

A Inflammatory

*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>Acalypha indica</i> Indian Acalypha; Copperleaf; Indian Nettle; Three-Seeded-Mercury; Cancer Herb	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	2640.0
<i>Acinos suaveolens</i>	1	
<i>Acorus calamus</i> Flagroot; Sweetroot; Calamus; Sweet Calamus; Myrtle Flag; Sweetflag	1	200.0
<i>Ailanthus altissima</i> Tree Of Heaven; Stinktree	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Onion; Shallot	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	740.0
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Aloysia citrodora</i> Lemon Verbena	1	840.0
<i>Alpinia officinarum</i> Chinese Ginger; Lesser Galangal	1	
<i>Alpinia galanga</i> Siamese Ginger; Languas; Greater Galangal	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Ammi majus</i> Bishop's Weed	1	
<i>Amomum compactum</i> Chester Cardamom; Java Cardamom; Siam Cardamom; Round Cardamom	1	
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	34400.0
<i>Arisaema triphyllum</i> Jack-In-The-Pulpit	1	
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia salsoloides</i>	1	
<i>Artemisia herba-alba</i> Desert Wormwood	1	
<i>Artemisia dracuncululus</i> Tarragon	1	1000.0
<i>Artemisia cina</i> Levant Wormseed	1	48000.0
<i>Artemisia annua</i> Sweet Annie; Annual Wormwood (GRIN); Qinghao; Sweet Wormwood (GRIN); Annual Mugwort (GRIN)	1	13200.0
<i>Caladium bicolor</i> Heart Of Jesus	1	
<i>Calamintha nepeta</i> Turkish Calamint	1	
<i>Callicarpa americana</i> Beauty Berry; French Mulberry; American Beauty Berry	1	
<i>Capsicum frutescens</i> Chili; Spur Pepper; Red Chili; Hot Pepper; Cayenne; Tabasco	1	
<i>Carum carvi</i> Comino (Sp.); Comino de prado (Sp.); Kummel (Ger.); Carum; Caraway	2	
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	
<i>Chrysanthemum x morifolium</i> Florist's Chrysanthemum; Chrysanthemum; Mum; Ju Hua (Pinyin)	1	
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Chrysanthemum balsamita</i> Balsamite; Costmary	1	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	2	1600.0
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	1	6288.0
<i>Cinnamomum aromaticum</i> Canela de la China (Sp.); Chinese Cinnamon; Chinazimt (Ger.); Chinesischer Zimtbaum (Ger.); Canelle de Cochinchine (Fr.); Cassia; Saigon Cinnamon; Cannelier Casse (Fr.); Cassia Bark; Zimtcassie (Ger.); Chinese Cassia; China Junk Cassia; Cassia Lignea; Canelero chino (Sp.); Kashia-Keihi (Jap.); Cannelier de Chine (Fr.)	2	
<i>Citrus reticulata</i> Mandarin; Tangerine	1	152.0
<i>Citrus aurantiifolia</i> Lime	1	140.0
<i>Cleonia lusitanica</i> Spanish Heal-All	1	

Plant	# Chemicals	Total PPM
<i>Colocasia esculenta</i> Taro	1	8860.0
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cuminum cyminum</i> Cumin	1	276.0
<i>Cunila origanoides</i> Stone Mint; Dittany; Mountain Dittany; American Dittany; Frost Mint; Maryland Dittany; Frost Flower	1	56.0
