

# A Monoamine-Precursor

\*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  | 3           | 20820.0   |
| <i>Abrus precatorius</i> Minnie-Minnies; Prayer Beads; Rosary Pea; Lucky Bean; Weathervine; Jequurity; Crab's Eye; Indian Licorice; Jequirity Bean; Precatory Bean; Coral Beadplant; Red Beadvine; Licorice Vine; Love Bean; Weatherplant | 1           |           |
| <i>Acacia farnesiana</i> Cassie; Popinac; Sweet Acacia; Opopanax; Huisache  | 3           | 57960.0   |
| <i>Albizia lebeck</i> Siris Tree; East Indian Walnut; Koko; Lebbek; Women's-Tongue Tree; Frywood; Lebbek Tree   | 2           |           |
| <i>Allium schoenoprasum</i> Chives  | 3           | 50615.0   |
| <i>Allium sativum</i> var. <i>sativum</i> Garlic  | 3           | 20096.0   |
| <i>Allium cepa</i> Onion; Shallot   | 3           | 16568.0   |
| <i>Allium ampeloprasum</i> Elephant Garlic; Kurrat  | 3           |           |
| <i>Aloe vera</i> Bitter Aloes; Aloe   | 2           |           |
| <i>Alpinia galanga</i> Siamese Ginger; Languas; Greater Galangal  | 3           |           |
| <i>Amaranthus</i> sp. Pigweed   | 3           | 58706.0   |
| <i>Ammi visnaga</i> Visnaga   | 1           |           |
| <i>Anacardium occidentale</i> Cashew  | 3           | 30904.0   |
| <i>Ananas comosus</i> Pineapple   | 2           | 3556.0    |
| <i>Anethum graveolens</i> Garden Dill; Dill   | 1           | 14512.0   |
| <i>Angelica sinensis</i> Dong Gui; Dong Quai; Dang Gui; Dang Qui; Chinese Angelica; Dang Quai   | 3           |           |
| <i>Angelica archangelica</i> Garden Angelica; Wild Parsnip; Angelica  | 3           |           |
| <i>Annona squamosa</i> Sweetsop; Sugar-Apple  | 1           | 750.0     |
| <i>Annona reticulata</i> Custard Apple  | 1           | 490.0     |
| <i>Annona muricata</i> Soursop  | 1           | 1170.0    |
| <i>Apium graveolens</i> Celery  | 3           | 15670.0   |
| <i>Arachis hypogaea</i> Peanut; Groundnut   | 3           | 64468.0   |
| <i>Arctium lappa</i> Burdock; Great Burdock; Gobo   | 3           | 5700.0    |
| <i>Artemisia dracunculus</i> Tarragon   | 2           |           |
| <i>Artocarpus altilis</i> Breadfruit  | 3           | 3060.0    |
| <i>Asimina triloba</i> Pawpaw   | 3           | 10076.0   |
| <i>Asparagus officinalis</i> Asparagus  | 3           | 38710.0   |
| <i>Avena sativa</i> Oats  | 3           | 58000.0   |
| <i>Averrhoa carambola</i> Carambola; Star Fruit   | 3           |           |
| <i>Basella alba</i> Vinespinach   | 3           | 46670.0   |
| <i>Benincasa hispida</i> Waxgourd   | 1           | 1030.0    |
| <i>Bertholletia excelsa</i> Paranut; Brazilnut; Creamnut; Brazilnut-Tree  | 3           | 30272.0   |
| <i>Beta vulgaris</i> Beet; Sugar Beet; Garden Beet; Beetroot  | 3           | 14826.0   |
| <i>Bixa orellana</i> Bija; Achiote; Lipsticktree; Annoto; Annato; Arnato; Annatto; Lipstick Pod   | 2           | 12660.0   |
| <i>Brassica rapa</i> Bok-Choy; Celery Cabbage; Chinese White Cabbage; Pak-Choi; Chinese Mustard; Celery Mustard; Chinese Cabbage  | 3           | 9580.0    |
| <i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Cow Cabbage; Spring-Heading Cabbage; Tall Kale; Tree Kale   | 3           | 38680.0   |
| <i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Curly Kale; Kitchen Kale; Kale   | 2           | 20210.0   |
| <i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Calabrese; Asparagus Broccoli; Sprouting Broccoli; Cape Broccoli; Winter Broccoli; Broccoli; Purple Cauliflower  | 3           |           |

