

A Mucogenic

*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
Abelmoschus manihot Manioc Hibiscus	1	216.0
Abelmoschus esculentus Okra	1	120.0
Acacia nilotica Babul	1	
Acacia farnesiana Cassie; Opopanax; Huisache; Popinac; Sweet Acacia	1	1292.0
Acacia decurrens Green Wattle	1	
Acanthopanax gracilistylis Wu Chia Pi	1	38.0
Achillea millefolium Milfoil; Yarrow	3	
Achyranthes bidentata Chaff Flower	2	102.0
Achyranthes aspera Chaff Flower	1	
Aconitum carmichaelii Aconite; Fu-Tsu	1	26.0
Acorus calamus Flagroot; Sweetflag; Sweetroot; Myrtle Flag; Sweet Calamus; Calamus	1	
Actaea racemosa Black Snakeroot; Black Cohosh	2	
Actaea dahurica Sheng ma; Xing an sheng ma	1	
Actinidia chinensis Kiwi	1	12.0
Aegle marmelos Bael fruit; Bael de India	1	
Agathosma betulina Buchu; Honey Buchu; Mountain Buchu	1	168.0
Aglaonema commutatum Aglaonema aroid	1	
Akebia quinata Chocolate Vine	1	20.0
Albizia julibrissin Mimosa	1	16.0
Aleurites moluccana Candlenut Tree; Varnishtree; Indian Walnut; Candleberry; Candlenut; Lumbangtree	1	
Alisma plantago-aquatica Ze-Xie; Mud Plantain; Tse-Hsieh; Water Plantain	1	136.0
Allium schoenoprasum Chives	1	950.0
Allium sativum var. sativum Garlic	2	194.94
Allium cepa Onion; Shallot	2	650.0
Allium ampeloprasum Elephant Garlic; Kurrat	2	765.6
Alocasia macrorrhiza Giant Taro	2	102.0
Aloe vera Bitter Aloes; Aloe	2	1546.0
Aloe spp. Aloe	2	
Alpinia galanga Greater Galangal; Siamese Ginger; Languas	1	216.0
Althaea officinalis Marshmallow; White Mallow	3	80000.0
Amaranthus spinosus Spiny pigweed	1	
Amaranthus sp. Pigweed	2	1232.0
Amomum xanthioides Chin Kousha; Bastard Cardamom; Malabar Cardamom; Tavoy Cardamom	1	96.0
Amorphophallus konjac Snake Palm; Elephant Yam; Leopard Palm; Umbrella Arum; Konjac; Devil's Tongue	2	
Amorphophallus campanulatus Elephant-Foot Yam	2	113.6
Amphicarpaea bracteata Hog Peanut	1	
Anacardium occidentale Cashew	2	261.2
Ananas comosus Pineapple	2	18.0
Anemarrhena asphodeloides Chih-Mu; Zhi-Mu	1	54.0

Plant	# Chemicals	Total PPM
Anethum graveolens Dill; Garden Dill	1	432.0
Angelica sinensis Dang Quai; Dang Qui; Dong Gui; Dang Gui; Dong Quai; Chinese Angelica	2	13.299999999999999
Angelica laxiflora Tu Huo	1	30.0
Angelica dahurica Bai Zhi	1	58.0
Annona squamosa Sweetsop; Sugar-Apple	1	0.4
Annona reticulata Custard Apple	1	0.4
Annona muricata Soursop	2	9.2
Annona glabra Pondapple	1	
Annona diversifolia Llama	1	
Annona cherimola Cherimoya	2	30.4
Anthriscus cerefolium Chervil	1	20.0
Apium graveolens Celery	2	694.0
Arachis hypogaea Peanut; Groundnut	2	790.68
Arctium lappa Great Burdock; Burdock; Gobo	2	90.7
Arctostaphylos uva-ursi Bearberry; Uva Ursi	2	344.0
Areca catechu Pin-Lang; Betel Nut	2	32.0
Arisaema consanguineum Chinese Jack-In-The-Pulpit	1	28.0
Aristolochia debilis Chinese Birthwort	1	80.0
Armoracia rusticana Horseradish	2	56.9
Arnica montana Mountain Tobacco; Leopard's-Bane	1	
Arracacia xanthorrhiza Peruvian Carrot; Arracacha	1	7.6
Artemisia vulgaris Mugwort	2	516.0
Artemisia herba-alba Desert Wormwood	1	42.0
Artemisia dracunculus Tarragon	2	148.0
Artemisia cina Levant Wormseed	2	
Artemisia capillaris Capillary Wormwood	1	44.0
Artemisia absinthium Wormwood	1	1000.0
Artocarpus heterophyllus Jackfruit	2	48.0
Artocarpus altilis Breadfruit	2	16.0
Asiasarum sieboldii Siebold's Wild Ginger	1	118.0
Asiasarum heterotropoides Asian Wild Ginger	1	118.0
Asimina triloba Pawpaw	2	81.0
Asparagus officinalis Asparagus	2	488.0
Asparagus lucidus Lucid Asparagus	1	16.0
Astragalus membranaceus Huang-Chi; Huang Qi	3	21.0
Atractylodes ovata Bai-Zhu; Pai-Chu	1	64.0
Atractylodes lancea Cang Zhu	1	66.0
Avena sativa Oats	3	394.8
Averrhoa carambola Star Fruit; Carambola	2	
Averrhoa bilimbi Bilimbi; Limon chino	1	
Bactris gasipaes Pejibaye; Peach palm	1	
Barosma betulina Buchu	1	168.0

