

A Lipotropic

*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	4200.0
<i>Abrus precatorius</i> Red Beadvine; Coral Beadplant; Weathervine; Weatherplant; Jequirity Bean; Minnie-Minnies; Crab's Eye; Precatory Bean; Jequerity; Love Bean; Lucky Bean; Licorice Vine; Prayer Beads; Rosary Pea; Indian Licorice	1	
<i>Acacia farnesiana</i> Sweet Acacia; Cassie; Huisache; Opopanax; Popinac	1	8120.0
<i>Achillea millefolium</i> Yarrow; Milfoil	3	
<i>Achyranthes bidentata</i> Chaff Flower	1	
<i>Achyranthes aspera</i> Chaff Flower	1	
<i>Aconitum napellus</i> Monkshood; Garden Wolfsbane; Blue Rocket; Turk's Cap; Soldier's Cap; European Aconite; Friar's Cap; Helmet Flower; Bear's-Foot; Garden Monkshood; Aconite; Queen's Fettle	1	
<i>Acorus calamus</i> Myrtle Flag; Sweetflag; Sweet Calamus; Sweetroot; Calamus; Flagroot	1	
<i>Adonis vernalis</i> Spring Adonis	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Albizia lebeck</i> Koko; Lebbek; Lebbek Tree; Siris Tree; Frywood; East Indian Walnut; Women's-Tongue Tree	1	
<i>Alisma plantago-aquatica</i> Tse-Hsieh; Mud Plantain; Water Plantain; Ze-Xie	2	
<i>Allium schoenoprasum</i> Chives	1	7600.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	11724.0
<i>Allium cepa</i> Shallot; Onion	2	3840.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Alpinia galanga</i> Siamese Ginger; Languas; Greater Galangal	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	3	80000.0
<i>Amaranthus</i> sp. Pigweed	1	8662.0
<i>Amorphophallus konjac</i> Leopard Palm; Umbrella Arum; Snake Palm; Devil's Tongue; Elephant Yam; Konjac	1	
<i>Anacardium occidentale</i> Cashew	1	5574.0
<i>Ananas comosus</i> Pineapple	1	1630.0
<i>Anastatica hierochuntica</i> Jericho Rose	2	
<i>Anethum graveolens</i> Garden Dill; Dill	1	3098.0
<i>Angelica sinensis</i> Chinese Angelica; Dang Quai; Dong Gui; Dang Qui; Dang Gui; Dong Quai	2	4940.0
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	520.0
<i>Annona reticulata</i> Custard Apple	1	280.0
<i>Annona muricata</i> Soursop	1	740.0
<i>Apium graveolens</i> Celery	3	2240.0
<i>Arachis hypogaea</i> Groundnut; Peanut	3	20860.0
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	1	900.0
<i>Areca catechu</i> Pin-Lang; Betel Nut	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	2	
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia cina</i> Levant Wormseed	3	
<i>Artemisia abrotanum</i> Southernwood	1	
<i>Artocarpus altilis</i> Breadfruit	1	680.0

