

A Mast-Cell-Stabilizer

*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 moschatus</i> Musk Okra; Muskmallow; Ambrette; Tropical Jewel Hibiscus	1	
<i>Abelmoschus esculentus</i> Okra	1	
<i>Abutilon theophrasti</i> Indian-Mallow; Velvet Leaf; Abutilon-Hemp; Butterprint	1	
<i>Acacia senegal</i> Gum Arabic Tree; Gum Arabic; Sudan Gum Arabic; Kher; Senegal Gum	1	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia catechu</i> Catechu; Black Cutch	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Acinos suaveolens</i>	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Agathosma betulina</i> Mountain Buchu; Honey Buchu; Buchu	1	
<i>Ageratum conyzoides</i> Mexican ageratum	1	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	1	
<i>Ailanthus altissima</i> Tree Of Heaven; Stinktree	1	
<i>Albizia lebbek</i> Siris Tree; Lebbek Tree; Women's-Tongue Tree; Lebbek; Frywood; Koko; East Indian Walnut	1	
<i>Allium schoenoprasum</i> Chives	1	18.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	400.0
<i>Allium cepa</i> Shallot; Onion	1	96200.0
<i>Alpinia officinarum</i> Chinese Ginger; Lesser Galangal	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Ammi visnaga</i> Visnaga	1	
<i>Ammi majus</i> Bishop's Weed	1	
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anemone pulsatilla</i> Pasque Flower	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Anogeissus latifolia</i> Gum Ghatti	1	
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Groundnut; Peanut	1	
<i>Araucaria bidwillii</i> Monkey puzzle	1	
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	
<i>Ardisia japonica</i> Marlberry	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artemisia annua</i> Qinghao; Sweet Wormwood (GRIN); Annual Wormwood (GRIN); Annual Mugwort (GRIN); Sweet Annie	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	
<i>Aspalathus linearis</i> Red Bush Tea; Rooibos; Kaffree Tea	1	
<i>Asparagus officinalis</i> Asparagus	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	

Plant	# Chemicals	Total PPM
<i>Avena sativa</i> Oats	1	620.0
<i>Azadirachta indica</i> Neem	1	2000.0
<i>Barosma betulina</i> Buchu	1	
<i>Basella alba</i> Vinespinach	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Garden Beet; Beet; Sugar Beet; Beetroot	1	
<i>Borago officinalis</i> Borage; Beeplant; Beebread; Talewort	1	
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Kale; Curly Kale; Scotch Kale	1	100.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Heading Broccoli; Winter Broccoli; Purple Cauliflower; Asparagus Broccoli; Sprouting Broccoli; Broccoli; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	50.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	200.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	12.0
<i>Brassica oleracea</i> Kohlrabi	1	40.0
<i>Caesalpinia pulcherrima</i> Bird Of Paradise	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	
<i>Camellia sinensis</i> Tea	1	20000.0
<i>Camptotheca acuminata</i> Happy Tree	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Capsicum frutescens</i> Red Chili; Cayenne; Chili; Tabasco; Hot Pepper; Spur Pepper	1	126.0
<i>Carum carvi</i> Carum; Kummel (Ger.); Comino de prado (Sp.); Caraway; Comino (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	
<i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle	1	
<i>Cedrus deodora</i> Deodar Cedar	1	
<i>Ceiba pentandra</i> Kapok; Silk-Cotton Tree	1	
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> St.John's-Bread; Carob; Locust Bean	1	
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	
<i>Cichorium endivia</i> Endive; Escarole	1	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	
<i>Citrus sinensis</i> Orange	1	
<i>Citrus paradisi</i> Grapefruit	1	
<i>Citrus limon</i> Lemon	1	
<i>Coleus forskohlii</i> Forskohl's Coleus	1	9260.0
<i>Coleus barbatus</i> Forskohl's Coleus	1	9260.0
<i>Commiphora wightii</i> Indian Bdellium-Tree; Guggul	1	
<i>Consolida ajacis</i> Larkspur	1	
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Coriaria thymifolia</i> Shanshi; Ground Toot	1	
<i>Coriaria myrtifolia</i> Mealy Tree	1	

