

A Hyperglycemic

*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	
<i>Abies spectabilis</i>	1	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia catechu</i> Black Cutch; Catechu	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Achyranthes aspera</i> Chaff Flower	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	2	
<i>Agave americana</i> Century Plant; Maguey	1	
<i>Akebia quinata</i> Chocolate Vine	1	
<i>Alliaria petiolata</i> Garlic Mustard	1	
<i>Allium schoenoprasum</i> Chives	2	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	
<i>Allium cepa</i> Shallot; Onion	2	
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Aloe vera</i> Aloe; Bitter Aloes	2	2060.0
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Ammi visnaga</i> Visnaga	1	
<i>Amorphophallus konjac</i> Snake Palm; Elephant Yam; Umbrella Arum; Leopard Palm; Konjac; Devil's Tongue	1	
<i>Anacardium occidentale</i> Cashew	1	
<i>Ananas comosus</i> Pineapple	2	64000.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anemone pulsatilla</i> Pasque Flower	1	
<i>Anethum graveolens</i> Dill; Garden Dill	1	
<i>Angelica sinensis</i> Dang Qui; Dong Gui; Dang Quai; Dang Gui; Chinese Angelica; Dong Quai	1	
<i>Angelica archangelica</i> Angelica; Wild Parsnip; Garden Angelica	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	545000.0
<i>Annona muricata</i> Soursop	1	
<i>Anogeissus latifolia</i> Gum Ghatti	1	
<i>Apium graveolens</i> Celery	3	
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	1	
<i>Armoracia rusticana</i> Horseradish	2	
<i>Artemisia dracunculoides</i> Tarragon	2	
<i>Arundo donax</i> Giant Reed	1	
<i>Asclepias syriaca</i> Milkweed	2	
<i>Asimina triloba</i> Pawpaw	1	341880.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Asparagus lucidus</i> Lucid Asparagus	1	

Plant	# Chemicals	Total PPM
<i>Atropa bella-donna</i> Belladonna	1	
<i>Avena sativa</i> Oats	2	
<i>Bacopa monnieri</i> Brahmi; Water Hyssop	2	
<i>Balanites aegyptiacus</i> Soapberry Tree; dattier du desert (Fr.); Desert Date; dattier sauvage (Fr.); lalo (India); betu (India); hingotia (India); heglík (Fr.); Zachunbaum (Ger.); zachun (India); mirobalano de Egipto (Sp.)	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Bertholletia excelsa</i> Creamnut; Brazilnut; Brazilnut-Tree; Paranut	1	
<i>Beta vulgaris</i> Beet; Garden Beet; Beetroot; Sugar Beet	2	
<i>Betula lenta</i> Cherry Birch	1	
<i>Borago officinalis</i> Beeplant; Talewort; Beebread; Borage	1	
<i>Boswellia serrata</i> Indian Olibanum-Tree; Indian Frankincense; Kundur Luban; Salaki; Salai Guggal; Salai	1	
<i>Brassica oleracea</i> var. <i>italica</i> Winter Broccoli; Calabrese; Cape Broccoli; Heading Broccoli; Broccoli; Sprouting Broccoli; Asparagus Broccoli; Purple Cauliflower	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage	1	
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	
<i>Bryonia alba</i> White Bryony	1	
<i>Bupleurum chinense</i> Chai-Hu	2	
<i>Calotropis</i> sp. Giant Milkweed	1	
<i>Camellia sinensis</i> Tea	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Capsicum frutescens</i> Cayenne; Red Chili; Hot Pepper; Tabasco; Chili; Spur Pepper	2	
<i>Capsicum annuum</i> Sweet Pepper; Bell Pepper; Paprika; Cone Pepper; Green Pepper; Cherry Pepper	2	
<i>Carica papaya</i> Papaya	3	
<i>Carum carvi</i> Carum; Comino (Sp.); Kummel (Ger.); Comino de prado (Sp.); Caraway	2	
<i>Cassia tora</i> Sickle Senna	1	
<i>Catalpa ovata</i> Kisasage; Hsin-Pa-Pi	1	
<i>Caulophyllum thalictroides</i> Blue Cohosh	2	
<i>Centella asiatica</i> Gotu Kola; Pennywort	2	
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	2	264600.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	
<i>Cichorium intybus</i> Succory; Witloof; Chicory	2	22000.0
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Citrullus colocynthis</i> Colocynth	1	
<i>Citrus sinensis</i> Orange	2	47200.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	
<i>Citrus paradisi</i> Grapefruit	2	39000.0
<i>Citrus mitis</i> Calamondin; Calamansi	1	
<i>Citrus limon</i> Lemon	1	
<i>Cocos nucifera</i> Copra; Coconut Palm; Cocotero (Sp.); Nariyal; Kokospalme (Ger.); Coconut	2	4800.0
<i>Coffea arabica</i> Coffee	1	
<i>Coriandrum sativum</i> Coriander; Cilantro; Chinese Parsley	1	
<i>Corydalis</i> spp Fumewort	1	

