lapa, A. J. (1997). Analgesic and Anti-inflammatory Activities of the Aqueous Extract of *Plantago major* L. *International Journal of Pharmacognosy*, 35(2), 99-104.
2. Murai, M., Tamayama, Y., & Nishibe, S. (1995). Phenylethanoids in the Herb of *Plantago lanceolata* and Inhibitory Effect on Arachidonic Acid-Induced Mouse Ear Edema1. *Planta Medica*, 61(05), 479-480.
3. Samuelsen, A. B. (2000). The traditional uses, chemical constituents and biological activities of *Plantago major* L. A review. *Journal of ethnopharmacology*, 71(1), 1-21.
4. Mojab, F., Kamalinejad, M., Ghaderi, N., & Vahidipour, H. R. (2010). Phytochemical screening of some species of Iranian plants. *Iranian Journal of Pharmaceutical Research*, 77-82.
5. Nostro, A., Germano, M. P., D'angelo, V., Marino, A., & Cannatelli, M. A. (2000). Extraction methods and bioautography for evaluation of medicinal plant antimicrobial activity. *Letters in applied microbiology*, 30(5), 379-384.

6. Pourmorad, F., HosseiniMehr, S. J., & Shahabimajd, N. (2006). Antioxidant activity, phenol and flavonoid contents of some selected Iranian medicinal plants. *African journal of biotechnology*, 5(11).
7. Dalar, A., Türker, M., & Konczak, I. (2012). Antioxidant capacity and phenolic constituents of *Malva neglecta* Wallr. and *Plantago lanceolata* L. from Eastern Anatolia Region of Turkey. *Journal of Herbal Medicine*, 2(2), 42-51.
8. Gomez-Flores, R., Calderon, C. L., Scheibel, L. W., Tamez-Guerra, P., Rodriguez-Padilla, C., Tamez-Guerra, R., & Weber, R. J. (2000). Immunoenhancing properties of *Plantago major* leaf extract. *Phytotherapy Research*, 14(8), 617-622.
9. Ross, I. A. (2010). *Medicinal Plants of the World* Vol. 3.
10. Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., & Lin, C. C. (2002). Antiviral activity of *Plantago major* extracts and related compounds in vitro. *Antiviral research*, 55(1), 53-62.
11. Hassawi, D., & Kharma, A. (2006). Antimicrobial activity of some medicinal plants against *Candida albicans*. *J Biol Sci*, 6(1), 109.
12. Beara, I. N., Lesjak, M. M., Orčić, D. Z., Simin, N. Đ., Četojević-Simin, D. D., Božin, B. N., & Mimica-Dukić, N. M. (2012). Comparative analysis of phenolic profile, antioxidant, anti-inflammatory and cytotoxic activity of two closely-related Plantain species: *Plantago altissima* L. and *Plantago lanceolata* L. *LWT-Food Science and Technology*, 47(1), 64-70.
13. França, F., Lago, E. L., & Marsden, P. D. (1996). Plants used in the treatment of leishmanial ulcers due to *Leishmania (Viannia) braziliensis* in an endemic area of Bahia, Brazil. *Revista da Sociedade Brasileira de Medicina Tropical*, 29(3), 229-232.

:ג'ו

1. Ahmad, I., & Beg, A. Z. (2001). Antimicrobial and phytochemical studies on 45 Indian medicinal plants against multi-drug resistant human pathogens. *Journal of ethnopharmacology*, 74(2), 113-123.
2. Lim, T. K. (2012). *Edible medicinal and non-medicinal plants* (Vol. 1, pp. 656-687). New York, NY, USA:: Springer.
3. Betancur-Galvis, L. A., Saez, J., Granados, H., Salazar, A., & Ossa, J. E. (1999). Antitumor and antiviral activity of Colombian medicinal plant extracts. *Memórias do Instituto Oswaldo Cruz*, 94(4), 531-535.
4. Sacan, O., & Yanardag, R. (2010). Antioxidant and antiacetylcholinesterase activities of chard (*Beta vulgaris* L. var. cicla). *Food and chemical toxicology*, 48(5), 1275-1280.
5. Nassr-Allah, A. A., Aboul-Enein, A. M., Aboul-Enein, K. M., Lightfoot, D. A., Cocchetto, A., & El-Shemy, H. A. (2009). Anti-cancer and anti-oxidant activity

of some Egyptian medicinal plants. *Journal of Medicinal Plants Research*, 3(10), 799-808.

חתמיות:

1. Lust J. *The herb book*. New York, NY: Bantam Books, 1999.
2. Azab, A. (2017). Alcea: Traditional Medicine, Current Research and Future Opportunities. *European Chemical Bulletin*, 5(12), 505-514.
3. Kaileh, M., Berghe, W. V., Boone, E., Essawi, T., & Haegeman, G. (2007). Screening of indigenous Palestinian medicinal plants for potential anti-inflammatory and cytotoxic activity. *Journal of ethnopharmacology*, 113(3), 510-516.
4. Said, O., Khalil, K., Fulder, S., & Azaizeh, H. (2002). Ethnopharmacological survey of medicinal herbs in Israel, the Golan Heights and the West Bank region. *Journal of ethnopharmacology*, 83(3), 251-265.
5. Kaileh, M., Berghe, W. V., Boone, E., Essawi, T., & Haegeman, G. (2007). Screening of indigenous Palestinian medicinal plants for potential anti-inflammatory and cytotoxic activity. *Journal of ethnopharmacology*, 113(3), 510-516.

חלמיות ומעוגן:

1. Gasparetto, J. C., Martins, C. A. F., Hayashi, S. S., Otuky, M. F., & Pontarolo, R. (2012). Ethnobotanical and scientific aspects of *Malva sylvestris* L.: a millennial herbal medicine. *Journal of Pharmacy and Pharmacology*, 64(2), 172-189.
2. Prudente, A. S., Loddi, A. M., Duarte, M. R., Santos, A. R., Pochapski, M. T., Pizzolatti, M. G., ... & Cabrini, D. A. (2013). Pre-clinical anti-inflammatory aspects of a cuisine and medicinal millennial herb: *Malva sylvestris* L. *Food and chemical toxicology*, 58, 324-331.
3. Hussain, L., Ikram, J., Rehman, K., Tariq, M., Ibrahim, M., & Akash, M. S. H. (2014). Hepatoprotective effects of *Malva sylvestris* L. against paracetamol-induced hepatotoxicity. *Turkish Journal of Biology*, 38(3), 396-402.
4. Ameri, A., Heydarirad, G., Mahdavi Jafari, J., Ghobadi, A., Rezaeizadeh, H., & Choopani, R. (2015). Medicinal plants contain mucilage used in traditional Persian medicine (TPM). *Pharmaceutical biology*, 53(4), 615-623.
5. Benso, B., Rosalen, P. L., Alencar, S. M., & Murata, R. M. (2015). *Malva sylvestris* inhibits inflammatory response in oral human cells. An in vitro infection model. *PloS one*, 10(10), e0140331.
6. Elsagh, M., Fartookzadeh, M. R., Kamalinejad, M., Anushiravani, M., Feizi, A., Behbahani, F. A., ... & Adibi, P. (2015). Efficacy of the *Malva sylvestris* L.

- flowers aqueous extract for functional constipation: A placebo-controlled trial. *Complementary therapies in clinical practice*, 21(2), 105-111.
7. Razavi, S. M., Zarrini, G., Molavi, G., & Ghasemi, G. (2011). Bioactivity of *Malva sylvestris* L., a medicinal plant from Iran. *Iranian journal of basic medical sciences*, 14(6), 574.
8. Shale, T. L., Stirk, W. A., & Van Staden, J. (2005). Variation in antibacterial and anti-inflammatory activity of different growth forms of *Malva parviflora* and evidence for synergism of the anti-inflammatory compounds. *Journal of ethnopharmacology*, 96(1), 325-330.
9. Samavati, V., & Manoochehrizade, A. (2013). Polysaccharide extraction from *Malva sylvestris* and its anti-oxidant activity. *International journal of biological macromolecules*, 60, 427-436.
10. Barros, L., Carvalho, A. M., & Ferreira, I. C. (2010). Leaves, flowers, immature fruits and leafy flowered stems of *Malva sylvestris*: a comparative study of the nutraceutical potential and composition. *Food and Chemical Toxicology*, 48(6), 1466-1472.
11. Talbourdet, S., Sadick, N. S., Lazou, K., Bonnet-Duquennoy, M., Kurfurst, R., Neveu, M., ... & Perrier, E. (2007). Modulation of gene expression as a new skin anti-aging strategy. *Journal of drugs in dermatology: JDD*, 6(6 Suppl), s25-33.
12. Rezaei, A., Pashazadeh, M., Alizadeh, A., Mirzazadeh, J., & Javanian, S. (2013). Study of Sedation, Pre-anesthetic and Anti-anxiety Effects of *Malva sylvestris* Extract in Comparison with Diazepam in Rats. *Bull. Env. Pharmacol. Life Sci*, 2(10), 24-28.
13. Farhan, H., Rammal, H., Hijazi, A., Hamad, H., Daher, A., Reda, M., & Badran, B. (2012). In vitro antioxidant activity of ethanolic and aqueous extracts from crude *Malva parviflora* L. grown in Lebanon. *Asian Journal of Pharmaceutical and Clinical Research*, 5(3), 234-238.
14. Mustafa, A. K. H. L. A. Q., & Ali, M. (2011). New steroidal lactones and homomonoterpenic glucoside from fruits of *Malva sylvestris* L. *L. Acta Pol Pharm*, 68(3), 393-401.

