

A Antialdosteronic

*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 | 1 | 8800.0 |
| <i>Acacia farnesiana</i> Sweet Acacia; Popinac; Opopanax; Cassie; Huisache | 1 | 29180.0 |
| <i>Achillea millefolium</i> Yarrow; Milfoil | 1 | |
| <i>Allium schoenoprasum</i> Chives | 1 | 34750.0 |
| <i>Allium sativum</i> var. <i>sativum</i> Garlic | 1 | 9600.0 |
| <i>Allium cepa</i> Shallot; Onion | 1 | 10682.0 |
| <i>Aloe vera</i> Aloe; Bitter Aloes | 1 | |
| <i>Alpinia galanga</i> Languas; Siamese Ginger; Greater Galangal | 1 | |
| <i>Amaranthus</i> sp. Pigweed | 1 | 31760.0 |
| <i>Anacardium occidentale</i> Cashew | 1 | 16338.0 |
| <i>Ananas comosus</i> Pineapple | 1 | 2518.0 |
| <i>Angelica sinensis</i> Chinese Angelica; Dang Qui; Dong Quai; Dong Gui; Dang Gui; Dang Quai | 1 | |
| <i>Apium graveolens</i> Celery | 1 | 8580.0 |
| <i>Arachis hypogaea</i> Peanut; Groundnut | 1 | 37986.0 |
| <i>Arctium lappa</i> Gobo; Great Burdock; Burdock | 1 | 3100.0 |
| <i>Artemisia dracunculus</i> Tarragon | 1 | |
| <i>Artocarpus altilis</i> Breadfruit | 1 | |
| <i>Asimina triloba</i> Pawpaw | 1 | 7002.0 |
| <i>Asparagus officinalis</i> Asparagus | 1 | 25548.0 |
| <i>Avena sativa</i> Oats | 1 | 4000.0 |
| <i>Averrhoa carambola</i> Carambola; Star Fruit | 1 | |
| <i>Basella alba</i> Vinespinach | 1 | 19420.0 |
| <i>Bertholletia excelsa</i> Brazilnut-Tree; Paranut; Brazilnut; Creamnut | 1 | 13594.0 |
| <i>Beta vulgaris</i> Sugar Beet; Garden Beet; Beet; Beetroot | 1 | 4574.0 |
| <i>Borago officinalis</i> Borage; Talewort; Beebread; Beeplant | 1 | |
| <i>Brassica rapa</i> Seven-Top Turnip; Turnip; Rapini | 1 | 6150.0 |
| <i>Brassica oleracea</i> var. <i>viridis</i> I. Tree Kale; Tall Kale; Spring-Heading Cabbage; Cow Cabbage; Collards | 1 | 19668.0 |
| <i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kale; Kitchen Kale; Curly Kale | 1 | 20464.0 |
| <i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage | 1 | 7220.0 |
| <i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower | 1 | 36946.0 |
| <i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede | 1 | 5220.0 |
| <i>Brassica chinensis</i> Celery Cabbage; Chinese White Cabbage; Celery Mustard; Chinese Cabbage; Pak-Choi; Chinese Mustard; Bok-Choy | 1 | 18378.0 |
| <i>Cajanus cajan</i> Pigeonpea | 1 | 17940.0 |
| <i>Calathea allouia</i> Leren; Lleren | 1 | |
| <i>Camellia sinensis</i> Tea | 1 | |
| <i>Canavalia ensiformis</i> Jack Bean | 1 | |
| <i>Capsicum frutescens</i> Chili; Hot Pepper; Red Chili; Spur Pepper; Cayenne; Tabasco | 1 | 12076.0 |
| <i>Capsicum annuum</i> Bell Pepper; Paprika; Cherry Pepper; Sweet Pepper; Green Pepper; Cone Pepper | 1 | 8456.0 |

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|---|-------------|-----------|
| <i>Carica papaya</i> Papaya | 1 | 3222.0 |
| <i>Carum carvi</i> Comino (Sp.); Caraway; Comino de prado (Sp.); Carum; Kummel (Ger.) | 1 | |