Plant	# Chemicals	Total PPM
<i>Corylus avellana</i> Cobnut; Hazel; European Hazel; European Filbert; English Filbert	1	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Woodland Hawthorn; Whitethorn	2	
<i>Crocus sativus</i> Saffron	2	
<i>Croton tiglium</i> Purging Croton	1	72000.0
<i>Cucumis melo</i> Persian Melon; Muskmelon; Cantaloupe; Melon; Nutmeg Melon; Netted Melon	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Cuminum cyminum</i> Cumin	1	
<i>Curcuma longa</i> Indian Saffron; Turmeric	2	560000.0
<i>Cuscuta reflexa</i> Amarbel	1	
<i>Cuscuta europaea</i> European dodder	1	
<i>Cycas revoluta</i> Sago Cycas	1	
<i>Cydonia oblonga</i> Quince	1	
<i>Cypripedium pubescens</i> Ladyslipper	1	
<i>Daphne genkwa</i> Yuan Hua	1	
<i>Datura stramonium</i> Jimsonweed	2	
<i>Dendrobium nobile</i> Noble Dendrobium	1	
<i>Dianthus barbatus</i> Sweet William	1	
<i>Drynaria fortunei</i> Fortune's Fern	1	
<i>Dryopteris filix-mas</i> Male Fern	1	
<i>Duboisia myoporoides</i> Pituri; Corkwood Tree	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Eleutherococcus senticosus</i> Wu jia; Siberian Ginseng; Ci wu jia (Pinyin); Spiny Ginseng; Eleuthero Ginseng	1	
<i>Equisetum arvense</i> Field Horsetail; Horsetail	1	0.8
<i>Eriobotrya japonica</i> Loquat	1	
<i>Eriodictyon californicum</i> Consumptive's Weed; California Yerba Santa; Holy Herb; Hierba Santa; Yerba Santa; Bear's Weed; Mountain Balm; Gum Bush; Tarweed	1	
<i>Erythroxylum coca</i> Coca	1	
<i>Euphorbia tirucalli</i> Aveloz	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	
<i>Ferula assa-foetida</i> Devil's Dung; Asafetida (Sp.); Asafoetida; Assa-foetida; Asafetida; Stinkasant (Ger.); test	1	
<i>Ficus carica</i> Echte Feige (Ger.); Higuera Comun (Sp.); Fico (Ital.); Figueira (Port.); Higo (Sp.); Feigenbaum (Ger.); Figuier Commun (Fr.); Fig	2	62100.0
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria</i> spp Strawberry	1	
<i>Fritillaria thunbergii</i> Bei-Mu; Fritillary	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Gleditsia triacanthos</i> Honey Locust	1	88800.0
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	2	1140.0
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Chinese Licorice; Gan-Cao	1	

Plant	# Chemicals	Total PPM
<i>Glycyrrhiza glabra</i> Licorice; Licorice-Root; Commom Licorice; Smooth Licorice	1	84600.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Heimia salicifolia</i> Sinicuichi	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Helianthus annuus</i> Girasol; Sunflower	2	
<i>Helleborus niger</i> Christmas Rose; Black Hellebore	1	
<i>Hippophae rhamnoides</i> Yellow Spine; Sallow Thorn; Sea Buckthorn	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	2	
<i>Humulus lupulus</i> Hops	1	40000.0
<i>Huperzia</i> spp Cutleaf Clubmoss	1	
<i>Inula helenium</i> Elecampane	1	
<i>Jatropha curcas</i> Purging Nut; Physic Nut	1	
<i>Juglans regia</i> English Walnut	2	
<i>Juncus effusus</i> Rush	1	
<i>Juniperus macropoda</i> Indian Juniper; Himalayan Juniper	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Laurus nobilis</i> Sweet Bay; Laurel; Bayleaf; Bay Laurel; Grecian Laurel; Bay	1	
<i>Lawsonia inermis</i> Mignonette Tree; Mignonette; Jamaica-Mignonette; Henna	1	
<i>Lens culinaris</i> Lentil	1	
<i>Leonotis nepetaefolia</i> Catnipleaf Lion's-Ear	1	
<i>Ligustrum lucidum</i> White Waxtree; Ligustri Fructus; Privet; Glossy Privet; Chinese Privet	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lycopersicon esculentum</i> Tomato	1	32600.0
<i>Lycopodium lucidulum</i> Shining Clubmoss	1	
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	
<i>Lycopus europeus</i> European Bugle	1	
<i>Lycoris radiata</i> Spider Lily	1	13800.0
<i>Macadamia</i> spp Macadamia	1	
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Mahonia japonica</i> Japanese Ashberry; Hiiragi-Nanten	1	
<i>Malus domestica</i> Apple	2	36400.0
<i>Mangifera indica</i> Mango	1	86400.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot	1	
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	2	
<i>Medicago sativa</i> Alfalfa; Lucerne	2	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus indica</i> Small-Flowered Melilot	1	
<i>Melilotus alba</i> White Melilot	1	54000.0
<i>Mentha x piperita</i> Peppermint	1	
<i>Mercurialis annua</i> Annual Mercury	1	