<i>Curcuma zedoaria</i> Zedoary; Shoti	1	3840.0
<i>Curcuma xanthorrhiza</i> Javan Turmeric; Temu Lawak	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	10295.0
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	
<i>Cyperus rotundus</i> Nutsedge	1	
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	38740.0
<i>Dieffenbachia seguine</i> Dumbcane	1	
<i>Dioscorea bulbifera</i> Air Potato; Potato Yam	1	
<i>Dracocephalum thymiflora</i> Thyme-Flowered Moldavica	1	268.0
<i>Elettaria cardamomum</i> Cardamom	1	112000.0
<i>Elsholtzia polystachya</i> Bush Mint	1	
<i>Elsholtzia pilosa</i> Hairy Mint Shrub	1	
<i>Elsholtzia cristata</i> Furan Chemotype	1	
<i>Elsholtzia blanda</i> Bantulsi; Bantaluki	1	
<i>Eucalyptus viridis</i>	1	
<i>Eucalyptus tetraptera</i>	1	
<i>Eucalyptus tereticornis</i>	1	
<i>Eucalyptus stoatei</i>	1	
<i>Eucalyptus sparsa</i>	1	
<i>Eucalyptus</i> sp Gum	1	
<i>Eucalyptus sideroxylon</i>	1	
<i>Eucalyptus siderophloia</i>	1	
<i>Eucalyptus saligna</i>	1	
<i>Eucalyptus punctata</i>	1	
<i>Eucalyptus porosa</i>	1	
<i>Eucalyptus populnea</i>	1	
<i>Eucalyptus polyanthemus</i>	1	
<i>Eucalyptus paniculata</i>	1	
<i>Eucalyptus oviformis</i>	1	
<i>Eucalyptus odorata</i>	1	
<i>Eucalyptus ochrophloia</i>	1	
<i>Eucalyptus occidentalis</i>	1	
<i>Eucalyptus nova-anglica</i> New England 'peppermint'	1	
<i>Eucalyptus moluccana</i>	1	
<i>Eucalyptus melliodora</i>	1	
<i>Eucalyptus melanophloia</i>	1	

Plant	# Chemicals	Total PPM
<i>Eucalyptus maideni</i>	1	
<i>Eucalyptus maculata</i> Gum	1	
<i>Eucalyptus leucoxylon</i>	1	
<i>Eucalyptus largisparsa</i>	1	
<i>Eucalyptus lansdowneana</i>	1	
<i>Eucalyptus intertexta</i>	1	
<i>Eucalyptus incrassata</i>	1	
<i>Eucalyptus globulus</i> Eucalypt; Tasmanian Bluegum; Blue Gum	1	63000.0
<i>Eucalyptus forrestiana</i>	1	
<i>Eucalyptus fasciculosa</i>	1	
<i>Eucalyptus erythrandra</i>	1	
<i>Eucalyptus dolichorhyncha</i>	1	
<i>Eucalyptus diversicolor</i>	1	
<i>Eucalyptus desquamata</i>	1	
<i>Eucalyptus dealbata</i>	1	
<i>Eucalyptus cuprea</i>	1	
<i>Eucalyptus cladocalyx</i>	1	
<i>Eucalyptus citriodora</i> Citron-Scented Gum; Lemon-Scented Gum; Lemon Eucalyptus; Spotted Gum	1	7160.0
<i>Eucalyptus ceratocorys</i>	1	
<i>Eucalyptus camaldulensis</i>	1	
<i>Eucalyptus bridgesiana</i> Bridges' Eucalyptus	1	
<i>Eucalyptus brassiana</i> Brasses' Eucalyptus	1	
<i>Eucalyptus botryoides</i>	1	
<i>Eucalyptus bosistoana</i>	1	
<i>Eucalyptus blakelyi</i>	1	
<i>Eucalyptus behriana</i>	1	
<i>Eucalyptus astringens</i>	1	
<i>Eucalyptus angulosa</i>	1	
<i>Eucalyptus albens</i>	1	
<i>Foeniculum vulgare</i> Fennel	1	600.0
<i>Geranium maculatum</i> Cranesbill	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Glechoma hederacea</i> Alehoof	1	74.0
<i>Hedeoma reverchonii</i> Reverchon's Pennyroyal	1	894.0
<i>Hedeoma pulegioides</i> American Pennyroyal	1	60.0
<i>Hedeoma drummondii</i> Drummond's Pennyroyal	1	4684.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	