Plant	# Chemicals	Total PPM
<i>Cornus mas</i> Cornelian Cherry; Sorbet	1	1
<i>Cornus florida</i> American Dogwood	1	1
<i>Corylus avellana</i> European Filbert; Hazel; Cobnut; European Hazel; English Filbert	1	1
<i>Crataegus rhipidophylla</i> Hawthorn	1	1
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	1
<i>Crataegus laevigata</i> Woodland Hawthorn; Whitethorn; English Hawthorn; Hawthorn	1	1
<i>Crataegus cuneata</i> Hawthorn	1	1
<i>Crocus sativus</i> Saffron	1	1
<i>Cucurbita pepo</i> Pumpkin	1	1
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	1
<i>Cyamopsis tetragonoloba</i> Guar; Siam-Bean; Cluster-Bean	1	1
<i>Cymbopogon citratus</i> West Indian Lemongrass; Lemongrass	1	1
<i>Cynara cardunculus</i> Artichoke	1	1
<i>Cytisus scoparius</i> Scotch Broom	1	1
<i>Daucus carota</i> Carrot	1	1
<i>Diospyros virginiana</i> American Persimmon	1	1
<i>Dodonaea viscosa</i> Hopwood	1	1
<i>Drimys winteri</i> Winter's Bark	1	1
<i>Echinacea</i> spp Echinacea; Coneflower	1	1
<i>Echinacea purpurea</i> Purple-Coneflower; Eastern Purple-Coneflower; Echinacea	1	1
<i>Echinacea angustifolia</i> Narrow Leaf Purple-Coneflower; Narrow Leaf Echinacea; Echinacea	1	1
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	1
<i>Equisetum arvense</i> Field Horsetail; Horsetail	1	1
<i>Eriobotrya japonica</i> Loquat	1	1
<i>Eucalyptus globulus</i> Eucalypt; Tasmanian Bluegum; Blue Gum	1	1
<i>Eucommia ulmoides</i> Gutta-Percha Tree; Tu Chung; Du Zhong	1	1
<i>Eupatorium perfoliatum</i> Boneset	1	1
<i>Euphorbia lathyris</i> Caper Spurge; Mole Plant	1	1
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	1
<i>Euphrasia officinalis</i> Eyebright	1	1
<i>Fagopyrum esculentum</i> Buckwheat	1	1
<i>Ficus carica</i> Fig; Figuier Commun (Fr.); Higo (Sp.); Figueira (Port.); Echte Feige (Ger.); Feigenbaum (Ger.); Fico (Ital.); Higuera Comun (Sp.)	1	1
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	1	1
<i>Foeniculum vulgare</i> Fennel	1	1
<i>Forsythia suspensa</i> Lian-Jiao; Lien-Chiao	1	1
<i>Fragaria</i> spp Strawberry	1	1
<i>Galega officinalis</i> Goat's Rue; Galega	1	1
<i>Geranium thunbergii</i> Oriental Geranium; Gennoshiouko	1	1
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	1
<i>Glycine max</i> Soybean	1	1
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Chinese Licorice; Gan-Cao	1	1