Plant	# Chemicals	Total PPM
<i>Basella alba</i> Vinespinach	1	1390.0
<i>Belamcanda chinensis</i> Leopardenblume (Ger.); Iris Tigre (Fr.); Shenan; Blackberry Lily; Mariposa (Sp.); Leopard Lily; Maravilla (Sp.)	1	34.0
<i>Benincasa hispida</i> Waxgourd	1	5.0
<i>Berberis vulgaris</i> Barberry	2	
<i>Bertholletia excelsa</i> Brazilnut; Paranut; Creamnut; Brazilnut-Tree	2	106.0
<i>Beta vulgaris</i> Garden Beet; Beet; Sugar Beet; Beetroot	3	1016.0
<i>Bixa orellana</i> Lipsticktree; Lipstick Pod; Achiote; Annoto; Annatto; Arnato; Annato; Bija	1	119.0
<i>Blechnum orientale</i> Kuan Chung; Shield Fern	1	34.0
<i>Bletilla striata</i> Shiran (Jap.); Hardy Orchid; Hyacinth Orchid; Chinese Ground Orchid; Hyacinth Bletilla; Dai Chi (Chin.); Bletilla	1	32.0
<i>Blighia sapida</i> Seso Vegetal; Akee	1	36.0
<i>Boehmeria nivea</i> Ramie	2	892.0
<i>Borago officinalis</i> Beebread; Borage; Beeplant; Talewort	2	720.0
<i>Brassica rapa</i> Seven-Top Turnip; Turnip; Rapini	2	76.0
<i>Brassica pekinensis</i> Chinese Cabbage	1	160.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Cow Cabbage; Tree Kale; Tall Kale; Spring-Heading Cabbage; Collards	2	970.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Scotch Kale; Curly Kale; Kale	2	746.0
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Heading Broccoli; Winter Broccoli; Sprouting Broccoli; Cape Broccoli; Asparagus Broccoli; Purple Cauliflower; Calabrese	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	2	396.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	2	101.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	714.0
<i>Brassica oleracea</i> Kohlrabi	1	5.34
<i>Brassica nigra</i> Black Mustard	2	1030.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swedish Turnip; Swede; Rutabaga	2	66.0
<i>Brassica juncea</i> Mustard Greens	1	130.0
<i>Brassica chinensis</i> Pak-Choi; Celery Cabbage; Chinese Cabbage; Bok-Choy; Chinese White Cabbage; Chinese Mustard; Celery Mustard	1	770.0
<i>Bromelia pinguin</i> Wild Pineapple	1	3.4
<i>Brosimum alicastrum</i> Tamamuri; Breadnut	1	
<i>Broussonetia papyrifera</i> Paper Mulberry	1	46.0
<i>Bupleurum chinense</i> Chai-Hu	2	
<i>Byrsonima crassifolia</i> Nance	1	
<i>Cajanus cajan</i> Pigeonpea	2	85.2
<i>Calathea macrosepala</i> Chufle	1	
<i>Camellia sinensis</i> Tea	2	228.0
<i>Canavalia ensiformis</i> Jack Bean	2	44.8
<i>Canna indica</i> Achira; Queensland Arrowroot	1	0.6
<i>Cannabis sativa</i> Hemp; Indian Hemp; Marihuana; Marijuana	1	0.12
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	44.0
<i>Capsicum frutescens</i> Chili; Spur Pepper; Tabasco; Cayenne; Red Chili; Hot Pepper	3	124.0
<i>Capsicum annuum</i> Green Pepper; Paprika; Cherry Pepper; Bell Pepper; Sweet Pepper; Cone Pepper	3	641.7
<i>Carica pentagona</i> Babaco; Mountain papaya	1	

