

A Laxative?

*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>Acacia nilotica</i> Babul	1	
<i>Aconitum napellus</i> Garden Wolfsbane; Soldier's Cap; Monkshood; Blue Rocket; European Aconite; Helmet Flower; Aconite; Friar's Cap; Bear's-Foot; Turk's Cap; Garden Monkshood; Queen's Fettle	2	
<i>Adonis vernalis</i> Spring Adonis	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Allium schoenoprasum</i> Chives	2	
<i>Allium cepa</i> Onion; Shallot	2	
<i>Alocasia macrorrhiza</i> Giant Taro	2	
<i>Anabasis aphylla</i> Anabasis	1	
<i>Ananas comosus</i> Pineapple	2	181400.0
<i>Angelica archangelica</i> Wild Parsnip; Angelica; Garden Angelica	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	2	
<i>Annona muricata</i> Soursop	2	
<i>Apium graveolens</i> Celery	2	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	2	
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	1	
<i>Avena sativa</i> Oats	2	
<i>Averrhoa carambola</i> Carambola; Star Fruit	2	
<i>Berberis vulgaris</i> Barberry	2	
<i>Beta vulgaris</i> Beet; Sugar Beet; Beetroot; Garden Beet	1	
<i>Borago officinalis</i> Borage; Beebread; Beeplant; Talewort	1	
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Curly Kale; Kale; Kitchen Kale; Scotch Kale	2	
<i>Brassica oleracea</i> var. <i>italica</i> Purple Cauliflower; Asparagus Broccoli; Calabrese; Heading Broccoli; Winter Broccoli; Broccoli; Sprouting Broccoli; Cape Broccoli	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	2	
<i>Brassica oleracea</i> var. <i>capitata</i> l. Red Cabbage; Cabbage; White Cabbage	2	
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	2	
<i>Brassica oleracea</i> Kohlrabi	2	
<i>Calendula officinalis</i> Pot-Marigold; Calendula	1	12800.0
<i>Camellia sinensis</i> Tea	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	2	
<i>Capsicum frutescens</i> Chili; Red Chili; Cayenne; Spur Pepper; Tabasco; Hot Pepper	1	
<i>Capsicum annuum</i> Sweet Pepper; Cone Pepper; Green Pepper; Cherry Pepper; Paprika; Bell Pepper	1	
<i>Carica papaya</i> Papaya	2	8800.0
<i>Catalpa ovata</i> Hsin-Pa-Pi; Kisasage	1	
<i>Cephaelis ipecacuanha</i> Ipecac; Raicilla	2	
<i>Chaenomeles lagenaria</i> Mu-Kua; Chinese Quince	2	
<i>Chelidonium majus</i> Celandine	2	
<i>Chenopodium ambrosioides</i> Wormseed; Epazote	1	