חינוך:

- Avato P, Vitali C, Mongelli P, et al. Antimicrobial activity of polyacetylenes .1 from *Bellis perennis* and their synthetic derivatives. *Planta Med*. 1997;63(6):503-507
- Desevedavy C, Amoros M, Girre L, et al. Antifungal agents: in vitro and in vivo .2 antifungal extract from the common daisy, *Bellis perennis*. *J Nat.Prod*. 1989;52(1):184-185
- Glensk M, Wray V, Nimtz M, et al. Triterpenoid saponins of *Bellis perennis*. .3 *Scientia Pharmaceutica* 2001;69-73

- Gudej J, Nazaruk J. Flavonol glycosides from the flowers of *Bellis perennis*. .4
 .Fitoterapia 2001;72(7):839-840
- Nazaruk J, Gudej J. Apigenin glycosides from the flowers of *Bellis perennis* L. .5
 .Acta Pol.Pharm 2000;57(2):129-130
- Nazaruk J, Gudej J. Qualitative and quantitative chromatographic .6
 investigation of flavonoids in *Bellis perennis* L. Acta Pol.Pharm
 .2001;58(5):401-404
- Schopke T, Hiller K, Wray V, et al. Triterpenoid saponins from *Bellis sylvestris*, .7
 .I. Structures of the major deacylsaponins. J Nat.Prod. 1994;57(9):1279-1282
 Schopke T, Wray V, Kunath A, et al. Bayogenin and asterogenic acid .8
 .glycosides from *Bellis perennis*. Phytochemistry 1992;31(7):2555-2557
- Schopke T, Wray V, Kunath A, et al. Virgaureasaponin 2 from *Bellis perennis* .9
 .L. Die Pharmazie 1-1-1990;45:870-871
- Siatka T, Kasparova M. [Seasonal changes in the hemolytic effects of the .10
 .head of *Bellis perennis* L.]. Ceska.Slov.Farm 2003;52(1):39-41
- Siatka T, Kasparova M, Dusek J. Seasonal variation in haemolytic activity of .11
Bellis perennis L. leaves and roots. Folia Pharmaceutica Universitatis
 .Carolinae 2002;85-89
12. Gudej, J., & Nazaruk, J. (2001). Flavonol glycosides from the flowers of *Bellis perennis*. *Fitoterapia*, 72(7), 839-840.
13. Siatka, T., & Kašparová, M. (2010). Seasonal variation in total phenolic and flavonoid contents and DPPH scavenging activity of *Bellis perennis* L. flowers. *Molecules*, 15(12), 9450-9461.
14. Scognamiglio, M., Buommino, E., Coretti, L., Graziani, V., Russo, R., Caputo, P., ... & Fiorentino, A. (2016). Phytochemical investigation and antimicrobial assessment of *Bellis sylvestris* leaves. *Phytochemistry Letters*, 17, 6-13.
15. Weng, Z., Zhang, B., Asadi, S., Sismanopoulos, N., Butcher, A., Fu, X., ... & Theoharides, T. C. (2012). Quercetin is more effective than cromolyn in blocking human mast cell cytokine release and inhibits contact dermatitis and photosensitivity in humans. *PloS one*, 7(3), e33805.
16. Shaik, Y. B., Castellani, M. L., Perrella, A., Conti, F., Salini, V., Tete, S., ... & Cerulli, G. (2006). Role of quercetin (a natural herbal compound) in allergy and inflammation. *Journal of biological regulators and homeostatic agents*, 20(3-4), 47-52.
17. Valerio, D. A., Georgetti, S. R., Magro, D. A., Casagrande, R., Cunha, T. M., Vicentini, F. T., ... & Verri Jr, W. A. (2009). Quercetin reduces inflammatory pain: inhibition of oxidative stress and cytokine production. *Journal of Natural Products*, 72(11), 1975-1979.
18. Zahedi, M., Ghiasvand, R., Feizi, A., Asgari, G., & Darvish, L. (2013). Does quercetin improve cardiovascular risk factors and inflammatory biomarkers in

- women with type 2 diabetes: a double-blind randomized controlled clinical trial. *International journal of preventive medicine*, 4(7), 777.
19. Chirumbolo, S. (2011). Quercetin as a potential anti-allergic drug: which perspectives?. *Iranian Journal of Allergy, Asthma and Immunology*, 10(2), 139-140.
 20. Scognamiglio, M., Buommino, E., Coretti, L., Graziani, V., Russo, R., Caputo, P., ... & Fiorentino, A. (2016). Phytochemical investigation and antimicrobial assessment of Bellis sylvestris leaves. *Phytochemistry Letters*, 17, 6-13.

צמחית לופתת:

1. Matkowski, A., & Piotrowska, M. (2006). Antioxidant and free radical scavenging activities of some medicinal plants from the Lamiaceae. *Fitoterapia*, 77(5), 346-353.
2. Lamium, G. (2006). Ethnobotany, pharmacology and phytochemistry of the genus Lamium (Lamiaceae). *Fabad J Pharm Sci*, 31(1), 43-52.
3. Uzun, E., Sariyar, G., Adsersen, A., Karakoc, B., Ötük, G., Oktayoglu, E., & Pirildar, S. (2004). Traditional medicine in Sakarya province (Turkey) and antimicrobial activities of selected species. *Journal of Ethnopharmacology*, 95(2), 287-296.
4. Baharvand-Ahmadi, B., Bahmani, M., Tajeddini, P., Naghdi, N., & Rafieian-Kopaei, M. (2016). An ethno-medicinal study of medicinal plants used for the treatment of diabetes. *Journal of nephropathology*, 5(1), 44.

אוסף:

1. Hoffenberg L. A note on polymorphism: the ability to smell urinary metabolites of asparagus. *Diastema* 1983;11:37-38.
2. Blumenthal M, Goldberg A, Brinckmann J, et al. *Herbal Medicine, Expanded Commission E Monographs*. Boston, MA: Integrative Medicine Communications, 2000.
3. Dalvi SS, Nadkarni PM, Gupta KC. Effect of Asparagus racemosus (Shatavari) on gastric emptying time in normal healthy volunteers. *J Postgrad Med* 1990;36(2):91-94.
4. Huang XF, Lin YY, Kong LY. Steroids from the roots of *Asparagus officinalis* and their cytotoxic activity. *J Integr Plant Biol* . 2008;50(6):717-722.
5. Sati OP, Pant G, Nohara T, Sato A. Cytotoxic saponins from *Asparagus* and *Agave*. *Pharmazie* . 1985;40(8):586.
6. Yeh CT, Yen GC. Effect of vegetables on human phenolsulfotransferases in relation to their antioxidant activity and total phenolics. *Free Radic Res* . 2005;39(8):893-904.
7. Dartsch PC. Effect of Asparagus-P on cell metabolism of cultured kidney and inflammation-mediating cells. *Phytother Res* . 2008;22(11):1477-1481.

8. Dartsch PC. The potential of Asparagus-P to inactivate reactive oxygen radicals. *Phytother Res* . 2008;22(2):217-222.
9. Combest W, Newton M, Combest A, Kosier JH. Effects of herbal supplements on the kidney. *Urol Nurs* . 2005;25(5):381-386, 403.
10. Chribasik S, Droste C, Dragano N, Glimm E, Black A. Effectiveness and tolerability of the herbal mixture Asparagus P on blood pressure in treatment-requiring antihypertensives. *Phytomedicine* . 2006;13(9-10):740-742.
11. Leung AY, Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics . New York, NY: J. Wiley and Sons; 1980.

Amit:

1. Donia, A. E. R. M., Soliman, G. A. E. H., El Sakhawy, M. A. E. M., Yusufoglu, H., & Zaghloul, A. M. (2014). Cytotoxic and antimicrobial activities of Emex spinosa (L.) Campd. extract. *Pakistan journal of pharmaceutical sciences*, 27(2).
2. Emam, A. M., Mohamed, M. A., Diab, Y. M., & Megally, N. Y. (2010). Isolation and structure elucidation of antioxidant compounds from leaves of Laurus nobilis and Emex spinosus. *Drug Discov Ther*, 4(3), 202-207.
3. Soliman, G. A., Donia, A. E. R. M., Awaad, A. S., Alqasoumi, S. I., & Yusufoglu, H. (2012). Effect of Emex spinosa, Leptadenia pyrotechnica, Haloxylon salicornicum and Ochradenus baccatus extracts on the reproductive organs of adult male rats. *Pharmaceutical biology*, 50(1), 105-112.

ציפורני החתול:

1. Usher. G. A Dictionary of Plants Used by Man. Constable 1974 ISBN 0094579202
2. Chopra. R. N., Nayar. S. L. and Chopra. I. C. Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. 1986
3. hevallier. A. The Encyclopedia of Medicinal Plants Dorling Kindersley. London 1996 ISBN 9-780751-303148
4. Grieve. A Modern Herbal. Penguin 1984 ISBN 0-14-046-440-9
5. Chiej. R. Encyclopaedia of Medicinal Plants. MacDonald ISBN 0-356-10541-5 (1984-00-00)
6. Launert. E. Edible and Medicinal Plants. Hamlyn ISBN 0-600-37216-2 (1981-00-00)
7. Akhtar, N., Zaman, S. U., Khan, B. A., Amir, M. N., and Ebrahimzadeh, M. A. Calendula extract: effects on mechanical parameters of human skin. *Acta Pol.Pharm*. 2011;68(5):693-701.

8. Amirghofran, Z., Azadbakht, M., and Karimi, M. H. Evaluation of the immunomodulatory effects of five herbal plants. *J Ethnopharmacol.* 2000;72(1-2):167-172.
9. Andersen, F. A., Bergfeld, W. F., Belsito, D. V., Hill, R. A., Klaassen, C. D., Liebler, D. C., Marks, J. G., Jr., Shank, R. C., Slaga, T. J., and Snyder, P. W. Final report of the Cosmetic Ingredient Review Expert Panel amended safety assessment of Calendula officinalis-derived cosmetic ingredients. *Int.J.Toxicol.* 2010;29(6 Suppl):221S-2243.
10. Bashir, S., Janbaz, K. H., Jabeen, Q., and Gilani, A. H. Studies on spasmogenic and spasmolytic activities of Calendula officinalis flowers. *Phytother Res* 2006;20(10):906-910.
11. Benomar, S., Boutayeb, S., Lalya, I., Errihani, H., Hassam, B., and El Gueddari, B. K. [Treatment and prevention of acute radiation dermatitis]. *Cancer Radiother.* 2010;14(3):213-216.
12. Bezakova, L., Masterova, I., Paulikova, I., and Psenak, M. Inhibitory activity of isorhamnetin glycosides from Calendula officinalis L. on the activity of lipoxygenase. *Pharmazie* 1996;51(2):126-127.
13. Bojadjiev C. On the sedative and hypotensive effect of preparations from the plant Calendula officinalis. *Nauch Trud Visschi Med Inst Sof* 1964;43:15-20.
14. Chargari, C., Fromantin, I., and Kirova, Y. M. [Importance of local skin treatments during radiotherapy for prevention and treatment of radio-induced epithelitis]. *Cancer Radiother.* 2009;13(4):259-266.
15. Chew, B. P., Wong, M. W., and Wong, T. S. Effects of lutein from marigold extract on immunity and growth of mammary tumors in mice. *Anticancer Res* 1996;16(6B):3689-3694.
16. Cravotto, G., Boffa, L., Genzini, L., and Garella, D. Phytotherapeutics: an evaluation of the potential of 1000 plants. *J Clin Pharm Ther* 2010;35(1):11-48.
17. De Tommasi, N., Conti, C., Stein, M. L., and Pizza, C. Structure and in vitro antiviral activity of triterpenoid saponins from Calendula arvensis. *Planta Med* 1991;57(3):250-253.
18. de, Andrade M., Clapis, M. J., do Nascimento, T. G., Gozzo, Tde O., and de Almeida, A. M. Prevention of skin reactions due to teletherapy in women with breast cancer: a comprehensive review. *Rev.Lat.Am.Enfermagem.* 2012;20(3):604-611.
19. Della Loggia R. and et al. Topical anti-inflammatory activity of Calendula officinalis extracts. *Planta Med* 1990;56:658.
20. Della, Loggia R., Tubaro, A., Sosa, S., Becker, H., Saar, S., and Isaac, O. The role of triterpenoids in the topical anti-inflammatory activity of Calendula officinalis flowers. *Planta Med* 1994;60(6):516-520.