Plant	# Chemicals	Total PPM
<i>Asimina triloba</i> Pawpaw	1	1672.0
<i>Asparagus officinalis</i> Asparagus	3	7484.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	2	
<i>Atropa bella-donna</i> Belladonna	1	
<i>Avena sativa</i> Oats	3	15733.3
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Ballota nigra</i> Black Horehound	1	
<i>Basella alba</i> Vinespinach	1	5510.0
<i>Benincasa hispida</i> Waxgourd	1	1540.0
<i>Bertholletia excelsa</i> Creamnut; Brazilnut; Paranut; Brazilnut-Tree	2	230692.0
<i>Beta vulgaris</i> Sugar Beet; Beet; Beetroot; Garden Beet	2	2682.0
<i>Bixa orellana</i> Lipsticktree; Annatto; Arnato; Annoto; Annato; Lipstick Pod; Achiote; Bija	1	3320.0
<i>Borago officinalis</i> Talewort; Borage; Beeplant; Beebread	1	
<i>Brassica rapa</i> Pak-Choi; Bok-Choy; Chinese Mustard; Chinese White Cabbage; Celery Cabbage; Chinese Cabbage; Celery Mustard	1	2700.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Cow Cabbage; Tree Kale; Spring-Heading Cabbage; Tall Kale	1	6884.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Kale; Kitchen Kale; Scotch Kale	1	4120.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Calabrese; Asparagus Broccoli; Winter Broccoli; Purple Cauliflower; Sprouting Broccoli; Broccoli; Heading Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	4570.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	2	3208.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	14534.0
<i>Brassica oleracea</i> Kohlrabi	1	2890.0
<i>Brassica nigra</i> Black Mustard	1	6774.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	1930.0
<i>Brassica chinensis</i> Chinese Mustard; Bok-Choy; Celery Cabbage; Chinese Cabbage; Pak-Choi; Celery Mustard; Chinese White Cabbage	1	3846.0
<i>Cajanus cajan</i> Pigeonpea	1	5440.0
<i>Calathea allouia</i> Lleren; Leren	1	
<i>Camellia sinensis</i> Tea	1	
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	940.0
<i>Capsella bursa-pastoris</i> Shepherd's Purse	3	20600.0
<i>Capsicum frutescens</i> Cayenne; Red Chili; Chili; Spur Pepper; Tabasco; Hot Pepper	2	3916.0
<i>Capsicum annum</i> Cherry Pepper; Paprika; Cone Pepper; Green Pepper; Sweet Pepper; Bell Pepper	3	4042.0
<i>Carica papaya</i> Papaya	2	358.0
<i>Carum carvi</i> Caraway; Comino (Sp.); Comino de prado (Sp.); Carum; Kummel (Ger.)	1	
<i>Carya ovata</i> Shagbark Hickory	1	10000.0
<i>Castanea sativa</i> European Chestnut	1	2056.0
<i>Castanea mollissima</i> Chinese Chestnut	1	3608.0
<i>Castanea dentata</i> American Chestnut	1	3178.0
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	

Plant	# Chemicals	Total PPM
<i>Cephaelis ipecacuanha</i> Raicilla; Ipecac	1	
<i>Ceratonia siliqua</i> Carob; St.John's-Bread; Locust Bean	1	9400.0
<i>Chamaemelum nobile</i> Roman Camomile; Garden Camomile; Perennial Camomile	2	
<i>Chelidonium majus</i> Celandine	1	
<i>Chenopodium album</i> Lambsquarter	2	30642.0
<i>Chrysanthemum x morifolium</i> Florist's Chrysanthemum; Ju Hua (Pinyin); Mum; Chrysanthemum	1	
<i>Chrysanthemum cinerariifolium</i> Pyrethrum	1	
<i>Chrysophyllum cainito</i> Star Apple; Caimito	1	
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	5720.0
<i>Cichorium intybus</i> Chicory; Succory; Witloof	4	2448.0
<i>Cichorium endivia</i> Escarole; Endive	1	4508.0
<i>Citrullus lanatus</i> Watermelon	1	12898.0
<i>Citrus sinensis</i> Orange	3	4600.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	2096.0
<i>Citrus paradisi</i> Grapefruit	1	444.0
<i>Citrus aurantiifolia</i> Lime	1	340.0
<i>Cnidioscolus chayamansa</i> Chaya	1	7440.0
<i>Cocos nucifera</i> Copra; Nariyal; Cocotero (Sp.); Kokospalme (Ger.); Coconut; Coconut Palm	2	1380.0
<i>Coffea arabica</i> Coffee	2	600.0
<i>Cola acuminata</i> Abata Cola	1	5000.0
<i>Colocasia esculenta</i> Taro	1	12380.0
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	1	10580.0
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	2	
<i>Cornus florida</i> American Dogwood	1	
<i>Crataegus</i> sp.	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Hawthorn; Whitethorn; Woodland Hawthorn	1	
<i>Crocus sativus</i> Saffron	1	
<i>Croton lechleri</i> Dragons Blood; Sangre de Grado; Sangre de Drago; Sangre de Dragon	1	
<i>Croton eluteria</i> Cascarilla	1	
<i>Cryptotaenia japonica</i> Japanese Cryptotaenia; Mitsuba; Japanese Honewort; Ya Er Qin; Stone Parsley	1	
<i>Cucumis sativus</i> Cucumber	1	2024.0
<i>Cucurbita</i> spp Summer Squash	1	5380.0
<i>Cucurbita pepo</i> Pumpkin	2	24425.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Cuminum cyminum</i> Cumin	1	
<i>Daucus carota</i> Carrot	4	1438.0
<i>Dictamnus albus</i> Dittany; Gazelotu; Gas Plant; Akgiritotu; Burning Bush	1	
<i>Digitalis purpurea</i> Purple Foxglove	2	
<i>Digitalis lanata</i> Grecian Foxglove	1	2000.0