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<i>Cichorium intybus</i> Witloof; Succory; Chicory	2	
<i>Citrus sinensis</i> Orange	2	23600.0
<i>Citrus reticulata</i> Tangerine; Mandarin	2	28600.0
<i>Citrus paradisi</i> Grapefruit	2	43200.0
<i>Citrus mitis</i> Calamondin; Calamansi	2	
<i>Citrus limon</i> Lemon	1	119000.0
<i>Citrus aurantium</i> Bitter Orange; Petitgrain	2	
<i>Citrus aurantiifolia</i> Lime	2	5600.0
<i>Cocos nucifera</i> Copra; Coconut Palm; Kokospalme (Ger.); Coconut; Nariyal; Cocotero (Sp.)	2	
<i>Coffea arabica</i> Coffee	1	
<i>Convallaria majalis</i> Lily-Of-The-Valley	2	
<i>Cornus officinalis</i> Chinese Dogwood	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; English Hawthorn; Hawthorn; Woodland Hawthorn	1	
<i>Cryptostegia grandifolia</i> Rubber Vine	2	
<i>Cucumis melo</i> Muskmelon; Persian Melon; Netted Melon; Melon; Cantaloupe; Nutmeg Melon	1	
<i>Cydonia oblonga</i> Quince	1	
<i>Daphne mezereum</i> Spurge Olive; Spurge Laurel	1	
<i>Datura stramonium</i> Jimsonweed	2	5740.0
<i>Daucus carota</i> Carrot	2	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Elytrigia repens</i> Twitchgrass; Couchgrass; Doggrass; Wheatgrass; Quackgrass	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	2	
<i>Eriobotrya japonica</i> Loquat	2	
<i>Euonymus atropurpureus</i> Wahoo; Burning Bush	2	
<i>Euphorbia tirucalli</i> Aveloz	2	148000.0
<i>Fagopyrum esculentum</i> Buckwheat	2	46600.0
<i>Ficus carica</i> Echte Feige (Ger.); Figuier Commun (Fr.); Higuera Comun (Sp.); Fico (Ital.); Figueira (Port.); Feigenbaum (Ger.); Higo (Sp.); Fig	2	116000.0
<i>Filipendula ulmaria</i> Meadowsweet; Queen Of The Meadow	1	
<i>Foeniculum vulgare</i> Fennel	2	
<i>Fragaria</i> spp Strawberry	2	32000.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	
<i>Galium odoratum</i> Woodruff; Waldmeister	2	
<i>Garcinia mangostana</i> Mangostin; Mangosteen	1	
<i>Genipa americana</i> Genipap; Jagua	1	12600.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	
<i>Glycine max</i> Soybean	2	28000.0
<i>Glycyrrhiza glabra</i> Smooth Licorice; Licorice; Commom Licorice; Licorice-Root	1	
<i>Hedera helix</i> Ivy	1	
<i>Helianthus annuus</i> Sunflower; Girasol	2	3800.0
<i>Hibiscus sabdariffa</i> Kharkadi; Acedera de Guinea (Sp.); Malventee (Ger.); Red Sorrel; Indian Sorrel; Roselle; Rosella (Ger.); Rosa de Jamaica (Sp.); Sorrel; Sereni (Sp.); Jamaica Sorrel	2	498667.0

Plant	# Chemicals	Total PPM
<i>Hippophae rhamnoides</i> Sea Buckthorn; Sallow Thorn; Yellow Spine	2	
<i>Juglans regia</i> English Walnut	2	
<i>Juniperus communis</i> Common Juniper; Juniper	1	
<i>Kalanchoe pinnata</i> Air Plant; Siempre Viva	2	
<i>Kalanchoe daegrimontiana</i> Devil's-Backbone	1	
<i>Lactuca virosa</i> Bitter Lettuce	2	
<i>Lactuca scariola</i> Prickly Lettuce	2	
<i>Lactuca sativa</i> Lettuce	2	2200.0
<i>Ledum palustre</i> Wild Rosemary; Marsh Tea	2	
<i>Leonurus cardiaca</i> Motherwort	2	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	2	
<i>Lycopersicon esculentum</i> Tomato	2	
<i>Malus domestica</i> Apple	1	
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	2	73200.0
<i>Matricaria recutita</i> Wild Camomile; German Camomile; Annual Camomile	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	2	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	2	
<i>Musa x paradisiaca</i> Plantain; Banana	2	7460.0
<i>Myrciaria dubia</i> Araza de Agua (Sp.); Camu-camu Negro (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.); Camo Camo (Peru); Rumberry (Eng.); Guapuro Blanco (Bol.)	2	
<i>Myrtus communis</i> Myrtle; Mirto (Sp.); Arrayan (Sp.); Myrte (Ger.)	2	
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Opuntia ficus-indica</i> Nopal; Prickly Pear; Indian Fig; Nopalito	2	12520.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	6000.0
<i>Panax ginseng</i> Chinese Ginseng; Korean Ginseng; Ginseng; Oriental Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	2	
<i>Paris quadrifolia</i> Herb Paris	1	
<i>Passiflora edulis</i> Maracuya; Passionfruit	2	
<i>Petroselinum crispum</i> Parsley	2	
<i>Physalis peruviana</i> Ground Cherry; Cape Gooseberry	2	44000.0
<i>Physalis ixocarpa</i> Tomatillo	2	26380.0
<i>Pimenta dioica</i> Jamaica-Pepper; Clover-Pepper; Allspice; Pimenta; Pimento	1	
<i>Piscidia piscipula</i> Jamaica Dogwood	2	
<i>Pisum sativum</i> Pea	2	
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	2	
<i>Populus nigra</i> Black Poplar	1	