21. Dietz V. Calendula preparations to treat cutaneous infections. *Alt Med Alert* 1998;1(12):140-142.
22. Dumenil, G., Chemli, R., Balansard, C., Guiraud, H., and Lallemand, M. [Evaluation of antibacterial properties of marigold flowers (*Calendula officinalis* L.) and other homeopathic tinctures of *C. officinalis* L. and *C. arvensis* L. (author's transl)]. *Ann.Pharm Fr.* 1980;38(6):493-499.
23. Duran, V., Matic, M., Jovanovic, M., Mimica, N., Gajinov, Z., Poljacki, M., and Boza, P. Results of the clinical examination of an ointment with marigold (*Calendula officinalis*) extract in the treatment of venous leg ulcers. *Int.J.Tissue React.* 2005;27(3):101-106.
24. Elias, R., De Meo, M., Vidal-Ollivier, E., Laget, M., Balansard, G., and Dumenil, G. Antimutagenic activity of some saponins isolated from *Calendula officinalis* L., *C. arvensis* L. and *Hedera helix* L. *Mutagenesis* 1990;5(4):327-331.
25. Gladine, C., Rock, E., Morand, C., Bauchart, D., and Durand, D. Bioavailability and antioxidant capacity of plant extracts rich in polyphenols, given as a single acute dose, in sheep made highly susceptible to lipoperoxidation. *Br J Nutr* 2007;98(4):691-701.
26. Gracza L. Oxygen-containing terpene derivatives from *Calendula officinalis*. *Planta Med* 1987;53:227.
27. Guinot, P., Gargadennec, A., Valette, G., Fruchier, A., and Andary, C. Primary flavonoids in marigold dye: extraction, structure and involvement in the dyeing process. *Phytochem.Anal.* 2008;19(1):46-51.
28. Herold, A., Cremer, L., Calugaru, A., Tamas, V., Ionescu, F., Manea, S., and Szegli, G. Antioxidant properties of some hydroalcoholic plant extracts with antiinflammatory activity. *Roum.Arch Microbiol.Immunol* 2003;62(3-4):217-227.
29. Herold, A., Cremer, L., Calugaru, A., Tamas, V., Ionescu, F., Manea, S., and Szegli, G. Hydroalcoholic plant extracts with anti-inflammatory activity. *Roum.Arch Microbiol.Immunol* 2003;62(1-2):117-129.
30. Jeschke, E., Ostermann, T., Luke, C., Tabali, M., Kroz, M., Bockelbrink, A., Witt, C. M., Willich, S. N., and Matthes, H. Remedies containing Asteraceae extracts: a prospective observational study of prescribing patterns and adverse drug reactions in German primary care. *Drug Saf* 2009;32(8):691-706.
31. Jimenez-Medina, E., Garcia-Lora, A., Paco, L., Algarra, I., Collado, A., and Garrido, F. A new extract of the plant *Calendula officinalis* produces a dual in vitro effect: cytotoxic anti-tumor activity and lymphocyte activation. *BMC.Cancer* 2006;6:119.

32. Karadas, F., Grammenidis, E., Surai, P. F., Acamovic, T., and Sparks, N. H. Effects of carotenoids from lucerne, marigold and tomato on egg yolk pigmentation and carotenoid composition. *Br Poult.Sci* 2006;47(5):561-566.
33. Shipochliev T. Uterotonic action of extracts from a group of medicinal plants. *Vet Med Nauki* 1981;18:94-8.
34. Panahi Y, Sharif MR, Sharif A, et al. A randomized comparative trial on the therapeutic efficacy of topical aloe vera and Calendula officinalis on diaper dermatitis in children. *ScientificWorldJournal*. 2012;2012:810234.

חרחבינה:

1. Erdem, S. A., Nabavi, S. F., Orhan, I. E., Daglia, M., Izadi, M., & Nabavi, S. M. (2015). Blessings in disguise: a review of phytochemical composition and antimicrobial activity of plants belonging to the genus *Eryngium*. *DARU Journal of Pharmaceutical Sciences*, 23(1), 53.
2. Kikowska, M., Dworacka, M., Kędziora, I., & Thiem, B. (2016). *Eryngium creticum*—ethnopharmacology, phytochemistry and pharmacological activity. A review. *Revista Brasileira de Farmacognosia*, 26(3), 392-399.
3. Kikowska, M., Długaszewska, J., Kubicka, M. M., Kędziora, I., Budzianowski, J., & Thiem, B. (2016). In vitro antimicrobial activity of extracts and their fractions from three *Eryngium* L. species. *Herba Polonica*, 62(2), 67-77.
4. Farhan, H., Malli, F., Rammal, H., Hijazi, A., Bassal, A., Ajouz, N., & Badran, B. (2012). Phytochemical screening and antioxidant activity of Lebanese *Eryngium creticum* L. *Asian Pacific Journal of Tropical Biomedicine*, 2(3), S1217-S1220.
5. Küpeli, E., Kartal, M., Aslan, S., & Yesilada, E. (2006). Comparative evaluation of the anti-inflammatory and antinociceptive activity of Turkish *Eryngium* species. *Journal of ethnopharmacology*, 107(1), 32-37.
6. Afifi, F. U., Al-Khalil, S., Aqel, M., Al-Muhteseb, M. H., Jaghabir, M., Saket, M., & Muheid, A. (1990). Antagonistic effect of *Eryngium creticum* extract on scorpion venom in vitro. *Journal of ethnopharmacology*, 29(1), 43-49.
7. Jaghabir, M. (1991). Hypoglycemic effects of *Eryngium creticum*. *Archives of Pharmacal Research*, 14(4), 295-297.
8. Ljubuncic, P., Azaizeh, H., Portnaya, I., Cogan, U., Said, O., Saleh, K. A., & Bomzon, A. (2005). Antioxidant activity and cytotoxicity of eight plants used in traditional Arab medicine in Israel. *Journal of Ethnopharmacology*, 99(1), 43-47.
9. Khader, M., Bresgen, N., & Eckl, P. M. (2010). Antimutagenic effects of ethanolic extracts from selected Palestinian medicinal plants. *Journal of ethnopharmacology*, 127(2), 319-324.
10. Saad, B., Azaizeh, H., & Said, O. (2008). Arab herbal medicine. *Botanical medicine in clinical practice*, 4, 31.

11. Yaniv, Z., Dafni, A., Friedman, J., & Palevitch, D. (1987). Plants used for the treatment of diabetes in Israel. *Journal of ethnopharmacology*, 19(2), 145-151.
12. Rammal, H. (2014). Chemical Composition of Lebanese Eryngium Creticum L. *International Journal of Sciences*, 3(2014-04), 40-53.

מורות:

1. Bown. D. *Encyclopaedia of Herbs and their Uses*. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31
2. Maggi, F., Barboni, L., Papa, F., Caprioli, G., Ricciutelli, M., Sagratini, G., & Vittori, S. (2012). A forgotten vegetable (*Smyrnium olusatrum* L., Apiaceae) as a rich source of isofuranodiene. *Food chemistry*, 135(4), 2852-2862.
3. Quassinti, L., Maggi, F., Barboni, L., Ricciutelli, M., Cortese, M., Papa, F., ... & Bramucci, M. (2014). Wild celery (*Smyrnium olusatrum* L.) oil and isofuranodiene induce apoptosis in human colon carcinoma cells. *Fitoterapia*, 97, 133-141.
4. Mustafa, A. M., Maggi, F., Papa, F., Kaya, E., Dikmen, M., & Öztürk, Y. (2016). Isofuranodiene: A neuritogenic compound isolated from wild celery (*Smyrnium olusatrum* L., Apiaceae). *Food chemistry*, 192, 782-787.
5. Quassinti, L., Bramucci, M., Lupidi, G., Barboni, L., Ricciutelli, M., Sagratini, G., ... & Vittori, S. (2013). In vitro biological activity of essential oils and isolated furanosesquiterpenes from the neglected vegetable *Smyrnium olusatrum* L.(Apiaceae). *Food chemistry*, 138(2), 808-813.
6. Conforti, F., Perri, V., Menichini, F., Marrelli, M., Uzunov, D., Statti, G. A., & Menichini, F. (2012). Wild Mediterranean dietary plants as inhibitors of pancreatic lipase. *Phytotherapy research*, 26(4), 600-604.
7. Quassinti, L., Bramucci, M., Lupidi, G., Barboni, L., Ricciutelli, M., Sagratini, G., ... & Vittori, S. (2013). In vitro biological activity of essential oils and isolated furanosesquiterpenes from the neglected vegetable *Smyrnium olusatrum* L.(Apiaceae). *Food chemistry*, 138(2), 808-813.

בנ סירה מיובל:

1. van Wyk, Ben-Erik & Michael Wink: *Medicinal Plants of the World*. Portland, Oregon. Timber Press 2004.
2. Wu, Jing-Nuan: *An Illustrated Chinese Materia Medica*. New York. Oxford University Press 2005.
3. Bartram, Thomas: *Bartram's Encyclopedia of Herbal Medicine*. London. Robinson 1998.
4. Bown, Deni: *The Royal Horticultural Society New Encyclopedia of Herbs & Their Uses*. London. Dorling Kindersley 2002.

5. Barnes, Joanne; Linda A. Anderson & J. David Phillipson: *Herbal Medicines: A Guide for Healthcare Professionals.* 2nd Ed. London. Pharmaceutical Press 2002.
6. Babaoglu, M. and Yorgancilar, M. (2000), TDZ-Specific plant regeneration in salad burnet, *Plant cell, tissue and organ culture*, 440: pp.31-32.
7. Bibalani, G. H. (2011), Average stem biomass of *SANGUISORBA MINOR* in Shanjan Rangelands, East Azerbaijan, Iran, *Journal of American Science*, 7(5), pp. 560-561
8. Carr, B. and Smith, J.E. (2010), *Sanguisorba minor* (small burnet), *The Reverchon Naturalist.* 5: 1.
9. Gatto, M. A., Sanzani, S. M., Tardia, P., Linsalata, V., Pieralice, M., Sergio, L. and Venere, D. D. (2013), Antifungal activity of total and fractionated phenolic extracts from two wild edible herbs, *Natural Science*, Vol.5, No.8, pp.895-896.
10. Kazemeini, F., Malayeri, B. E., Chehregani, A., Lorestani, B., Kalvandi, R. (2013), Identification of the heavy metals accumulator plants in surrounding area of mine, *International Journal of Agriculture and Crop Sciences*, Vol., 6 (10), pp. 562-564.
11. Romojaroa, A., Botellaa, M. A., Obóna, C. and Pretel, M. T. (2013), Nutritional and antioxidant properties of wild edible plants and their use as potential ingredients in the modern diet, *International Journal of Food Sciences and Nutrition* Vol. 64, Iss. 8, pp. 944-947.
12. Singhurst, J. R. and Holmes, W. C. (2012), *Sanguisorba Minor* (Rosaceae) Adventive in Texas, pp. 1-2.
13. Kim TG, Kang SY, Jung KK, et al. Antiviral activities of extracts isolated from *Terminalis chebula* Retz., *Sanguisorba officinalis* L., *Rubus coreanus* Miq. and *Rheum palmatum* L. against hepatitis B virus. *Phytother Res* 2001;15(8):718-720.
14. Hachiya A, Kobayashi A, Ohuchi A, et al. The inhibitory effect of an extract of *Sanguisorba officinalis* L. on ultraviolet B-induced pigmentation via the suppression of endothelin-converting enzyme-1alpha. *Bio Pharm Bull* 2001;24(6):688-692.

