

*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
<i>Abelmoschus esculentus</i> Okra	8	96020.0
<i>Acacia senegal</i> Gum Arabic Tree; Gum Arabic; Senegal Gum; Kher; Sudan Gum Arabic	2	
<i>Acacia farnesiana</i> Popinac; Cassie; Huisache; Sweet Acacia; Opopanax	8	237260.0
<i>Achillea millefolium</i> Yarrow; Milfoil	2	
<i>Aesculus hippocastanum</i> Horse Chestnut	2	
<i>Albizia lebbek</i> Siris Tree; East Indian Walnut; Koko; Frywood; Women's-Tongue Tree; Lebbek; Lebbek Tree	7	
<i>Alisma plantago-aquatica</i> Water Plantain; Ze-Xie; Mud Plantain; Tse-Hsieh	1	
<i>Allium schoenoprasum</i> Chives	8	157770.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	8	91944.0
<i>Allium cepa</i> Onion; Shallot	8	52320.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	9	
<i>Aloe vera</i> Bitter Aloes; Aloe	6	
<i>Alpinia galanga</i> Greater Galangal; Siamese Ginger; Languas	8	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Amaranthus</i> sp. Pigweed	8	191518.0
<i>Anacardium occidentale</i> Cashew	8	109356.0
<i>Ananas comosus</i> Pineapple	7	15496.0
<i>Anastatica hierochuntica</i> Jericho Rose	2	
<i>Anethum graveolens</i> Garden Dill; Dill	7	105878.0
<i>Angelica sinensis</i> Dong Gui; Dang Qui; Dang Quai; Dong Quai; Dang Gui; Chinese Angelica	8	
<i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip	3	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	3	5380.0
<i>Annona reticulata</i> Custard Apple	3	3370.0
<i>Annona muricata</i> Soursop	3	8270.0
<i>Apium graveolens</i> Celery	8	62690.0
<i>Arachis hypogaea</i> Groundnut; Peanut	8	157462.0
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	8	23400.0
<i>Artemisia dracunculus</i> Tarragon	3	
<i>Artemisia abrotanum</i> Southernwood	1	
<i>Artocarpus altilis</i> Breadfruit	8	18706.0
<i>Asimina triloba</i> Pawpaw	8	44360.0
<i>Asparagus officinalis</i> Asparagus	8	180390.0
<i>Avena sativa</i> Oats	9	276000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	8	
<i>Basella alba</i> Vinespinach	8	129280.0
<i>Benincasa hispida</i> Waxgourd	3	7180.0
<i>Bertholletia excelsa</i> Creamnut; Brazilnut; Brazilnut-Tree; Paranut	8	110950.0
<i>Beta vulgaris</i> Beetroot; Garden Beet; Sugar Beet; Beet	9	48894.0
<i>Bixa orellana</i> Lipstick Pod; Achiote; Arnato; Annato; Bija; Lipsticktree; Annoto; Annatto	8	102740.0

Plant	# Chemicals	Total PPM
<i>Borago officinalis</i> Beebread; Borage; Talewort; Beeplant	2	
<i>Brassica rapa</i> Rapini; Turnip; Seven-Top Turnip	8	47690.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Cow Cabbage; Tree Kale; Spring-Heading Cabbage; Tall Kale; Collards	8	143908.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Kale; Kitchen Kale; Scotch Kale	8	140790.0
<i>Brassica oleracea</i> var. <i>italica</i> Sprouting Broccoli; Purple Cauliflower; Winter Broccoli; Heading Broccoli; Asparagus Broccoli; Broccoli; Cape Broccoli; Calabrese	8	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	8	122524.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	8	86636.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	8	299162.0
<i>Brassica oleracea</i> Kohlrabi	8	76000.0
<i>Brassica nigra</i> Black Mustard	8	158464.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	8	52970.0
<i>Brassica chinensis</i> Celery Mustard; Chinese Cabbage; Bok-Choy; Chinese White Cabbage; Pak-Choi; Chinese Mustard; Celery Cabbage	8	182498.0
<i>Cajanus cajan</i> Pigeonpea	8	151840.0
