

A Erythrocytogenic

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

Plant	# Chemicals	Total PPM
Acacia catechu Catechu; Black Cutch	1	
Achillea millefolium Milfoil; Yarrow	1	34.1
Actaea racemosa Black Cohosh; Black Snakeroot	1	
Agathosma betulina Buchu; Mountain Buchu; Honey Buchu	1	174.0
Allium sativum var. sativum Garlic	1	102.5
Allium cepa Shallot; Onion	1	5.4
Aloe vera Aloe; Bitter Aloes	1	
Aloe spp. Aloe	1	
Althaea officinalis White Mallow; Marshmallow	1	36.3
Amorphophallus konjac Elephant Yam; Devil's Tongue; Snake Palm; Konjac; Leopard Palm; Umbrella Arum	1	250.0
Anacardium occidentale Cashew	1	0.2
Anethum graveolens Dill; Garden Dill	1	0.58
Angelica sinensis Dang Quai; Dong Gui; Dang Qui; Chinese Angelica; Dang Gui; Dong Quai	1	166.1
Apium graveolens Celery	1	
Arachis hypogaea Groundnut; Peanut	1	0.16
Arctium lappa Burdock; Great Burdock; Gobo	1	132.0
Arctostaphylos uva-ursi Bearberry; Uva Ursi	1	18.7
Armoracia rusticana Horseradish	1	
Asparagus officinalis Asparagus	1	0.24
Astragalus membranaceus Huang-Chi; Huang Qi	1	
Avena sativa Oats	1	2.564
Barosma betulina Buchu	1	174.0
Berberis vulgaris Barberry	1	46.2
Bertholletia excelsa Brazilnut-Tree; Brazilnut; Paranut; Creamnut	1	3.8
Beta vulgaris Beet; Beetroot; Garden Beet; Sugar Beet	1	0.84
Borago officinalis Borage; Beeplant; Talewort; Beebread	1	
Brassica rapa Turnip; Seven-Top Turnip; Rapini	1	1.2
Brassica pekinensis Chinese Cabbage	1	0.42
Brassica oleracea var. italica Calabrese; Cape Broccoli; Purple Cauliflower; Broccoli; Asparagus Broccoli; Winter Broccoli; Sprouting Broccoli; Heading Broccoli	1	
Brassica oleracea var. capitata I. Cabbage; Red Cabbage; White Cabbage	1	5.8
Brassica oleracea var. botrytis I. Cauliflower	1	1.45
Brassica napus var. napobrassica Swedish Turnip; Swede; Rutabaga	1	0.2
Bupleurum chinense Chai-Hu	1	
Capsicum frutescens Spur Pepper; Chili; Tabasco; Red Chili; Cayenne; Hot Pepper	1	1.6
Capsicum annuum Sweet Pepper; Bell Pepper; Paprika; Green Pepper; Cone Pepper; Cherry Pepper	1	15.2
Carica papaya Papaya	1	
Carthamus tinctorius Safflower	1	28.6
Carum carvi Carum; Caraway; Kummel (Ger.); Comino de prado (Sp.); Comino (Sp.)	1	2.0

Plant	# Chemicals	Total PPM
<i>Carya ovata</i> Shagbark Hickory	1	27.4
<i>Carya illinoensis</i> Pecan	1	0.8
<i>Carya glabra</i> Pignut Hickory	1	33.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	39.6
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	80.3
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	1	116.0
<i>Chondrus crispus</i> Irish Moss	1	140.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cichorium endivia</i> Endive; Escarole	1	0.48
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	41.8
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	3.4000000000000004
<i>Citrus sinensis</i> Orange	1	0.11
<i>Citrus reticulata</i> Tangerine; Mandarin	1	
<i>Citrus paradisi</i> Grapefruit	1	0.44
<i>Cnicus benedictus</i> Blessed Thistle	1	41.8
<i>Cocos nucifera</i> Coconut; Copra; Cocotero (Sp.); Nariyal; Coconut Palm; Kokospalme (Ger.)	1	0.4
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	1.8
<i>Corylus avellana</i> European Filbert; European Hazel; Cobnut; English Filbert; Hazel	1	0.6
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; Woodland Hawthorn; English Hawthorn; Whitethorn	1	22.0
<i>Cucumis sativus</i> Cucumber	1	0.28
<i>Cucumis melo</i> Melon; Cantaloupe; Nutmeg Melon; Persian Melon; Muskmelon; Netted Melon	1	0.22
<i>Cucurbita pepo</i> Pumpkin	1	286.0
<i>Cuminum cyminum</i> Cumin	1	4.4
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	2.0
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	96.0
<i>Cypripedium pubescens</i> Lady's Slipper	1	18.0
<i>Daucus carota</i> Carrot	1	0.116
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	294.0
<i>Diospyros virginiana</i> American Persimmon	1	308.0
<i>Echinacea</i> spp Coneflower; Echinacea	1	296.0
<i>Echinacea purpurea</i> Purple-Coneflower; Echinacea; Eastern Purple-Coneflower	1	
<i>Elettaria cardamomum</i> Cardamom	1	1.6
<i>Eleutherococcus senticosus</i> Siberian Ginseng; Wu jia; Eleuthero Ginseng; Ci wu jia (Pinyin); Spiny Ginseng	1	
<i>Elytrigia repens</i> Couchgrass; Doggrass; Wheatgrass; Quackgrass; Twitchgrass	1	36.0
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	44.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	58.3
<i>Eriodictyon californicum</i> Yerba Santa; Hierba Santa; Bear's Weed; Holy Herb; Mountain Balm; Gum Bush; Consumptive's Weed; California Yerba Santa; Tarweed	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	161.7