חומר עיקרי:

1. Alali, F. Q., Tawaha, K., El-Elimat, T., Syouf, M., El-Fayad, M., Abulaila, K., ... & Oberlies, N. H. (2007). Antioxidant activity and total phenolic content of aqueous and methanolic extracts of Jordanian plants: an ICBG project. *Natural Product Research*, 21(12), 1121-1131.
2. Al-Ismail, K., Herzallah, S. M., & Rustom, A. S. (2007). ANTIOXIDANT ACTIVITIES OF SOME EDIBLE WILD MEDITERRANEAN PLANTS. *Italian Journal of Food Science*, 19(3).

3. Bataina, A. Biological activity and cytotoxicity of selected wild plants from Jordan (Doctoral dissertation, Yarmouk University).
4. Saad, B., & Said, O. (2011). Tradition and perspectives of Greco-Arab and Islamic herbal medicine. *Herbal Supplements: Efficacy, Toxicity, Interactions with Western Drugs, and Effects on Clinical Laboratory Tests*, 209-253.

חומר:

1. Gruenwald J, Brendler T, Jaenicke C. PDR for Herbal Medicines. 1st ed. Montvale, NJ: Medical Economics Company, Inc., 1998.
2. C. Formisano, D. Rigano, A. Russo et al., "Phytochemical profile and apoptotic activity of *Onopordum cynarocephalum*," *Planta Medica*, vol. 78, no. 15, pp. 1651–1660, 2012.
3. El-Moaty, H. I. A., Wanas, A. S., Radwan, M. M., & Desoukey, S. Y. Glycosides of *Onopordum alexandrinum* Boiss. and its Central Nervous System (CNS) and Some Biological Activities.
4. El-Najjar, N., Saliba, N., Talhouk, S., & Gali-Muhtasib, H. (2007). *Onopordum cynarocephalum* induces apoptosis and protects against 1, 2 dimethylhydrazine-induced colon cancer. *Oncology reports*, 17(6), 1517-1523.
5. El-Najjar, N. (2010). Lebanese Plants and Plant-Derived Compounds Against Colon Cancer.
6. Braca, A., De Tommasi, N., Morelli, I., & Pizza, C. (1999). New Metabolites from *Onopordum i llyricum*. *Journal of natural products*, 62(10), 1371-1375.
7. El-Najjar, N., Saliba, N., Talhouk, S., & Gali-Muhtasib, H. (2007). *Onopordum cynarocephalum* induces apoptosis and protects against 1, 2 dimethylhydrazine-induced colon cancer. *Oncology reports*, 17(6), 1517-1523.
8. Abd-Allah, W. E. S., Radwan, H. M., Shams, K. A., Ismail, S. I., & Ali, S. M. (2012). The lipid and volatile oil of the seed and aerial parts of *Onopordum alexandrinum* Boiss. growing in Egypt and their antioxidant activity. *Egyptian Pharmaceutical Journal*, 11(1), 49.
9. El-Moaty, H. I. A., Wanas, A. S., Radwan, M. M., & Desoukey, S. Y. Glycosides of *Onopordum alexandrinum* Boiss. and its Central Nervous System (CNS) and Some Biological Activities.
10. Braca, A., De Tommasi, N., Morelli, I., & Pizza, C. (1999). New Metabolites from *Onopordum i llyricum*. *Journal of natural products*, 62(10), 1371-1375.
11. Formisano, C., Rigano, D., Russo, A., Cardile, V., Caggia, S., Arnold, N. A., ... & Bruno, M. (2012). Phytochemical profile and apoptotic activity of *Onopordum cynarocephalum*. *Planta medica*, 78(15), 1651-1660.

כפיות:

- Shahat, A. A., Abdelshafeek, K. A., & Husseiny, H. A. (2011). Isolation and identification of a new flavonoid glycoside from Carrichtera annua L. seeds. *Pharmacognosy research*, 3(3), 151.
- Cuyckens, F., Shahat, A. A., Van den Heuvel, H., Abdel-Shafeek, K. A., El-Messiry, M. M., Nasr, M. M. S. E., ... & Claeys, M. (2003). The application of liquid chromatography-electrospray ionization mass spectrometry and collision-induced dissociation in the structural characterization of acylated flavonol O-glycosides from the seeds of Carrichtera annua. *European journal of mass spectrometry*, 9(4), 409-420.
- Shahat, A. A. (2006). A New Flavonoid from Carrichtera annua Abdelaaty A. Shahat", Khaled A. Abdel-Shafeek", Husseiny A. Husseiny". *Natural Product Sciences*, 12(3), 122-124.
- Abdel-Shafeek, K. A., El-Messiry, M. M., Shahat, A. A., Apers, S., Pieters, L., & Seif-El Nasr, M. M. (2000). A New Acylated Flavonol Triglycoside from Carrichtera annua. *Journal of natural products*, 63(6), 845-847.

:קוצץ

- Alali, F. Q., Tawaha, K., El-Elimat, T., Syouf, M., El-Fayad, M., Abulaila, K., ... & Oberlies, N. H. (2007). Antioxidant activity and total phenolic content of aqueous and methanolic extracts of Jordanian plants: an ICBG project. *Natural Product Research*, 21(12), 1121-1131.
- Capanlar, S; Böke, N; Yaşa, I; Kirmizigül, S (2010). "A novel glycoside from Acanthus hirsutus (Acanthaceae)". *Natural product communications*. 5 (4): 563–6.
- Çapanlar, S. (2008). Phytochemical and biological activity studies on Acanthus hirsutus and Cephalaria paphlagonica species (Doctoral dissertation, Ege Üniversitesi).

:צלף

- Tesoriere, L., Butera, D., Gentile, C., & Livrea, M. A. (2007). Bioactive components of caper (*Capparis spinosa* L.) from Sicily and antioxidant effects in a red meat simulated gastric digestion. *Journal of agricultural and food chemistry*, 55(21), 8465-8471.
- Inocencio, C., Rivera, D., Alcaraz, F., & Tomás-Barberán, F. A. (2000). Flavonoid content of commercial capers (*Capparis spinosa*, *C. sicula* and *C. orientalis*) produced in Mediterranean countries. *European Food Research and Technology*, 212(1), 70-74.
- Bonina, F., Puglia, C., Ventura, D., Aquino, R., Tortora, S., Sacchi, A., ... & de Capariis, P. (2002). In vitro antioxidant and in vivo photoprotective effects of a lyophilized extract of *Capparis spinosa* L. buds. *Journal of cosmetic science*, 53(6), 321-336.

4. Ortega, R. M. (2006). Importance of functional foods in the Mediterranean diet. *Public health nutrition*, 9(8A), 1136-1140.
5. Siracusa, L., Kulisic-Bilusic, T., Politeo, O., Krause, I., Dejanovic, B., & Ruberto, G. (2011). Phenolic composition and antioxidant activity of aqueous infusions from *Capparis spinosa* L. and *Crithmum maritimum* L. before and after submission to a two-step in vitro digestion model. *Journal of agricultural and food chemistry*, 59(23), 12453-12459.
6. Yang, T., Wang, C. H., Chou, G. X., Wu, T., Cheng, X. M., & Wang, Z. T. (2010). New alkaloids from *Capparis spinosa*: Structure and X-ray crystallographic analysis. *Food chemistry*, 123(3), 705-710.
7. Trombetta, D., Occhiuto, F., Perri, D., Puglia, C., Santagati, N. A., Pasquale, A. D., ... & Bonina, F. (2005). Antiallergic and antihistaminic effect of two extracts of *Capparis spinosa* L. flowering buds. *Phytotherapy Research*, 19(1), 29-33.
8. Feng, X., Lu, J., Xin, H., Zhang, L., Wang, Y., & Tang, K. (2011). Anti-arthritis active fraction of *Capparis spinosa* L. fruits and its chemical constituents. *Yakugaku Zasshi*, 131(3), 423-429.
9. Zhou, H., Jian, R., Kang, J., Huang, X., Li, Y., Zhuang, C., ... & Wu, X. (2010). Anti-inflammatory effects of Caper (*Capparis spinosa* L.) fruit aqueous extract and the isolation of main phytochemicals. *Journal of agricultural and food chemistry*, 58(24), 12717-12721.
10. Bektas, N., Arslan, R., Goger, F., Kirimer, N., & Ozturk, Y. (2012). Investigation for anti-inflammatory and anti-thrombotic activities of methanol extract of *Capparis ovata* buds and fruits. *Journal of ethnopharmacology*, 142(1), 48-52.
11. Upadhyay, R. (2011). Kareel plant: A natural source of medicines and nutrients. *International journal of green pharmacy*, 5(4), 255.
12. Murugananthan, G., Kumar, G. S., Chethan, P. S., & Mohan, S. (2013). Anti-Arthritic and Anti-Inflammatory Constituents from Medicinal Plants.
13. Moufid, A., & Farid, O. (2015). M. Eddouks (2015) Pharmacological Properties of *Capparis spinosa* Linn. *Int J Diabetol Vasc Dis Res*, 3(5), 99-104.
14. Talat, Z., Tursun, X., Cheng, L., Mijiti, A., & Aisa, H. A. (2015). Anti-Arthritic and Antiinflammatory Effects of the Traditional Uighur Formula Kursi Caper In Vivo. *Phytotherapy research*, 29(12), 1901-1909.
15. Moutia, M., El Azhary, K., Elouaddari, A., Al Jahid, A., Eddine, J. J., Seghrouchni, F., ... & Badou, A. (2016). *Capparis Spinosa* L. promotes anti-inflammatory response in vitro through the control of cytokine gene expression in human peripheral blood mononuclear cells. *BMC immunology*, 17(1), 26.
16. Farzaei, M. H., Farzaei, F., Gooshe, M., Abbasabadi, Z., Rezaei, N., & Abdolghaffari, A. H. (2015). Potentially effective natural drugs in treatment for

