

# A Glucogonogenic

\*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>Aesculus hippocastanum</i> Horse Chestnut   |             | 1         |
| <i>Allium sativum</i> var. <i>sativum</i> Garlic   |             | 1         |
| <i>Allium cepa</i> Shallot; Onion  |             | 1         |
| <i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip                           |             | 1         |
| <i>Apium graveolens</i> Celery   |             | 1         |
| <i>Artemisia abrotanum</i> Southernwood  |             | 1         |
| <i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle                              |             | 1         |
| <i>Ceratonia siliqua</i> St.John's-Bread; Carob; Locust Bean                                   |             | 1         |
| <i>Chrysanthemum x morifolium</i> Chrysanthemum; Ju Hua (Pinyin); Florist's Chrysanthemum; Mum |             | 1         |
| <i>Citrus limon</i> Lemon  |             | 1         |
| <i>Coix lacryma-jobi</i> Adlay Millet; Job'S-Tears; Yi-Yi-Ren; Adlay                           |             | 1         |
| <i>Crataegus rhipidophylla</i> Hawthorn  |             | 1         |
| <i>Crataegus monogyna</i> English Hawthorn; Hawthorn   |             | 1         |
| <i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Whitethorn; Woodland Hawthorn           |             | 1         |
| <i>Cucumis melo</i> Cantaloupe; Muskmelon; Persian Melon; Netted Melon; Melon; Nutmeg Melon    |             | 1         |
| <i>Cucurbita pepo</i> Pumpkin  |             | 1         |
| <i>Ganoderma lucidum</i> Ling Zhi; Reishi  |             | 1         |
| <i>Glycine max</i> Soybean   |             | 1         |
| <i>Lycopersicon esculentum</i> Tomato  |             | 1         |
| <i>Medicago sativa</i> Lucerne; Alfalfa  |             | 1         |
| <i>Panax quinquefolius</i> American Ginseng; Ginseng   |             | 1         |
| <i>Panax ginseng</i> Korean Ginseng; Ginseng; Chinese Ginseng; Oriental Ginseng                |             | 1         |
| <i>Rumex acetosella</i> Sheep Sorrel   |             | 1         |
| <i>Triticum aestivum</i> Wheat   |             | 1         |
| <i>Urtica dioica</i> European Nettle; Stinging Nettle  |             | 1         |
| <i>Verbena officinalis</i> Vervain   |             | 1         |
| <i>Zea mays</i> Corn   |             | 1         |