| Plant   | # Chemicals | Total PPM |
|---|-------------|-----------|
| <i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout   | 2           | 19278.0   |
| <i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage  | 3           | 19250.0   |
| <i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower  | 3           | 73986.0   |
| <i>Brassica oleracea</i> Kohlrabi   | 2           | 10886.0   |
| <i>Brassica nigra</i> Black Mustard   | 3           | 66272.0   |
| <i>Brassica napus</i> var. <i>napobrassica</i> Swedish Turnip; Swede; Rutabaga  | 3           | 12960.0   |
| <i>Brassica chinensis</i> Chinese White Cabbage; Chinese Mustard; Celery Mustard; Chinese Cabbage; Pak-Choi; Bok-Choy; Celery Cabbage | 3           | 37610.0   |
| <i>Cajanus cajan</i> Pigeonpea  | 3           | 58330.0   |
| <i>Calathea allouia</i> Leren; Lleren   | 2           |           |
| <i>Cannabis sativa</i> Marijuana; Indian Hemp; Hemp; Marihuana  | 2           |           |
| <i>Capsicum frutescens</i> Spur Pepper; Chili; Hot Pepper; Red Chili; Cayenne; Tabasco  | 3           | 21216.0   |
| <i>Capsicum annuum</i> Cone Pepper; Green Pepper; Cherry Pepper; Paprika; Sweet Pepper; Bell Pepper                                   | 3           | 15002.0   |
| <i>Carica papaya</i> Papaya   | 3           | 3940.0    |
| <i>Carum carvi</i> Comino (Sp.); Kummel (Ger.); Carum; Caraway; Comino de prado (Sp.)   | 3           |           |
| <i>Castanea sativa</i> European Chestnut  | 3           | 7174.0    |
| <i>Castanea mollissima</i> Chinese Chestnut   | 3           | 14976.0   |
| <i>Castanea dentata</i> American Chestnut   | 3           | 15050.0   |
| <i>Ceratonia siliqua</i> Carob; St.John's-Bread; Locust Bean  | 2           | 62980.0   |
| <i>Chenopodium album</i> Lambsquarter   | 3           | 48286.0   |
| <i>Chrysophyllum cainito</i> Caimito; Star Apple  | 1           |           |
| <i>Cicer arietinum</i> Chickpea; Garbanzo   | 3           | 45350.0   |
| <i>Cichorium intybus</i> Chicory; Succory; Witloof  | 2           | 17136.0   |
| <i>Cichorium endivia</i> Escarole; Endive   | 3           | 31562.0   |
| <i>Citrullus lanatus</i> Watermelon   | 3           | 61610.0   |
| <i>Citrus sinensis</i> Orange   | 3           | 8456.0    |
| <i>Citrus reticulata</i> Tangerine; Mandarin  | 3           | 6128.0    |
| <i>Citrus paradisi</i> Grapefruit   | 3           | 562.0     |
| <i>Citrus aurantiifolia</i> Lime  | 1           | 510.0     |
| <i>Cnidioscolus chayamansa</i> Chaya  | 2           | 58900.0   |
| <i>Coccinia grandis</i> Kanduri; Pepasan; Tindori; Ivy Gourd; Tindora; Kundree; Little Gourd  | 2           |           |
| <i>Cocos nucifera</i> Kokospalme (Ger.); Coconut Palm; Coconut; Nariyal; Copra; Cocotero (Sp.)  | 3           |           |
| <i>Colocasia esculenta</i> Taro   | 3           | 69630.0   |
| <i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute   | 3           | 66430.0   |
| <i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro  | 3           |           |
| <i>Crocus sativus</i> Saffron   | 2           |           |
| <i>Cryptotaenia japonica</i> Mitsuba; Japanese Honewort; Ya Er Qin; Stone Parsley; Japanese Cryptotaenia                              | 2           |           |
| <i>Cucumis sativus</i> Cucumber   | 2           | 6580.0    |
| <i>Cucurbita</i> spp Summer Squash  | 3           | 26260.0   |
| <i>Cucurbita pepo</i> Pumpkin   | 3           | 89636.0   |