Plant	# Chemicals	Total PPM
<i>Dioscorea pentaphylla</i> Mountain Yam	1	1940.0
<i>Echinacea</i> spp Echinacea; Coneflower	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Echinacea; Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Narrow Leaf Purple-Coneflower; Narrow Leaf Echinacea; Echinacea	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Elytrigia repens</i> Doggrass; Couchgrass; Twitchgrass; Quackgrass; Wheatgrass	1	45000.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	2	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	
<i>Ferula sumbul</i> Sumbul	1	
<i>Ficus carica</i> Figueira (Port.); Higo (Sp.); Fig; Echte Feige (Ger.); Higuera Comun (Sp.); Figuier Commun (Fr.); Feigenbaum (Ger.); Fico (Ital.)	1	574.0
<i>Foeniculum vulgare</i> Fennel	2	6604.0
<i>Fragaria</i> spp Strawberry	2	1478.0
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	2	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	2	2746.0
<i>Glechoma hederacea</i> Alehoof	1	
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	5	63252.49
<i>Glycyrrhiza glabra</i> Smooth Licorice; Commom Licorice; Licorice-Root; Licorice	2	
<i>Gossypium</i> sp Cotton	3	6800.0
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	2	
<i>Hamamelis virginiana</i> Witch Hazel	1	4000.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	3	1716.0
<i>Helianthus annuus</i> Sunflower; Girasol	3	48000.0
<i>Hordeum vulgare</i> Barleygrass; Barley	3	11705.6
<i>Humulus lupulus</i> Hops	1	
<i>Hura crepitans</i> Sandbox Tree	1	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Goatweed; Hypericum; Klamath Weed; St. John's-wort; Common St. Johnswort	1	
<i>Hyssopus officinalis</i> Hyssop	2	
<i>Ilex paraguariensis</i> Mate; Paraguay Tea; South American Holly	2	
<i>Inonotus obliquus</i>	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	3020.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	11690.0
<i>Juglans regia</i> English Walnut	3	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	12642.0
<i>Justicia pectoralis</i> Bolek Hena; Angel Of Death; Curia	1	