Plant	# Chemicals	Total PPM
<i>Carica papaya</i> Papaya	2	1028.0
<i>Carthamus tinctorius</i> Safflower	2	
<i>Carum carvi</i> Comino de prado (Sp.); Caraway; Carum; Comino (Sp.); Kummel (Ger.)	2	126.0
<i>Carya ovata</i> Shagbark Hickory	1	776.0
<i>Carya illinoensis</i> Pecan	2	113.66
<i>Carya glabra</i> Pignut Hickory	1	2200.0
<i>Casimiroa edulis</i> Matasano; White sapote	1	
<i>Cassia tora</i> Sickle Senna	1	62.0
<i>Castanea sativa</i> European Chestnut	1	20.0
<i>Castanea mollissima</i> Chinese Chestnut	1	34.0
<i>Castanea dentata</i> American Chestnut	1	48.0
<i>Catalpa ovata</i> Kisasage; Hsin-Pa-Pi	1	42.0
<i>Catha edulis</i> Khat	1	36.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	2	48.0
<i>Celosia cristata</i> Cockscomb	1	78.0
<i>Centella asiatica</i> Pennywort; Gotu Kola	3	1021.4
<i>Chaenomeles lagenaria</i> Chinese Quince; Mu-Kua	1	42.0
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	2	4.4
<i>Chamissoa altissima</i> Guanique	1	
<i>Chenopodium ambrosioides</i> Wormseed; Epazote	1	330.0
<i>Chenopodium album</i> Lambsquarter	3	25080.0
<i>Chondrus crispus</i> Irish Moss	2	198.0
<i>Chrysanthemum parthenium</i> Feverfew	2	28.0
<i>Chrysanthemum coronarium</i> Garland Chrysanthemum	1	3336.0
<i>Chrysobalanus icaco</i> Cocoa plum; Icaco	1	
<i>Chrysophyllum cainito</i> Star Apple; Caimito	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	2	101.0
<i>Cichorium intybus</i> Witloof; Succory; Chicory	3	456.0
<i>Cichorium endivia</i> Endive; Escarole	2	774.0
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	2	26.4
<i>Cimicifuga dahurica</i> Sheng Ma	1	36.0
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	2	112.0
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	120.0
<i>Cinnamomum burmannii</i> Padang Cassia; Java Cinnamon	1	20.0
<i>Cinnamomum aromaticum</i> Canelero chino (Sp.); Cassia Lignea; Chinesischer Zimtbaum (Ger.); Saigon Cinnamon; Chinazimt (Ger.); Chinese Cassia; China Junk Cassia; Cannelier de Chine (Fr.); Cannelier Casse (Fr.); Canela de la China (Sp.); Zimtcassie (Ger.); Canelle de Cochinchine (Fr.); Chinese Cinnamon; Cassia; Kashia-Keihi (Jap.); Cassia Bark	2	24.0
<i>Cistanche salsa</i> Cistanchis Herba; Broomrape; Jou Tsung Jung	1	26.0
<i>Citrullus lanatus</i> Watermelon	2	112.0
<i>Citrus sinensis</i> Orange	3	1342.0
<i>Citrus reticulata</i> Tangerine; Mandarin	2	104.0
<i>Citrus paradisi</i> Grapefruit	2	41.0
<i>Citrus medica</i> Citron	1	28.0

Plant	# Chemicals	Total PPM
Citrus limon Lemon	1	4.0
Citrus aurantium Bitter Orange; Petitgrain	2	86.0
Citrus aurantiifolia Lime	2	22.0
Cnicus benedictus Blessed Thistle	2	146.3
Cnidium officinale Jih-Chiung	1	32.0
Cnidioscolus chayamansa Chaya	1	850.0
Coccinia grandis Ivy Gourd; Kundree; Kanduri; Tindori; Little Gourd; Pepasan; Tindora	1	
Cocos nucifera Copra; Coconut; Nariyal; Coconut Palm; Kokospalme (Ger.); Cocotero (Sp.)	1	42.0
Coffea arabica Coffee	1	50.0
Coix lacryma-jobi Adlay Millet; Job'S-Tears; Yi-Yi-Ren; Adlay	2	40.0
Cola acuminata Abata Cola	2	5002.0
Colocasia esculenta Taro	2	742.8
Coptis spp Generic Goldthread	1	1200.0
Coptis japonica Huang-Lia; Japanese Goldthread; Huang-Lian; Huang-Lien	1	1200.0
Coptis chinensis Huang-Lien; Chinese Goldthread; Huang-Lian	1	1200.0
Corchorus olitorius Mulukiya; Nalta Jute; Jew's Mallow	1	990.0
Coriandrum sativum Cilantro; Coriander; Chinese Parsley	2	560.0
Cornus officinalis Chinese Dogwood	1	24.0
Corylus avellana English Filbert; European Filbert; Cobnut; European Hazel; Hazel	2	78.8
Costus speciosus Cane Reed; Crepe Ginger; Wild Ginger	1	
Crataegus rhipidophylla Hawthorn	2	
Crataegus laevigata English Hawthorn; Whitethorn; Woodland Hawthorn; Hawthorn	2	10.4
Crataegus cuneata Hawthorn	1	28.0
Crescentia alata Jicaro	1	0.4
Crocus sativus Saffron	1	
Croton lechleri Sangre de Grado; Sangre de Drago; Dragons Blood; Sangre de Dragon	1	
Croton eluteria Cascarilla	1	
Cucumis sativus Cucumber	2	330.0
Cucumis melo Muskmelon; Persian Melon; Nutmeg Melon; Netted Melon; Cantaloupe; Melon	2	464.0
Cucurbita spp Summer Squash	2	85.8
Cucurbita pepo Pumpkin	2	996.0
Cucurbita maxima Pumpkin	1	108.0
Cuminum cyminum Cumin	2	132.0
Curcuma zedoaria Zedoary; Shoti	1	2000.0
Curcuma xanthorrhiza Temu Lawak; Javan Turmeric	1	20000.0
Curcuma longa Turmeric; Indian Saffron	3	94932.0
Cyamopsis tetragonoloba Siam-Bean; Cluster-Bean; Guar	1	
Cycas revoluta Sago Cycas	1	
Cyclanthera pedata Achocha	1	164.0
Cydonia oblonga Quince	1	32.0
Cymbopogon citratus Lemongrass; West Indian Lemongrass	1	
Cynanchum atratum Pai-Wei; Bai-Wei	1	62.0

