We claim:

1. A botanical extract providing at least 1 x 10^4 Insulin Equivalent units per milliliter, wherein the extract is derived from an aqueous extract of a plant species selected from the group consisting of Petroselinum crispum, Coriandrum sativum, Anethum graveolens, Daucus carota, Cichorium endivia, Taraxacum officinale, Cichorium endivia var. latifolium, Lactuca sativa, Lactuca sativa var. crispa (red leaf), Lactuca sativa var. crispa (green leaf), Lactuca sativa var. longifolia, Cynara scolymus/Cynara cardunculus, Artemisia dracunculus, Nasturtium officinalis, Brassica rapa, Eruca sativa, Brassica nigra, Brassica rapa chinensis, Cucumis sativus, Phaseolus vulgaris, Origanum vulgare, Rosmarinus officinalis, Ocimum basilicum, Salvia officinalis, Origanum majorana, Thymus vulgaris, Allium porrum, Allium schoenoprasum, Cymbopogon, Agropyron Gaertn, Rheum ribes, Solanum melongena, and Capsicum L., wherein a pH of the extract is above 4.3, and wherein one Insulin Equivalent unit per milliliter is defined as a 1% increase in growth of Insulin Receptor Substrate 2 (IRS2) overproducing test cells achieved by 1 milliliter of the extract over 50 nM insulin.

2. The extract of claim 1, wherein the extract provides at least 3.6 x 10^4 Insulin Equivalent units per milliliter.

3. The extract of claim 1, wherein the extract provides from 1 x 10^4 to 1 x 10^5 Insulin Equivalent units per milliliter.

4. A method of detecting IRS2 stimulatory activity in a botanical extract comprising:

contacting a test cell that expresses IRS2 with a botanical extract and

detecting an increase of cell proliferation relative to a control cell that does not express IRS2, thereby indicating IRS2 stimulatory activity in the extract.

5. The method of claim 4, wherein the test cells are 32D cells that overexpress IRS2.