- the most common rheumatic disorder: osteoarthritis. *Rheumatology international*, 35(5), 799-814.
17. Sher, H., & Alyemeni, M. N. (2010). Ethnobotanical and pharmaceutical evaluation of *Capparis spinosa* L, validity of local folk and Unani system of medicine. *Journal of Medicinal Plants Research*, 4(17), 1751-1756.
18. Svobodová, A., Psotová, J., & Walterová, D. (2003). Natural phenolics in the prevention of UV-induced skin damage. A review. *Biomed Pap Med Fac Univ Palacky Olomouc Czech Repub*, 147(2), 137-145.
19. Germano, M. P., De Pasquale, R., D'angelo, V., Catania, S., Silvari, V., & Costa, C. (2002). Evaluation of extracts and isolated fraction from *Capparis spinosa* L. buds as an antioxidant source. *Journal of agricultural and food chemistry*, 50(5), 1168-1171.
20. Bonina, F., Puglia, C., Ventura, D., Aquino, R., Tortora, S., Sacchi, A., ... & de Capariis, P. (2002). In vitro antioxidant and in vivo photoprotective effects of a lyophilized extract of *Capparis spinosa* L. buds. *Journal of cosmetic science*, 53(6), 321-336.
21. Sharaf, M., El-Ansari, M. A., & Saleh, N. A. M. (2000). Quercetin triglycoside from *Capparis spinosa*. *Fitoterapia*, 71(1), 46-49.
22. Tlili, N., Khaldi, A., Triki, S., & Munné-Bosch, S. (2010). Phenolic compounds and vitamin antioxidants of caper (*Capparis spinosa*). *Plant foods for human nutrition*, 65(3), 260-265.
23. Huseini, H. F., Hasani-Rnjbar, S., Nayebi, N., Heshmat, R., Sigaroodi, F. K., Ahvazi, M., ... & Kianbakht, S. (2013). *Capparis spinosa* L.(Caper) fruit extract in treatment of type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial. *Complementary therapies in medicine*, 21(5), 447-452.
24. Rahmani, R., Mahmoodi, M., Karimi, M., Hoseini, F., Heydari, R., Salehi, M., & Yousefi, A. (2013). Effect of Hydroalcoholic Extract of *Capparis Spinosa* Fruit on Blood Sugar and Lipid Profile of Diabetic and normal Rats. *Zahedan Journal of Research in Medical Sciences*, 15(11), 34-38.
25. Arrar, L., Benzidane, N., Krache, I., Charef, N., Khennouf, S., & Baghiani, A. (2013). Comparison between polyphenol contents and antioxidant activities of different parts of *Capparis spinosa* L. *Pharmacognosy Communications*, 3(2), 70.
26. Tlili, N., MUNNE-BOSCH, S. E. R. G. I., Nasri, N., Saadaoui, E., Khaldi, A., & Triki, S. (2009). Fatty acids, tocopherols and carotenoids from seeds of Tunisian caper "Capparis spinosa". *Journal of Food Lipids*, 16(4), 452-464.
27. Asadi-Samani, M., Moradi, M. T., Mahmoodnia, L., Alaei, S., Asadi-Samani, F., & Luther, T. (2017). Traditional uses of medicinal plants to prevent and treat diabetes; an updated review of ethnobotanical studies in Iran. *Journal of Nephropathology*, 6(3), 118-125.

28. Moufid, A., & Farid, O. (2015). M. Eddouks (2015) Pharmacological Properties of *Capparis spinosa* Linn. *Int J Diabetol Vasc Dis Res*, 3(5), 99-104.
29. Ladhari, A., Omezzine, F., Dellagreca, M., Zarrelli, A., & Haouala, R. (2013). Phytotoxic activity of *Capparis spinosa* L. and its discovered active compounds. *Allelopathy Journal*, 32(2), 175.

הרדופין הציצית:

1. Milella, L., Bader, A., De Tommasi, N., Russo, D., & Braca, A. (2014). Antioxidant and free radical-scavenging activity of constituents from two *Scorzonera* species. *Food Chemistry*, 160, 298-304.
2. Safavi, S. R. (1999). Chromosome studies in some species of the genus *Scorzonera* L.(Asteraceae) in Iran. *Iran. J. Bot*, 8, 111-117.
3. Zaitoun, S. Y. J. A. (2014). *inhibition and antioxidant activity of selected Palestinian medicinal plants: Implications for Alzheimer's disease therapy*(Doctoral dissertation, Faculty of Graduate Studies In-vitro evaluation of acetylcholinesterase inhibition and antioxidant activity of selected Palestinian medicinal plants: Implications for Alzheimer's disease therapy By Salam Yousef Jamil Abu Zaitoun Supervisor Dr. Munqez Shtaya This Thesis is submitted in Partial Fulfillment of the Requirements for the Degree of Master of Life Sciences (Biology), Faculty of Graduate Studies, An-Najah National University).
4. A. Braca . A. Bader , L. Milella , G. Imbrenda , G. Autore , N. de Tommasi. Bioassay-guided purification and identification of antioxidant compounds in *Scorzonera papposa* extracts.

טופח:

1. Ressler, C., Redstone, P. A., & Erenberg, R. H. (1961). Isolation and identification of a neuroactive factor from *Lathyrus latifolius*. *Science*, 134(3473), 188-190.
2. Chavan, U. D., McKenzie, D. B., & Shahidi, F. (2001). Functional properties of protein isolates from beach pea (*Lathyrus maritimus* L.). *Food chemistry*, 74(2), 177-187.
3. Birch, K. (2007). *Vaccine Free Prevention and Treatment of Infectious Contagious Disease with Homeopathy: A Manual for Practitioners and Consumers*. Trafford Publishing.
4. Offit, P. (2013). Polio revisited. *The Lancet*, 381(9880), 1805-1806.
- 5.

: תרגם

Jaradat, N. A., Zaid, A. N., Abuzant, A., Khalaf, S., & Abu-Hassan, N. (2017). 1
Phytochemical and biological properties of four *Astragalus* species commonly

used in traditional Palestinian medicine. *European Journal of Integrative Medicine*, 9, 1-8.

2. Azani, N., Bruneau, A., Wojciechowski, M. F., & Zarre, S. (2017). Molecular phylogenetics of annual *Astragalus* (Fabaceae) and its systematic implications. *Botanical Journal of the Linnean Society*, 184(3), 347-365.
3. Chopra. R. N., Nayar. S. L. and Chopra. I. C. *Glossary of Indian Medicinal Plants (Including the Supplement)*. Council of Scientific and Industrial Research, New Delhi. 1986
4. Ahmed, S., Hasan, M. M., & Mahmood, Z. A. (2017). Antiurolithiatic plants of family Fabaceae: A memoir of mechanism of action, therapeutic spectrum, formulations with doses. *Journal of Pharmacognosy and Phytochemistry*, 6(3), 592-596.
5. Al-Snafi, A. E. Medicinal plants possessed antioxidant and free radical scavenging effects (part 3)-A review.
6. Nishina, A., Itagaki, M., Suzuki, Y., Koketsu, M., Ninomiya, M., Sato, D., ... & Kimura, H. (2017). Effects of Flavonoids and Triterpene Analogues from Leaves of *Eleutherococcus sieboldianus* (Makino) Koidz. 'Himeukogi' in 3T3-L1 Preadipocytes. *Molecules*, 22(4), 671.
7. Aluani, D., Tzankova, V., Kondeva-Burdina, M., Yordanov, Y., Nikolova, E., Odzhakov, F., ... & Yoncheva, K. (2017). Evaluation of biocompatibility and antioxidant efficiency of chitosan-alginate nanoparticles loaded with quercetin. *International Journal of Biological Macromolecules*.
8. Magama, S., & OkorieAsita, A. Evaluation of *Chenopodium album* Linn. Crude Methanolic Leaf Extract for Central Antinociceptive Activity in Albino Mice using the Hot Plate Test.
9. Kondeva-Burdina, M., Krasteva, I., & Mitcheva, M. (2014). Effects of rhamnocitrin 4-β-D-galactopyranoside, isolated from *Astragalus hamosus* on toxicity models in vitro. *Pharmacognosy magazine*, 10(Suppl 3), S487.
10. Bratkov, V. M., Shkondrov, A. M., Zdraveva, P. K., & Krasteva, I. N. (2016). Flavonoids from the genus *Astragalus*: Phytochemistry and biological activity. *Pharmacognosy reviews*, 10(19), 11.
11. Shojaei, A., Motaghinejad, M., Norouzi, S., & Motevalian, M. (2015). Evaluation of anti-inflammatory and analgesic activity of the extract and fractions of *Astragalus hamosus* in animal models. *Iranian journal of pharmaceutical research: IJPR*, 14(1), 263.

בקיה תרבותית:

1. Magalhães, S. C., Taveira, M., Cabrita, A. R., Fonseca, A. J., Valentão, P., & Andrade, P. B. (2017). European marketable grain legume seeds: further insight into phenolic compounds profiles. *Food chemistry*, 215, 177-184.

2. Maphosa, Y., & Jideani, V. A. (2017). The Role of Legumes in Human Nutrition. In *Functional Food-Improve Health through Adequate Food*. InTech.
3. Lee, K. J., Lee, J. R., Kim, H. J., Raveendar, S., Lee, G. A., Jeon, Y. A., ... & Chung, J. W. (2017). Comparison of flavonoid contents and antioxidant activities of *Vicia* species. *Plant Genetic Resources*, 15(2), 119-126.
4. Megías, C., Pastor-Cavada, E., Torres-Fuentes, C., Girón-Calle, J., Alaiz, M., Juan, R., ... & Vioque, J. (2009). Chelating, antioxidant and antiproliferative activity of *Vicia sativa* polyphenol extracts. *European Food Research and Technology*, 230(2), 353-359.

חימצה שטועה:

1. Jukanti, A. K., Gaur, P. M., Gowda, C. L. L., & Chibbar, R. N. (2012). Nutritional quality and health benefits of chickpea (*Cicer arietinum* L.): a review. *British Journal of Nutrition*, 108(S1), S11-S26.
2. Sharma, S. (2017). Prebreeding Using Wild Species for Genetic Enhancement of Grain Legumes at ICRISAT. *Crop Science*, 57(3), 1132-1144.

תורמים:

1. Kole, C. (Ed.). (2011). *Wild crop relatives: Genomic and breeding resources: Cereals* (Vol. 1). Springer Science & Business Media.
2. Fooks, L. J., & Gibson, G. R. (2002). In vitro investigations of the effect of probiotics and prebiotics on selected human intestinal pathogens. *FEMS Microbiology Ecology*, 39(1), 67-75.
3. Saini, H. S., & Gladstones, J. S. (1986). Variability in the total and component galactosyl sucrose oligosaccharides of *Lupinus* species. *Australian journal of agricultural research*, 37(2), 157-166.