Plant	# Chemicals	Total PPM
<i>Foeniculum vulgare</i> Fennel	1	62.0
<i>Fragaria</i> spp Strawberry	1	4.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	127.6
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	17.6
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	15.4
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Glycine max</i> Soybean	1	1.56
<i>Glycyrrhiza glabra</i> Licorice; Licorice-Root; Smooth Licorice; Common Licorice	1	111.1
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	159.5
<i>Hibiscus sabdariffa</i> Sorrel; Indian Sorrel; Kharkadi; Red Sorrel; Malventee (Ger.); Sereni (Sp.); Roselle; Acedera de Guinea (Sp.); Rosella (Ger.); Jamaica Sorrel; Rosa de Jamaica (Sp.)	1	43.0
<i>Hordeum vulgare</i> Barley; Barleygrass	1	98.0
<i>Humulus lupulus</i> Hops	1	26.4
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	1	41.8
<i>Hydrastis canadensis</i> Goldenseal	1	168.3
<i>Inula helenium</i> Elecampane	1	
<i>Juglans nigra</i> Black Walnut	1	72.6
<i>Juglans cinerea</i> Butternut	1	0.4
<i>Juniperus virginiana</i> Red Cedar	1	2.64
<i>Juniperus communis</i> Juniper; Common Juniper	1	135.3
<i>Lactuca sativa</i> Lettuce	1	1.74
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	102.3
<i>Lepidium sativum</i> Garden Cress	1	0.024
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styrax	1	8.34
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	24.2
<i>Lycopersicon esculentum</i> Tomato	1	2.8
<i>Malus domestica</i> Apple	1	0.086
<i>Medicago sativa</i> Lucerne; Alfalfa	1	126.5
<i>Mentha x piperita</i> Peppermint	1	102.3
<i>Mentha pulegium</i> European Pennyroyal	1	28.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	
<i>Myrica cerifera</i> Candle-Berry; Wax Myrtle; Southern Bayberry; Bayberry	1	38.5
<i>Myristica fragrans</i> Nutmeg; Mace; nuez moscada (Sp.); nogal moscado (Sp.); Muskatnussbaum (Ger.)	1	2.0
<i>Nepeta cataria</i> Catnip	1	129.8
<i>Nyssa sylvatica</i> Black Gum; Black Tupelo	1	1952.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	0.88
<i>Panax ginseng</i> Chinese Ginseng; Korean Ginseng; Ginseng; Oriental Ginseng	1	34.1
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	0.8
<i>Parthenium integrifolium</i> Feverfew; American Feverfew; Wild Quinine; Missouri Snakeroot; Prairie-Dock	1	
<i>Passiflora incarnata</i> Manzana de Mayo; Passionflower; Mayapple	1	

