

A Memory-Enhancer

*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>Abies spectabilis</i>	1	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia catechu</i> Black Cutch; Catechu	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Achyranthes aspera</i> Chaff Flower	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Agave americana</i> Maguey; Century Plant	1	
<i>Akebia quinata</i> Chocolate Vine	1	
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Onion; Shallot	1	
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	2060.0
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Ammi visnaga</i> Visnaga	1	
<i>Amorphophallus konjac</i> Umbrella Arum; Elephant Yam; Snake Palm; Devil's Tongue; Konjac; Leopard Palm	1	
<i>Anacardium occidentale</i> Cashew	1	
<i>Ananas comosus</i> Pineapple	1	64000.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anemone pulsatilla</i> Pasque Flower	1	
<i>Angelica sinensis</i> Dang Quai; Dang Qui; Dong Quai; Dang Gui; Chinese Angelica; Dong Gui	1	
<i>Angelica archangelica</i> Angelica; Garden Angelica; Wild Parsnip	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	545000.0
<i>Annona muricata</i> Soursop	1	
<i>Anogeissus latifolia</i> Gum Ghatti	1	
<i>Apium graveolens</i> Celery	1	
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Arundo donax</i> Giant Reed	1	
<i>Asclepias syriaca</i> Milkweed	1	
<i>Asimina triloba</i> Pawpaw	1	341880.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Asparagus lucidus</i> Lucid Asparagus	1	
<i>Avena sativa</i> Oats	1	
<i>Bacopa monnieri</i> Brahmi; Water Hyssop	1	
<i>Balanites aegyptiacus</i> heglik (Fr.); hingotia (India); betu (India); dattier sauvage (Fr.); zachun (India); dattier du desert (Fr.); mirobalano de Egipto (Sp.); Soapberry Tree; Zachunbaum (Ger.); Desert Date; lalo (India)	1	

Plant	# Chemicals	Total PPM
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Garden Beet; Beet; Beetroot; Sugar Beet	1	
<i>Borago officinalis</i> Beeplant; Borage; Beebread; Talewort	1	
<i>Boswellia serrata</i> Salaki; Indian Olibanum-Tree; Salai Guggal; Salai; Indian Frankincense; Kundur Luban	1	
<i>Bryonia alba</i> White Bryony	1	
<i>Calotropis</i> sp. Giant Milkweed	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Capsicum frutescens</i> Chili; Spur Pepper; Red Chili; Cayenne; Hot Pepper; Tabasco	1	
<i>Capsicum annuum</i> Bell Pepper; Cherry Pepper; Sweet Pepper; Green Pepper; Cone Pepper; Paprika	1	
<i>Carica papaya</i> Papaya	1	
<i>Carum carvi</i> Caraway; Kummel (Ger.); Comino de prado (Sp.); Carum; Comino (Sp.)	1	
<i>Cassia tora</i> Sickle Senna	1	
<i>Catalpa ovata</i> Kisasage; Hsin-Pa-Pi	1	
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> St.John's-Bread; Locust Bean; Carob	1	264600.0
<i>Cichorium intybus</i> Witloof; Chicory; Succory	1	22000.0
<i>Citrullus colocynthis</i> Colocynth	1	
<i>Citrus sinensis</i> Orange	1	47200.0
<i>Citrus paradisi</i> Grapefruit	1	39000.0
<i>Citrus mitis</i> Calamansi; Calamondin	1	
<i>Cocos nucifera</i> Kokospalme (Ger.); Cocotero (Sp.); Coconut; Coconut Palm; Copra; Nariyal	1	4800.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Hawthorn; Whitethorn; Woodland Hawthorn	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	560000.0
<i>Cuscuta reflexa</i> Amarbel	1	
<i>Cuscuta europaea</i> European dodder	1	
<i>Cycas revoluta</i> Sago Cycas	1	
<i>Cydonia oblonga</i> Quince	1	
<i>Cypripedium pubescens</i> Ladyslipper	1	
<i>Daphne genkwa</i> Yuan Hua	1	
<i>Datura stramonium</i> Jimsonweed	1	
<i>Dianthus barbatus</i> Sweet William	1	
<i>Drynaria fortunei</i> Fortune's Fern	1	
<i>Dryopteris filix-mas</i> Male Fern	1	
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Ci wu jia (Pinyin); Siberian Ginseng; Wu jia; Eleuthero Ginseng	1	
<i>Eriodictyon californicum</i> Mountain Balm; Consumptive's Weed; California Yerba Santa; Hierba Santa; Bear's Weed; Holy Herb; Tarweed; Yerba Santa; Gum Bush	1	
<i>Euphorbia tirucalli</i> Aveloz	1	