<i>Calathea allouia</i> Lleren; Leren	7	
<i>Camellia sinensis</i> Tea	5	
<i>Cannabis sativa</i> Hemp; Indian Hemp; Marihuana; Marijuana	2	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	2	
<i>Capsicum frutescens</i> Chili; Tabasco; Spur Pepper; Red Chili; Hot Pepper; Cayenne	8	82904.0
<i>Capsicum annuum</i> Cherry Pepper; Cone Pepper; Sweet Pepper; Green Pepper; Bell Pepper; Paprika	8	58378.0
<i>Carica papaya</i> Papaya	8	15218.0
<i>Carum carvi</i> Caraway; Kummel (Ger.); Comino (Sp.); Carum; Comino de prado (Sp.)	8	
<i>Castanea sativa</i> European Chestnut	8	27136.0
<i>Castanea mollissima</i> Chinese Chestnut	8	47874.0
<i>Castanea dentata</i> American Chestnut	8	52544.0
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	7	254740.0
<i>Chenopodium ambrosioides</i> Wormseed; Epazote	1	
<i>Chenopodium album</i> Lambsquarter	8	197342.0
<i>Chrysophyllum cainito</i> Star Apple; Caimito	2	
<i>Cicer arietinum</i> Chickpea; Garbanzo	8	145030.0
<i>Cichorium intybus</i> Chicory; Succory; Witloof	8	104856.0
<i>Cichorium endivia</i> Endive; Escarole	8	124958.0
<i>Citrullus lanatus</i> Watermelon	8	198714.0
<i>Citrus sinensis</i> Orange	8	28546.0
<i>Citrus reticulata</i> Tangerine; Mandarin	8	26598.0
<i>Citrus paradisi</i> Grapefruit	6	5364.0
<i>Citrus aurantiifolia</i> Lime	3	3230.0
<i>Cnidioscolus chayamansa</i> Chaya	6	143840.0
<i>Coccinia grandis</i> Tindora; Kanduri; Pepasan; Tindori; Ivy Gourd; Kundree; Little Gourd	3	
<i>Cocos nucifera</i> Copra; Nariyal; Coconut Palm; Cocotero (Sp.); Coconut; Kokospalme (Ger.)	8	
<i>Coffea arabica</i> Coffee	1	
<i>Colocasia esculenta</i> Taro	8	249170.0

Plant	# Chemicals	Total PPM
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	8	238360.0
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	8	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	
<i>Crataegus laevigata</i> Woodland Hawthorn; Whitethorn; Hawthorn; English Hawthorn	1	
<i>Crocus sativus</i> Saffron	6	
<i>Cryptotaenia japonica</i> Mitsuba; Stone Parsley; Ya Er Qin; Japanese Honewort; Japanese Cryptotaenia	7	
<i>Cucumis sativus</i> Cucumber	8	55690.0
<i>Cucurbita</i> spp Summer Squash	8	98100.0
<i>Cucurbita pepo</i> Pumpkin	8	292154.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	8	
<i>Daucus carota</i> Carrot	8	39300.0
<i>Dioscorea pentaphylla</i> Mountain Yam	8	36740.0
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Eryngium creticum</i> Cretan culantro	6	
<i>Fagopyrum esculentum</i> Buckwheat	8	80270.0
<i>Ficus carica</i> Higuera Comun (Sp.); Echte Feige (Ger.); Figuier Commun (Fr.); Higo (Sp.); Fig; Figueira (Port.); Feigenbaum (Ger.); Fico (Ital.)	8	15414.0
<i>Foeniculum vulgare</i> Fennel	6	67946.0
<i>Fragaria</i> spp Strawberry	8	30110.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	8	74908.0
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	8	263606.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	4	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	8	47842.0
<i>Helianthus annuus</i> Sunflower; Girasol	8	416211.0
<i>Hordeum vulgare</i> Barleygrass; Barley	3	32000.0
<i>Humulus lupulus</i> Hops	7	
<i>Huperzia</i> spp Cutleaf Clubmoss	1	
<i>Hypericum perforatum</i> Hypericum; Klamath Weed; Common St. Johnswort; St. John's-wort; Goatweed	3	
<i>Ipomoea batatas</i> Sweet Potato	8	42518.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	6	163610.0
<i>Juglans regia</i> English Walnut	8	
<i>Juglans nigra</i> Black Walnut	8	
