

A Flatugenic

*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>Acacia senegal</i> Senegal Gum; Sudan Gum Arabic; Gum Arabic Tree; Gum Arabic; Kher	1	
<i>Acacia nilotica</i> Babul	2	
<i>Achillea millefolium</i> Milfoil; Yarrow	2	
<i>Aconitum napellus</i> European Aconite; Monkshood; Garden Wolfsbane; Turk's Cap; Friar's Cap; Helmet Flower; Queen's Fettle; Garden Monkshood; Aconite; Bear's-Foot; Blue Rocket; Soldier's Cap	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	2	
<i>Alisma plantago-aquatica</i> Ze-Xie; Mud Plantain; Tse-Hsieh; Water Plantain	3	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	3	
<i>Allium cepa</i> Shallot; Onion	2	
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	4	
<i>Alnus glutinosa</i> Black Alder	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Anamirta cocculus</i> Levant Berry	1	
<i>Ananas comosus</i> Pineapple	1	300000.0
<i>Anastatica hierochuntica</i> Jericho Rose	3	
<i>Angelica sinensis</i> Dong Quai; Dang Quai; Dong Gui; Chinese Angelica; Dang Qui; Dang Gui	1	
<i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	545000.0
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	2	140000.0
<i>Areca catechu</i> Pin-Lang; Betel Nut	1	
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	1	20000.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Asimina triloba</i> Pawpaw	1	1090000.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	
<i>Ballota nigra</i> Black Horehound	3	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Beetroot; Garden Beet; Sugar Beet; Beet	2	540000.0
<i>Boswellia serrata</i> Salai Guggal; Indian Olibanum-Tree; Salaki; Salai; Indian Frankincense; Kundur Luban	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Carica papaya</i> Papaya	1	
<i>Cassia tora</i> Sickle Senna	1	
<i>Castanea sativa</i> European Chestnut	1	432000.0
<i>Catalpa bignonioides</i> Indian bean	2	
<i>Catha edulis</i> Khat	1	
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	

Plant	# Chemicals	Total PPM
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	2	
<i>Cichorium intybus</i> Succory; Chicory; Witloof	2	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Citrus sinensis</i> Orange	1	94000.0
<i>Citrus paradisi</i> Grapefruit	1	42800.0
<i>Citrus mitis</i> Calamansi; Calamondin	1	
<i>Cnidium officinale</i> Jih-Chiung	1	
<i>Cocos nucifera</i> Coconut Palm; Copra; Coconut; Nariyal; Kokospalme (Ger.); Cocotero (Sp.)	2	269800.0
<i>Coffea arabica</i> Coffee	2	
<i>Consolida ajacis</i> Larkspur	1	6000.0
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	1	
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	
<i>Coriaria myrtifolia</i> Mealy Tree	1	
<i>Corylus avellana</i> European Filbert; European Hazel; Hazel; Cobnut; English Filbert	3	100000.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Hawthorn; English Hawthorn; Woodland Hawthorn	1	
<i>Cucurbita pepo</i> Pumpkin	2	428000.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	3	
<i>Cuminum cyminum</i> Cumin	1	
<i>Cuscuta reflexa</i> Amarbel	1	
<i>Cyphomandra betacea</i> Tamarillo; Tree Tomato	1	
<i>Daphne mezereum</i> Spurge Olive; Spurge Laurel	1	
<i>Daucus carota</i> Carrot	1	678000.0
<i>Dianthus caryophyllus</i> Clove Pink; Oeillet (Fr.); Carnation; Nelke (Ger.); Clavel (Sp.)	3	
<i>Drimys winteri</i> Winter's Bark	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng; Siberian Ginseng; Wu jia	1	
<i>Elytrigia repens</i> Quackgrass; Doggrass; Couchgrass; Twitchgrass; Wheatgrass	1	30000.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Ficus carica</i> Figueira (Port.); Figuier Commun (Fr.); Feigenbaum (Ger.); Fico (Ital.); Fig; Higo (Sp.); Echte Feige (Ger.); Higuera Comun (Sp.)	1	462250.0
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	1	
<i>Gardenia jasminoides</i> Shan-Chih-Tzu; Zhi Zi; Jasmin; Gardenia; Shan-Zhi-Zi; Cape Jasmine	1	
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	167200.0
<i>Glycine max</i> Soybean	3	275500.0
<i>Glycyrrhiza uralensis</i> Gan-Cao; Chinese Licorice; Kan-Tsao	2	
<i>Glycyrrhiza glabra</i> Smooth Licorice; Licorice; Commom Licorice; Licorice-Root	2	181700.0
<i>Gossypium sp</i> Cotton	1	