Plant	# Chemicals	Total PPM
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Ferula assa-foetida</i> Asafoetida; Asafetida; Devil's Dung; Assa-foetida; test; Asafetida (Sp.); Stinkasant (Ger.)	1	
<i>Ficus carica</i> Figuiers Commun (Fr.); Higo (Sp.); Echte Feige (Ger.); Fico (Ital.); Feigenbaum (Ger.); Figueira (Port.); Higuera Comun (Sp.); Fig	1	62100.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Gleditsia triacanthos</i> Honey Locust	1	88800.0
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	1	1140.0
<i>Glycyrrhiza uralensis</i> Gan-Cao; Chinese Licorice; Kan-Tsao	1	
<i>Glycyrrhiza glabra</i> Smooth Licorice; Common Licorice; Licorice; Licorice-Root	1	84600.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Helianthus annuus</i> Sunflower; Girasol	1	
<i>Helleborus niger</i> Christmas Rose; Black Hellebore	1	
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	
<i>Humulus lupulus</i> Hops	1	40000.0
<i>Jatropha curcas</i> Physic Nut; Purgings Nut	1	
<i>Juncus effusus</i> Rush	1	
<i>Juniperus macropoda</i> Himalayan Juniper; Indian Juniper	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Lawsonia inermis</i> Jamaica-Mignonette; Henna; Mignonette Tree; Mignonette	1	
<i>Leonotis nepetaefolia</i> Catnipleaf Lion's-Ear	1	
<i>Ligustrum lucidum</i> Ligustri Fructus; Glossy Privet; Privet; White Waxtree; Chinese Privet	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lycopersicon esculentum</i> Tomato	1	32600.0
<i>Lycopus europeus</i> European Bugle	1	
<i>Lycoris radiata</i> Spider Lily	1	13800.0
<i>Maclura pomifera</i> Osage-Orange; Hedge Apple	1	
<i>Mahonia japonica</i> Japanese Ashberry; Hiiragi-Nanten	1	
<i>Malus domestica</i> Apple	1	36400.0
<i>Mangifera indica</i> Mango	1	86400.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Matricaria recutita</i> Wild Camomile; Annual Camomile; German Camomile	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus indica</i> Small-Flowered Melilot	1	
<i>Melilotus alba</i> White Melilot	1	54000.0
<i>Mercurialis annua</i> Annual Mercury	1	
<i>Morinda citrifolia</i> Noni; Indian Mulberry	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	

Plant	# Chemicals	Total PPM
<i>Musa x paradisiaca</i> Plantain; Banana	1	90000.0
<i>Myrciaria dubia</i> Rumberry (Eng.); Araza de Agua (Sp.); Guapuro Blanco (Bol.); Camu-camu (Eng.,Peru,Scn.,Sp.); Camo Camo (Peru); Camu-camu Negro (Peru)	1	
<i>Myristica fragrans</i> Mace; nogal moscado (Sp.); Nutmeg; nuez moscada (Sp.); Muskatnussbaum (Ger.)	1	
<i>Nigella sativa</i> Black Caraway; Black Cumin; Fennel-Flower; Roman Coriander; Nutmeg-Flower	1	
<i>Olea europaea</i> Olive	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopalito; Nopal	1	960.0
<i>Oryza sativa</i> Rice	1	53000.0
<i>Paeonia officinalis</i> Double Peony	1	100000.0
<i>Paeonia lactiflora</i> Bai Shao (Chinese); Chih-Shao; Common Garden Peony; White Peony; Peony	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	
<i>Panax japonicus</i> Japanese Ginseng	1	
<i>Panax ginseng</i> Oriental Ginseng; Chinese Ginseng; Korean Ginseng; Ginseng	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Phoenix dactylifera</i> Date Palm	1	747600.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Physalis ixocarpa</i> Tomatillo	1	64800.0
<i>Phytelephas macrocarpa</i> IVORY NUT PALM	1	
<i>Phytolacca americana</i> Pokeweed	1	92000.0
<i>Picrorhiza kurrooa</i> Picrorhiza	1	
<i>Pinus sylvestris</i> Scotch Pine	1	44000.0
<i>Pinus mugo</i> Dwarf Pine; Swiss Mountain Pine	1	
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	64000.0
<i>Piscidia piscipula</i> Jamaica Dogwood	1	
<i>Plantago ovata</i> Spogel Seeds; Indian Plantago; Blond Psyllium; Psyllium; Ispaghula	1	
<i>Platycodon grandiflorum</i> Chieh-Keng; Balloon Flower; Jie-Geng	1	
<i>Polygala senega</i> Senega; Seneca Snakeroot	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	42000.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	
<i>Prosopis juliflora</i> Mesquite	1	605000.0
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus domestica</i> Plum	1	124000.0
<i>Prunus cerasus</i> Sour Cherry	1	110000.0
<i>Prunus armeniaca</i> Apricot	1	96000.0
<i>Psidium guajava</i> Guava	1	2000.0
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Punica granatum</i> Mangrano (Sp.); Granatapfelbaum (Ger.); Pomegranate; Zakuro (Jap.); Romanzeiro (Port.); Granado (Sp.); Granatapfelstrauch (Ger.); Grenadier (Fr.)	1	