<i>Hibiscus sabdariffa</i> Roselle; Red Sorrel; Malventee (Ger.); Rosa de Jamaica (Sp.); Sorrel; Indian Sorrel; Jamaica Sorrel; Acedera de Guinea (Sp.); Kharkadi; Sereni (Sp.); Rosella (Ger.)	2	
<i>Houttuynia cordata</i> Dokudami; Yu Xing Cao; Fishwort	1	
<i>Hyptis suaveolens</i> Wild Hops	1	9110.0
<i>Hyssopus officinalis</i> Hyssop	1	1220.0

Plant	# Chemicals	Total PPM
<i>Illicium verum</i> Star Anise; Sternanis (Ger.); Chinesischer Sternanis (Ger.); anis estrellado (Sp.); anis de China (Sp.); Chinese Star Anise	1	7000.0
<i>Ipomoea batatas</i> Sweet Potato	1	640.0
<i>Isanthus brachiatus</i> False Pennyroyal	1	
<i>Juniperus sabina</i> Sabine	1	
<i>Lantana camara</i> Wild Sage; Lantana	1	
<i>Laurus nobilis</i> Grecian Laurel; Bay Laurel; Bayleaf; Laurel; Bay; Sweet Bay	1	39800.0
<i>Lavandula x intermedia</i> Dutch Lavender; Lavandin	1	2220.0
<i>Lavandula x hybrida</i> Hybrid Lavender	1	
<i>Lavandula latifolia</i> Aspic; Broad-Leaved Lavender; Spike Lavender	1	6868.0
<i>Lavandula angustifolia</i> English Lavender	1	
<i>Lepechinia calycina</i> Epling's Lepechinia	1	1970.0
<i>Levisticum officinale</i> Lovage	1	
<i>Lindera benzoin</i> Benjamin Bush; Wild Allspice; Spicebush; Fieberstrauch (Ger.)	1	
<i>Lippia alba</i> White Lippia	1	
<i>Litsea glaucescens</i> Mexican bay	1	
<i>Lycopus virginicus</i> Bugle	1	36.0
<i>Magnolia denudata</i> Xin-Yi; Hsin-I	1	
<i>Malus domestica</i> Apple	1	
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	1	1010.0
<i>Melaleuca sp</i> Tea-Tree	1	
<i>Melaleuca cajuputi</i> Vietnamese Cajuput Oil	1	
<i>Melaleuca alternifolia</i> Teatree	1	
<i>Mentha x piperita</i> Peppermint	1	4390.0
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	18750.0
<i>Mentha pulegium</i> European Pennyroyal	1	40.0
<i>Mentha longifolia</i> Biblical Mint	1	21860.0
<i>Mentha arvensis</i> var. <i>piperascens</i> Cornmint; Field Mint; Japanese Mint	1	
<i>Mentha aquatica</i> Water Mint	1	
<i>Micromeria thymifolia</i>	1	
<i>Micromeria teneriffae</i>	1	
<i>Micromeria myrtifolia</i> Haydarotu; Dagcayi; Topukcayi	1	
<i>Micromeria fruticosa</i> Zuta; Zopha; Tea Hyssop	1	
<i>Micromeria congesta</i> Kaya Yarpuzu	1	
<i>Moldavica thymiflora</i> Thyme-Flowered Moldavica	1	
<i>Monarda russeliana</i> Russel's Monarda	1	650.0
<i>Monarda punctata</i> Horsemint	1	13728.0
<i>Monarda media</i> Mean Monarda	1	2702.0
<i>Monarda lindheimeri</i> Lindheimer's Monarda	1	956.0
<i>Monarda fistulosa</i> Wild Bergamot	1	10012.0
<i>Monarda didyma</i> Oswego Tea; Beebalm	1	5614.0
<i>Monarda clinopodia</i> Clinopod Bergamot	1	2766.0
<i>Monarda citriodora</i> Lemon Mint	1	1228.0

Plant	# Chemicals	Total PPM
<i>Myristica fragrans</i> Muskatnussbaum (Ger.); nuez moscada (Sp.); Nutmeg; nogal moscado (Sp.); Mace	1	9120.0
<i>Myrtus communis</i> Arrayan (Sp.); Mirto (Sp.); Myrte (Ger.); Myrtle	1	4130.0
