

A Insulinotonic

*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	3420.0
<i>Acacia farnesiana</i> Huisache; Opopanax; Sweet Acacia; Cassie; Popinac	1	900.0
<i>Alchornea floribunda</i> Niando	1	
<i>Alisma plantago-aquatica</i> Mud Plantain; Ze-Xie; Water Plantain; Tse-Hsieh	1	
<i>Allium schoenoprasum</i> Chives	1	7830.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	3177.6
<i>Allium cepa</i> Onion; Shallot	1	3706.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	2	
<i>Alpinia galanga</i> Greater Galangal; Siamese Ginger; Languas	1	
<i>Amaranthus spinosus</i> Spiny pigweed	1	
<i>Amaranthus</i> sp. Pigweed	1	7458.0
<i>Anacardium occidentale</i> Cashew	1	4822.0
<i>Anemarrhena asphodeloides</i> Chih-Mu; Zhi-Mu	1	
<i>Angelica sinensis</i> Dang Qui; Chinese Angelica; Dang Quai; Dong Gui; Dang Gui; Dong Quai	2	
<i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	750.0
<i>Annona reticulata</i> Custard Apple	2	495.0
<i>Annona muricata</i> Soursop	1	1170.0
<i>Apium graveolens</i> Celery	1	3730.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	6642.0
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	600.0
<i>Artemisia absinthium</i> Wormwood	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	1072.0
<i>Asparagus officinalis</i> Asparagus	1	7742.0
<i>Avena sativa</i> Oats	1	10000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Bacopa monnieri</i> Brahmi; Water Hyssop	1	
<i>Basella alba</i> Vinespinach	1	8120.0
<i>Benincasa hispida</i> Waxgourd	1	1030.0
<i>Bertholletia excelsa</i> Creamnut; Brazilnut-Tree; Brazilnut; Paranut	1	5380.0
<i>Beta vulgaris</i> Beet; Sugar Beet; Garden Beet; Beetroot	1	2682.0
<i>Bixa orellana</i> Bija; Annoto; Annatto; Lipsticktree; Arnato; Achiote; Lipstick Pod; Annato	1	3360.0
<i>Brassica rapa</i> Chinese White Cabbage; Chinese Mustard; Pak-Choi; Chinese Cabbage; Celery Mustard; Celery Cabbage; Bok-Choy	1	2200.0
<i>Brassica oleracea</i> var. <i>viridis</i> l. Cow Cabbage; Tree Kale; Tall Kale; Spring-Heading Cabbage; Collards	1	6556.0
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Curly Kale; Scotch Kale; Kale; Kitchen Kale	1	5150.0
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Sprouting Broccoli; Heading Broccoli; Purple Cauliflower; Winter Broccoli; Cape Broccoli; Calabrese; Asparagus Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	5284.0
<i>Brassica oleracea</i> var. <i>capitata</i> l. White Cabbage; Red Cabbage; Cabbage	1	3208.0