| <i>Cucurbita foetidissima</i> Buffalo Gourd   | 3           |           |
| <i>Daucus carota</i> Carrot   | 3           | 10320.0   |

| Plant  | # Chemicals | Total PPM |
|--|-------------|-----------|
| <i>Dioscorea pentaphylla</i> Mountain Yam  | 3           | 11640.0   |
| <i>Elaeagnus umbellatus</i> Russian Olive  | 1           |           |
| <i>Eryngium creticus</i> Cretan culantro   | 1           |           |
| <i>Fagopyrum esculentum</i> Buckwheat  | 3           | 19720.0   |
| <i>Ficus carica</i> Figuiers Commun (Fr.); Fig; Higo (Sp.); Fico (Ital.); Feigenbaum (Ger.); Higuera Comun (Sp.); Figueira (Port.); Echte Feige (Ger.) | 3           | 5362.0    |
| <i>Foeniculum vulgare</i> Fennel   | 3           | 28742.0   |
| <i>Fragaria</i> spp Strawberry   | 1           | 1660.0    |
| <i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree   | 3           | 15021.0   |
| <i>Glechoma hederacea</i> Alehoof  | 1           |           |
| <i>Glycine max</i> Soybean   | 3           | 71840.0   |
| <i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw  | 1           |           |
| <i>Helianthus tuberosus</i> Jerusalem Artichoke  | 3           | 12388.0   |
| <i>Helianthus annuus</i> Girasol; Sunflower  | 3           | 141872.0  |
| <i>Hordeum vulgare</i> Barley; Barleygrass   | 2           | 18000.0   |
| <i>Humulus lupulus</i> Hops  | 3           |           |
| <i>Ipomoea batatas</i> Sweet Potato  | 3           | 13898.0   |
| <i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach   | 2           | 54980.0   |
| <i>Juglans regia</i> English Walnut  | 3           |           |
| <i>Juglans nigra</i> Black Walnut  | 3           |           |
| <i>Juglans cinerea</i> Butternut   | 3           | 57624.0   |
| <i>Lablab purpureus</i> Hyacinth Bean; Bonavist Bean; Lablab Bean  | 3           | 66656.0   |
| <i>Lactuca sativa</i> Lettuce  | 3           | 32000.0   |
| <i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd  | 2           | 8080.0    |
| <i>Larrea tridentata</i> Chaparral; Creosote Bush  | 2           | 14600.0   |
| <i>Lens culinaris</i> Lentil   | 3           | 99962.0   |
| <i>Lentinus edodes</i> Shiitake  | 3           |           |
| <i>Lepidium meyenii</i> Maca; Peruvian Ginseng   | 3           |           |
| <i>Linum usitatissimum</i> Flax; Linseed   | 3           |           |
| <i>Lupinus albus</i> White Lupine  | 3           | 68870.0   |
| <i>Lycopersicon esculentum</i> Tomato  | 3           | 14874.0   |
| <i>Macadamia</i> spp Macadamia   | 2           | 12280.0   |
| <i>Malus domestica</i> Apple   | 3           | 1368.0    |
| <i>Mangifera indica</i> Mango  | 3           | 12000.0   |
| <i>Manihot esculenta</i> Tapioca; Yuca; Cassava  | 3           | 9070.0    |
| <i>Medicago sativa</i> Alfalfa; Lucerne  | 2           |           |
| <i>Melicoccus bijugatas</i> Honey berry; Pitomba; Genip; Mamoncillo  | 1           |           |
| <i>Mentha x piperita</i> Peppermint  | 3           |           |
| <i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint  | 3           |           |
| <i>Momordica charantia</i> Sorosi; Bitter Melon  | 2           |           |
| <i>Moringa oleifera</i> Moringa; Horseradish Tree; Jacinto (Sp.); Ben Nut; West Indian Ben; Drumstick Tree; Benzolive Tree                             | 3           |           |
| <i>Mucuna pruriens</i> Cowage; Velvetbean  | 1           | 33814.0   |
| <i>Murraya</i> sp None   | 3           | 5242.0    |