Plant	# Chemicals	Total PPM
<i>Cynara cardunculus</i> Artichoke	2	112.0
<i>Cyperus rotundus</i> Nutsedge	1	66.0
<i>Cyphomandra betacea</i> Tree Tomato; Tamarillo	1	64.0
<i>Cypripedium pubescens</i> Ladyslipper	1	134.0
<i>Cyrtosperma chamissonis</i> Swamp Taro	2	100.4
<i>Daucus carota</i> Carrot	3	1574.0
<i>Dendrobium nobile</i> Noble Dendrobium	1	52.0
<i>Dioscorea villosa</i> Wild Yam	2	
<i>Dioscorea</i> sp. Wild Yam	2	150.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	
<i>Dioscorea bulbifera</i> Potato Yam; Air Potato	1	24.0
<i>Dioscorea alata</i> Greater Yam; Winged Yam	2	34.4
<i>Diospyros virginiana</i> American Persimmon	1	374.0
<i>Diospyros digyna</i> Sapote Negro; Black Sapote	1	
<i>Drynaria fortunei</i> Fortune's Fern	1	34.0
<i>Durio zibethinus</i> Durian	1	
<i>Echinacea</i> spp Echinacea; Coneflower	3	60.5
<i>Echinacea purpurea</i> Echinacea; Eastern Purple-Coneflower; Purple-Coneflower	3	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Elaeagnus umbellatus</i> Russian Olive	2	
<i>Elaeagnus commutata</i> Silver Berry	1	
<i>Elaeis guineensis</i> African Oil Palm	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Elettaria cardamomum</i> Cardamom	1	56.0
<i>Eleutherococcus senticosus</i> Ci wu jia (Pinyin); Siberian Ginseng; Wu jia; Eleuthero Ginseng; Spiny Ginseng	2	
<i>Elytrigia repens</i> Couchgrass; Quackgrass; Wheatgrass; Doggrass; Twitchgrass	1	
<i>Ephedra</i> spp Ma-Huang	1	16.0
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	2	97.4
<i>Equisetum hyemale</i> Scouring Rush; Horsetail	1	20.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	2	99.0
<i>Eriobotrya japonica</i> Loquat	2	192.0
<i>Eriocaulon</i> sp Oriental Pipewort	1	42.0
<i>Eriodictyon californicum</i> Bear's Weed; Tarweed; Holy Herb; Mountain Balm; Consumptive's Weed; Yerba Santa; Hierba Santa; California Yerba Santa; Gum Bush	2	
<i>Erythrina fusca</i> Gallito; Coral Bean	1	250.0
<i>Erythrina berteroana</i> Pito	1	28.0
<i>Erythroxylum novogranatense</i> Coca	1	110.0
<i>Erythroxylum coca</i> Coca	2	72.0
<i>Eucommia ulmoides</i> Du Zhong; Gutta-Percha Tree; Tu Chung	1	28.0
<i>Eugenia uniflora</i> Pitanga; Surinam Cherry	1	
<i>Eugenia floribunda</i> Black rumberry; Camu-camu arbol; Camu-camu negro	1	
<i>Eugenia brasiliensis</i> Grumichama; Brazil Cherry	1	
<i>Euodia rutaecarpa</i> Wou Chou Yu	1	36.0