| <i>Castanea sativa</i> European Chestnut | 1 | 4706.0 |
| <i>Castanea mollissima</i> Chinese Chestnut | 1 | 6542.0 |
| <i>Castanea dentata</i> American Chestnut | 1 | 8076.0 |
| <i>Centella asiatica</i> Gotu Kola; Pennywort | 1 | |
| <i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread | 1 | 49820.0 |
| <i>Chenopodium album</i> Lambsquarter | 1 | 31722.0 |
| <i>Cicer arietinum</i> Garbanzo; Chickpea | 1 | 18150.0 |
| <i>Cichorium endivia</i> Escarole; Endive | 1 | 18680.0 |
| <i>Citrullus lanatus</i> Watermelon | 1 | 2356.0 |
| <i>Citrus sinensis</i> Orange | 1 | 14194.0 |
| <i>Citrus reticulata</i> Mandarin; Tangerine | 1 | 10316.0 |
| <i>Citrus paradisi</i> Grapefruit | 1 | |
| <i>Cnidioscolus chayamansa</i> Chaya | 1 | 21700.0 |
| <i>Cocos nucifera</i> Kokospalme (Ger.); Copra; Nariyal; Coconut Palm; Cocotero (Sp.); Coconut | 1 | |
| <i>Colocasia esculenta</i> Taro | 1 | 5040.0 |
| <i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya | 1 | 34840.0 |
| <i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro | 1 | |
| <i>Crocus sativus</i> Saffron | 1 | |
| <i>Cryptotaenia japonica</i> Ya Er Qin; Stone Parsley; Mitsuba; Japanese Honewort; Japanese Cryptotaenia | 1 | |
| <i>Cucumis sativus</i> Cucumber | 1 | 9620.0 |
| <i>Cucurbita</i> spp Summer Squash | 1 | 13924.0 |
| <i>Cucurbita pepo</i> Pumpkin | 1 | 74515.0 |
| <i>Cucurbita foetidissima</i> Buffalo Gourd | 1 | |
| <i>Daucus carota</i> Carrot | 1 | 4910.0 |
| <i>Dioscorea pentaphylla</i> Mountain Yam | 1 | 4960.0 |
| <i>Echinacea purpurea</i> Eastern Purple-Coneflower; Echinacea; Purple-Coneflower | 1 | |
| <i>Fagopyrum esculentum</i> Buckwheat | 1 | 19500.0 |
| <i>Ficus carica</i> Feigenbaum (Ger.); Fig; Higo (Sp.); Figuier Commun (Fr.); Higuera Comun (Sp.); Echte Feige (Ger.); Fico (Ital.); Figueira (Port.) | 1 | 2394.0 |
| <i>Foeniculum vulgare</i> Fennel | 1 | 24288.0 |
| <i>Fragaria</i> spp Strawberry | 1 | 5694.0 |
| <i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree | 1 | 11499.0 |
| <i>Glycine max</i> Soybean | 1 | 36890.0 |
| <i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw | 1 | |
| <i>Helianthus tuberosus</i> Jerusalem Artichoke | 1 | 4956.0 |
| <i>Helianthus annuus</i> Sunflower; Girasol | 1 | 30800.0 |
| <i>Ipomoea batatas</i> Sweet Potato | 1 | 5450.0 |
| <i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage | 1 | 26300.0 |
| <i>Juglans regia</i> English Walnut | 1 | |
| <i>Juglans nigra</i> Black Walnut | 1 | |

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|--|-------------|-----------|
| <i>Juglans cinerea</i> Butternut | 1 | 31202.0 |
| <i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean | 1 | 22690.0 |
| <i>Lactuca sativa</i> Lettuce | 1 | 19000.0 |
| <i>Larrea tridentata</i> Creosote Bush; Chaparral | 1 | 8400.0 |
| <i>Lens culinaris</i> Lentil | 1 | 21270.0 |
| <i>Lentinus edodes</i> Shiitake | 1 | |
