

A Insulin-Sparing

*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>Abrus precatorius</i> Jequirity Bean; Rosary Pea; Coral Beadplant; Licorice Vine; Lucky Bean; Minnie-Minnies; Prayer Beads; Love Bean; Indian Licorice; Precatory Bean; Jequerity; Weathervine; Weatherplant; Red Beadvine; Crab's Eye	1	
<i>Acacia tortilis</i> Umbrella Thorn	1	
<i>Acacia nilotica</i> Babul	2	
<i>Acacia farnesiana</i> Cassie; Opopanax; Sweet Acacia; Popinac; Huisache	1	
<i>Acacia decurrens</i> Green Wattle	1	
<i>Acacia catechu</i> Black Cutch; Catechu	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Actaea racemosa</i> Black Snakeroot; Black Cohosh	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Ailanthus altissima</i> Tree Of Heaven; Stinktree	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	3	56035.4
<i>Allium cepa</i> Onion; Shallot	3	13.0
<i>Anacardium occidentale</i> Cashew	3	10.0
<i>Anethum graveolens</i> Garden Dill; Dill	1	9.4
<i>Angelica sinensis</i> Dang Qui; Dong Quai; Chinese Angelica; Dang Quai; Dang Gui; Dong Gui	1	
<i>Anogeissus latifolia</i> Gum Ghatti	2	
<i>Apium graveolens</i> Celery	1	1.8
<i>Arbutus unedo</i> Strawberry Tree; Arbutus	2	54000.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	2	306000.0
<i>Areca catechu</i> Betel Nut; Pin-Lang	1	
<i>Armoracia rusticana</i> Horseradish	1	2.4
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Aspalathus linearis</i> Red Bush Tea; Rooibos; Kaffree Tea	1	
<i>Asparagus officinalis</i> Asparagus	2	515.6
<i>Ballota nigra</i> Black Horehound	1	
<i>Bertholletia excelsa</i> Brazilnut-Tree; Paranut; Brazilnut; Creamnut	2	11.6
<i>Beta vulgaris</i> Beetroot; Garden Beet; Sugar Beet; Beet	1	5.0
<i>Boehmeria nivea</i> Ramie	1	
<i>Brassica rapa</i> Seven-Top Turnip; Rapini; Turnip	1	4.2
<i>Brassica pekinensis</i> Chinese Cabbage	1	4.2
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Cape Broccoli; Calabrese; Heading Broccoli; Purple Cauliflower; Asparagus Broccoli; Winter Broccoli; Sprouting Broccoli	1	
<i>Brassica oleracea</i> var. <i>capitata</i> l. White Cabbage; Cabbage; Red Cabbage	1	17.4
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	1	38.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	2.0
<i>Caesalpinia pulcherrima</i> Bird Of Paradise	1	
<i>Camellia sinensis</i> Tea	1	