Plant	# Chemicals	Total PPM
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice-Root; Licorice; Smooth Licorice	1	
<i>Gossypium</i> sp Cotton	1	
<i>Guazuma tomentosa</i>	1	
<i>Haematoxylum campechianum</i> Logwood; Campechy	1	
<i>Hamamelis virginiana</i> Witch Hazel	1	
<i>Helianthus annuus</i> Girasol; Sunflower	1	1220.0
<i>Hibiscus rosa-sinensis</i> Chinese hibiscus; Shoe-flower	1	
<i>Hippophae rhamnoides</i> Sallow Thorn; Yellow Spine; Sea Buckthorn	1	
<i>Holarrhena pubescens</i> Tellicherry Bark; Kurchi; Conessi; Zhi Xie Mu	1	
<i>Houttuynia cordata</i> Yu Xing Cao; Dokudami; Fishwort	1	
<i>Humulus lupulus</i> Hops	1	
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hypericum perforatum</i> Goatweed; Common St. Johnswort; Klamath Weed; Hypericum; St. John's-wort	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	
<i>Isatis tinctoria</i> Dyer's Woad	1	
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Kalanchoe spathulata</i> Beach Bells	1	
<i>Kalanchoe pinnata</i> Air Plant; Siempre Viva	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Laurus nobilis</i> Bayleaf; Grecian Laurel; Bay; Sweet Bay; Bay Laurel; Laurel	1	
<i>Ledum palustre</i> Wild Rosemary; Marsh Tea	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Ligustrum lucidum</i> Ligustri Fructus; White Waxtree; Glossy Privet; Chinese Privet; Privet	1	
<i>Ligustrum japonicum</i> Ligustri Fructus; Japanese Privet	1	
<i>Lippia dulcis</i> Sweet Herb	1	
<i>Ludwigia perennis</i> Perennial ludwigia	1	
<i>Ludwigia adscendens</i> Ascending ludwigia	1	
<i>Lycium chinense</i> Chinesischer Bocksborn (Ger.); Lyciet de Chine (Fr.); Chinese Matrimony Vine; Daun Koki (Indones.); Kuko (Jap.); <i>Kaukichai</i> (Malays.); Gou Qi (Chin.); Wolfberry; Chinese Wolfberry; Spina Santa Cinese (Ital.); Chinese Boxthorn	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Maclura pomifera</i> Osage-Orange; Hedge Apple	1	
<i>Magnolia officinalis</i> Hou Pu; Chinese Magnolia; Magnolia-Bark	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	
<i>Magnolia denudata</i> Xin-Yi; Hsin-I	1	
<i>Malus domestica</i> Apple	1	526.0
<i>Mangifera indica</i> Mango	1	
<i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot	1	
<i>Marrubium vulgare</i> White Horehound; Horehound	1	
<i>Matricaria recutita</i> Annual Camomile; Wild Camomile; German Camomile	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	

Plant	# Chemicals	Total PPM
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Menyanthes trifoliata</i> Buckbean; Marsh Clover; Bogbean; Marsh Trefoil; Bog Myrtle; Water Trefoil	1	
<i>Moringa oleifera</i> Moringa; Jacinto (Sp.); Horseradish Tree; Ben Nut; Benzolive Tree; Drumstick Tree; West Indian Ben	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	
<i>Musa x paradisiaca</i> Plantain; Banana	1	
<i>Myristica fragrans</i> nuez moscada (Sp.); nogal moscado (Sp.); Nutmeg; Muskatnussbaum (Ger.); Mace	1	
<i>Nelumbo nucifera</i> Water Lotus	1	
<i>Nerium oleander</i> Oleander	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Ocimum basilicum</i> Sweet Basil; Cuban Basil; Basil	1	
<i>Oenothera biennis</i> Evening-Primrose	1	414000.0
<i>Olea europaea</i> Olive	1	
<i>Ononis spinosa</i> Spiny Restharrow; Restharrow; Hauhechel (Ger.)	1	
<i>Origanum vulgare</i> Oregano; Wild Oregano; Wild Marjoram; European Oregano; Common Turkish Oregano; Pot Marjoram	1	
<i>Paeonia suffruticosa</i> Moutan; Tree Peony; Moutan Peony	1	
<i>Paeonia moutan</i> Tree Peony; Moutan	1	
<i>Paeonia lactiflora</i> Chih-Shao; White Peony; Bai Shao (Chinese); Common Garden Peony; Peony	1	
<i>Panax notoginseng</i> Sanchi Ginseng	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Pastinaca sativa</i> Parsnip	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	1	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Phyllanthus niruri</i> Seed On The Leaf	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus mugo</i> Dwarf Pine; Swiss Mountain Pine	1	
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	1	
<i>Pistacia lentiscus</i> Mastic; Mastixbaum (Ger.); Chios Mastictree; Lentisco (Sp.); Mastictree	1	
<i>Plectranthus barbatus</i> False Boldo; Indian Coleus; Forskohl's Coleus	1	
<i>Plumeria acutifolia</i> Frangipani	1	
<i>Podophyllum pleianthum</i> Chinese Mayapple	1	
<i>Podophyllum peltatum</i> Mayapple	1	100000.0
<i>Podophyllum hexandrum</i> Himalayan Mayapple	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polygonum aviculare</i> Prostrate Knotweed	1	
<i>Populus tacamahacca</i> Balm Of Gilead	1	