4. מסמך של ממשלת אוסטרליה על התורמים:

[http://www.ogtr.gov.au/internet/ogtr/publishing.nsf/Content/biologylupin2013-1oc/\\$FILE/biologylupin2013-2.pdf](http://www.ogtr.gov.au/internet/ogtr/publishing.nsf/Content/biologylupin2013-1oc/$FILE/biologylupin2013-2.pdf)

כליל החורש:

1. Noori, M. (2012). Flavonoids in some Iranian angiosperms. In *Phytochemicals-A Global Perspective of Their Role in Nutrition and Health*. InTech.
2. Peyman, M., Shahin, A., Milad, M., & Soheil, J. (2013). Exotic medicinal plants growing in iran: a systematic and pharmacological review. *Global Journal of Research on Medicinal Plants & Indigenous Medicine*, 2(7), 509.
3. Dayeni, M., & Omidbaigi, R. (2006). Essential oil content and constituents of *Cercis siliquastrum* L. growing in Iran. *Journal of Essential Oil Bearing Plants*, 9(2), 140-143.

4. Kaçar, D. (2008). *Screening of some plant species for their total antioxidant and antimicrobial activities* (Master's thesis, İzmir Institute of Technology).
5. Salatino, A., Salatino, M. L., & Giannasi, D. E. (2000). Flavonoids and the taxonomy of Cercis. *Biochemical Systematics and ecology*, 28(6), 545-550.
6. Valan, M. F., De Britto, A. J., & Venkataraman, R. (2010). Phytoconstituents with hepatoprotective activity. *International Journal of Chemical Sciences*, 8(3).
7. Noori, M. (2012). Flavonoids in some Iranian angiosperms. In *Phytochemicals-A Global Perspective of Their Role in Nutrition and Health*. InTech.
8. Peyman, M., Shahin, A., Milad, M., & Soheil, J. (2013). Exotic medicinal plants growing in iran: a systematic and pharmacological review. *Global Journal of Research on Medicinal Plants & Indigenous Medicine*, 2(7), 509.

גרגרנית החילבה/יוונית:

1. Chevallier. A. *The Encyclopedia of Medicinal Plants* Dorling Kindersley. London 1996 ISBN 9-780751-303148
2. Sharma RD, et al. Hypolipidaemic effect of fenugreek seeds: a chronic study in non-insulin dependent diabetic patients. *Phytother Res* 1996;10:332-4.
3. JS, T. C., & Ernst, E. (2003). Herbs for serum cholesterol reduction: a systematic view. *The Journal of family practice*, 52(6), 468-478.
4. Bordia, A., Verma, S. K., & Srivastava, K. C. (1997). Effect of ginger (*Zingiber officinale Rosc.*) and fenugreek (*Trigonella foenumgraecum L.*) on blood lipids, blood sugar and platelet aggregation in patients with coronary artery disease. *Prostaglandins, leukotrienes and essential fatty acids*, 56(5), 379-384.
5. Goyal, S., Gupta, N., & Chatterjee, S. (2016). Investigating therapeutic potential of *Trigonella foenum-graecum L.* as our defense mechanism against several human diseases. *Journal of toxicology*, 2016.
6. Yadav, U. C., & Baquer, N. Z. (2014). Pharmacological effects of *Trigonella foenum-graecum L.* in health and disease. *Pharmaceutical biology*, 52(2), 243-254.
7. Singletary, K. W. (2017). Fenugreek: Overview of Potential Health Benefits. *Nutrition Today*, 52(2), 93-111.
8. Raghuram TC, et al. Effect of fenugreek seeds on intravenous glucose disposition in non-insulin depend. diabetic patients. *Phytother Res* 1994;8:83-6.
9. Coon, J. S. T., & Ernst, E. (2003). Herbs for serum cholesterol reduction: a systematic review. *Journal of Family Practice*, 52(6), 468-479.

10. Sur, P., Das, M., Gomes, A., Vedasiromoni, J. R., Sahu, N. P., Banerjee, S., ... & Ganguly, D. K. (2001). Trigonella foenum graecum (fenugreek) seed extract as an antineoplastic agent. *Phytotherapy Research*, 15(3), 257-259.
11. Kaviarasan, S., Naik, G. H., Gangabhirathi, R., Anuradha, C. V., & Priyadarshini, K. I. (2007). In vitro studies on antiradical and antioxidant activities of fenugreek (Trigonella foenum graecum) seeds. *Food chemistry*, 103(1), 31-37.
12. Madar, Z., & Stark, A. H. (2002). New legume sources as therapeutic agents. *British Journal of Nutrition*, 88(S3), 287-292.
13. Newall C, et al. *Herbal Medicines: A Guide For Health-Care Professionals* 2nd ed. London: Pharmaceutical Press; 1998.
14. Kaviarasan, S., Ramamurty, N., Gunasekaran, P., Varalakshmi, E., & Anuradha, C. V. (2006). Fenugreek (Trigonella foenum graecum) seed extract prevents ethanol-induced toxicity and apoptosis in Chang liver cells. *Alcohol and alcoholism*, 41(3), 267-273.
15. Aktas, H. G., & Altun, S. (2015). In vitro antitumor effects of a new cultivar (Gürarslan) of Trigonella foenum graecum l. *African Journal of Traditional, Complementary and Alternative medicines (AJTCAM)*, 12(3), 113-119.

Źródła:

1. Lev, E., Kislev, M. E., & Bar-Yosef, O. (2005). Mousterian vegetal food in Kebara cave, Mt. Carmel. *Journal of Archaeological Science*, 32(3), 475-484.
2. Abbate, V., Maugeri, G., Cristaudo, A., & Gresta, F. (2010). *Scorpiurus muricatus L. subsp. subvillosus (L.) Thell.*, a potential forage legume species for a Mediterranean environment: a review. *Grass and forage science*, 65(1), 2-10.
3. Moustapha, M. A., Menshawi, M., & Vassel, G. M. (2014). Screening of some Wild and Cultivated Egyptian Plants for their Free Radical Scavenging Activity. *Intern J PharmTech Res*, 4, 1271-8.
4. Visnevschi-Necrasov, T., Barreira, J. C., Cunha, S. C., Pereira, G., Nunes, E., & Oliveira, M. B. P. (2015). Phylogenetic insights on the isoflavone profile variations in Fabaceae spp.: Assessment through PCA and LDA. *Food Research International*, 76, 51-57.
5. Barreira, J. C., Visnevschi-Necrasov, T., Pereira, G., Nunes, E., & Oliveira, M. B. P. (2016). Phytochemical profiling of underexploited Fabaceae species: Insights on the ontogenetic and phylogenetic effects over isoflavone levels. *Food Research International*.
6. Bullitta, S. (2010). Characterization for multipurpose exploitations of genetic resources from the germplasm collection of pasture species owned by the CNR-ISPAAM in Sassari, Italy. *Ratarstvo i povtarstvo*, 47(2), 381-386.

אוסף עדשתית:

- van Wyk, Ben-Erik: Food Plants of the World. Portland, Oregon. Timber Press .1
 .2006
- .Balch, Phyllis A.: Prescription for Herbal Healing. New York. Avery 2002 .2
- Stuart, Malcolm: The Encyclopedia of Herbs and Herbalism. London, Orbis .3
 .Publishing 1979
- Balch, Phyllis A.: Prescription for Nutritional Healing. 4th Ed. New York. Avery .4
 .2006
- Mindell, Earl: Earl Mindell's Herb Bible. New York. Simon & Schuster / .5
 .Fireside 1992
- Foster, Steven: 101 Medicinal Herbs. Loveland, Colorado. Interweave Press .6
 .1998
- Gruenwald, Joerg et al.: PDR for Herbal Medicines. 4th Ed. Montvale, New .7
 Jersey. Thomson Healthcare Inc. 2007
8. Bora, K. S., & Sharma, A. (2011). Phytochemical and pharmacological potential of *Medicago sativa*: a review. *Pharmaceutical biology*, 49(2), 211-220.
 9. Rodrigues, F., Almeida, I., Sarmento, B., Amaral, M. H., & Oliveira, M. B. P. (2014). Study of the isoflavone content of different extracts of *Medicago* spp. as potential active ingredient. *Industrial Crops and Products*, 57, 110-115.
 10. Dixon, R. A., & Steele, C. L. (1999). Flavonoids and isoflavonoids—a gold mine for metabolic engineering. *Trends in plant science*, 4(10), 394-400.

חיטה:

1. Huang, Kee C. *The pharmacology of Chinese herbs*. CRC press, 1998.
2. Duke. J. A. and Ayensu. E. S. *Medicinal Plants of China Reference Publications, Inc.* 1985 ISBN 0-917256-20-4
3. Yeung. Him-Che. *Handbook of Chinese Herbs and Formulas*. Institute of Chinese Medicine, Los Angeles 1985

שעורה:

1. Barley Grass. Review of Natural Products. factsandcomparisons4.0 [online]. 2005. Available from Wolters Kluwer Health, Inc. Accessed April 16, 2007.
2. Delaney, B., Nicolosi, R. J., Wilson, T. A., Carlson, T., Frazer, S., Zheng, G. H., Hess, R., Ostergren, K., Haworth, J., and Knutson, N. Beta-glucan fractions from barley and oats are similarly antiatherogenic in hypercholesterolemic Syrian golden hamsters. *J Nutr.* 2003;133(2):468-475.
3. Ehrenbergerova, J., Belcredoiova, N., Pryma, J., Vaculova, K., and Newman, C. W. Effect of cultivar, year grown, and cropping system on the content of tocopherols and tocotrienols in grains of hulled and hullless barley. *Plant Foods Hum.Nutr* 2006;61(3):145-150.