Plant	# Chemicals	Total PPM
<i>Camptotheca acuminata</i> Happy Tree	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Capsicum frutescens</i> Chili; Cayenne; Hot Pepper; Red Chili; Spur Pepper; Tabasco	2	51.0
<i>Capsicum annuum</i> Green Pepper; Paprika; Cone Pepper; Bell Pepper; Cherry Pepper; Sweet Pepper	2	59.0
<i>Carum carvi</i> Comino (Sp.); Kummel (Ger.); Carum; Comino de prado (Sp.); Caraway	1	14.0
<i>Carya ovata</i> Shagbark Hickory	1	65.6
<i>Carya illinoensis</i> Pecan	1	3.2
<i>Carya glabra</i> Pignut Hickory	1	110.0
<i>Castanea sativa</i> European Chestnut	1	
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	3	
<i>Chamaesyce hypericifolia</i> Spurge	1	
<i>Chimaphila umbellata</i> Pipsissewa; King's Cure	1	150000.0
<i>Cichorium endivia</i> Endive; Escarole	1	4.8
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	10.600000000000001
<i>Cinnamomum burmannii</i> Java Cinnamon; Padang Cassia	1	
<i>Citrus sinensis</i> Orange	1	1.1
<i>Citrus reticulata</i> Tangerine; Mandarin	1	0.6
<i>Citrus paradisi</i> Grapefruit	1	15.4
<i>Cocos nucifera</i> Cocotero (Sp.); Coconut; Nariyal; Kokospalme (Ger.); Copra; Coconut Palm	1	4.2
<i>Conyza canadensis</i> Butterweed; Horseweed; Hogweed	1	
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	4.8
<i>Coriaria thymifolia</i> Ground Toot; Shanshi	1	
<i>Coriaria myrtifolia</i> Mealy Tree	2	
<i>Cornus officinalis</i> Chinese Dogwood	1	
<i>Cornus mas</i> Sorbet; Cornelian Cherry	1	
<i>Cornus florida</i> American Dogwood	1	
<i>Corylus avellana</i> European Filbert; English Filbert; Cobnut; European Hazel; Hazel	1	4.0
<i>Corylus americana</i> American Hazel; American Filbert	1	
<i>Cucumis sativus</i> Cucumber	1	2.5
<i>Cucumis melo</i> Melon; Netted Melon; Nutmeg Melon; Cantaloupe; Persian Melon; Muskmelon	1	2.2
<i>Cuminum cyminum</i> Cumin	1	7.2
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	7.6
<i>Cyamopsis tetragonoloba</i> Cluster-Bean; Guar; Siam-Bean	1	
<i>Cypripedium pubescens</i> Ladyslipper	1	
<i>Daucus carota</i> Carrot	1	4.0
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Diospyros virginiana</i> American Persimmon	1	48.0
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	1	
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Eleuthero Ginseng; Siberian Ginseng; Ci wu jia (Pinyin); Wu jia	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	

Plant	# Chemicals	Total PPM
<i>Ephedra gerardiana</i> Pakistani Ephedra	1	
<i>Equisetum arvense</i> Field Horsetail; Horsetail	1	
<i>Eucalyptus globulus</i> Tasmanian Bluegum; Eucalypt; Blue Gum	1	
<i>Eucommia ulmoides</i> Gutta-Percha Tree; Tu Chung; Du Zhong	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	86.0
<i>Fallopia japonica</i> Japanese Knotweed; Giant Knotweed; Mexican Bamboo; Hu-Zhang	1	
<i>Ficus carica</i> Fig; Fico (Ital.); Higuera Comun (Sp.); Figueira (Port.); Higo (Sp.); Echte Feige (Ger.); Feigenbaum (Ger.); Figuier Commun (Fr.)	1	
<i>Foeniculum vulgare</i> Fennel	2	2.0
<i>Fragaria</i> spp Strawberry	3	242.72
<i>Frangula alnus</i> Buckthorn	1	400.0
<i>Gaultheria procumbens</i> Teaberry; Wintergreen; Wintergrun (Ger.); Checkerberry; Creeping Wintergreen; Mountain Tea	2	
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	2	
<i>Geranium maculatum</i> Cranesbill	1	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	3	65.8
<i>Hamamelis virginiana</i> Witch Hazel	1	108800.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	68000.0
<i>Hibiscus sabdariffa</i> Roselle; Jamaica Sorrel; Sorrel; Acedera de Guinea (Sp.); Malventee (Ger.); Rosa de Jamaica (Sp.); Indian Sorrel; Kharkadi; Sereni (Sp.); Red Sorrel; Rosella (Ger.)	1	
<i>Hypericum perforatum</i> Goatweed; Hypericum; Common St. Johnswort; St. John's-wort; Klamath Weed	2	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	242.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	2360.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	2	9.6
<i>Juglans cinerea</i> Butternut	1	8.6
<i>Juniperus virginiana</i> Red Cedar	1	35.2
<i>Juniperus sabina</i> Sabine	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Kalmia latifolia</i> Calico Bush; Spoonwood; Mountain Laurel	1	
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lactuca sativa</i> Lettuce	1	56.0
<i>Lagerstroemia indica</i> Crape Myrtle	1	
<i>Lawsonia inermis</i> Jamaica-Mignonette; Mignonette Tree; Mignonette; Henna	1	
<i>Ledum palustre</i> Marsh Tea; Wild Rosemary	1	
<i>Lens culinaris</i> Lentil	1	40.0
<i>Lepidium sativum</i> Garden Cress	1	0.08
<i>Linum usitatissimum</i> Linseed; Flax	2	94.0
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	1	85.2