Plant	# Chemicals	Total PPM
<i>Eupatorium perfoliatum</i> Boneset	2	
<i>Euphrasia officinalis</i> Eyebright	2	184.7
<i>Fallopia japonica</i> Japanese Knotweed; Giant Knotweed; Hu-Zhang; Mexican Bamboo	1	98.0
<i>Ferula sumbul</i> Sumbul	1	
<i>Ficus carica</i> Fico (Ital.); Higo (Sp.); Fig; Higuera Comun (Sp.); Figuier Commun (Fr.); Feigenbaum (Ger.); Echte Feige (Ger.); Figueira (Port.)	2	46.0
<i>Firmiana simplex</i> Chinese Parasol	1	50.0
<i>Foeniculum vulgare</i> Fennel	2	550.0
<i>Forsythia suspensa</i> Lian-jiao; Lien-Chiao	1	34.0
<i>Fragaria</i> spp Strawberry	2	48.0
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	2	91.0
<i>Frangula alnus</i> Buckthorn	1	
<i>Fraxinus rhynchophylla</i> Chinese Ash	1	34.0
<i>Fritillaria thunbergii</i> Fritillary; Bei-Mu	1	24.0
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	2	86.19999999999999
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	1	
<i>Garcinia mangostana</i> Mangostin; Mangosteen	1	
<i>Gardenia jasminoides</i> Gardenia; Jasmin; Shan-Chih-Tzu; Cape Jasmine; Shan-Zhi-Zi; Zhi Zi	1	34.0
<i>Gastrodia elata</i> Tian Ma	1	24.0
<i>Genipa americana</i> Jagua; Genipap	1	60.0
<i>Gentiana scabra</i> Japanese Gentian	1	36.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	2	31.9
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	1	56.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	2	24.0
<i>Glechoma hederacea</i> Alehoof	1	106.0
<i>Glehnia littoralis</i> Bei Sha Shen	1	52.0
<i>Gliricidia sepium</i> Mata Raton	1	10.0
<i>Glycine max</i> Soybean	3	237.0
<i>Glycyrrhiza uralensis</i> Gan-Cao; Kan-Tsao; Chinese Licorice	1	26.0
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Licorice-Root; Commom Licorice	3	13.3
<i>Gossypium</i> sp Cotton	1	
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	3	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	2	19.8
<i>Helianthus tuberosus</i> Jerusalem Artichoke	3	140.0
<i>Helianthus annuus</i> Sunflower; Girasol	2	108.6
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Rosella (Ger.); Malventee (Ger.); Roselle; Rosa de Jamaica (Sp.); Kharkadi; Sorrel; Indian Sorrel; Acedera de Guinea (Sp.); Red Sorrel; Sereni (Sp.)	2	1140.0
<i>Hibiscus rosa-sinensis</i> Shoe-flower; Chinese hibiscus	1	
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	3	2559.6
<i>Houttuynia cordata</i> Dokudami; Fishwort; Yu Xing Cao	1	112.0
<i>Humulus lupulus</i> Hops	2	4.8

Plant	# Chemicals	Total PPM
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	2	
<i>Hydrastis canadensis</i> Goldenseal	2	23.5
<i>Hylocereus undatus</i> Night-Blooming Cereus; Belle-of-the-Night; Nopalito De Noche; Queen-of-the-Night; Strawberry Pear	1	
<i>Hylocereus guatemalensis</i> Nopalito De Guatemala; Guatemala Cereus	1	
<i>Hyoscyamus niger</i> Henbane	1	96.0
<i>Hypericum perforatum</i> Hypericum; Klamath Weed; Common St. Johnswort; Goatweed; St. John's-wort	1	
<i>Inga feuillei</i> Pacay; Ice Cream Bean	1	
<i>Inga edulis</i> Guaba; Icecream Bean	1	
<i>Inula helenium</i> Elecampane	2	
<i>Ipomoea batatas</i> Sweet Potato	2	1664.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	2	1184.0
<i>Iris x germanica</i> Orris	1	
<i>Isatis tinctoria</i> Dyer's Woad	1	80.0
<i>Juglans regia</i> English Walnut	2	2.0
<i>Juglans nigra</i> Black Walnut	2	97.2
<i>Juglans cinerea</i> Butternut	1	74.0
<i>Juncus effusus</i> Rush	1	76.0
<i>Juniperus virginiana</i> Red Cedar	1	634.0
<i>Juniperus communis</i> Common Juniper; Juniper	2	24.2
<i>Jussiaea repens</i> Pond Dragon; Jussiaeae Herba	1	80.0
<i>Justicia pectoralis</i> Curia; Bolek Hena; Angel Of Death	2	356.0
<i>Justicia adhatoda</i> Malabar Nut	1	
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	2	196.88
<i>Lactuca sativa</i> Lettuce	2	2328.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	2	314.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	2	276.0
<i>Lens culinaris</i> Lentil	2	226.0
<i>Lepidium sativum</i> Garden Cress	1	1052.0
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Licania platypus</i> Sansapote	1	
<i>Ligustrum lucidum</i> Glossy Privet; Privet; White Waxtree; Chinese Privet; Ligustri Fructus	1	48.0
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	48.0
<i>Linum usitatissimum</i> Linseed; Flax	2	0.642
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	1	676.0
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	2	111.9
<i>Lonicera japonica</i> Japanese Honeysuckle	1	42.0
<i>Lophatherum gracile</i> Dan Zhu Ye	1	50.0
<i>Luffa aegyptiaca</i> Luffa; Smooth Loofah; Vegetable Sponge	1	1934.0
<i>Lupinus mutabilis</i> Andean Lupine; Tarhui; Chocho	1	5.0
<i>Lupinus albus</i> White Lupine	1	106.0
<i>Lycium chinense</i> Spina Santa Cinese (Ital.); Chinese Wolfberry; Kuko (Jap.); Chinesischer Bocksdorn (Ger.); Lyciet de Chine (Fr.); Wolfberry; Gou Qi (Chin.); Kaukichai (Malays.); Chinese Boxthorn; Chinese Matrimony Vine; Daun Koki (Indones.)	3	2942.0

