

A Estrogenic?

*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 farnesiana Opopanax; Sweet Acacia; Popinac; Cassie; Huisache	1	
Acacia decurrens Green Wattle	1	
Acacia catechu Catechu; Black Cutch	1	
Achillea millefolium Milfoil; Yarrow	1	
Adiantum capillus-veneris Maidenhair Fern	1	
Aesculus hippocastanum Horse Chestnut	1	
Agathosma betulina Honey Buchu; Buchu; Mountain Buchu	1	
Agrimonia eupatoria Agrimony; Sticklewort	1	
Alisma plantago-aquatica Mud Plantain; Tse-Hsieh; Ze-Xie; Water Plantain	1	
Allium sativum var. sativum Garlic	1	
Allium cepa Shallot; Onion	1	
Amaranthus spinosus Spiny pigweed	1	
Amaranthus sp. Pigweed	1	
Ammi visnaga Visnaga	1	
Anastatica hierochuntica Jericho Rose	1	
Anethum graveolens Garden Dill; Dill	1	
Apium graveolens Celery	1	340.0
Arachis hypogaea Groundnut; Peanut	1	
Araucaria bidwillii Monkey puzzle	1	
Artemisia vulgaris Mugwort	1	
Artemisia dracunculus Tarragon	1	1120.0
Artemisia absinthium Wormwood	1	
Artemisia abrotanum Southernwood	1	
Aspalathus linearis Red Bush Tea; Rooibos; Kaffree Tea	1	
Asparagus officinalis Asparagus	1	
Azadirachta indica Neem	1	
Berberis vulgaris Barberry	1	
Brassica oleracea var. italica Winter Broccoli; Sprouting Broccoli; Asparagus Broccoli; Purple Cauliflower; Broccoli; Cape Broccoli; Calabrese; Heading Broccoli	1	
Brassica oleracea var. gemmifera Brussels-Sprouts; Brussel-Sprout	1	40.0
Brassica oleracea var. botrytis I. Cauliflower	1	
Caesalpinia pulcherrima Bird Of Paradise	1	
Calendula officinalis Pot-Marigold; Calendula	1	
Camellia sinensis Tea	1	2780.0
Capparis spinosa Caperbush; Caper	1	
Capsella bursa-pastoris Shepherd's Purse	1	
Capsicum frutescens Spur Pepper; Red Chili; Tabasco; Cayenne; Hot Pepper; Chili	1	
Capsicum annuum Sweet Pepper; Bell Pepper; Paprika; Cherry Pepper; Cone Pepper; Green Pepper	1	
Centaurea calcitrapa Star-Thistle	1	

Plant	# Chemicals	Total PPM
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	1	
<i>Cichorium intybus</i> Succory; Witloof; Chicory	1	
<i>Citrullus lanatus</i> Watermelon	1	
<i>Citrus sinensis</i> Orange	1	30200.0
<i>Citrus limon</i> Lemon	1	4.0
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	
<i>Cornus mas</i> Cornelian Cherry; Sorbet	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus pentagyna</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Whitethorn; Woodland Hawthorn; Hawthorn	1	
<i>Cucumis melo</i> Cantaloupe; Muskmelon; Persian Melon; Nutmeg Melon; Melon; Netted Melon	1	
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	
<i>Cynara cardunculus</i> Artichoke	1	
<i>Datura stramonium</i> Jimsonweed	1	
<i>Dictamnus albus</i> Gas Plant; Burning Bush; Gazelotu; Akgiritotu; Dittany	1	
<i>Dodonaea viscosa</i> Hopwood	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	
<i>Echinacea purpurea</i> Echinacea; Purple-Coneflower; Eastern Purple-Coneflower	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Erythroxylum novogranatense</i> Coca	1	10000.0
<i>Erythroxylum coca</i> Coca	1	10000.0
<i>Eschscholzia californica</i> California Poppy	1	55000.0
<i>Eucalyptus macrorrhuncha</i>	1	
<i>Eucalyptus globulus</i> Tasmanian Bluegum; Eucalypt; Blue Gum	1	
<i>Eucalyptus citriodora</i> Citron-Scented Gum; Lemon-Scented Gum; Lemon Eucalyptus; Spotted Gum	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphorbia pulcherrima</i> Poinsettia	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	468900.0
<i>Fallopia japonica</i> Hu-Zhang; Japanese Knotweed; Mexican Bamboo; Giant Knotweed	1	
<i>Ficus carica</i> Figuiet Commun (Fr.); Higo (Sp.); Feigenbaum (Ger.); Fico (Ital.); Higuera Comun (Sp.); Fig; Figueira (Port.); Echte Feige (Ger.)	1	15300.0
<i>Filipendula ulmaria</i> Meadowsweet; Queen Of The Meadow	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Forsythia suspensa</i> Lien-Chiao; Lian-Jiao	1	2000.0
<i>Galega officinalis</i> Goat's Rue; Galega	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	1	