Plant	# Chemicals	Total PPM
<i>Lycopersicon esculentum</i> Tomato	1	10.0
<i>Lycopus virginicus</i> Bugle	1	
<i>Malus domestica</i> Apple	2	1.29
<i>Mangifera indica</i> Mango	1	180000.0
<i>Marrubium vulgare</i> White Horehound; Horehound	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melaleuca leucadendra</i> Cajeput	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	20.0
<i>Moringa oleifera</i> Drumstick Tree; Moringa; Benzolive Tree; West Indian Ben; Jacinto (Sp.); Ben Nut; Horseradish Tree	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	
<i>Musa x paradisiaca</i> Banana; Plantain	2	22.2
<i>Myrica cerifera</i> Bayberry; Wax Myrtle; Southern Bayberry; Candle-Berry	1	
<i>Myrtus communis</i> Myrtle; Mirto (Sp.); Myrte (Ger.); Arrayan (Sp.)	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Nyssa sylvatica</i> Black Tupelo; Black Gum	1	420.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Olea europaea</i> Olive	1	
<i>Ononis spinosa</i> Restharrow; Hauhechel (Ger.); Spiny Restharrow	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopal; Nopalito	1	5.0
<i>Origanum vulgare</i> Wild Marjoram; European Oregano; Common Turkish Oregano; Oregano; Wild Oregano; Pot Marjoram	1	
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	
<i>Oryza sativa</i> Rice	1	3.264
<i>Paeonia lactiflora</i> Peony; Common Garden Peony; Bai Shao (Chinese); White Peony; Chih-Shao	1	
<i>Panicum maximum</i> Guinea grass	1	
<i>Pastinaca sativa</i> Parsnip	1	3.2
<i>Petasites japonicus</i> Butterbur	1	
<i>Petroselinum crispum</i> Parsley	1	17.0
<i>Peucedanum decursivum</i> Qian Hu	1	
<i>Phaseolus vulgaris</i> Haricot Vert; Haricot Bean; Kidney Bean; Haricot; Garden Bean; Navy Bean; French Bean; Flageolet Bean; Snap Bean; Green Bean; Pop Bean; Dwarf Bean; Popping Bean; Field Bean; String Bean; Wax Bean; Black Bean	1	44.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	14.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	100000.0
<i>Phyllanthus amarus</i>	1	
<i>Pinus echinata</i> Shortleaf Pine	1	16.8
<i>Piper nigrum</i> White Pepper; Black Pepper; Pepper	1	4.8
<i>Pistacia vera</i> Pistachio	1	2.2
<i>Pisum sativum</i> Pea	2	50.0
<i>Podophyllum peltatum</i> Mayapple	1	
<i>Polygonum multiflorum</i> Fleeceflower; He Shou Wu; Chinese Cornbind; Fo Ti; Chinese Knotweed	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	

Plant	# Chemicals	Total PPM
<i>Populus nigra</i> Black Poplar	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	4618.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	2	18.8
<i>Prunus persica</i> Peach	1	9.0
<i>Prunus dulcis</i> Almond	1	3.2
<i>Prunus domestica</i> Plum	1	3.4
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Psidium guajava</i> Guava	1	
<i>Pterocarpus santalinus</i> Red Saunders	1	
<i>Pterocarpus marsupium</i> Malabar Kino; bijasal; Indian Kino	1	
<i>Punica granatum</i> Grenadier (Fr.); Zakuro (Jap.); Pomegranate; Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Granado (Sp.); Romanzeiro (Port.); Mangrano (Sp.)	1	80000.0
<i>Pyrus communis</i> Pear	2	2.22
<i>Quassia amara</i> Bitterwood; Quassia	1	
<i>Quercus velutina</i> Black Oak	1	24.8
<i>Quercus stellata</i> Post Oak	1	5.0
<i>Quercus rubra</i> Northern Red Oak	2	20.6
<i>Quercus robur</i> English Oak	1	
<i>Quercus phellos</i> Willow Oak	1	25.2
<i>Quercus infectoria</i> Dyer's Oak; Aleppo Oak; Gall Oak	1	80000.0
<i>Quercus alba</i> White Oak	2	10.6
<i>Raphanus sativus</i> Radish	1	1.42
<i>Rheum rhabarbarum</i> Rhubarb	2	114.0
<i>Rheum palmatum</i> Chinese Rhubarb	1	
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	1	
<i>Rhododendron ferrugineum</i> Rusty-Leaved Alpenrose	1	
<i>Rhus glabra</i> Smooth Sumac	1	13.4
<i>Rhus coriaria</i> Sumac; Sicilian Sumac; Tanner's Sumac	1	
<i>Rhus copallina</i> Dwarf Sumac; Winged Sumac	1	25.4
<i>Rhynchosia minima</i> Burn Mouth Vine	1	
<i>Ribes uva-crispa</i> Gooseberry	2	112.8
<i>Ribes rubrum</i> White Currant; Red Currant	1	1.2
<i>Ribes nigrum</i> Black Currant	1	0.202
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa multiflora</i> Multiflora Rose	1	
<i>Rosa gallica</i> French Rose	1	
<i>Rosa centifolia</i> Cabbage Rose	1	
<i>Rosa canina</i> Dogbrier; Rose; Dog Rose	2	2.0
<i>Rubus</i> sp.	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	
<i>Rubus fruticosus</i> Blackberry	1	