Plant	# Chemicals	Total PPM
<i>Lycium chilense</i> Chilean Wolfberry	1	
<i>Lycium barbarum</i> Duke of Argyll's Eta Tree; Matrimony Vine; Ning Xia Gou Qi (Chin.); Common Matrimony Vine; Barbary Matrimony Vine	2	
<i>Lycopersicon esculentum</i> Tomato	3	650.0
<i>Lycopodium selago</i> Clubmoss	1	
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	56.0
<i>Lygodium japonicum</i> Climbing Fern	1	46.0
<i>Macadamia</i> spp Macadamia	2	36.0
<i>Magnolia officinalis</i> Hou Pu; Chinese Magnolia; Magnolia-Bark	1	18.0
<i>Magnolia kobus</i> Hsin-I; Xin-Yi	1	50.0
<i>Magnolia fargesii</i> Hsin-I; Xin-Yi	1	50.0
<i>Magnolia denudata</i> Xin-Yi; Hsin-I	1	50.0
<i>Malpighia glabra</i> Acerola	1	138.0
<i>Malus domestica</i> Apple	2	222.0
<i>Malva sylvestris</i> High Mallow	1	780.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	2	302.8
<i>Manihot esculenta</i> Yuca; Cassava; Tapioca	2	338.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	3	788.0
<i>Melicoccus bijugatas</i> Genip; Pitomba; Honey berry; Mamoncillo	1	
<i>Mentha x piperita</i> Peppermint	3	475.0
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	2	185.0
<i>Mentha pulegium</i> European Pennyroyal	1	112.0
<i>Mentha arvensis</i> var. <i>piperascens</i> Cornmint; Field Mint; Japanese Mint	1	56.0
<i>Menyanthes trifoliata</i> Bogbean; Bog Myrtle; Water Trefoil; Marsh Trefoil; Buckbean; Marsh Clover	1	
<i>Mimosa pudica</i> Sensitive Plant	1	1860.0
<i>Mimulus glabratus</i> Huaca-Mullo	1	652.0
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	696.0
<i>Morinda</i> sp <i>Morinda</i>	1	30.0
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	1739.0
<i>Moringa oleifera</i> Horseradish Tree; West Indian Ben; Moringa; Ben Nut; Drumstick Tree; Jacinto (Sp.); Benzolive Tree	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	2	44.0
<i>Muntingia calabura</i> Jamaica cherry; Cereso; Yumansa	1	
<i>Murraya</i> sp <i>None</i>	2	56.0
<i>Murraya koenigii</i> Indian Curry Tree; Curry Leaf Tree; Curry Leaf	1	
<i>Musa x paradisiaca</i> Plantain; Banana	2	72.80000000000001
<i>Myrciaria dubia</i> Guapuro Blanco (Bol.); Camu-camu Negro (Peru); Camo Camo (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.); Araza de Agua (Sp.); Rumberry (Eng.)	1	
<i>Myrciaria cauliflora</i> Jaboticaba	1	
<i>Myrica cerifera</i> Southern Bayberry; Wax Myrtle; Bayberry; Candle-Berry	2	
<i>Myristica fragrans</i> Muskatnussbaum (Ger.); nuez moscada (Sp.); nogal moscado (Sp.); Mace; Nutmeg	1	80.0

Plant	# Chemicals	Total PPM
<i>Nardostachys chinensis</i> Chinese Spikenard	1	44.0
<i>Nasturtium officinale</i> Watercress; Berro	2	1120.0
<i>Nelumbo nucifera</i> Water Lotus	2	56.36
<i>Nepeta cataria</i> Catnip	2	
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Notopterygium incisum</i> Qiang Huo	1	32.0
<i>Nyssa sylvatica</i> Black Tupelo; Black Gum	1	374.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum sanctum</i> Tulsi; Holy Basil	1	
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	2	678.0
<i>Oenothera biennis</i> Evening-Primrose	1	180.0
<i>Olea europaea</i> Olive	1	16.6
<i>Ophiopogon japonicus</i> Mai-Men-Dong; Mai-Men-Tung	1	32.0
<i>Opuntia ficus-indica</i> Indian Fig; Prickly Pear; Nopalito; Nopal	2	30.78
<i>Origanum vulgare</i> Wild Oregano; Oregano; Pot Marjoram; Common Turkish Oregano; European Oregano; Wild Marjoram	2	188.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	2	190.0
<i>Oryza sativa</i> Rice	1	
<i>Oxalis tuberosa</i> Oca; Papa Roja; Quiba	1	0.4
<i>Pachira macrocarpa</i> Large-Fruited Provision Tree	1	26.0
<i>Pachyrhizus erosus</i> Yambean	1	
<i>Paeonia suffruticosa</i> Tree Peony; Moutan Peony; Moutan	1	30.0
<i>Paeonia moutan</i> Moutan; Tree Peony	1	30.0
<i>Paeonia lactiflora</i> Common Garden Peony; Chih-Shao; Bai Shao (Chinese); White Peony; Peony	1	48.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	228.0
<i>Panax japonicus</i> Japanese Ginseng	1	40.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Korean Ginseng; Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppysseed Poppy	2	260.0
<i>Parthenium integrifolium</i> Feverfew; American Feverfew; Wild Quinine; Prairie-Dock; Missouri Snakeroot	2	
<i>Passiflora quadrangularis</i> Granadilla	1	2.0
<i>Passiflora mollissima</i> Banana Passionfruit; Granadilla De Guineo	1	
<i>Passiflora ligularis</i> Sweet Granadilla; Granadilla	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	2	
<i>Passiflora foetida</i> Stinking Granadilla; Granadilla Cimarrona	1	
<i>Passiflora edulis</i> Maracuya; Passionfruit	1	
<i>Pastinaca sativa</i> Parsnip	2	142.0
<i>Peperomia pereskiaifolia</i> Perejil	1	
<i>Peperomia pelucida</i> Pepper elder; Yerba de la plata	1	
<i>Pereskia aculeata</i> Barbados Gooseberry; Grosela Americana	1	
<i>Perideridia gairdneri</i> Squaw Root	1	10.0
<i>Perilla frutescens</i> Perilla	2	858.0
<i>Persea schiedeana</i> Wild Avocado; Palta De Monte; Wild Pear	1	
<i>Persea americana</i> Avocado	2	86.0