Plant	# Chemicals	Total PPM
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	3	495000.0
<i>Helianthus annuus</i> Girasol; Sunflower	3	
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Roselle; Malventee (Ger.); Kharkadi; Red Sorrel; Sorrel; Indian Sorrel; Rosa de Jamaica (Sp.); <i>Acedera de Guinea</i> (Sp.); <i>Sereni</i> (Sp.); <i>Rosella</i> (Ger.)	1	4800.0
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	2	
<i>Hordeum vulgare</i> Barleygrass; Barley	2	
<i>Humulus lupulus</i> Hops	3	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hypericum perforatum</i> Klamath Weed; Common St. Johnswort; Hypericum; Goatweed; St. John's-wort	1	40000.0
<i>Isatis tinctoria</i> Dyer's Woad	1	
<i>Jasminum officinale</i> Jasmine; Poet's Jessamine	1	
<i>Jatropha curcas</i> Physic Nut; Purging Nut	3	
<i>Kalmia latifolia</i> Mountain Laurel; Calico Bush; Spoonwood	1	
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Laurus nobilis</i> Bayleaf; Bay; Sweet Bay; Grecian Laurel; Bay Laurel; Laurel	1	
<i>Lawsonia inermis</i> Jamaica-Mignonette; Henna; Mignonette; Mignonette Tree	2	
<i>Lens culinaris</i> Lentil	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Ligustrum vulgare</i> Common Privet	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Flax; Linseed	2	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycoris radiata</i> Spider Lily	1	146400.0
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Mahonia repens</i> Oregon Barberry; Creeping Barberry; Oregon Grape-Holly; Oregon Grape	1	
<i>Malus domestica</i> Apple	1	72400.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	251600.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	2	
<i>Melilotus indica</i> Small-Flowered Melilot	1	
<i>Melissa officinalis</i> Lemonbalm; Balm; Bee Balm; Melissa	1	
<i>Mentha arvensis</i> var. <i>piperascens</i> Cornmint; Field Mint; Japanese Mint	2	
<i>Musa x paradisiaca</i> Banana; Plantain	1	137400.0
<i>Nelumbo nucifera</i> Water Lotus	3	141730.0
<i>Nicotiana tabacum</i> Tobacco	3	140000.0
<i>Oenanthe crocata</i> Water Dropwort	1	
<i>Olea europaea</i> Olive	1	
<i>Ophiopogon japonicus</i> Mai-Men-Dong; Mai-Men-Tung	1	

Plant	# Chemicals	Total PPM
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopal; Nopalito	1	
<i>Origanum vulgare</i> Wild Oregano; Wild Marjoram; Common Turkish Oregano; European Oregano; Pot Marjoram; Oregano	1	
<i>Oryza sativa</i> Rice	1	9600.0
<i>Paeonia officinalis</i> Double Peony	1	280000.0
<i>Paeonia lactiflora</i> Common Garden Peony; Bai Shao (Chinese); White Peony; Peony; Chih-Shao	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	85420.0
<i>Panax ginseng</i> Ginseng; Korean Ginseng; Oriental Ginseng; Chinese Ginseng	2	
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	2	
<i>Phaseolus acutifolius</i> Tepary Bean	3	
<i>Phoenix dactylifera</i> Date Palm	3	886800.0
<i>Phragmites australis</i> Ditch Reed; Reed Grass; Common Reed; Giant Reed	1	
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	25940.0
<i>Physalis ixocarpa</i> Tomatillo	1	50120.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	
<i>Pinus sylvestris</i> Scotch Pine	3	50000.0
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	50000.0
<i>Pistacia vera</i> Pistachio	1	65200.0
<i>Pisum sativum</i> Pea	3	612000.0
<i>Plantago ovata</i> Blond Psyllium; Psyllium; Ispaghula; Indian Plantago; Spogel Seeds	1	
<i>Polygala senega</i> Seneca Snakeroot; Senega	2	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	310000.0
<i>Populus nigra</i> Black Poplar	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus persica</i> Peach	1	200000.0
<i>Prunus dulcis</i> Almond	3	
<i>Prunus domestica</i> Plum	1	96000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	108000.0
<i>Psidium guajava</i> Guava	1	
<i>Psoralea corylifolia</i> Malaya Tea; Black Dot; Babchi	1	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Granatapfelbaum (Ger.); Granado (Sp.); Romanzeiro (Port.); Zakuro (Jap.); Mangrano (Sp.); Pomegranate; Grenadier (Fr.)	2	37000.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	4	1782000.0
<i>Ribes uva-crispa</i> Gooseberry	1	14200.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	3000.0
<i>Ribes nigrum</i> Black Currant	1	12400.0
<i>Robinia pseudoacacia</i> Black Locust	2	2.0
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	64200.0