4. Ellis, H. J., Doyle, A. P., Day, P., Wieser, H., and Ciclitira, P. J. Demonstration of the presence of coeliac-activating gliadin-like epitopes in malted barley. *Int Arch Allergy Immunol.* 1994;104(3):308-310.
5. Hinata, M., Ono, M., Midorikawa, S., and Nakanishi, K. Metabolic improvement of male prisoners with type 2 diabetes in Fukushima Prison, Japan. *Diabetes Res Clin Pract* 2007;77(2):327-332.
6. Ikegami, S., Tomita, M., Honda, S., Yamaguchi, M., Mizukawa, R., Suzuki, Y., Ishii, K., Ohsawa, S., Kiyooka, N., Higuchi, M., and Kobayashi, S. Effect of boiled barley-rice-feeding in hypercholesterolemic and normolipemic subjects. *Plant Foods Hum.Nutr* 1996;49(4):317-328.
7. Kanauchi, O., Fujiyama, Y., Mitsuyama, K., Araki, Y., Ishii, T., Nakamura, T., Hitomi, Y., Agata, K., Saiki, T., Andoh, A., Toyonaga, A., and Bamba, T. Increased growth of *Bifidobacterium* and *Eubacterium* by germinated barley foodstuff, accompanied by enhanced butyrate production in healthy volunteers. *Int J Mol.Med* 1999;3(2):175-179.
8. Kanauchi, O., Iwanaga, T., and Mitsuyama, K. Germinated barley foodstuff feeding. A novel neutraceutical therapeutic strategy for ulcerative colitis. *Digestion* 2001;63 Suppl 1:60-67.
9. Kanauchi, O., Mitsuyama, K., Homma, T., Takahama, K., Fujiyama, Y., Andoh, A., Araki, Y., Suga, T., Hibi, T., Naganuma, M., Asakura, H., Nakano, H., Shimoyama, T., Hida, N., Haruma, K., Koga, H., Sata, M., Tomiyasu, N., Toyonaga, A., Fukuda, M., Kojima, A., and Bamba, T. Treatment of ulcerative colitis patients by long-term administration of germinated barley foodstuff: Multi-center open trial. *Int J Mol.Med* 2003;12(5):701-704.
10. Kanauchi, O., Mitsuyama, K., Saiki, T., Nakamura, T., Hitomi, Y., Bamba, T., Araki, Y., and Fujiyama, Y. Germinated barley foodstuff increases fecal volume and butyrate production at relatively low doses and relieves constipation in humans. *Int J Mol.Med* 1998;2(4):445-450.
11. Keogh, J. B., Lau, C. W., Noakes, M., Bowen, J., and Clifton, P. M. Effects of meals with high soluble fibre, high amylose barley variant on glucose, insulin, satiety and thermic effect of food in healthy lean women. *Eur J Clin Nutr* 2007;61(5):597-604.
12. Liljeberg, H. G., Granfeldt, Y. E., and Björck, I. M. Products based on a high fiber barley genotype, but not on common barley or oats, lower postprandial glucose and insulin responses in healthy humans. *J.Nutr.* 1996;126(2):458-466.
13. McIntosh, G. H., Whyte, J., McArthur, R., and Nestel, P. J. Barley and wheat foods: influence on plasma cholesterol concentrations in hypercholesterolemic men. *Am.J.Clin.Nutr.* 1991;53(5):1205-1209.

14. Qureshi, A. A., Burger, W. C., Peterson, D. M., and Elson, C. E. The structure of an inhibitor of cholesterol biosynthesis isolated from barley. *J Biol Chem* 8-15-1986;261(23):10544-10550.
15. Shimizu, C., Kihara, M., Aoe, S., Araki, S., Ito, K., Hayashi, K., Watari, J., Sakata, Y., and Ikegami, S. Effect of high beta-glucan barley on serum cholesterol concentrations and visceral fat area in Japanese men--a randomized, double-blinded, placebo-controlled trial. *Plant Foods Hum.Nutr.* 2008;63(1):21-25.
16. Smith, K. N., Queenan, K. M., Thomas, W., Fulcher, R. G., and Slavin, J. L. Physiological effects of concentrated barley beta-glucan in mildly hypercholesterolemic adults. *J Am Coll Nutr.* 2008;27(3):434-440.
17. Thorburn, A., Muir, J., and Proietto, J. Carbohydrate fermentation decreases hepatic glucose output in healthy subjects. *Metabolism* 1993;42(6):780-785.
18. Yang, J. L., Kim, Y. H., Lee, H. S., Lee, M. S., and Moon, Y. K. Barley beta-glucan lowers serum cholesterol based on the up-regulation of cholesterol 7alpha-hydroxylase activity and mRNA abundance in cholesterol-fed rats. *J Nutr Sci Vitaminol.(Tokyo)* 2003;49(6):381-387.
19. Alberts DS, Martinez ME, Roe DJ, et al. Lack of effect of a high-fiber cereal supplement on the recurrence of colorectal adenomas. Phoenix Colon Cancer Prevention Physicians' Network. *N Engl J Med* 2000;342:1156-62.
20. Anon. Consensus statement on cereals, fibre and colorectal and breast cancers. Proceedings of the European Cancer Prevention consensus meeting. Santa Margherita, Italy, 2-5 October 1997. *Eur J Cancer Prev* 1998;7:S1-83.
21. Behall KM, Scholfield DJ, Hallfrisch J. Lipids significantly reduced by diets containing barley in moderately hypercholesterolemic men. *J Am Coll Nutr* 2004;23:55-62.
22. FDA Allows Barley Products to Claim Reduction in Risk of Coronary Heart Disease. FDA News, December 23, 2005. Available at: <http://www.fda.gov/bbs/topics/news/2005/NEW01287.html> (Accessed 01 January 2006).
23. Fuchs CS, Giovannucci EL, Colditz GA, et al. Dietary fiber and the risk of colorectal cancer and adenoma in women. *N Engl J Med* 1999;340:169-76.
24. Hallfrisch J, Scholfield DJ, Behall KM. Blood pressure reduced by whole grain diet containing barley or whole wheat and brown rice in moderately hypercholesterolemic men. *Nutr Res* 2003;23:1631-42.
25. Hapke HJ, Strathmann W. [Pharmacological effects of hordenine]. *Dtsch Tierarztl Wochenschr* 1995;102:228-32..
26. Jenkins DJ, Wesson V, Wolever TM, et al. Wholemeal versus wholegrain breads: proportion of whole or cracked grain and the glycaemic response. *BMJ* 1988;297:958-60.

27. Keogh GF, Cooper GJ, Mulvey TB, et al. Randomized controlled crossover study of the effect of a highly beta-glucan-enriched barley on cardiovascular disease risk factors in mildly hypercholesterolemic men. *Am J Clin Nutr* 2003;78:711-18.
28. Lia A, Hallmans G, Sandberg AS, et al. Oat beta-glucan increases bile acid excretion and a fiber-rich barley fraction increases cholesterol excretion in ileostomy subjects. *Am J Clin Nutr* 1995;62:1245-51.
29. Lupton JR, Robinson MC, Morin JL. Cholesterol-lowering effect of barley bran flour and oil. *J Am Diet Assoc* 1994;94:65-70..
30. Reddy BS. Role of dietary fiber in colon cancer: an overview. *Am J Med* 1999;106:16S-9S.
31. Schatzkin A, Lanza E, Corle D, et al. Lack of effect of a low-fat, high-fiber diet on the recurrence of colorectal adenomas. Polyp Prevention Trial Study Group. *N Engl J Med* 2000;342:1149-55.
32. Singh AK, Granley K, Misra U, et al. Screening and confirmation of drugs in urine: interference of hordenine with the immunoassays and thin layer chromatography methods. *Forensic Sci Int* 1992;54:9-22.
33. Terry P, Lagergren J, Ye W, et al. Inverse association between intake of cereal fiber and risk of gastric cardia cancer. *Gastroenterology* 2001;120:387-91..
34. Weiss W, Huber G, Engel KH, et al. Identification and characterization of wheat grain albumin/globulin allergens. *Electrophoresis* 1997;18:826-33.
35. Ames, N. P. and Rhymer, C. R. Issues surrounding health claims for barley. *J Nutr* 2008;138(6):1237S-1243S.
36. Ammari, F. F., Faris, K. T., and Mahafza, T. M. Inhalation of wild barley into the airways: two different outcomes. *Saudi.Med J* 2000;21(5):468-470.
37. Baker, P. G. and Read, A. E. Oats and barley toxicity in coeliac patients. *Postgrad.Med J* 1976;52(607):264-268.
38. Barber, D., Sanchez-Monge, R., Gomez, L., Carpizo, J., Armentia, A., Lopez-Otin, C., Juan, F., and Salcedo, G. A barley flour inhibitor of insect alpha-amylase is a major allergen associated with baker's asthma disease. *FEBS Lett* 5-8-1989;248(1-2):119-122.
39. Behall, K. M., Scholfield, D. J., and Hallfrisch, J. Diets containing barley significantly reduce lipids in mildly hypercholesterolemic men and women. *Am.J.Clin.Nutr.* 2004;80(5):1185-1193.
40. Behall, K. M., Scholfield, D. J., and Hallfrisch, J. Whole-grain diets reduce blood pressure in mildly hypercholesterolemic men and women. *J Am Diet.Assoc* 2006;106(9):1445-1449.
41. Block, G., Tse, K. S., Kijek, K., Chan, H., and Chan-Yeung, M. Baker's asthma. Studies of the cross-antigenicity between different cereal grains. *Clin Allergy* 1984;14(2):177-185.

42. Bracken, S. C., Kilmartin, C., Wieser, H., Jackson, J., and Feighery, C. Barley and rye prolamins induce an mRNA interferon-gamma response in coeliac mucosa. *Aliment.Pharmacol Ther* 5-1-2006;23(9):1307-1314.
43. Burger, W. C., Qureshi, A. A., Din, Z. Z., Abuirmeileh, N., and Elson, C. E. Suppression of cholesterol biosynthesis by constituents of barley kernel. *Atherosclerosis* 1984;51(1):75-87.
44. Casiraghi, M. C., Garsetti, M., Testolin, G., and Brightenti, F. Post-prandial responses to cereal products enriched with barley beta-glucan. *J Am Coll.Nutr* 2006;25(4):313-320.

шибולת שועל:

1. Karmally W , Montez MG , Palmas W, et al. Cholesterol-lowering benefits of oat-containing cereal in Hispanic americans . *J Am Diet Assoc* . 2005 ;105(6):967-970.
2. Sur, R., Nigam, A., Grote, D., Liebel, F., & Southall, M. D. (2008). Avenanthramides, polyphenols from oats, exhibit anti-inflammatory and anti-itch activity. *Archives of dermatological research*, 300(10), 569.
3. Vickers, A., & Zollman, C. (1999). ABC of complementary medicine: herbal medicine. *BMJ: British Medical Journal*, 319(7216), 1050.
4. Chu, Y. F., Wise, M. L., Gulvady, A. A., Chang, T., Kendra, D. F., van Klinken, B. J. W., ... & O'Shea, M. (2013). In vitro antioxidant capacity and anti-inflammatory activity of seven common oats. *Food chemistry*, 139(1), 426-431.
5. Kerckhoffs DA , Hornstra G , Mensink RP . Cholesterol-lowering effect of beta-glucan from oat bran in mildly hypercholesterolemic subjects may decrease when beta-glucan is incorporated into bread and cookies . *Am J Clin Nutr* . 2003 ;78(2):221-227.
6. Michelle Garay, M. S., Judith Nebus, M. B. A., & Menas Kizoulis, B. A. (2015). Anti-inflammatory activities of colloidal oatmeal (*Avena sativa*) contribute to the effectiveness of oats in treatment of itch associated with dry, irritated skin. *Journal of Drugs in Dermatology*, 14(1), 43-48.
7. Miraj, S., & Kiani, S. (2016). Study of pharmacological effect of *Avena sativa*: A review. *Der Pharmacia Lettre*, 8(9), 137-140.
8. Dimberg, L. H., Gissén, C., & Nilsson, J. (2005). Phenolic compounds in oat grains (*Avena sativa* L.) grown in conventional and organic systems. *AMBIO: A Journal of the Human Environment*, 34(4), 331-337.
9. Robitaille J , Fontaine-Bisson B , Couture P , Tchernof A , Vohl MC . Effect of an oat bran-rich supplement on the metabolic profile of overweight premenopausal women . *Ann Nutr Metab* . 2005 ;49(3):141-148.
10. Anand CL . Treatment of opium addiction . *Br Med J* . 1971 ;3(5775):640.