Plant	# Chemicals	Total PPM
<i>Rubus chamaemorus</i> Cloudberry	1	2.5
<i>Salvia officinalis</i> Sage	1	
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Sassafras albidum</i> Sassafras	1	10.4
<i>Schinus molle</i> Peruvian Peppertree; California Peppertree; Mastic-Tree	1	
<i>Sesamum indicum</i> Sesame; Sesamo (Sp.); Beni; Ajonjoli (Sp.); Benneseed	1	2.4
<i>Simmondsia chinensis</i> Jojoba	1	8.0
<i>Sinapis alba</i> White Mustard	1	7.2
<i>Solanum tuberosum</i> Potato	2	5.2
<i>Solanum melongena</i> Aubergine; Eggplant	1	1.6
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sorbus aucubaria</i> Rowan Berry	3	0.8
<i>Spinacia oleracea</i> Spinach	1	
<i>Symphoricarpos orbiculatus</i> Buckbush	1	8.8
<i>Syzygium cumini</i> Jambolan; Aceituna Dulce; Java Plum	1	
<i>Syzygium aromaticum</i> Clovetree; Clove	2	4.8
<i>Tagetes lucida</i> Sweet-Scent Marigold; Anise Marigold; Sweet-Mace; Sweet-Scent Mexican Marigold	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Taxus baccata</i> Common Yew	1	
<i>Terminalia pallida</i>	1	
<i>Terminalia chebula</i> Ink Nut; Black Myrobalan; Myrobalan; Chebulic Myrobalan	1	
<i>Terminalia catappa</i> Malabar Almond; Indian Almond; Tropical Almond	1	
<i>Terminalia bellirica</i> Bahera; Beleric Myrobalan; Myrobalan Belleric; Belleric; Myrobalan	1	
<i>Terminalia arjuna</i> Arjuna; Arjun	1	
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	
<i>Tilia</i> sp. Lime; Basswood; Linden	1	
<i>Trachyspermum ammi</i> Ajwan	1	2.4
<i>Triticum aestivum</i> Wheat	2	3798.74
<i>Turnera diffusa</i> Damiana	1	14000.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Uncaria catechu</i> Gambir; Pale Catechu	1	
<i>Urginea maritima</i> European Squill	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	5.4
<i>Vaccinium vitis-idaea</i> Lingen; Lingonberry; Cowberry	2	180000.0
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	2	
<i>Vaccinium macrocarpon</i> Large Cranberry; American Cranberry; Cranberry	1	0.76
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Guelder Rose; Crampbark; Snowballbush; European Cranberry Bush	1	
<i>Vigna unguiculata</i> Black-eyed Pea; Crowder Pea; Cowpea; Southern Pea	1	12.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	6.912
<i>Vigna mungo</i> Black Gram	1	11.328

Plant	# Chemicals	Total PPM
<i>Viola tricolor</i> Pansy; Wild Violet	1	604.0
<i>Vitis vinifera</i> Wine Grape; Vigne Vinifere (Fr.); Weinrebe (Ger.); Vid (Sp.); Grapevine; European Grape; Grape; Parra (Sp.)	2	1.54
<i>Zea mays</i> Corn	2	12.6
<i>Zingiber officinale</i> Ginger	1	10.4