<i>Nepeta racemosa</i> Catmint	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum kilimandscharicum</i> Kenyan Perennial Basil; African Blue Basil	1	
<i>Ocimum gratissimum</i> Shrubby Basil; Agbo	1	
<i>Ocimum canum</i> Hoary Basil	1	
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	911.0
<i>Opuntia ficus-indica</i> Prickly Pear; Nopal; Nopalito; Indian Fig	1	
<i>Origanum vulgare</i> Green Turkish Oregano	1	192.0
<i>Origanum sipyleum</i> Bayircayi; Guveyoto	1	
<i>Origanum onites</i> Pot Marjoram; Oregano	1	46.0
<i>Origanum minutiflorum</i> Small-Flowered Oregano	1	
<i>Paeonia officinalis</i> Double Peony	1	
<i>Peumus boldus</i> Boldo	1	80000.0
<i>Phytolacca americana</i> Pokeweed	1	
<i>Pimenta racemosa</i> Bayrum Tree; West Indian Bay	1	1360.0
<i>Pimenta dioica</i> Pimento; Pimenta; Jamaica-Pepper; Clover-Pepper; Allspice	2	102.0
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Piper nigrum</i> Pepper; Black Pepper; White Pepper	1	
<i>Piper cubeba</i> Cubeb; Cubeb Pepper	1	2800.0
<i>Piper auritum</i> Cordoncillo; Hoja Santa; Hierba Santa	1	
<i>Pisum sativum</i> Pea	1	
<i>Podophyllum peltatum</i> Mayapple	1	
<i>Polygonum aviculare</i> Prostrate Knotweed	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus dulcis</i> Almond	1	
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Granada (Sp.); Romanzeiro (Port.); Mangrano (Sp.); Grenadier (Fr.); Granatapfelbaum (Ger.); Zakuro (Jap.); Pomegranate; Granatapfelstrauch (Ger.)	1	80000.0
<i>Pycnanthemum virginianum</i> Virginia Mountain Mint	1	116.0
<i>Pycnanthemum verticillatum</i> Whorled Mountain Mint	1	84.0
<i>Pycnanthemum torreyi</i> Torrey's Mountain Mint	1	20.0
<i>Pycnanthemum tenuifolium</i> Slenderleaf Mountain Mint	1	2200.0
<i>Pycnanthemum setosum</i> Setose Mountain Mint	1	14198.0
<i>Pycnanthemum pycnanthemoides</i> Typical Mountain Mint	1	232.0
<i>Pycnanthemum pilosum</i> Pilose Mountain Mint	1	140.0
<i>Pycnanthemum muticum</i> Muticous Mountain Mint	1	100.0
<i>Pycnanthemum montanum</i> Montane Mountain Mint	1	1440.0
<i>Pycnanthemum loomisii</i> Loomis' Mountain Mint	1	52080.0

Plant	# Chemicals	Total PPM
<i>Pycnanthemum incanum</i> Hoary Mountain Mint	1	152.0
<i>Pycnanthemum clinopodioides</i> Clinopod Mountain Mint	1	176.0
<i>Pycnanthemum californicum</i> California Mountain Mint	1	1152.0
<i>Pycnanthemum beadlei</i> Beadle's Mountain Mint	1	56.0
<i>Pycnanthemum albescens</i> White Mountain Mint	1	540.0
<i>Quillaja saponaria</i> Soapbark	1	220000.0
<i>Ravensara aromatica</i> Ravensara	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rheum officinale</i> Chinese Rhubarb	1	120000.0
<i>Ribes nigrum</i> Black Currant	1	
<i>Rosmarinus x mendizabalii</i> Mendizabali's Rosemary	1	
<i>Rosmarinus x lavandulaceus</i> Lavender Rosemary	1	
<i>Rosmarinus tomentosus</i> Hairy Rosemary	1	
<i>Rosmarinus officinalis</i> Rosemary	1	16250.0
<i>Rosmarinus eriocalyx</i> Rosemary	1	
<i>Rumex acetosella</i> Sheep Sorrel	1	