Plant	# Chemicals	Total PPM
<i>Morinda citrifolia</i> Noni; Indian Mulberry	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	
<i>Musa x paradisiaca</i> Plantain; Banana	2	90000.0
<i>Myrciaria dubia</i> Rumberry (Eng.); Camo Camo (Peru); Guapuro Blanco (Bol.); Camu-camu Negro (Peru); Araza de Agua (Sp.); Camu-camu (Eng.,Peru,Scn.,Sp.)	1	
<i>Myristica fragrans</i> Nutmeg; Mace; Muskatnussbaum (Ger.); nuez moscada (Sp.); nogal moscado (Sp.)	2	
<i>Nasturtium officinale</i> Watercress; Berro	1	
<i>Nicotiana tabacum</i> Tobacco	1	80000.0
<i>Nicotiana rustica</i> Aztec Tobacco	1	
<i>Nicotiana glauca</i> Tree Tobacco	1	
<i>Nigella sativa</i> Nutmeg-Flower; Fennel-Flower; Black Caraway; Black Cumin; Roman Coriander	1	
<i>Olea europaea</i> Olive	2	
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Prickly Pear; Nopalito	1	960.0
<i>Oryza sativa</i> Rice	1	53000.0
<i>Paeonia officinalis</i> Double Peony	1	100000.0
<i>Paeonia lactiflora</i> Common Garden Peony; White Peony; Bai Shao (Chinese); Peony; Chih-Shao	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	
<i>Panax japonicus</i> Japanese Ginseng	1	
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Oriental Ginseng; Chinese Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	2	
<i>Petroselinum crispum</i> Parsley	1	
<i>Phaseolus vulgaris</i> Black Bean; Haricot; Pop Bean; Green Bean; Wax Bean; French Bean; Haricot Vert; Snap Bean; Dwarf Bean; Popping Bean; String Bean; Garden Bean; Navy Bean; Haricot Bean; Kidney Bean; Field Bean; Flageolet Bean	1	
<i>Phoenix dactylifera</i> Date Palm	2	747600.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	
<i>Physalis peruviana</i> Ground Cherry; Cape Gooseberry	1	
<i>Physalis ixocarpa</i> Tomatillo	1	64800.0
<i>Phytelephas macrocarpa</i> IVORY NUT PALM	1	
<i>Phytolacca americana</i> Pokeweed	1	92000.0
<i>Picrorhiza kurrooa</i> Picrorhiza	1	
<i>Pimenta dioica</i> Allspice; Pimenta; Clover-Pepper; Pimento; Jamaica-Pepper	1	
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	
<i>Pinus sylvestris</i> Scotch Pine	1	44000.0
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus mugo</i> Dwarf Pine; Swiss Mountain Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pinus cembroides</i> Mexican Pinyon	1	
<i>Piper nigrum</i> White Pepper; Pepper; Black Pepper	1	
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	64000.0