11. Singh, R., De, S., & Belkheir, A. (2013). *Avena sativa* (Oat), a potential neutraceutical and therapeutic agent: an overview. *Critical reviews in food science and nutrition*, 53(2), 126-144.
12. Nakurte, I., Kirhnere, I., Namniece, J., Saleniece, K., Krigere, L., Mekss, P., ... & Muceniece, R. (2013). Detection of the lunasin peptide in oats (*Avena sativa* L.). *Journal of cereal science*, 57(3), 319-324.
13. Akkol, E. K., Süntar, I., Orhan, I. E., Keles, H., Kan, A., & Çoksari, G. (2011). Assessment of dermal wound healing and in vitro antioxidant properties of *Avena sativa* L. *Journal of cereal science*, 53(3), 285-290.
14. Malviya, N. E. E. L. E. S. H., Jain, S. A. N. J. A. Y., Gupta, V. B., & Vyas, S. (2011). Recent studies on aphrodisiac herbs for the management of male sexual dysfunction--a review. *Acta Pol. Pharm*, 68(1), 3-8.
15. Anand CL . Effect of *Avena sativa* on cigarette smoking . *Nature* . 1971 ;233(5320):496.
16. Hallikainen M , Toppinen L , Mykkänen H , et al. Interaction between cholesterol and glucose metabolism during dietary carbohydrate modification in subjects with the metabolic syndrome . *Am J Clin Nutr* . 2006 ;84(6):1385-1392.
17. Bettermann, E. 10 Best Herbs for Female Hormone Balance.
18. Abu-Rabia, A. (2005). Herbs as a food and medicine source in Palestine. *Asian Pacific Journal of Cancer Prevention*, 6(3), 404.
19. Cherksey, B. (1993). *U.S. Patent No. 5,234,947*. Washington, DC: U.S. Patent and Trademark Office.
20. Bijlwan, A., & Kush, L. (2013). The dietary aphrodisiacs. *International Journal of Innovative Research and Development*, 2(10).
21. Biörklund M , van Rees A , Mensink RP , Onning G . Changes in serum lipids and postprandial glucose and insulin concentrations after consumption of beverages with beta-glucans from oats or barley: a randomised dose-controlled trial. *Eur J Clin Nutr* . 2005 ;59(11):1272-1281.
22. da Silva, C. V., Borges, F. M., & Velozo, E. S. (2012). Phytochemistry of some Brazilian plants with aphrodisiac activity. In *Phytochemicals-A Global Perspective of Their Role in Nutrition and Health*. InTech.
23. Bratt, K., Sunnerheim, K., Bryngelsson, S., Fagerlund, A., Engman, L., Andersson, R. E., & Dimberg, L. H. (2003). Avenanthramides in oats (*Avena sativa* L.) and structure– antioxidant activity relationships. *Journal of agricultural and food chemistry*, 51(3), 594-600.
24. Wise, M. L., Doehlert, D. C., & McMullen, M. S. (2008). Association of avenanthramide concentration in oat (*Avena sativa* L.) grain with crown rust incidence and genetic resistance. *Cereal chemistry*, 85(5), 639-641.

25. Wise, M. L. (2011). Effect of chemical systemic acquired resistance elicitors on avenanthramide biosynthesis in oat (*Avena sativa*). *Journal of agricultural and food chemistry*, 59(13), 7028-7038.
26. Queenan KM , Stewart ML , Smith KN , Thomas W , Fulcher RG , Slavin JL . Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults in a randomized controlled trial . *Nutr J* . 2007 ;6:6.
27. Peterson, D. M., Hahn, M. J., & Emmons, C. L. (2002). Oat avenanthramides exhibit antioxidant activities in vitro. *Food Chemistry*, 79(4), 473-478.
28. Braaten, J. T., Wood, P. J., Scott, F. W., Wolynetz, M. S., Lowe, M. K., Bradley-White, P., & Collins, M. W. (1994). Oat beta-glucan reduces blood cholesterol concentration in hypercholesterolemic subjects. *European journal of clinical nutrition*, 48(7), 465-474.
29. El Khoury, D., Cuda, C., Luhovyy, B. L., & Anderson, G. H. (2011). Beta glucan: health benefits in obesity and metabolic syndrome. *Journal of nutrition and metabolism*, 2012.
30. Wood, P. J. (2007). Cereal β-glucans in diet and health. *Journal of Cereal Science*, 46(3), 230-238.
31. Tanhuanpää, P., Kalendar, R., Schulman, A. H., & Kiviharju, E. (2007). A major gene for grain cadmium accumulation in oat (*Avena sativa* L.). *Genome*, 50(6), 588-594.
32. Brown L , Rosner B , Willett WW , Sacks FM . Cholesterol-lowering effects of dietary fiber: a meta-analysis . *Am J Clin Nutr* . 1999 ;69:30-42.
33. Poppitt SD . Soluble fibre oat and barley beta-glucan enriched products: can we predict cholesterol-lowering effects? *Br J Nutr* . 2007 ;97(6):1049-1050.
34. Chen J , He J , Wildman RP , Reynolds K , Streiffer RH , Whelton PK . A randomized controlled trial of dietary fiber intake on serum lipids . *Eur J Clin Nutr* . 2006 ;60(1):62-68.

לקריאה נוספת:

1. An, P., Inanaga, S., Zhu, N., Li, X., Fadul, H. M., & Mars, M. (2007). Plant species as indicators of the extent of desertification in four sandy rangelands. *African journal of ecology*, 45(1), 94-102.
2. Krifa, M., El Mekdad, H., Bentouati, N., Pizzi, A., Ghedira, K., Hammami, M., ... & Chekir-Ghedira, L. (2015). Immunomodulatory and anticancer effects of *Pituranthos tortuosus* essential oil. *Tumor Biology*, 36(7), 5165-5170.
3. Abdelwahed, A., Skandrani, I., Kilani, S., Neffati, A., Sghaier, M. B., Bouhlel, I., ... & Chekir-Ghedira, L. (2008). Mutagenic, antimutagenic, cytotoxic, and apoptotic activities of extracts from *Pituranthos tortuosus*. *Drug and chemical toxicology*, 31(1), 37-60.

4. Krifa, M., Gharad, T., & Haouala, R. (2011). Biological activities of essential oil, aqueous and organic extracts of Pituranthos tortuosus (Coss.) Maire. *Scientia horticulturae*, 128(1), 61-67.

מלות:

1. Zar Kalai, F., Han, J., Ksouri, R., El Omri, A., Abdelly, C., & Isoda, H. (2013). Antihypertensive effects of an edible halophyte Nitraria retusa Forssk in 3T3-L1 preadipocyte differentiation and in C57B6J/L mice fed a high fat diet-induced obesity. *Evidence-Based Complementary and Alternative Medicine*, 2013.
2. Kalai, F. Z., Han, J., Ksouri, R., Abdelly, C., & Isoda, H. (2014). Oral administration of Nitraria retusa ethanolic extract enhances hepatic lipid metabolism in db/db mice model 'BKS. Cg-Dock7m+/+ Lepr db/J' through the modulation of lipogenesis-lipolysis balance. *Food and chemical toxicology*, 72, 247-256.
3. Zar Kalai, F., Han, J., Ksouri, R., El Omri, A., Abdelly, C., & Isoda, H. (2013). Antihypertensive effects of an edible halophyte Nitraria retusa Forssk in 3T3-L1 preadipocyte differentiation and in C57B6J/L mice fed a high fat diet-induced obesity. *Evidence-Based Complementary and Alternative Medicine*, 2013.
4. Mariem, C., Sameh, M., Nadhem, S., Soumaya, Z., Najiba, Z., & Raoudha, E. G. (2014). Antioxidant and antimicrobial properties of the extracts from Nitraria retusa fruits and their applications to meat product preservation. *Industrial Crops and Products*, 55, 295-303.
5. Mariem, C., Sameh, M., Nadhem, S., Soumaya, Z., Najiba, Z., & Raoudha, E. G. (2014). Antioxidant and antimicrobial properties of the extracts from Nitraria retusa fruits and their applications to meat product preservation. *Industrial Crops and Products*, 55, 295-303.
6. Boubaker, J., Bzeouich, I. M., Nasr, N., Ghozlen, H. B., Mustapha, N., Ghedira, K., & Chekir-Ghedira, L. (2015). Phytochemical capacity of Nitraria retusa leaves extracts inhibiting growth of melanoma cells and enhancing melanogenesis of B16F10 melanoma. *BMC complementary and alternative medicine*, 15(1), 300.
- 7.

מלות:

1. Bown. D. Encyclopaedia of Herbs and their Uses. Dorling Kindersley, London. 1995 ISBN 0-7513-020-31
2. Carlsson, R., & Clarke, E. W. (1983). Atriplex hortensis L. as a leafy vegetable, and as a leaf protein concentrate plant. *Plant Foods for Human Nutrition*, 33(2-3), 127-133.
3. Siddiqui, B. S., Ahmed, S., & Khan, A. (1994). Sulphated flavonoid glycosides from leaves of Atriplex hortensis. *Phytoche*, 37, 1123.

4. Cooper, J., Leifert, C., & Niggli, U. (Eds.). (2007). *Handbook of organic food safety and quality*. Elsevier.
5. Chikhi, I., Allali, H., Dib, M. E. A., Medjdoub, H., & Tabti, B. (2014). Antidiabetic activity of aqueous leaf extract of *Atriplex halimus* L.(Chenopodiaceae) in streptozotocin-induced diabetic rats. *Asian Pacific journal of tropical disease*, 4(3), 181-184.
6. Benhammou, N., Bekkara, F. A., & Panovska, T. K. (2009). Antioxidant activity of methanolic extracts and some bioactive compounds of *Atriplex halimus*. *Comptes Rendus Chimie*, 12(12), 1259-1266.
7. Lewis, W. H., & Elvin-Lewis, M. P. (2003). *Medical botany: plants affecting human health*. John Wiley & Sons. P 347.