Plant	# Chemicals	Total PPM
<i>Pastinaca sativa</i> Parsnip	1	
<i>Petroselinum crispum</i> Parsley	1	4.9
<i>Phaseolus vulgaris</i> Snap Bean; Haricot; Pop Bean; Field Bean; Haricot Bean; Kidney Bean; Black Bean; Green Bean; Wax Bean; String Bean; Popping Bean; Dwarf Bean; Flageolet Bean; French Bean; Navy Bean; Garden Bean; Haricot Vert	1	23.1
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	2.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	1.08
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Pimenta dioica</i> Allspice; Clover-Pepper; Pimento; Pimenta; Jamaica-Pepper	1	0.1
<i>Pinus echinata</i> Shortleaf Pine	1	2.52
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	1	0.8
<i>Pistacia vera</i> Pistachio	1	0.4
<i>Pisum sativum</i> Pea	1	0.78
<i>Plantago psyllium</i> Psyllium	1	27.5
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> He Shou Wu; Fleeceflower; Chinese Cornbind; Chinese Knotweed; Fo Ti	1	290.0
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	10.8
<i>Prunus persica</i> Peach	1	40.9
<i>Prunus dulcis</i> Almond	1	0.4
<i>Prunus domestica</i> Plum	1	0.68
<i>Pyrus communis</i> Pear	1	0.222
<i>Quercus velutina</i> Black Oak	1	4.58
<i>Quercus stellata</i> Post Oak	1	0.68
<i>Quercus rubra</i> Northern Red Oak	1	7.0
<i>Quercus phellos</i> Willow Oak	1	1.0
<i>Quercus alba</i> White Oak	1	20.740000000000002
<i>Raphanus sativus</i> Radish	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	0.2
<i>Rhizophora mangle</i> Red Mangrove	1	10.0
<i>Rhodymenia palmata</i> Dulse	1	300.0
<i>Rhus glabra</i> Smooth Sumac	1	0.94
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes rubrum</i> White Currant; Red Currant	1	
<i>Ribes nigrum</i> Black Currant	1	0.054
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	2.3249999999999997
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	37.4
<i>Rubus chamaemorus</i> Cloudberry	1	0.25
<i>Rumex crispus</i> Lengua De Vaca; Yellow Dock; Curly Dock; Sour Dock	1	38.5
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	140.8
<i>Salix alba</i> White Willow	1	107.8
<i>Salvia officinalis</i> Sage	1	
<i>Sassafras albidum</i> Sassafras	1	1.12
<i>Schisandra chinensis</i> Magnolia Vine; Schizandra; Chinese Magnolia Vine; Wu Wei Zu; Five-Flavor-Fruit; Wu Wei Zi	1	114.4
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	12.1

Plant	# Chemicals	Total PPM
<i>Senna alexandrina</i> Indian Senna; True Senna; Alexandran senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Sesamo (Sp.); Beni; Benneseed; Sesame	1	0.6
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	45.1
<i>Simmondsia chinensis</i> Jojoba	1	1.4
<i>Sinapis alba</i> White Mustard	1	2.2
<i>Smilax</i> spp Sarsaparilla	1	166.2
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	0.6
<i>Solanum melongena</i> Aubergine; Eggplant	1	0.16
<i>Sorbus aucubaria</i> Rowan Berry	1	0.16
<i>Spinacia oleracea</i> Spinach	1	2.4
<i>Spirulina</i> spp. Spirulina	1	
<i>Stachys officinalis</i> Purple Betony; Wood Betony; Bishop's-Wort; Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	133.1
<i>Stevia rebaudiana</i> Ca-A-E; Stevia; Sweet Leaf of Paraguay	1	50.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	4.8
<i>Symphytum officinale</i> Comfrey	1	258.0
<i>Syzygium aromaticum</i> Clove; Clovetree	1	1.4
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	166.1
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	88.0
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	124.3
<i>Trachyspermum ammi</i> Ajwan	1	1.4
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	19.8
<i>Trigonella foenum-graecum</i> Fenugreek; Alholva (Sp.); Greek Hay; Bockshornklee (Ger.); Greek Clover	1	19.8
<i>Triticum aestivum</i> Wheat	1	0.6
<i>Turnera diffusa</i> Damiana	1	141.9
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	19.8
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	13.36
<i>Vaccinium vitis-idaea</i> Cowberry; Lingen; Lingonberry	1	
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	
<i>Vaccinium macrocarpon</i> Cranberry; Large Cranberry; American Cranberry	1	
<i>Valeriana officinalis</i> Garden-Heliotrope; Common Valerian; Valerian	1	52.8
<i>Verbascum thapsus</i> Flannelleaf; Mullein; Velvetplant; Great Mullein; Flannelplant	1	140.8
<i>Viburnum opulus</i> European Cranberry Bush; Crampbark; Guelder Rose; Snowballbush	1	230.0
<i>Vigna unguiculata</i> Crowder Pea; Black-eyed Pea; Cowpea; Southern Pea	1	2.4
<i>Viscum album</i> European Mistletoe	1	184.0
<i>Vitis vinifera</i> Grape; Parra (Sp.); Grapevine; Vid (Sp.); Wine Grape; European Grape; Vigne Vinifere (Fr.); Weinrebe (Ger.)	1	66.44
<i>Yucca baccata</i> Spanish Bayonet; Blue Yucca; Banana Yucca; Yucca	1	13.2
<i>Zea mays</i> Corn	1	129.6
<i>Zingiber officinale</i> Ginger	1	84.0