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<i>Portulaca oleracea</i> Purslane; Verdolaga	2	20400.0
<i>Prunus persica</i> Peach	1	
<i>Prunus domestica</i> Plum	2	30000.0
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	2	44000.0
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Granado (Sp.); Romanzeiro (Port.); Mangrano (Sp.); Grenadier (Fr.); Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Zakuro (Jap.); Pomegranate	2	24600.0
<i>Pyrus communis</i> Pear	2	
<i>Quassia amara</i> Bitterwood; Quassia	1	
<i>Quisqualis indica</i> Rangoon Creeper	2	
<i>Rheum rhabarbarum</i> Rhubarb	2	
<i>Rhododendron ferrugineum</i> Rusty-Leaved Alpenrose	1	
<i>Ribes uva-crispa</i> Gooseberry	2	32200.0
<i>Ribes rubrum</i> Red Currant; White Currant	2	45600.0
<i>Ribes nigrum</i> Black Currant	1	70000.0
<i>Rosa spp</i> Rose Hips	2	
<i>Rosa laevigata</i> Cherokee Rose	2	
<i>Rosa gallica</i> French Rose	1	
<i>Rosa centifolia</i> Cabbage Rose	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	2	154400.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Rubus chingii</i> Chinese Raspberry	2	
<i>Ruta graveolens</i> Rue	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus nigra</i> European Alder; European Elderberry; Elder; European Elder; Black Elder	2	38000.0
<i>Sanguinaria canadensis</i> Bloodroot	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Schisandra chinensis</i> Chinese Magnolia Vine; Schizandra; Wu Wei Zi; Wu Wei Zu; Magnolia Vine; Five-Flavor-Fruit	2	
<i>Sclerocarya caffra</i> Marula	2	
<i>Solanum tuberosum</i> Potato	2	6240.0
<i>Solanum sessiliflorum</i> Cocona	1	
<i>Solanum nigrum</i> Black Nightshade	1	100000.0
<i>Sophora pachycarpa</i> Siberian Pachycarpa	2	
<i>Sorbus aucubaria</i> Rowan Berry	2	78000.0
<i>Spinacia oleracea</i> Spinach	2	
<i>Stevia rebaudiana</i> Ca-A-E; Sweet Leaf of Paraguay; Stevia	2	
<i>Tamarindus indica</i> Tamarind; Kilytree; Indian Tamarind	2	50000.0
<i>Theobroma cacao</i> Cacao	1	15000.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium vitis-idaea</i> Cowberry; Lingonberry; Lingen	2	

Plant	# Chemicals	Total PPM
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	2	
<i>Vaccinium macrocarpon</i> Large Cranberry; American Cranberry; Cranberry	2	
<i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian	1	
<i>Valeriana jatamansi</i> Indian Valerian	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	2	
<i>Viburnum prunifolium</i> Black Haw	2	
<i>Viburnum opulus</i> Guelder Rose; European Cranberry Bush; Snowballbush; Crampbark	2	
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	2	
<i>Viola odorata</i> Sweet Violet; Common Violet	1	
<i>Vitis vinifera</i> Grape; Vid (Sp.); Parra (Sp.); Vigne Vinifere (Fr.); Grapevine; Wine Grape; European Grape; Weinrebe (Ger.)	2	4000.0
<i>Zea mays</i> Corn	1	
<i>Zizyphus jujuba</i> Jujube; Ta-Tsao; Da-Zao	1	24000.0