Plant	# Chemicals	Total PPM
<i>Piscidia piscipula</i> Jamaica Dogwood	1	
<i>Plantago ovata</i> Psyllium; Blond Psyllium; Indian Plantago; Ispaghula; Spogel Seeds	1	
<i>Platycodon grandiflorum</i> Jie-Geng; Chieh-Keng; Balloon Flower	2	40000.0
<i>Polygala senega</i> Seneca Snakeroot; Senega	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	42000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prosopis juliflora</i> Mesquite	1	605000.0
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	2	124000.0
<i>Prunus cerasus</i> Sour Cherry	1	110000.0
<i>Prunus armeniaca</i> Apricot	2	96000.0
<i>Psidium guajava</i> Guava	2	2000.0
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Pterocarpus santalinus</i> Red Saunders	1	
<i>Pterocarpus marsupium</i> Indian Kino; bijasal; Malabar Kino	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Pomegranate; Granatapfelstrauch (Ger.); Zakuro (Jap.); Romanzeiro (Port.); Mangrano (Sp.); Granado (Sp.); Grenadier (Fr.)	2	
<i>Rheum palmatum</i> Chinese Rhubarb	1	
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Ribes uva-crispa</i> Gooseberry	1	88000.0
<i>Ribes rubrum</i> White Currant; Red Currant	1	45600.0
<i>Ribes nigrum</i> Black Currant	2	47000.0
<i>Robinia pseudoacacia</i> Black Locust	1	
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus chingii</i> Chinese Raspberry	1	
<i>Rumex crispus</i> Curly Dock; Sour Dock; Yellow Dock; Lengua De Vaca	1	
<i>Salix alba</i> White Willow	1	
<i>Sambucus nigra</i> European Elderberry; Black Elder; European Alder; European Elder; Elder	1	
<i>Santalum album</i> White Sandalwood	1	
<i>Schinus molle</i> Peruvian Peppertree; California Peppertree; Mastic-Tree	1	380000.0
<i>Scrophularia buergeriana</i> Hsuan-Shen; Yuan-Shen	1	
<i>Senna occidentalis</i> Coffee Senna	1	
<i>Senna obtusifolia</i> Sicklepod	1	54120.0
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	2	
<i>Sesamum indicum</i> Beni; Sesame; Sesamo (Sp.); Benneseed; Ajonjoli (Sp.)	2	
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	

Plant	# Chemicals	Total PPM
<i>Sinapis alba</i> White Mustard	1	
<i>Smilax</i> spp Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	3	
<i>Solanum nigrum</i> Black Nightshade	1	200000.0
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spinacia oleracea</i> Spinach	1	
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	34000.0
<i>Stellaria media</i> Chickweed; Common Chickweed	1	
<i>Stevia rebaudiana</i> Ca-A-E; Stevia; Sweet Leaf of Paraguay	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Syzygium aromaticum</i> Clove; Clovetree	1	
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	560000.0
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	2	10000.0
<i>Terminalia chebula</i> Chebulic Myrobalan; Myrobalan; Black Myrobalan; Ink Nut	1	
<i>Terminalia catappa</i> Malabar Almond; Tropical Almond; Indian Almond	1	119600.0
<i>Terminalia bellirica</i> Belleric; Myrobalan Belleric; Beleric Myrobalan; Bahera; Myrobalan	1	
<i>Tetrapanax papyrifera</i> Tung-Tsao; Tong-Cao; Rice Paper Tree	1	
<i>Teucrium scorodonia</i> Wood Germander; Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	
<i>Theobroma cacao</i> Cacao	2	6000.0
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	1	
<i>Trifolium pratense</i> Peavine Clover; Red Clover; Cowgrass; Purple Clover	1	
<i>Trigonella foenum-graecum</i> Greek Clover; Greek Hay; Bockshornklee (Ger.); Fenugreek; Alholva (Sp.)	1	
<i>Triticum aestivum</i> Wheat	1	1800.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	
<i>Urginea indica</i> Indian Squill; Sea-Onion	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	2	18090.0
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	80000.0
<i>Vaccinium myrtillus</i> Bilberry; Whortleberry; Dwarf Bilberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian	1	30000.0
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	15000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Vetiveria zizanioides</i> Cuscus Grass; Cus-Cus; Vetiver	2	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Guelder Rose; European Cranberry Bush; Snowballbush; Crampbark	1	
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	1	
<i>Vigna unguiculata</i> Southern Pea; Cowpea; Black-eyed Pea; Crowder Pea	1	

Plant	# Chemicals	Total PPM
<i>Vigna radiata</i> Green Gram; Mungbean	2	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> European Grape; Wine Grape; Parra (Sp.); Grape; Grapevine; Weinrebe (Ger.); Vid (Sp.); Vigne Vinifere (Fr.)	3	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Xylopia aethiopica</i> Negro Pepper; Ethiopian Pepper; Spice Tree; Pimienta de Guinea (Sp.); Mohrenpfeffer (Ger.); Maniguete (Sp.); Guinea Pepper	1	
<i>Zea mays</i> Corn	3	10000.0
<i>Zingiber officinale</i> Ginger	2	
<i>Zizyphus jujuba</i> Da-Zao; Jujube; Ta-Tsao	1	