Plant	# Chemicals	Total PPM
<i>Prosopis juliflora</i> Mesquite	1	
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus spinosa</i> Sloe; Blackthorn	1	
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	
<i>Psidium guajava</i> Guava	1	
<i>Psidium cattleianum</i> Strawberry Guava	1	
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Pueraria montana</i> Kudzu; Kudzu	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Mangrano (Sp.); Pomegranate; Granado (Sp.); Romanzeiro (Port.); Granatapfelstrauch (Ger.); Grenadier (Fr.); Zakuro (Jap.)	1	
<i>Pyrus communis</i> Pear	1	56.0
<i>Quercus velutina</i> Black Oak	1	
<i>Quercus robur</i> English Oak	1	
<i>Quercus infectoria</i> Aleppo Oak; Gall Oak; Dyer's Oak	1	
<i>Quercus alba</i> White Oak	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Rhus toxicodendron</i> Poison Ivy	1	
<i>Rhus coriaria</i> Sicilian Sumac; Tanner's Sumac; Sumac	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa damascena</i> Damask Rose	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rumex crispus</i> Curly Dock; Sour Dock; Lengua De Vaca; Yellow Dock	1	
<i>Rumex acetosa</i> Garden Sorrel	1	
<i>Ruta graveolens</i> Rue	1	
<i>Salix alba</i> White Willow	1	
<i>Sambucus nigra</i> Elder; European Alder; European Elderberry; European Elder; Black Elder	1	
<i>Sambucus canadensis</i> American Elder; Sweet Elder; American Elderberry; Elderberry	1	
<i>Sanguisorba officinalis</i> Greater Burnet	1	
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Schinus terebinthifolius</i> Brazilian Peppertree	1	
<i>Schinus molle</i> Peruvian Peppertree; Mastic-Tree; California Peppertree	1	
<i>Senna occidentalis</i> Coffee Senna	1	
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Solanum tuberosum</i> Potato	1	

Plant	# Chemicals	Total PPM
<i>Solidago virgaurea</i> Woundwort; European Goldenrod	1	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spartium junceum</i> Spanish Broom; Genet; Weaver's Broom	1	
<i>Spinacia oleracea</i> Spinach	1	38.0
<i>Syzygium aromaticum</i> Clove; Clovetree	1	
<i>Tabebuia impetiginosa</i> Pau d'arco; Taheebo	1	
<i>Tagetes patula</i> French Marigold	1	
<i>Tagetes minuta</i> Mexican Marigold; Stinking-Roger; Dwarf Marigold; Muster John Henry; Wild Marigold; Aztec Marigold	1	
<i>Tanacetum vulgare</i> Tansy	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia ivorensis</i> Shinglewood; Satinwood; Idigbo; Brimstonewood; Emire; Black Afara; Blackbark	1	
<i>Terminalia chebula</i> Chebulic Myrobalan; Myrobalan; Black Myrobalan; Ink Nut	1	
<i>Terminalia catappa</i> Tropical Almond; Malabar Almond; Indian Almond	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium botrys</i> Field Germander	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Thespesia populnea</i> Indian tulip tree	1	
<i>Thevetia peruviana</i> Chirca (Sp.); Oleandre Jaune (Fr.); Thevetie (Ger.); Luckynut; Loandro-Amarelo (Port.); Cabalonga (Sp.); Adelfa Amarilla (Sp.); Peruvian Yellow Oleander; Yellow Oleander	1	
<i>Tilia</i> sp. Lime; Basswood; Linden	1	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Tridax procumbens</i> Mexican daisy; Coatbuttons	1	
<i>Trifolium pratense</i> Cowgrass; Peavine Clover; Red Clover; Purple Clover	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Greek Hay; Fenugreek; Alholva (Sp.); Greek Clover	1	
<i>Triticum aestivum</i> Wheat	1	
<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> Stinging Nettle; European Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	1	
<i>Vaccinium macrocarpon</i> American Cranberry; Cranberry; Large Cranberry	1	500.0
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian	1	
<i>Viburnum opulus</i> Guelder Rose; Crampbark; European Cranberry Bush; Snowballbush	1	
<i>Vigna radiata</i> Mungbean; Green Gram	1	
<i>Viola tricolor</i> Wild Violet; Pansy	1	
<i>Viola odorata</i> Common Violet; Sweet Violet	1	
<i>Vitis vinifera</i> Weinrebe (Ger.); Vigne Vinifere (Fr.); Wine Grape; Grapevine; European Grape; Parra (Sp.); Vid (Sp.); Grape	1	

Plant	# Chemicals	Total PPM
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	1	
<i>Zingiber officinale</i> Ginger	1	