Plant	# Chemicals	Total PPM
<i>Justicia adhatoda</i> Malabar Nut	1	
<i>Lablab purpureus</i> Hyacinth Bean; Bonavist Bean; Lablab Bean	1	4210.0
<i>Lactuca sativa</i> Lettuce	2	5334.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	2	33840.0
<i>Lens culinaris</i> Lentil	3	14060.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Leonotis nepetaefolia</i> Catnipleaf Lion's-Ear	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	3	19960.0
<i>Lippia javanica</i> Lemon Bush; Umsuzwane (Zulu)	1	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Luffa aegyptiaca</i> Luffa; Vegetable Sponge; Smooth Loofah	1	4180.0
<i>Lupinus albus</i> White Lupine	2	5700.0
<i>Lycium chinense</i> Chinese Matrimony Vine; Lyciet de Chine (Fr.); Gou Qi (Chin.); Chinesischer Bocksdorn (Ger.); Kuko (Jap.); Chinese Wolfberry; Chinese Boxthorn; Daun Koki (Indones.); Spina Santa Cinese (Ital.); Kaukichai (Malays.); Wolfberry	2	2000.0
<i>Lycium chilense</i> Chilean Wolfberry	2	
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Barbary Matrimony Vine; Matrimony Vine; Duke of Argyll's Eta Tree; Common Matrimony Vine	2	
<i>Lycopersicon esculentum</i> Tomato	3	2996.0
<i>Macadamia</i> spp Macadamia	1	1900.0
<i>Maclura pomifera</i> Osage-Orange; Hedge Apple	1	
<i>Malus domestica</i> Apple	3	248.0
<i>Malva neglecta</i> Cheeses; Common Mallow	1	
<i>Mangifera indica</i> Mango	1	1100.0
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	1	1650.0
<i>Marrubium vulgare</i> Horehound; White Horehound	1	22000.0
<i>Matricaria recutita</i> Annual Camomile; Wild Camomile; German Camomile	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	4	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melicoccus bijugatas</i> Pitomba; Genip; Mamoncillo; Honey berry	1	
<i>Mentha x piperita</i> Peppermint	3	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Menyanthes trifoliata</i> Bog Myrtle; Marsh Clover; Marsh Trefoil; Water Trefoil; Bogbean; Buckbean	1	
<i>Moringa oleifera</i> Ben Nut; Benzolive Tree; Horseradish Tree; West Indian Ben; Drumstick Tree; Moringa; Jacinto (Sp.)	2	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	3	207950.0
<i>Murraya</i> sp None	1	980.0
<i>Musa x paradisiaca</i> Banana; Plantain	2	1597.0
<i>Nasturtium officinale</i> Watercress; Berro	1	8000.0
<i>Nelumbo nucifera</i> Water Lotus	1	6464.0
<i>Nerium oleander</i> Oleander	1	
<i>Nicotiana tabacum</i> Tobacco	2	

Plant	# Chemicals	Total PPM
<i>Nigella sativa</i> Roman Coriander; Fennel-Flower; Black Cumin; Black Caraway; Nutmeg-Flower	1	33500.0
<i>Ocimum basilicum</i> Cuban Basil; Basil; Sweet Basil	1	4040.0
<i>Oenothera biennis</i> Evening-Primrose	1	11526.0
<i>Olea europaea</i> Olive	1	
<i>Opuntia ficus-indica</i> Nopalito; Indian Fig; Nopal; Prickly Pear	1	13440.0
<i>Oryza sativa</i> Rice	3	1760.0
<i>Pachyrhizus erosus</i> Yambean	2	2400.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	4680.0
<i>Panax ginseng</i> Oriental Ginseng; Chinese Ginseng; Ginseng; Korean Ginseng	2	4000.0
<i>Papaver somniferum</i> Opium Poppy; Poppypseed Poppy	3	66084.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	10100.0
<i>Paullinia cupana</i> Guarana	1	
<i>Perideridia gairdneri</i> Squaw Root	1	1778.0
<i>Persea americana</i> Avocado	2	2876.0
<i>Petasites hybridus</i> European Butterbur	1	
<i>Petroselinum crispum</i> Parsley	2	2564.0
<i>Peumus boldus</i> Boldo	1	
<i>Phaseolus vulgaris</i> Navy Bean; Green Bean; Haricot Bean; Snap Bean; Haricot Vert; Haricot; Dwarf Bean; Flageolet Bean; Wax Bean; Garden Bean; Black Bean; Field Bean; Pop Bean; String Bean; Kidney Bean; French Bean; Popping Bean	3	21290.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	6034.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	4380.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	710.0
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	
<i>Pinus sylvestris</i> Scotch Pine	1	6800.0
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Piper nigrum</i> White Pepper; Pepper; Black Pepper	1	
<i>Pistacia vera</i> Pistachio	1	7926.0
<i>Pistacia lentiscus</i> Mastic; Mastictree; Mastixbaum (Ger.); Chios Mastictree; Lentisco (Sp.)	1	
<i>Pisum sativum</i> Pea	5	23324.0
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Polygonum multiflorum</i> Fleeceflower; Chinese Cornbind; He Shou Wu; Fo Ti; Chinese Knotweed	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	5628.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Caimito; Abiu	1	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus persica</i> Peach	1	2754.0
<i>Prunus domestica</i> Plum	2	3810.0
<i>Prunus armeniaca</i> Apricot	1	880.0
<i>Psidium guajava</i> Guava	1	720.0