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<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	12950.0
<i>Brassica oleracea</i> Kohlrabi	1	2220.0
<i>Brassica nigra</i> Black Mustard	1	7952.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Swedish Turnip; Rutabaga	1	2510.0
<i>Brassica chinensis</i> Chinese Mustard; Celery Mustard; Chinese White Cabbage; Bok-Choy; Celery Cabbage; Chinese Cabbage; Pak-Choi	1	6412.0
<i>Cajanus cajan</i> Pigeonpea	1	4740.0
<i>Camellia sinensis</i> Tea	1	
<i>Cannabis sativa</i> Indian Hemp; Hemp; Marihuana; Marijuana	1	
<i>Capsicum frutescens</i> Red Chili; Hot Pepper; Cayenne; Chili; Tabasco; Spur Pepper	1	4244.0
<i>Capsicum annuum</i> Sweet Pepper; Cone Pepper; Paprika; Cherry Pepper; Green Pepper; Bell Pepper	1	3000.0
<i>Carica papaya</i> Papaya	1	1432.0
<i>Carum carvi</i> Caraway; Kummel (Ger.); Comino de prado (Sp.); Carum; Comino (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	970.0
<i>Castanea mollissima</i> Chinese Chestnut	1	1748.0
<i>Castanea dentata</i> American Chestnut	1	1914.0
<i>Chelidonium majus</i> Celandine	1	680.0
<i>Chenopodium album</i> Lambsquarter	1	4842.0
<i>Chrysophyllum cainito</i> Caimito; Star Apple	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	9940.0
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	7344.0
<i>Cichorium endivia</i> Endive; Escarole	1	1610.0
<i>Citrullus lanatus</i> Watermelon	1	1650.0
<i>Citrus sinensis</i> Orange	1	1360.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	968.0
<i>Citrus paradisi</i> Grapefruit	1	440.0
<i>Citrus aurantiifolia</i> Lime	1	510.0
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Cocos nucifera</i> Coconut Palm; Nariyal; Kokospalme (Ger.); Coconut; Cocotero (Sp.); Copra	1	
<i>Colocasia esculenta</i> Taro	1	8260.0
<i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute	1	8000.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Cucumis sativus</i> Cucumber	1	2024.0
<i>Cucurbita</i> spp Summer Squash	1	3480.0
<i>Cucurbita pepo</i> Pumpkin	1	12860.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	1800.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	1190.0
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Eryngium creticus</i> Cretan culantro	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	4130.0
<i>Ficus carica</i> Higuera Comun (Sp.); Fico (Ital.); Echte Feige (Ger.); Figuier Commun (Fr.); Feigenbaum (Ger.); Figueira (Port.); Fig; Higo (Sp.)	1	574.0

Plant	# Chemicals	Total PPM
<i>Foeniculum vulgare</i> Fennel	1	5550.0
<i>Fragaria</i> spp Strawberry	2	1664.0
<i>Galium odoratum</i> Woodruff; Waldmeister	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	3523.0
<i>Glycine max</i> Soybean	2	
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Commom Licorice; Licorice-Root	1	2000.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	3622.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	31800.0
<i>Hordeum vulgare</i> Barleygrass; Barley	1	6000.0
<i>Humulus lupulus</i> Hops	1	
<i>Hypericum perforatum</i> Klamath Weed; Goatweed; Hypericum; Common St. Johnswort; St. John's-wort	1	
<i>Ilex paraguariensis</i> Mate; South American Holly; Paraguay Tea	1	
<i>Ipomoea batatas</i> Sweet Potato	1	1600.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	7572.0
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	1	14510.0
<i>Lactuca sativa</i> Lettuce	1	3000.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	1350.0
<i>Lens culinaris</i> Lentil	1	5652.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lupinus albus</i> White Lupine	1	6450.0
<i>Lycopersicon esculentum</i> Tomato	2	2314.0
<i>Malus domestica</i> Apple	2	248.0
<i>Mangifera indica</i> Mango	1	1400.0
<i>Manihot esculenta</i> Tapioca; Cassava; Yuca	1	2730.0
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melicococcus bijugatas</i> Genip; Pitomba; Honey berry; Mamoncillo	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Moringa oleifera</i> Jacinto (Sp.); Drumstick Tree; Benzolive Tree; Horseradish Tree; Ben Nut; Moringa; West Indian Ben	1	
<i>Murraya</i> sp None	1	864.0
<i>Musa x paradisiaca</i> Banana; Plantain	2	932.0
<i>Nasturtium officinale</i> Berro; Watercress	1	12000.0
<i>Nelumbo nucifera</i> Water Lotus	1	5486.0
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Nigella sativa</i> Black Cumin; Black Caraway; Roman Coriander; Fennel-Flower; Nutmeg-Flower	2	
<i>Ocimum basilicum</i> Sweet Basil; Cuban Basil; Basil	1	4420.0
<i>Oenothera biennis</i> Evening-Primrose	1	32000.0

