

A Hematopoietic

*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
Abelmoschus esculentus Okra	1	20.0
Achillea millefolium Milfoil; Yarrow	2	
Actinidia chinensis Kiwi	1	
Allium ampeloprasum Kurrat; Elephant Garlic	1	
Aloe vera Bitter Aloes; Aloe	2	200.2
Amaranthus sp. Pigweed	1	20.0
Anacardium occidentale Cashew	1	1.4
Angelica sinensis Dang Gui; Dong Gui; Dang Qui; Chinese Angelica; Dong Quai; Dang Quai	2	
Annona muricata Soursop	1	
Arachis hypogaea Groundnut; Peanut	1	6.0
Asparagus officinalis Asparagus	1	36.0
Astragalus membranaceus Huang Qi; Huang-Chi	1	
Avena sativa Oats	2	1.5
Bertholletia excelsa Brazilnut-Tree; Paranut; Brazilnut; Creamnut	1	
Beta vulgaris Garden Beet; Beetroot; Beet; Sugar Beet	1	16.0
Brassica rapa Seven-Top Turnip; Rapini; Turnip	1	4.0
Brassica oleracea var. viridis I. Spring-Heading Cabbage; Tree Kale; Cow Cabbage; Collards; Tall Kale	1	4.8
Brassica oleracea var. sabellica I. Curly Kale; Kale; Scotch Kale; Kitchen Kale	1	4.0
Brassica oleracea var. italica Sprouting Broccoli; Cape Broccoli; Winter Broccoli; Heading Broccoli; Calabrese; Broccoli; Purple Cauliflower; Asparagus Broccoli	1	
Brassica oleracea var. gemmifera Brussels-Sprouts; Brussel-Sprout	1	8.0
Brassica oleracea var. capitata I. Cabbage; Red Cabbage; White Cabbage	2	18.0
Brassica oleracea var. botrytis I. Cauliflower	1	16.8
Brassica napus var. napobrassica Swede; Swedish Turnip; Rutabaga	1	4.0
Capsicum frutescens Chili; Spur Pepper; Tabasco; Hot Pepper; Cayenne; Red Chili	1	4.0
Capsicum annuum Green Pepper; Cone Pepper; Sweet Pepper; Cherry Pepper; Bell Pepper; Paprika	1	6.0
Chrysanthemum coronarium Garland Chrysanthemum	1	20.0
Cicer arietinum Chickpea; Garbanzo	1	12.0
Cichorium endivia Endive; Escarole	1	50.0
Citrullus lanatus Watermelon	2	0.518
Citrus sinensis Orange	1	4.0
Citrus reticulata Tangerine; Mandarin	1	4.0
Corchorus olitorius Nalta Jute; Jew's Mallow; Mulukiya	1	64.0
Corylus avellana English Filbert; Hazel; Cobnut; European Filbert; European Hazel	1	1.71
Cucumis sativus Cucumber	1	8.0
Cucumis melo Melon; Nutmeg Melon; Muskmelon; Netted Melon; Cantaloupe; Persian Melon	1	3.8
Cucurbita spp Summer Squash	1	9.2
Cynara cardunculus Artichoke	1	9.4
Daucus carota Carrot	1	2.4

Plant	# Chemicals	Total PPM
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Fragaria</i> spp Strawberry	1	0.4
<i>Glycine max</i> Soybean	1	8.0
<i>Gossypium</i> sp Cotton	1	7.6
<i>Hordeum vulgare</i> Barleygrass; Barley	2	2.96
<i>Ipomoea batatas</i> Sweet Potato	1	1.2
<i>Juglans regia</i> English Walnut	2	4.0
<i>Lactuca sativa</i> Lettuce	1	
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	2.6
<i>Lens culinaris</i> Lentil	2	1079.1
<i>Lycopersicon esculentum</i> Tomato	1	4.0
<i>Malus domestica</i> Apple	1	0.4
<i>Medicago sativa</i> Lucerne; Alfalfa	2	
<i>Menyanthes trifoliata</i> Marsh Trefoil; Marsh Clover; Water Trefoil; Buckbean; Bogbean; Bog Myrtle	2	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Murraya</i> sp None	1	1.4
<i>Musa x paradisiaca</i> Plantain; Banana	1	1.6
<i>Nasturtium officinale</i> Watercress; Berro	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	136.0
<i>Panax ginseng</i> Korean Ginseng; Oriental Ginseng; Ginseng; Chinese Ginseng	1	
<i>Pastinaca sativa</i> Parsnip	1	7.2
<i>Persea americana</i> Avocado	2	5.6
<i>Petroselinum crispum</i> Parsley	1	34.0
<i>Phaseolus vulgaris</i> Navy Bean; Green Bean; Wax Bean; Flageolet Bean; Black Bean; Dwarf Bean; Pop Bean; Snap Bean; French Bean; Haricot Bean; Kidney Bean; Popping Bean; Haricot; Field Bean; Garden Bean; Haricot Vert; String Bean	1	18.799999999999997
<i>Phoenix dactylifera</i> Date Palm	1	0.34
<i>Pistacia vera</i> Pistachio	1	1.2
<i>Pisum sativum</i> Pea	1	6.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunus persica</i> Peach	1	0.606
<i>Prunus dulcis</i> Almond	2	2.0
<i>Prunus domestica</i> Plum	1	0.334
<i>Prunus cerasus</i> Sour Cherry	1	12.0
<i>Prunus armeniaca</i> Apricot	1	1.4
<i>Psophocarpus tetragonolobus</i> Winged Bean; Goa Bean; Asparagus Pea	1	1.0
<i>Pyrus communis</i> Pear	1	1.0
<i>Raphanus sativus</i> Radish	1	11.6
<i>Rheum rhabarbarum</i> Rhubarb	1	0.2
<i>Rhizophora mangle</i> Red Mangrove	1	13.6
<i>Sesamum indicum</i> Benneseed; Ajonjoli (Sp.); Beni; Sesame; Sesamo (Sp.)	2	2.03
<i>Solanum tuberosum</i> Potato	2	0.148
<i>Solanum melongena</i> Eggplant; Aubergine	1	5.2
<i>Spinacia oleracea</i> Spinach	2	54.26

Plant	# Chemicals	Total PPM
<i>Syzygium cumini</i> Java Plum; Aceituna Dulce; Jambolan	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Greek Clover; Bockshornklee (Ger.); Alholva (Sp.); Fenugreek	2	2.0
<i>Triticum aestivum</i> Wheat	1	1.8
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium macrocarpon</i> American Cranberry; Large Cranberry; Cranberry	1	0.4
<i>Vaccinium corymbosum</i> Blueberry	1	1.0
<i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean	2	32.2
<i>Vigna radiata</i> Mungbean; Green Gram	2	28.810000000000002
<i>Vigna mungo</i> Black Gram	1	2.6
<i>Vitis vinifera</i> Grape; Grapevine; Vigne Vinifere (Fr.); European Grape; Vid (Sp.); Weinrebe (Ger.); Parra (Sp.); Wine Grape	1	0.46
<i>Zea mays</i> Corn	2	4.8