Plant	# Chemicals	Total PPM
<i>Psidium cattleianum</i> Strawberry Guava	1	410.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Winged Bean; Goa Bean	1	20012.0
<i>Psoralea esculenta</i> Prairie Apple; Indian Bread-Root; Prairie Turnip; Breadroot; Prairie Potato; Indian Turnip	1	506.0
<i>Pueraria montana</i> Kudsu; Kudzu	1	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Zakuro (Jap.); Romanzeiro (Port.); Grenadier (Fr.); Granatapfelbaum (Ger.); Pomegranate; Mangrano (Sp.); Granado (Sp.)	1	
<i>Pyrus communis</i> Pear	1	618.0
<i>Raphanus sativus</i> Radish	1	2710.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	2000.0
<i>Rhizophora mangle</i> Red Mangrove	1	
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa gallica</i> French Rose	1	
<i>Rosa canina</i> Dogbrier; Dog Rose; Rose	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Sambucus nigra</i> European Elder; Elder; European Elderberry; Black Elder; European Alder	1	
<i>Sambucus canadensis</i> American Elder; Elderberry; Sweet Elder; American Elderberry	1	1386.0
<i>Satureja montana</i> Savory; Winter Savory	1	
<i>Scutellaria baicalensis</i> Baikal Skullcap; Chinese Skullcap; Huang Qin	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	290.0
<i>Senna obtusifolia</i> Sicklepod	1	4540.0
<i>Sesamum indicum</i> Ajonjoli (Sp.); Benneseed; Sesame; Sesamo (Sp.); Beni	4	23736.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	2	10272.0
<i>Solanum tuberosum</i> Potato	2	5136.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	4014.0
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spinacia oleracea</i> Spinach	2	12588.0
<i>Stachys officinalis</i> Bishop's-Wort; Purple Betony; Wood Betony; Betony	3	10000.0
<i>Strophanthus hispidus</i> Hispid Ouabain	1	
<i>Strophanthus gratus</i> Ouabain	1	
<i>Strychnos nux-vomica</i> Strychnine; Nux-Vomica	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Syzygium cumini</i> Java Plum; Aceituna Dulce; Jambolan	1	
<i>Tamarindus indica</i> Tamarind; Kilytree; Indian Tamarind	1	408.0
<i>Taraxacum officinale</i> Dandelion	3	59400.0
<i>Taraxacum mongolicum</i> Mongoloid Dandelion	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	
<i>Teucrium botrys</i> Field Germander	1	

Plant	# Chemicals	Total PPM
<i>Theobroma cacao</i> Cacao	1	
<i>Thuja occidentalis</i> Northern White-Cedar; Arbor-Vitae	1	
<i>Thymus vulgaris</i> Common Thyme; Thyme; Garden Thyme	1	3960.0
<i>Trifolium pratense</i> Cowgrass; Peavine Clover; Red Clover; Purple Clover	2	
<i>Trigonella foenum-graecum</i> Greek Clover; Bockshornklee (Ger.); Alholva (Sp.); Fenugreek; Greek Hay	3	35440.0
<i>Triticum aestivum</i> Wheat	5	15382.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Ulex europaeus</i> Gorse	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	4	
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	1430.0
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	6940.0
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	2	5210.0
<i>Vigna unguiculata</i> Asparagus Bean; Pea Bean; Yardlong Bean	2	18182.0
<i>Vigna radiata</i> Green Gram; Mungbean	3	17144.0
<i>Vigna mungo</i> Black Gram	2	36120.0
<i>Vigna angularis</i> Adzuki Bean	1	4852.0
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	1	4872.0
<i>Viscum album</i> European Mistletoe	1	8000.0
<i>Vitis vinifera</i> Weinrebe (Ger.); Grape; Grapevine; Vid (Sp.); Wine Grape; Parra (Sp.); European Grape; Vigne Vinifere (Fr.)	4	2264.0
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	4	7262.0
<i>Zingiber officinale</i> Ginger	2	1474.0