Plant	# Chemicals	Total PPM
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Chinese Licorice; Gan-Cao	1	
<i>Gossypium</i> sp Cotton	1	
<i>Hedera helix</i> Ivy	1	
<i>Hemidesmus indicus</i> Indian Sarsaparilla	1	
<i>Houttuynia cordata</i> Yu Xing Cao; Fishwort; Dokudami	1	
<i>Humulus lupulus</i> Hops	1	4000.0
<i>Hydrangea paniculata</i> Peegee	1	82000.0
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Common St. Johnswort; Goatweed; St. John's-wort; Klamath Weed; Hypericum	1	
<i>Ilex paraguariensis</i> Paraguay Tea; South American Holly; Mate	1	
<i>Illicium verum</i> Chinese Star Anise; anis de China (Sp.); anis estrellado (Sp.); Chinesischer Sternanis (Ger.); Star Anise; Sternanis (Ger.)	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Laurus nobilis</i> Bayleaf; Bay; Laurel; Grecian Laurel; Bay Laurel; Sweet Bay	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Ligustrum lucidum</i> Ligustri Fructus; Glossy Privet; Chinese Privet; Privet; White Waxtree	1	
<i>Lycium chinense</i> Chinese Boxthorn; Kaukichai (Malays.); Spina Santa Cinese (Ital.); Lyciet de Chine (Fr.); Kuko (Jap.); Wolfberry; Chinese Wolfberry; Chinese Matrimony Vine; Gou Qi (Chin.); Chinesischer Bocksdom (Ger.); Daun Koki (Indones.)	1	
<i>Lycopersicon esculentum</i> Tomato	1	48000.0
<i>Maclura pomifera</i> Osage-Orange; Hedge Apple	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	1000.0
<i>Magnolia denudata</i> Xin-Yi; Hsin-I	1	
<i>Malus domestica</i> Apple	1	
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Menyanthes trifoliata</i> Bog Myrtle; Marsh Trefoil; Water Trefoil; Marsh Clover; Bogbean; Buckbean	1	
<i>Mercurialis annua</i> Annual Mercury	1	
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	120000.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	
<i>Nasturtium officinale</i> Berro; Watercress	1	
<i>Nelumbo nucifera</i> Water Lotus	1	
<i>Nerium oleander</i> Oleander	1	
<i>Nicotiana tabacum</i> Tobacco	1	20000.0
<i>Nicotiana glauca</i> Tree Tobacco	1	42000.0
<i>Nigella sativa</i> Roman Coriander; Nutmeg-Flower; Fennel-Flower; Black Caraway; Black Cumin	1	
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	1	
<i>Olea europaea</i> Olive	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Nopalito; Indian Fig; Nopal	1	
<i>Origanum vulgare</i> Wild Marjoram; Wild Oregano; Pot Marjoram; European Oregano; Oregano; Common Turkish Oregano	1	
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	