<i>Juglans cinerea</i> Butternut	8	174092.0
<i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean	8	204264.0
<i>Lactuca sativa</i> Lettuce	8	141002.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	8	65470.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	3	33400.0
<i>Lens culinaris</i> Lentil	8	378292.0
<i>Lentinus edodes</i> Shiitake	8	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	7	

Plant	# Chemicals	Total PPM
<i>Linum usitatissimum</i> Linseed; Flax	8	
<i>Lupinus albus</i> White Lupine	8	239070.0
<i>Lycium chinense</i> Wolfberry; Spina Santa Chinese (Ital.); Chinese Matrimony Vine; Kaukichai (Malays.); Gou Qi (Chin.); Daun Koki (Indones.); Chinesischer Bocksdom (Ger.); Chinese Boxthorn; Lyciet de Chine (Fr.); Chinese Wolfberry; Kuko (Jap.)	3	
<i>Lycopersicon esculentum</i> Tomato	8	52894.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	2	
<i>Macadamia</i> spp Macadamia	7	38550.0
<i>Malus domestica</i> Apple	8	6838.0
<i>Mangifera indica</i> Mango	8	31100.0
<i>Manihot esculenta</i> Tapioca; Cassava; Yuca	8	32330.0
<i>Medicago sativa</i> Lucerne; Alfalfa	9	
<i>Melia azedarach</i> Chinaberry	4	
<i>Melicoccus bijugatas</i> Mamoncillo; Pitomba; Honey berry; Genip	3	
<i>Mentha x piperita</i> Peppermint	8	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	8	
<i>Momordica charantia</i> Sorosi; Bitter Melon	5	
<i>Moringa oleifera</i> Drumstick Tree; West Indian Ben; Horseradish Tree; Jacinto (Sp.); Moringa; Ben Nut; Benzolive Tree	8	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	7	208082.0
<i>Murraya</i> sp None	8	19066.0
<i>Musa x paradisiaca</i> Plantain; Banana	8	23502.0
<i>Myrciaria dubia</i> Camu-camu Negro (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.); Rumberry (Eng.); Araza de Agua (Sp.); Guapuro Blanco (Bol.); Camo Camo (Peru)	3	
<i>Nasturtium officinale</i> Watercress; Berro	8	285200.0
<i>Nelumbo nucifera</i> Water Lotus	8	129894.0
<i>Nigella sativa</i> Roman Coriander; Nutmeg-Flower; Black Caraway; Black Cumin; Fennel-Flower	7	179350.0
<i>Ocimum basilicum</i> Cuban Basil; Basil; Sweet Basil	8	85980.0
<i>Oenothera biennis</i> Evening-Primrose	8	118898.0
<i>Opuntia ficus-indica</i> Nopalito; Nopal; Prickly Pear; Indian Fig	7	143080.0
<i>Oryza sativa</i> Rice	7	
<i>Pachyrhizus erosus</i> Yambean	7	47370.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	8	13184.0
<i>Panax ginseng</i> Oriental Ginseng; Korean Ginseng; Ginseng; Chinese Ginseng	8	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	8	148742.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	7	116200.0
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	1	
<i>Paullinia cupana</i> Guarana	1	
<i>Perideridia gairdneri</i> Squaw Root	8	34164.0
<i>Persea americana</i> Avocado	8	41816.0
<i>Petroselinum crispum</i> Parsley	2	40012.0
<i>Phaseolus vulgaris</i> Haricot; String Bean; Snap Bean; Field Bean; Haricot Bean; Black Bean; Wax Bean; Pop Bean; Popping Bean; Kidney Bean; Flageolet Bean; French Bean; Green Bean; Haricot Vert; Dwarf Bean; Garden Bean; Navy Bean	8	555726.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	8	185834.0

Plant	# Chemicals	Total PPM
<i>Phaseolus acutifolius</i> Tepary Bean	6	
<i>Phoenix dactylifera</i> Date Palm	8	30310.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	8	10888.0
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	8	
<i>Pinus edulis</i> Pinyon Pine	8	