| <i>Lepidium meyenii</i> Peruvian Ginseng; Maca | 1 | |
| <i>Linum usitatissimum</i> Flax; Linseed | 1 | |
| <i>Lupinus albus</i> White Lupine | 1 | 34370.0 |
| <i>Lycium chinense</i> Kuko (Jap.); Wolfberry; Lyciet de Chine (Fr.); Chinese Wolfberry; Spina Santa Cinese (Ital.); Chinese Boxthorn; Daun Koki (Indones.); Gou Qi (Chin.); Chinesischer Bocksdoorn (Ger.); Chinese Matrimony Vine; Kaukichai (Malays.) | 1 | |
| <i>Lycopersicon esculentum</i> Tomato | 1 | 7274.0 |
| <i>Macadamia</i> spp Macadamia | 1 | 7630.0 |
| <i>Malus domestica</i> Apple | 1 | 994.0 |
| <i>Mangifera indica</i> Mango | 1 | 3800.0 |
| <i>Manihot esculenta</i> Cassava; Yuca; Tapioca | 1 | 4060.0 |
| <i>Melia azedarach</i> Chinaberry | 1 | |
| <i>Mentha x piperita</i> Peppermint | 1 | |
| <i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint | 1 | |
| <i>Momordica charantia</i> Sorosi; Bitter Melon | 1 | |
| <i>Moringa oleifera</i> Moringa; West Indian Ben; Ben Nut; Drumstick Tree; Jacinto (Sp.); Horseradish Tree; Benzolive Tree | 1 | |
| <i>Mucuna pruriens</i> Velvetbean; Cowage | 1 | 30530.0 |
| <i>Murraya</i> sp None | 1 | 2592.0 |
| <i>Musa x paradisiaca</i> Plantain; Banana | 1 | 2733.0 |
| <i>Nasturtium officinale</i> Berro; Watercress | 1 | 44800.0 |
| <i>Nelumbo nucifera</i> Water Lotus | 1 | 28322.0 |
| <i>Nigella sativa</i> Black Caraway; Black Cumin; Nutmeg-Flower; Fennel-Flower; Roman Coriander | 1 | 41400.0 |
| <i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil | 1 | 13800.0 |
| <i>Oenothera biennis</i> Evening-Primrose | 1 | 21706.0 |
| <i>Opuntia ficus-indica</i> Prickly Pear; Nopal; Nopalito; Indian Fig | 1 | 37890.0 |
| <i>Oryza sativa</i> Rice | 1 | |
| <i>Pachyrhizus erosus</i> Yambean | 1 | 5710.0 |
| <i>Panax quinquefolius</i> Ginseng; American Ginseng | 1 | 3080.0 |
| <i>Panax ginseng</i> Ginseng; Oriental Ginseng; Korean Ginseng; Chinese Ginseng | 1 | |
| <i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy | 1 | 24094.0 |
| <i>Papaver bracteatum</i> Great Scarlet Poppy | 1 | 18700.0 |
| <i>Perideridia gairdneri</i> Squaw Root | 1 | 3684.0 |
| <i>Persea americana</i> Avocado | 1 | 6452.0 |
| <i>Phaseolus vulgaris</i> Popping Bean; Pop Bean; Navy Bean; Garden Bean; Flageolet Bean; Haricot; French Bean; Field Bean; Snap Bean; Haricot Vert; Kidney Bean; String Bean; Haricot Bean; Dwarf Bean; Green Bean; Black Bean; Wax Bean | 1 | 63276.0 |
| <i>Phaseolus lunatus</i> Butter Bean; Lima Bean | 1 | 20180.0 |
| <i>Phoenix dactylifera</i> Date Palm | 1 | 6020.0 |
| <i>Phyllanthus emblica</i> Emblic; Myrobalan | 1 | 1960.0 |

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|--|-------------|-----------|
| <i>Pinellia ternata</i> Pan-Hsia; Ban-Xia | 1 | |
| <i>Pinus pinea</i> Italian Stone Pine; Pignolia | 1 | |
| <i>Pinus edulis</i> Pinyon Pine | 1 | |
| <i>Pistacia vera</i> Pistachio | 1 | 22782.0 |
| <i>Pisum sativum</i> Pea | 1 | 31652.0 |