<i>Salvia triloba</i> Greek Sage	1	37200.0
<i>Salvia sclarea</i> Clary Sage	1	
<i>Salvia officinalis</i> Sage	1	12576.0
<i>Salvia dorisiana</i> 'Honduran' Sage	1	
<i>Sambucus nigra</i> Black Elder; Elder; European Alder; European Elderberry; European Elder	1	
<i>Sassafras albidum</i> Sassafras	1	
<i>Satureja subspicata</i> Yugoslav Savory	1	
<i>Satureja parvifolia</i> Small-Leaf Pampa Savory	1	
<i>Satureja odora</i> Scented Pampa Savory	1	
<i>Satureja montana</i> Winter Savory; Savory	1	
<i>Satureja hortensis</i> Summer Savory	1	
<i>Satureja douglasii</i> Douglas' Savory	1	390.0
<i>Satureja cuneifolia</i> Cuneate Turkish Savory	1	
<i>Satureja cilicica</i> Turkish Savory	1	
<i>Sideritis pauli</i> El Molinillo Sideritis	1	
<i>Sideritis mugronensis</i>	1	
<i>Sideritis germanicolpitana</i>	1	
<i>Sideritis athoa</i> Kedi Kuyrugu Cayi	1	
<i>Stachys germanica</i> Downy Woundwort	1	96.0
<i>Stevia rebaudiana</i> Ca-A-E; Sweet Leaf of Paraguay; Stevia	1	
<i>Stillingia sylvatica</i> Stillingia; Queen's-Root; Queen's-Delight; Yawroot	1	
<i>Symplocarpus foetidus</i> Skunk Cabbage	1	
<i>Syzygium aromaticum</i> Clovetree; Clove	1	
<i>Tagetes minuta</i> Wild Marigold; Mexican Marigold; Dwarf Marigold; Muster John Henry; Stinking-Roger; Aztec Marigold	1	250.0
<i>Tagetes lucida</i> Anise Marigold; Sweet-Scent Marigold; Sweet-Mace; Sweet-Scent Mexican Marigold	1	
<i>Tagetes erecta</i> Marigold; Aztec Marigold	1	86.0

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Tanacetum vulgare Tansy	1	2600.0
Tanacetum parthenium Feverfew	1	
Telosma cordata Merrill flowers	1	
Teucrium scorodonia Germander; Wood Germander	1	
Teucrium salviastrum	1	
Teucrium pseudoscorodonia	1	
Teucrium polium Iberian Golden Germander; Golden Germander	1	
Teucrium oxylepis	1	
Teucrium micropodioides Small 'Cyprus' Germander	1	
Teucrium kotschyianum Stavros Kotschy's Germander	1	
Teucrium gnaphalodes Iberian Germander	1	
Teucrium divaricatum Hoary Divaricate Germander	1	
Teucrium cyprium 'Cyprus' Germander	1	
Teucrium asiaticum	1	
Teucrium arduini 'Croatian Alpine' Germander	1	
Thymus zygis Spanish Thyme	1	
Thymus x citriodorus Funk's thyme; Lemon Thyme	1	
Thymus serpyllum Creeping Thyme	1	76.0
Thymus mastichina Spanish Marjoram	1	15000.0
Thymus longicaulis Kekik; Tas Kekik	1	
Thymus funkii Funk's Thyme	1	
Thymus cilicicus 'Anatolian' Thyme	1	
Thymus capitatus 'Sicilian' Thyme; Spanish Origanum; Spanish Thyme	1	60.0
Turnera diffusa Damiana	1	2200.0
Ulmus rubra Red Elm; Slippery Elm	1	
Umbellularia californica California Bay	1	18720.0
Vaccinium corymbosum Blueberry	1	
Valeriana officinalis Common Valerian; Garden-Heliotrope; Valerian	1	
Vanilla planifolia Vanilla; Bourbon Vanilla	1	
Vetiveria zizanioides Cuscut Grass; Cus-Cus; Vetiver	1	
Vitex agnus-castus Chaste-Tree	1	
Xanthosoma sagittifolium Malanga; Yautia; Tannia	1	1440.0
Zea mays Corn	1	
Zingiber officinale Ginger	1	5490.0