<i>Pistacia vera</i> Pistachio	8	151130.0
<i>Pisum sativum</i> Pea	8	343336.0
<i>Plantago ovata</i> Ispaghula; Spogel Seeds; Blond Psyllium; Psyllium; Indian Plantago	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	8	156968.0
<i>Pouteria campechiana</i> Canistel	3	
<i>Pouteria caimito</i> Caimito; Abiu	3	
<i>Prunus persica</i> Peach	8	29160.0
<i>Prunus dulcis</i> Almond	7	120644.0
<i>Prunus domestica</i> Plum	7	14594.0
<i>Prunus cerasus</i> Sour Cherry	3	
<i>Prunus armeniaca</i> Apricot	8	52310.0
<i>Psidium guajava</i> Guava	8	26784.0
<i>Psidium cattleianum</i> Strawberry Guava	8	13650.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Winged Bean; Goa Bean	8	511590.0
<i>Psoralea esculenta</i> Breadroot; Prairie Apple; Indian Turnip; Prairie Turnip; Indian Bread-Root; Prairie Potato	8	23716.0
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Grenadier (Fr.); Pomegranate; Romanzeiro (Port.); Granado (Sp.); Mangrano (Sp.); Zakuro (Jap.); Granatapfelbaum (Ger.)	2	
<i>Pyrus communis</i> Pear	7	9636.0
<i>Raphanus sativus</i> Radish	8	72480.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	7	92000.0
<i>Ribes nigrum</i> Black Currant	4	486.0
<i>Rivea corymbosa</i> Snakeplant	1	
<i>Rosmarinus officinalis</i> Rosemary	8	
<i>Sambucus canadensis</i> American Elderberry; American Elder; Sweet Elder; Elderberry	8	21114.0
<i>Santalum album</i> White Sandalwood	1	
<i>Scutellaria baicalensis</i> Chinese Skullcap; Huang Qin; Baikal Skullcap	4	
<i>Secale cereale</i> Rye	8	
<i>Sechium edule</i> Chayote	8	90580.0
<i>Senna obtusifolia</i> Sicklepod	7	88340.0
<i>Sesamum indicum</i> Sesame; Sesamo (Sp.); Ajonjoli (Sp.); Benneseed; Beni	8	188546.0
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Sinapis alba</i> White Mustard	8	183442.0
<i>Solanum tuberosum</i> Potato	8	72616.0
<i>Solanum melongena</i> Aubergine; Eggplant	8	77324.0
<i>Spinacia oleracea</i> Spinach	8	233482.0
<i>Stachys officinalis</i> Bishop's-Wort; Purple Betony; Wood Betony; Betony	7	
<i>Stellaria media</i> Chickweed; Common Chickweed	1	
<i>Tamarindus indica</i> Tamarind; Indian Tamarind; Kilytree	3	4984.0

Plant	# Chemicals	Total PPM
<i>Tecoma stans</i> Yellow Elder	1	
<i>Theobroma cacao</i> Cacao	6	37600.0
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	7	48134.0
<i>Tilia</i> sp. Linden; Basswood; Lime	3	
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Cowgrass; Red Clover	8	
<i>Trigonella foenum-graecum</i> Greek Clover; Bockshornklee (Ger.); Greek Hay; Alholva (Sp.); Fenugreek	8	177744.0
<i>Triticum aestivum</i> Wheat	9	256000.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	7	
<i>Vaccinium corymbosum</i> Blueberry	8	18720.0
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	3	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	8	164980.0
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	8	185690.0
<i>Vigna unguiculata</i> Southern Pea; Crowder Pea; Black-eyed Pea; Cowpea	8	332816.0
<i>Vigna radiata</i> Mungbean; Green Gram	8	343746.0
<i>Vigna angularis</i> Adzuki Bean	8	151988.0
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	7	128414.0
<i>Vitellaria paradoxa</i> Shea Nut; Sheatree; Butterseed; Shea; Shea-Butter-Tree	3	
<i>Vitis vinifera</i> Grape; Parra (Sp.); Grapevine; Vid (Sp.); Wine Grape; Weinrebe (Ger.); Vigne Vinifere (Fr.); European Grape	8	12244.0
<i>Zea mays</i> Corn	8	92100.0
<i>Zingiber officinale</i> Ginger	8	39440.0