| Plant   | # Chemicals | Total PPM |
|---|-------------|-----------|
| <i>Musa x paradisiaca</i> Plantain; Banana  | 3           | 5748.0    |
| <i>Myrciaria dubia</i> Rumberry (Eng.); Guapuro Blanco (Bol.); Camo Camo (Peru); Araza de Agua (Sp.); Camu-camu Negro (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.)  | 1           |           |
| <i>Nasturtium officinale</i> Berro; Watercress  | 3           | 82800.0   |
| <i>Nelumbo nucifera</i> Water Lotus   | 3           | 2931310.0 |
| <i>Nigella sativa</i> Fennel-Flower; Black Cumin; Black Caraway; Roman Coriander; Nutmeg-Flower   | 3           | 76180.0   |
| <i>Ocimum basilicum</i> Sweet Basil; Cuban Basil; Basil   | 2           | 13060.0   |
| <i>Oenothera biennis</i> Evening-Primrose   | 3           | 53986.0   |
| <i>Opuntia ficus-indica</i> Prickly Pear; Nopalito; Nopal; Indian Fig   | 3           | 47960.0   |
| <i>Oryza sativa</i> Rice  | 1           |           |
| <i>Pachyrhizus erosus</i> Yambean   | 2           | 10140.0   |
| <i>Panax quinquefolius</i> American Ginseng; Ginseng  | 2           |           |
| <i>Panax ginseng</i> Ginseng; Korean Ginseng; Oriental Ginseng; Chinese Ginseng   | 2           |           |
| <i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy  | 3           | 39002.0   |
| <i>Papaver bracteatum</i> Great Scarlet Poppy   | 2           | 32500.0   |
| <i>Passiflora incarnata</i> Mayapple; Manzana de Mayo; Passionflower  | 2           |           |
| <i>Perideridia gairdneri</i> Squaw Root   | 3           | 8762.0    |
| <i>Persea americana</i> Avocado   | 3           | 10726.0   |
| <i>Phaseolus vulgaris</i> Popping Bean; Garden Bean; Field Bean; Haricot Vert; Kidney Bean; String Bean; French Bean; Navy Bean; Wax Bean; Haricot; Black Bean; Pop Bean; Dwarf Bean; Snap Bean; Haricot Bean; Green Bean; Flageolet Bean | 3           | 158008.0  |
| <i>Phaseolus lunatus</i> Butter Bean; Lima Bean   | 3           | 50468.0   |
| <i>Phaseolus acutifolius</i> Tepary Bean  | 2           |           |
| <i>Phoenix dactylifera</i> Date Palm  | 3           | 6230.0    |
| <i>Phyllanthus emblica</i> Emblic; Myrobalan  | 3           | 2728.0    |
| <i>Pinus pinea</i> Pignolia; Italian Stone Pine   | 3           |           |
| <i>Pinus edulis</i> Pinyon Pine   | 3           |           |
| <i>Pistacia vera</i> Pistachio  | 3           | 45376.0   |
| <i>Pisum sativum</i> Pea  | 3           | 75840.0   |
| <i>Plantago ovata</i> Blond Psyllium; Indian Plantago; Spogel Seeds; Ispaghula; Psyllium  | 1           |           |
| <i>Plantago major</i> Common Plantain   | 1           |           |
| <i>Portulaca oleracea</i> Verdolaga; Purslane   | 3           | 38600.0   |
| <i>Pouteria campechiana</i> Canistel  | 1           |           |
| <i>Prunus persica</i> Peach   | 3           | 6804.0    |
| <i>Prunus dulcis</i> Almond   | 3           | 45522.0   |
| <i>Prunus domestica</i> Plum  | 2           | 3108.0    |
| <i>Prunus cerasus</i> Sour Cherry   | 2           |           |
| <i>Prunus armeniaca</i> Apricot   | 3           | 14070.0   |
| <i>Psidium guajava</i> Guava  | 3           | 2736.0    |
| <i>Psidium cattleianum</i> Strawberry Guava   | 3           | 1340.0    |
| <i>Psophocarpus tetragonolobus</i> Goa Bean; Asparagus Pea; Winged Bean   | 3           | 166324.0  |
| <i>Psoralea esculenta</i> Prairie Turnip; Indian Turnip; Breadroot; Indian Bread-Root; Prairie Potato; Prairie Apple  | 3           | 7512.0    |
