

A Antialkalotic

*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	16200.0
<i>Acacia farnesiana</i> Huisache; Opopanax; Popinac; Cassie; Sweet Acacia	1	43940.0
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Albizia lebeck</i> Women's-Tongue Tree; Lebbek; Frywood; Lebbek Tree; Siris Tree; East Indian Walnut; Koko	1	
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	13104.0
<i>Allium cepa</i> Onion; Shallot	1	12208.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Alpinia galanga</i> Languas; Siamese Ginger; Greater Galangal	1	
<i>Amaranthus</i> sp. Pigweed	1	30556.0
<i>Anacardium occidentale</i> Cashew	1	16622.0
<i>Ananas comosus</i> Pineapple	1	3704.0
<i>Anethum graveolens</i> Garden Dill; Dill	1	22484.0
<i>Angelica sinensis</i> Chinese Angelica; Dong Quai; Dang Quai; Dang Gui; Dang Qui; Dong Gui	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	4110.0
<i>Annona reticulata</i> Custard Apple	1	2600.0
<i>Annona muricata</i> Soursop	1	6360.0
<i>Apium graveolens</i> Celery	1	10820.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	21254.0
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	1	6700.0
<i>Artemisia dracuncululus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	2516.0
<i>Asimina triloba</i> Pawpaw	1	7662.0
<i>Asparagus officinalis</i> Asparagus	1	37420.0
<i>Avena sativa</i> Oats	1	42000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Basella alba</i> Vinespinach	1	24930.0
<i>Benincasa hispida</i> Waxgourd	1	4610.0
<i>Bertholletia excelsa</i> Brazilnut; Paranut; Brazilnut-Tree; Creamnut	1	11194.0
<i>Beta vulgaris</i> Beet; Beetroot; Sugar Beet; Garden Beet	1	8360.0
<i>Bixa orellana</i> Annatto; Achiote; Arnato; Annoto; Lipsticktree; Lipstick Pod; Bija; Annato	1	28500.0
<i>Brassica rapa</i> Seven-Top Turnip; Rapini; Turnip	1	8850.0
<i>Brassica oleracea</i> var. <i>viridis</i> l. Cow Cabbage; Tall Kale; Tree Kale; Collards; Spring-Heading Cabbage	1	24586.0
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Kale; Curly Kale; Kitchen Kale; Scotch Kale	1	25350.0
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Heading Broccoli; Sprouting Broccoli; Winter Broccoli; Cape Broccoli; Asparagus Broccoli; Calabrese; Purple Cauliflower	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	21992.0
<i>Brassica oleracea</i> var. <i>capitata</i> l. White Cabbage; Red Cabbage; Cabbage	1	15242.0
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	1	57936.0

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<i>Brassica oleracea</i> Kohlrabi	1	12444.0
<i>Brassica nigra</i> Black Mustard	1	33284.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	7540.0
<i>Brassica chinensis</i> Bok-Choy; Celery Cabbage; Pak-Choi; Celery Mustard; Chinese Cabbage; Chinese Mustard; Chinese White Cabbage	1	38038.0
<i>Cajanus cajan</i> Pigeonpea	1	34020.0
<i>Calathea allouia</i> Lleren; Leren	1	
<i>Camellia sinensis</i> Tea	1	
<i>Capsicum frutescens</i> Hot Pepper; Tabasco; Red Chili; Cayenne; Spur Pepper; Chili	1	14524.0
<i>Capsicum annuum</i> Cone Pepper; Cherry Pepper; Bell Pepper; Green Pepper; Paprika; Sweet Pepper	1	10366.0
<i>Carica papaya</i> Papaya	1	4476.0
<i>Carum carvi</i> Comino (Sp.); Caraway; Carum; Comino de prado (Sp.); Kummel (Ger.)	1	
<i>Castanea sativa</i> European Chestnut	1	5234.0
<i>Castanea mollissima</i> Chinese Chestnut	1	8232.0
<i>Castanea dentata</i> American Chestnut	1	9568.0
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	1	52640.0
<i>Chenopodium album</i> Lambsquarter	1	45100.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	29190.0
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	15912.0
<i>Cichorium endivia</i> Escarole; Endive	1	20290.0
<i>Citrullus lanatus</i> Watermelon	1	32470.0
<i>Citrus sinensis</i> Orange	1	7096.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	5158.0
<i>Citrus paradisi</i> Grapefruit	1	3520.0
<i>Citrus aurantiifolia</i> Lime	1	2380.0
<i>Cnidioscolus chayamansa</i> Chaya	1	30380.0
<i>Cocos nucifera</i> Copra; Coconut Palm; Cocotero (Sp.); Coconut; Nariyal; Kokospalme (Ger.)	1	
<i>Colocasia esculenta</i> Taro	1	38870.0
<i>Corchorus olitorius</i> Nalta Jute; Mulukiya; Jew's Mallow	1	35650.0
<i>Coriandrum sativum</i> Coriander; Cilantro; Chinese Parsley	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Mitsuba; Japanese Cryptotaenia; Stone Parsley; Japanese Honewort; Ya Er Qin	1	
<i>Cucumis sativus</i> Cucumber	1	11140.0
<i>Cucurbita</i> spp Summer Squash	1	20570.0
<i>Cucurbita pepo</i> Pumpkin	1	53671.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	6550.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	5600.0
<i>Eryngium creticus</i> Cretan culantro	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	14220.0
<i>Ficus carica</i> Higuera Comun (Sp.); Echte Feige (Ger.); Figueira (Port.); Feigenbaum (Ger.); Fig; Figuier Commun (Fr.); Fico (Ital.); Higo (Sp.)	1	2872.0
<i>Fragaria</i> spp Strawberry	1	5932.0