| <i>Plantago ovata</i> Spogel Seeds; Ispaghula; Psyllium; Blond Psyllium; Indian Plantago | 1 | |
| <i>Portulaca oleracea</i> Purslane; Verdolaga | 1 | 22000.0 |
| <i>Prunus persica</i> Peach | 1 | 3888.0 |
| <i>Prunus dulcis</i> Almond | 1 | 25858.0 |
| <i>Prunus domestica</i> Plum | 1 | 1622.0 |
| <i>Prunus cerasus</i> Sour Cherry | 1 | |
| <i>Prunus armeniaca</i> Apricot | 1 | 5860.0 |
| <i>Psidium guajava</i> Guava | 1 | 5904.0 |
| <i>Psidium cattleianum</i> Strawberry Guava | 1 | 3000.0 |
| <i>Psophocarpus tetragonolobus</i> Winged Bean; Goa Bean; Asparagus Pea | 1 | 56056.0 |
| <i>Psoralea esculenta</i> Breadroot; Prairie Turnip; Indian Bread-Root; Prairie Apple; Indian Turnip; Prairie Potato | 1 | 2194.0 |
| <i>Pyrus communis</i> Pear | 1 | 1358.0 |
| <i>Raphanus sativus</i> Radish | 1 | 8530.0 |
| <i>Rehmannia glutinosa</i> Chinese Foxglove | 1 | 4000.0 |
| <i>Rosmarinus officinalis</i> Rosemary | 1 | |
| <i>Salvia officinalis</i> Sage | 1 | |
| <i>Sambucus canadensis</i> Elderberry; American Elder; Sweet Elder; American Elderberry | 1 | 3564.0 |
| <i>Scutellaria baicalensis</i> Chinese Skullcap; Huang Qin; Baikal Skullcap | 1 | |
| <i>Secale cereale</i> Rye | 1 | |
| <i>Sechium edule</i> Chayote | 1 | 12860.0 |
| <i>Senna obtusifolia</i> Sicklepod | 1 | 13780.0 |
| <i>Sesamum indicum</i> Beni; Sesamo (Sp.); Benneseed; Sesame; Ajonjoli (Sp.) | 1 | 39836.0 |
| <i>Silybum marianum</i> Milk Thistle; Lady's Thistle | 1 | |
| <i>Sinapis alba</i> White Mustard | 1 | 28076.0 |
| <i>Solanum tuberosum</i> Potato | 1 | 11400.0 |
| <i>Solanum melongena</i> Eggplant; Aubergine | 1 | 10904.0 |
| <i>Spinacia oleracea</i> Spinach | 1 | 31828.0 |
| <i>Stachys officinalis</i> Bishop's-Wort; Purple Betony; Wood Betony; Betony | 1 | |
| <i>Theobroma cacao</i> Cacao | 1 | 1800.0 |
| <i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme | 1 | |
| <i>Tilia</i> sp. Linden; Lime; Basswood | 1 | |
| <i>Trigonella foenum-graecum</i> Greek Clover; Fenugreek; Greek Hay; Bockshornklee (Ger.); Alholva (Sp.) | 1 | 28732.0 |
| <i>Triticum aestivum</i> Wheat | 1 | 11270.0 |
| <i>Urtica dioica</i> Stinging Nettle; European Nettle | 1 | |
| <i>Vaccinium corymbosum</i> Blueberry | 1 | 3638.0 |
| <i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce | 1 | 21940.0 |
| <i>Vicia faba</i> Broadbean; Habas; Faba Bean | 1 | 24200.0 |

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|---|-------------|-----------|
| <i>Vigna unguiculata</i> Cowpea; Crowder Pea; Black-eyed Pea; Southern Pea | 1 | 17100.0 |
| <i>Vigna radiata</i> Mungbean; Green Gram | 1 | 34214.0 |
| <i>Vigna angularis</i> Adzuki Bean | 1 | 17468.0 |
| <i>Vitis vinifera</i> Wine Grape; Grape; Weinrebe (Ger.); Vid (Sp.); European Grape; Grapevine; Parra (Sp.); Vigne Vinifere (Fr.) | 1 | 2058.0 |
| <i>Zea mays</i> Corn | 1 | 10566.0 |
| <i>Zingiber officinale</i> Ginger | 1 | 4972.0 |