Plant	# Chemicals	Total PPM
<i>Rheum palmatum</i> Chinese Rhubarb	1	
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Ribes uva-crispa</i> Gooseberry	1	88000.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	45600.0
<i>Ribes nigrum</i> Black Currant	1	47000.0
<i>Robinia pseudoacacia</i> Black Locust	1	
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa canina</i> Dogbrier; Rose; Dog Rose	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus chingii</i> Chinese Raspberry	1	
<i>Rumex crispus</i> Sour Dock; Lengua De Vaca; Curly Dock; Yellow Dock	1	
<i>Salix alba</i> White Willow	1	
<i>Sambucus nigra</i> European Elderberry; Elder; European Elder; Black Elder; European Alder	1	
<i>Santalum album</i> White Sandalwood	1	
<i>Schinus molle</i> California Peppertree; Mastic-Tree; Peruvian Peppertree	1	380000.0
<i>Scrophularia buergeriana</i> Hsuan-Shen; Yuan-Shen	1	
<i>Senna occidentalis</i> Coffee Senna	1	
<i>Senna obtusifolia</i> Sicklepod	1	54120.0
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Sesame; Sesamo (Sp.); Ajonjoli (Sp.); Benneseed; Beni	1	
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Smilax</i> spp Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	
<i>Solanum nigrum</i> Black Nightshade	1	200000.0
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spondias pinnata</i> Yellow Mombin; Yellow Plum	1	34000.0
<i>Stevia rebaudiana</i> Stevia; Ca-A-E; Sweet Leaf of Paraguay	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Tamarindus indica</i> Tamarind; Indian Tamarind; Kilytree	1	560000.0
<i>Taraxacum officinale</i> Dandelion	1	10000.0
<i>Terminalia chebula</i> Black Myrobalan; Chebulic Myrobalan; Myrobalan; Ink Nut	1	
<i>Terminalia catappa</i> Tropical Almond; Malabar Almond; Indian Almond	1	119600.0
<i>Terminalia bellirica</i> Bahera; Beleric Myrobalan; Myrobalan; Myrobalan Belleric; Belleric	1	
<i>Tetrapanax papyrifera</i> Tong-Cao; Tung-Tsao; Rice Paper Tree	1	
<i>Teucrium scorodonia</i> Germander; Wood Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	
<i>Theobroma cacao</i> Cacao	1	6000.0
<i>Trifolium pratense</i> Peavine Clover; Cowgrass; Purple Clover; Red Clover	1	
<i>Triticum aestivum</i> Wheat	1	1800.0
<i>Tussilago farfara</i> Coltsfoot	1	

Plant	# Chemicals	Total PPM
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	
<i>Urginea indica</i> Sea-Onion; Indian Squill	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	80000.0
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Bilberry; Whortleberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	30000.0
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	15000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Vetiveria zizanioides</i> Cuscus Grass; Vetiver; Cus-Cus	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Snowballbush; European Cranberry Bush; Crampbark; Guelder Rose	1	
<i>Vigna radiata</i> Mungbean; Green Gram	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Parra (Sp.); Vid (Sp.); Weinrebe (Ger.); Wine Grape; Grapevine; Grape; European Grape	1	
<i>Xylopia aethiopica</i> Pimienta de Guinea (Sp.); Negro Pepper; Mohrenpfeffer (Ger.); Maniguete (Sp.); Guinea Pepper; Spice Tree; Ethiopian Pepper	1	
<i>Zea mays</i> Corn	1	10000.0
<i>Zingiber officinale</i> Ginger	1	
<i>Zizyphus jujuba</i> Da-Zao; Jujube; Ta-Tsao	1	