Plant	# Chemicals	Total PPM
<i>Rubus idaeus</i> Raspberry; Red Raspberry	2	
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	72000.0
<i>Saccharum officinarum</i> Sugarcane	1	
<i>Sambucus nigra</i> European Elder; Elder; European Elderberry; Black Elder; European Alder	1	
<i>Santalum album</i> White Sandalwood	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Scrophularia buergeriana</i> Yuan-Shen; Hsuan-Shen	1	
<i>Scutellaria baicalensis</i> Huang Qin; Chinese Skullcap; Baikal Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Senna obtusifolia</i> Sicklepod	3	3000.0
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Sesame; Sesamo (Sp.); Beni; Benneseed; Ajonjoli (Sp.)	2	
<i>Sinapis alba</i> White Mustard	1	
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum tuberosum</i> Potato	2	
<i>Solanum melongena</i> Aubergine; Eggplant	1	
<i>Spondias pinnata</i> Yellow Mombin; Yellow Plum	1	58000.0
<i>Spondias dulcis</i> Ambarella	1	400000.0
<i>Stachys</i> sp Woundwort	1	
<i>Stevia rebaudiana</i> Stevia; Sweet Leaf of Paraguay; Ca-A-E	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Syringa vulgaris</i> Lilac	1	
<i>Taraxacum officinale</i> Dandelion	2	
<i>Terminalia chebula</i> Myrobalan; Ink Nut; Chebulic Myrobalan; Black Myrobalan	1	20000.0
<i>Terminalia bellirica</i> Belleric; Myrobalan Belleric; Bahera; Beleric Myrobalan; Myrobalan	2	
<i>Terminalia arjuna</i> Arjun; Arjuna	1	
<i>Teucrium scorodonia</i> Germander; Wood Germander	2	
<i>Teucrium polium</i> Golden Germander	2	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	
<i>Theobroma cacao</i> Cacao	3	
<i>Tilia</i> sp. Basswood; Lime; Linden	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Fenugreek; Greek Clover; Greek Hay; Alholva (Sp.)	3	
<i>Triticum aestivum</i> Wheat	3	23400.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	3	
<i>Vaccinium vitis-idaea</i> Lingen; Lingonberry; Cowberry	1	10600.0
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	60000.0
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	700000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Verbascum thapsus</i> Flannelleaf; Great Mullein; Flannelplant; Mullein; Velvetplant	1	

Plant	# Chemicals	Total PPM
<i>Verbena officinalis</i> Vervain	1	66000.0
<i>Veronica officinalis</i> Common Speedwell; Gypsyweed	1	
<i>Vetiveria zizanioides</i> Cus-Cus; Cuscus Grass; Vetiver	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Crampbark; European Cranberry Bush; Guelder Rose; Snowballbush	1	
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	1	
<i>Vigna unguiculata</i> Yardlong Bean; Pea Bean; Asparagus Bean	3	78000.0
<i>Vigna radiata</i> Mungbean; Green Gram	3	102000.0
<i>Vigna mungo</i> Black Gram	3	78200.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Grape; Weinrebe (Ger.); European Grape; Wine Grape; Grapevine; Vigne Vinifere (Fr.); Parra (Sp.); Vid (Sp.)	2	
<i>Warburgia ugandensis</i> Warburghia	1	60000.0
<i>Withania somnifera</i> Ashwagandha	1	2000.0
<i>Zea mays</i> Corn	2	44000.0
<i>Zingiber officinale</i> Ginger	2	
<i>Zizyphus jujuba</i> Jujube; Da-Zao; Ta-Tsao	1	416000.0