Plant	# Chemicals	Total PPM
<i>Petasites japonicus</i> Butterbur	2	121.0
<i>Petroselinum crispum</i> Parsley	2	421.0
<i>Peucedanum decursivum</i> Qian Hu	1	84.0
<i>Phaseolus vulgaris</i> Navy Bean; Garden Bean; Kidney Bean; Wax Bean; Flageolet Bean; Field Bean; Haricot Vert; Pop Bean; Haricot; Popping Bean; Dwarf Bean; Snap Bean; Black Bean; Green Bean; Haricot Bean; French Bean; String Bean	2	1042.6
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	2	221.2
<i>Phaseolus coccineus</i> Scarlet Runner Bean	2	4.5
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phellodendron amurense</i> Amur Cork Tree; Huang Bai; Po Mu; Huang Po	1	52.0
<i>Phoenix dactylifera</i> Date Palm	2	73.2
<i>Phragmites australis</i> Common Reed; Giant Reed; Reed Grass; Ditch Reed	1	
<i>Phyllanthus emblica</i> Myrobalan; Emblic	2	186.0
<i>Phyllanthus acidus</i> Indian Gooseberry; Otaheite Gooseberry	1	16.0
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	168.0
<i>Physalis ixocarpa</i> Tomatillo	2	154.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Phytolacca americana</i> Pokeweed	1	1242.0
<i>Pimenta dioica</i> Allspice; Pimento; Clover-Pepper; Pimenta; Jamaica-Pepper	2	280.0
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	118.0
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	36.0
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pinus echinata</i> Shortleaf Pine	1	176.0
<i>Pinus cembroides</i> Mexican Pinyon	1	
<i>Piper nigrum</i> Pepper; Black Pepper; White Pepper	2	71.656
<i>Piper betel</i> Betel Pepper	1	350.0
<i>Piper auritum</i> Hierba Santa; Cordoncillo; Hoja Santa	1	386.0
<i>Pistacia vera</i> Pistachio	2	62.92
<i>Pisum sativum</i> Pea	3	479.0
<i>Plantago psyllium</i> Psyllium	2	119.1
<i>Plantago major</i> Common Plantain	2	
<i>Plantago asiatica</i> Asian Plantain	1	62.0
<i>Platycodon grandiflorum</i> Balloon Flower; Chieh-Keng; Jie-Geng	2	36.0
<i>Plectranthus amboinicus</i> Indian Borage; Amboini Coleus; Spanish Thyme; French Thyme; Country Borage; Cuban Oregano; Soup Mint; Mexican Mint	1	
<i>Polygala tenuifolia</i> Chinese Senega	1	24.0
<i>Polygonum multiflorum</i> He Shou Wu; Fo Ti; Chinese Knotweed; Fleeceflower; Chinese Cornbind	2	20.8
<i>Polymnia edulis</i> Andean Jicama	1	20.0
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	120.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	2	9420.0
<i>Pourouma cecropiaefolia</i> Tree Grape; Uvilla	1	
<i>Pouteria viridis</i> Sapote Verde; Green Sapote	1	