Plant	# Chemicals	Total PPM
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	10234.0
<i>Glycine max</i> Soybean	1	53120.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	8576.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	19800.0
<i>Humulus lupulus</i> Hops	1	
<i>Hypericum perforatum</i> Goatweed; St. John's-wort; Klamath Weed; Hypericum; Common St. Johnswort	1	
<i>Ipomoea batatas</i> Sweet Potato	1	6560.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	15932.0
<i>Lablab purpureus</i> Lablab Bean; Hyacinth Bean; Bonavist Bean	1	36000.0
<i>Lactuca sativa</i> Lettuce	1	28000.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	9400.0
<i>Lens culinaris</i> Lentil	1	91540.0
<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	43170.0
<i>Lycopersicon esculentum</i> Tomato	1	10910.0
<i>Macadamia spp</i> Macadamia	1	6660.0
<i>Malus domestica</i> Apple	1	1492.0
<i>Mangifera indica</i> Mango	1	6400.0
<i>Manihot esculenta</i> Yuca; Tapioca; Cassava	1	6350.0
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melicoccus bijugatas</i> Honey berry; Pitomba; Genip; Mamoncillo	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	
<i>Moringa oleifera</i> Benzolive Tree; Drumstick Tree; Ben Nut; Horseradish Tree; Jacinto (Sp.); Moringa; West Indian Ben	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	41128.0
<i>Murraya sp</i> None	1	3456.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	3593.0
<i>Nasturtium officinale</i> Watercress; Berro	1	53600.0
<i>Nelumbo nucifera</i> Water Lotus	1	25000.0
<i>Nigella sativa</i> Nutmeg-Flower; Fennel-Flower; Black Caraway; Roman Coriander; Black Cumin	1	41400.0
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	12360.0
<i>Oenothera biennis</i> Evening-Primrose	1	7684.0
<i>Opuntia ficus-indica</i> Nopalito; Prickly Pear; Indian Fig; Nopal	1	24560.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	9400.0

Plant	# Chemicals	Total PPM
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	4200.0
<i>Panax ginseng</i> Ginseng; Oriental Ginseng; Chinese Ginseng; Korean Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	23578.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	16300.0
<i>Perideridia gairdneri</i> Squaw Root	1	5968.0
<i>Persea americana</i> Avocado	1	7306.0
<i>Petroselinum crispum</i> Parsley	1	37448.0
<i>Phaseolus vulgaris</i> Haricot Bean; Pop Bean; Kidney Bean; Snap Bean; Wax Bean; French Bean; Haricot; Black Bean; String Bean; Flageolet Bean; Popping Bean; Haricot Vert; Garden Bean; Green Bean; Field Bean; Dwarf Bean; Navy Bean	1	102822.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	38020.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	4900.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	2336.0
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	26590.0
<i>Pisum sativum</i> Pea	1	69950.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	26400.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Abiu; Caimito	1	
<i>Prunus persica</i> Peach	1	3726.0
<i>Prunus dulcis</i> Almond	1	13932.0
<i>Prunus domestica</i> Plum	1	2298.0
<i>Prunus armeniaca</i> Apricot	1	14210.0
<i>Psidium guajava</i> Guava	1	3312.0
<i>Psidium cattleianum</i> Strawberry Guava	1	1650.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Asparagus Pea; Goa Bean	1	94100.0
<i>Psoralea esculenta</i> Prairie Potato; Prairie Turnip; Indian Turnip; Prairie Apple; Breadroot; Indian Bread-Root	1	5486.0
<i>Pyrus communis</i> Pear	1	1730.0
<i>Raphanus sativus</i> Radish	1	13570.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	8000.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> Elderberry; Sweet Elder; American Elder; American Elderberry	1	2574.0
<i>Santalum album</i> White Sandalwood	1	
<i>Scutellaria baicalensis</i> Baikal Skullcap; Huang Qin; Chinese Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	12290.0
<i>Senna obtusifolia</i> Sicklepod	1	19000.0
<i>Sesamum indicum</i> Beni; Benneseed; Sesamo (Sp.); Ajonjoli (Sp.); Sesame	1	17458.0
<i>Sinapis alba</i> White Mustard	1	32504.0
<i>Solanum tuberosum</i> Potato	1	13600.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	12640.0
<i>Spinacia oleracea</i> Spinach	1	41328.0

Plant	# Chemicals	Total PPM
<i>Stachys officinalis</i> Bishop's-Wort; Wood Betony; Purple Betony; Betony	1	
<i>Tamarindus indica</i> Kilytree; Tamarind; Indian Tamarind	1	4052.0
<i>Theobroma cacao</i> Cacao	1	1600.0
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	4472.0
<i>Trifolium pratense</i> Peavine Clover; Purple Clover; Red Clover; Cowgrass	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Hay; Greek Clover; Fenugreek; Bockshornklee (Ger.)	1	37050.0
<i>Triticum aestivum</i> Wheat	1	54000.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	1560.0
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	28050.0
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	1	38530.0
<i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean	1	66238.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	71466.0
<i>Vigna angularis</i> Adzuki Bean	1	34588.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	27636.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Grape; Weinrebe (Ger.); Parra (Sp.); Vid (Sp.); Grapevine; European Grape; Wine Grape	1	1544.0
<i>Zea mays</i> Corn	1	11398.0
<i>Zingiber officinale</i> Ginger	1	6220.0