Plant	# Chemicals	Total PPM
<i>Passiflora incarnata</i> Mayapple; Manzano de Mayo; Passionflower	1	
<i>Pastinaca sativa</i> Parsnip	1	
<i>Petroselinum crispum</i> Parsley	1	60000.0
<i>Phaseolus vulgaris</i> Flageolet Bean; Haricot Bean; Garden Bean; String Bean; Dwarf Bean; Kidney Bean; Green Bean; Snap Bean; French Bean; Navy Bean; Wax Bean; Field Bean; Haricot; Black Bean; Haricot Vert; Popping Bean; Pop Bean	1	
<i>Phaseolus aborigineus</i>	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Phyllanthus niruri</i> Seed On The Leaf	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	
<i>Phyllanthus amarus</i>	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	1	
<i>Plumeria acutifolia</i> Frangipani	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	60000.0
<i>Polygonum aviculare</i> Prostrate Knotweed	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus spinosa</i> Blackthorn; Sloe	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	35400.0
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	1	
<i>Pueraria montana</i> Kudzu; Kudzu	1	
<i>Punica granatum</i> Zakuro (Jap.); Romanzeiro (Port.); Granatapfelbaum (Ger.); Granado (Sp.); Grenadier (Fr.); Granatapfelstrauch (Ger.); Mangrano (Sp.); Pomegranate	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	12000.0
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Ricinus communis</i> Castorbean	1	4000.0
<i>Rosa multiflora</i> Multiflora Rose	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Rumex crispus</i> Curly Dock; Sour Dock; Lengua De Vaca; Yellow Dock	1	
<i>Rumex acetosella</i> Sheep Sorrel	1	10600.0
<i>Rumex acetosa</i> Garden Sorrel	1	25600.0
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	800.0
<i>Ruta graveolens</i> Rue	1	40000.0
<i>Salix alba</i> White Willow	1	
<i>Sambucus nigra</i> Black Elder; Elder; European Elder; European Alder; European Elderberry	1	18400.0
<i>Sambucus canadensis</i> American Elderberry; Elderberry; Sweet Elder; American Elder	1	73000.0
<i>Scopolia carniolica</i> Scopolia	1	
<i>Selenicereus grandiflorus</i> Night-Blooming Cereus; Queen-of-the-Night	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Smilax china</i> China Root	1	
<i>Solanum tuberosum</i> Potato	1	

Plant	# Chemicals	Total PPM
<i>Solidago virgaurea</i> European Goldenrod; Woundwort	1	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	868000.0
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spinacia oleracea</i> Spinach	1	340.0
<i>Stellaria media</i> Chickweed; Common Chickweed	1	
<i>Stevia rebaudiana</i> Stevia; Sweet Leaf of Paraguay; Ca-A-E	1	
<i>Syringa vulgaris</i> Lilac	1	
<i>Tephrosia purpurea</i> Wild Indigo; Purple Tephrosia	1	
<i>Terminalia chebula</i> Myrobalan; Black Myrobalan; Chebulic Myrobalan; Ink Nut	1	
<i>Teucrium scorodonia</i> Wood Germander; Germander	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Clover; Bockshornklee (Ger.); Fenugreek; Greek Hay	1	
<i>Tussilago farfara</i> Coltsfoot	1	7200.0
<i>Uncaria tomentosa</i> Cat's Claw; Garabato Amarillo; Una de Gato	1	
<i>Uncaria guianensis</i> Cat's Claw; Tambor Huasca; Garabato Colorado; Ungunagi; Una de Gato	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Vigna radiata</i> Mungbean; Green Gram	1	
<i>Viola tricolor</i> Pansy; Wild Violet	1	460000.0
<i>Viola odorata</i> Common Violet; Sweet Violet	1	40000.0
<i>Vitis vinifera</i> Grape; European Grape; Grapevine; Vid (Sp.); Vigne Vinifere (Fr.); Parra (Sp.); Wine Grape; Weinrebe (Ger.)	1	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Xylopia aethiopica</i> Maniguete (Sp.); Guinea Pepper; Ethiopian Pepper; Negro Pepper; Mohrenpfeffer (Ger.); Pimienta de Guinea (Sp.); Spice Tree	1	
<i>Zizyphus jujuba</i> Da-Zao; Ta-Tsao; Jujube	1	30000.0