Plant	# Chemicals	Total PPM
<i>Opuntia ficus-indica</i> Prickly Pear; Nopalito; Nopal; Indian Fig	1	3330.0
<i>Origanum vulgare</i> Wild Marjoram; Common Turkish Oregano; Wild Oregano; Pot Marjoram; Oregano; European Oregano	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	32.0
<i>Panax ginseng</i> Oriental Ginseng; Ginseng; Korean Ginseng; Chinese Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	2	5470.0
<i>Perideridia gairdneri</i> Squaw Root	1	1524.0
<i>Persea americana</i> Avocado	1	1632.0
<i>Petroselinum crispum</i> Parsley	1	
<i>Phaseolus vulgaris</i> Pop Bean; Haricot Vert; Navy Bean; Wax Bean; Garden Bean; Popping Bean; Black Bean; French Bean; Dwarf Bean; Haricot Bean; String Bean; Field Bean; Haricot; Green Bean; Snap Bean; Flageolet Bean; Kidney Bean	1	19122.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	6048.0
<i>Phoenix dactylifera</i> Date Palm	1	1290.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	262.0
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	5888.0
<i>Pisum sativum</i> Pea	3	8914.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	6800.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Prunus persica</i> Peach	1	324.0
<i>Prunus dulcis</i> Almond	1	7490.0
<i>Prunus armeniaca</i> Apricot	1	2200.0
<i>Psidium guajava</i> Guava	1	1008.0
<i>Psidium cattleianum</i> Strawberry Guava	1	520.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Winged Bean; Goa Bean	1	38478.0
<i>Psoralea esculenta</i> Prairie Potato; Prairie Apple; Prairie Turnip; Indian Turnip; Indian Bread-Root; Breadroot	1	1266.0
<i>Raphanus sativus</i> Radish	1	1550.0
<i>Rivea corymbosa</i> Snakeplant	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus nigra</i> Black Elder; European Alder; Elder; European Elderberry; European Elder	1	
<i>Sambucus canadensis</i> American Elderberry; Elderberry; American Elder; Sweet Elder	1	1118.0
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	3430.0
<i>Senna obtusifolia</i> Sicklepod	1	4360.0
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Sesamo (Sp.); Benneseed; Ajonjoli (Sp.); Sesame; Beni	1	9938.0
<i>Sinapis alba</i> White Mustard	1	11256.0
<i>Solanum tuberosum</i> Potato	2	4500.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	2478.0
<i>Spinacia oleracea</i> Spinach	2	9264.0
<i>Stellaria media</i> Common Chickweed; Chickweed	2	
<i>Tamarindus indica</i> Tamarind; Indian Tamarind; Kilytree	1	524.0

Plant	# Chemicals	Total PPM
<i>Taraxacum officinale</i> Dandelion	1	
<i>Tecoma stans</i> Yellow Elder	2	
<i>Theobroma cacao</i> Cacao	1	
<i>Thymus vulgaris</i> Garden Thyme; Common Thyme; Thyme	1	4018.0
<i>Trachyspermum ammi</i> Ajwan	1	46.0
<i>Trifolium pratense</i> Peavine Clover; Purple Clover; Cowgrass; Red Clover	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Fenugreek; Greek Clover; Bockshornklee (Ger.); Greek Hay	2	8670.0
<i>Triticum aestivum</i> Wheat	1	6000.0
<i>Vaccinium corymbosum</i> Blueberry	1	390.0
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	7220.0
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	5900.0
<i>Vigna unguiculata</i> Cowpea; Southern Pea; Black-eyed Pea; Crowder Pea	1	11820.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	13490.0
<i>Vigna angularis</i> Adzuki Bean	1	4414.0
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	1	3256.0
<i>Vitellaria paradoxa</i> Sheatree; Shea-Butter-Tree; Butterseed; Shea; Shea Nut	1	
<i>Vitis vinifera</i> Grapevine; Grape; Vigne Vinifere (Fr.); Parra (Sp.); Wine Grape; European Grape; Vid (Sp.); Weinrebe (Ger.)	1	308.0
<i>Zea mays</i> Corn	4	1914.0
<i>Zingiber officinale</i> Ginger	1	1386.0