

A Insulinic

*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> Onion; Shallot	1	
<i>Angelica archangelica</i> Wild Parsnip; Garden Angelica; Angelica	1	
<i>Apium graveolens</i> Celery	1	
<i>Artemisia abrotanum</i> Southernwood	1	
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	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; Adlay; Job'S-Tears; Yi-Yi-Ren	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; English Hawthorn; Hawthorn	1	
<i>Cucumis melo</i> Nutmeg Melon; Cantaloupe; Persian Melon; Melon; Netted Melon; Muskmelon	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Ganoderma lucidum</i> Reishi; Ling Zhi	1	
<i>Glycine max</i> Soybean	2	6000.0
<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; Chinese Ginseng; Ginseng; Oriental Ginseng	2	
<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	