| <i>Pyrus communis</i> Pear  | 1           | 370.0     |
| <i>Raphanus sativus</i> Radish  | 3           | 15500.0   |

| Plant   | # Chemicals | Total PPM |
|---|-------------|-----------|
| <i>Rehmannia glutinosa</i> Chinese Foxglove   | 2           | 18000.0   |
| <i>Rivea corymbosa</i> Snakeplant   | 1           |           |
| <i>Rosmarinus officinalis</i> Rosemary  | 3           |           |
| <i>Salvia officinalis</i> Sage  | 1           |           |
| <i>Sambucus nigra</i> European Elderberry; European Alder; European Elder; Elder; Black Elder                                     | 1           | 5800.0    |
| <i>Sambucus canadensis</i> Elderberry; American Elder; American Elderberry; Sweet Elder   | 3           | 10126.0   |
| <i>Scutellaria baicalensis</i> Baikal Skullcap; Chinese Skullcap; Huang Qin   | 1           |           |
| <i>Secale cereale</i> Rye   | 3           |           |
| <i>Sechium edule</i> Chayote  | 3           | 28290.0   |
| <i>Senna obtusifolia</i> Sicklepod  | 3           | 26260.0   |
| <i>Sesamum indicum</i> Sesame; Beni; Sesamo (Sp.); Ajonjoli (Sp.); Benneseed  | 3           | 53300.0   |
| <i>Sinapis alba</i> White Mustard   | 3           | 50010.0   |
| <i>Solanum tuberosum</i> Potato   | 3           | 23400.0   |
| <i>Solanum melongena</i> Aubergine; Eggplant  | 3           | 21064.0   |
| <i>Spinacia oleracea</i> Spinach  | 3           | 65556.0   |
| <i>Stachys officinalis</i> Bishop's-Wort; Betony; Purple Betony; Wood Betony  | 2           |           |
| <i>Stellaria media</i> Common Chickweed; Chickweed  | 1           |           |
| <i>Tamarindus indica</i> Indian Tamarind; Tamarind; Kilytree  | 1           | 524.0     |
| <i>Tecoma stans</i> Yellow Elder  | 1           |           |
| <i>Theobroma cacao</i> Cacao  | 2           | 22600.0   |
| <i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme  | 3           | 14430.0   |
| <i>Tilia</i> sp. Basswood; Linden; Lime   | 2           |           |
| <i>Trifolium pratense</i> Purple Clover; Cowgrass; Red Clover; Peavine Clover   | 3           |           |
| <i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Greek Clover; Fenugreek; Greek Hay; Alholva (Sp.)                          | 3           | 49360.0   |
| <i>Triticum aestivum</i> Wheat  | 3           | 63388.0   |
| <i>Urtica dioica</i> European Nettle; Stinging Nettle   | 2           |           |
| <i>Vaccinium corymbosum</i> Blueberry   | 3           | 4550.0    |
| <i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian   | 2           |           |
| <i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad  | 3           | 42500.0   |
| <i>Vicia faba</i> Broadbean; Habas; Faba Bean   | 3           | 50530.0   |
| <i>Vigna unguiculata</i> Southern Pea; Crowder Pea; Cowpea; Black-eyed Pea  | 3           | 104304.0  |
| <i>Vigna radiata</i> Mungbean; Green Gram   | 3           | 96424.0   |
| <i>Vigna mungo</i> Black Gram   | 1           |           |
| <i>Vigna angularis</i> Adzuki Bean  | 3           | 42376.0   |
| <i>Vigna aconitifolia</i> Mat Bean; Moth Bean   | 2           | 26020.0   |
| <i>Vitellaria paradoxa</i> Butterseed; Shea Nut; Shea-Butter-Tree; Shea; Sheatree   | 2           |           |
| <i>Vitis vinifera</i> Weinrebe (Ger.); Grapevine; European Grape; Vid (Sp.); Grape; Vigne Vinifere (Fr.); Wine Grape; Parra (Sp.) | 3           | 2982.0    |
| <i>Zea mays</i> Corn  | 3           | 24628.0   |
| <i>Zingiber officinale</i> Ginger   | 3           | 8540.0    |