Plant	# Chemicals	Total PPM
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Caimito; Abiu	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	50.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	816.0
<i>Prunus salicifolia</i> Wild Cherry; Capulin	1	
<i>Prunus persica</i> Peach	2	197.0
<i>Prunus dulcis</i> Almond	2	74.1
<i>Prunus domestica</i> Plum	2	348.0
<i>Prunus cerasus</i> Sour Cherry	2	26.0
<i>Prunus armeniaca</i> Apricot	2	454.0
<i>Psidium guajava</i> Guava	2	132.0
<i>Psidium cattleianum</i> Strawberry Guava	1	18.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Winged Bean; Asparagus Pea	2	122.0
<i>Psoralea esculenta</i> Indian Bread-Root; Prairie Apple; Indian Turnip; Prairie Potato; Breadroot; Prairie Turnip	1	2.0
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	2.0
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	60.0
<i>Pulsatilla chinensis</i> Chinese Anemone	1	48.0
<i>Pyrus communis</i> Pear	2	56.6
<i>Quararibea cordata</i> Chupa-Chupa; Sapote	1	
<i>Quercus velutina</i> Black Oak	1	186.0
<i>Quercus stellata</i> Post Oak	1	104.0
<i>Quercus rubra</i> Northern Red Oak	1	310.0
<i>Quercus phellos</i> Willow Oak	1	184.0
<i>Quercus alba</i> White Oak	2	390.4
<i>Quisqualis indica</i> Rangoon Creeper	1	44.0
<i>Raphanus sativus</i> Radish	2	684.4
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	28.0
<i>Rheum rhabarbarum</i> Rhubarb	2	126.0
<i>Rheum palmatum</i> Chinese Rhubarb	1	20.0
<i>Rhizophora mangle</i> Red Mangrove	1	86.0
<i>Rhodymenia palmata</i> Dulse	2	78.0
<i>Rhus glabra</i> Smooth Sumac	1	416.0
<i>Rhus copallina</i> Winged Sumac; Dwarf Sumac	1	448.0
<i>Ribes uva-crispa</i> Gooseberry	2	60.0
<i>Ribes rubrum</i> White Currant; Red Currant	2	40.0
<i>Ribes nigrum</i> Black Currant	2	58.0
<i>Rosa rubiginosa</i> Rosa Mosqueta	1	
<i>Rosa laevigata</i> Cherokee Rose	1	30.0
<i>Rosa gallica</i> French Rose	1	34.0
<i>Rosa canina</i> Dogbrier; Rose; Dog Rose	2	104.0
<i>Rosmarinus officinalis</i> Rosemary	2	118.0
<i>Rubia cordifolia</i> Madder	1	78.0

Plant	# Chemicals	Total PPM
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	235.3
<i>Rubus chingii</i> Chinese Raspberry	1	56.0
<i>Rubus chamaemorus</i> Cloudberry	1	80.0
<i>Rumex crispus</i> Sour Dock; Lengua De Vaca; Curly Dock; Yellow Dock	2	730.0
<i>Rumex acetosa</i> Garden Sorrel	2	2240.0
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	2	13.15
<i>Salix alba</i> White Willow	2	23.1
<i>Salvia officinalis</i> Sage	2	141.9
<i>Salvia miltiorrhiza</i> Tan-Shen; Dan-Shen; Red Sage	1	24.0
<i>Sambucus nigra</i> Elder; Black Elder; European Elder; European Alder; European Elderberry	2	600.0
<i>Sambucus canadensis</i> American Elderberry; American Elder; Elderberry; Sweet Elder	1	36.0
<i>Santalum acuminatum</i> Quandong Nut; Quandong; Sweet Quandong	1	
<i>Sassafras albidum</i> Sassafras	1	247.0
<i>Satureja hortensis</i> Summer Savory	1	68.0
<i>Schisandra chinensis</i> Five-Flavor-Fruit; Schizandra; Wu Wei Zu; Chinese Magnolia Vine; Wu Wei Zi; Magnolia Vine	2	122.0
<i>Schizonepeta tenuifolia</i> Ching-Chieh; Jing-Jie	1	56.0
<i>Scrophularia buergeriana</i> Hsuan-Shen; Yuan-Shen	1	26.0
<i>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	2	132.6
<i>Scutellaria baicalensis</i> Huang Qin; Chinese Skullcap; Baikal Skullcap	1	36.0
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	2	474.0
<i>Senna occidentalis</i> Coffee Senna	1	82.0
<i>Senna obtusifolia</i> Sicklepod	1	152.0
<i>Senna alexandrina</i> Indian Senna; Alexandran senna; True Senna	2	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	2	
<i>Sesamum indicum</i> Benneseed; Ajonjoli (Sp.); Sesame; Beni; Sesamo (Sp.)	2	204.0
<i>Sicana odorifera</i> Cassabanana	1	
<i>Sida rhombifolia</i> Broomweed; Teaplant	1	610.0
<i>Siegesbeckia orientalis</i> Hsi Chien; Saint Paul'Swort	1	34.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	3	98.3
<i>Simmondsia chinensis</i> Jojoba	1	32.0
<i>Sinapis alba</i> White Mustard	2	122.0
<i>Sinomenium acutum</i> Ching-Feng-Teng	1	30.0
<i>Smilax spp</i> Sarsaparilla	2	28.6
<i>Smilax officinalis</i> Sarsaparilla	2	
<i>Solanum tuberosum</i> Potato	2	89.21000000000001
<i>Solanum torvum</i> Wild Eggplant; Susumba	1	54.0
<i>Solanum sessiliflorum</i> Cocona	1	
<i>Solanum quitoensis</i> Naranjillo	1	
<i>Solanum nigrum</i> Black Nightshade	1	220.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	63.2
<i>Sonchus oleraceus</i> Cerraja; Sow Thistle	1	1090.0

Plant	# Chemicals	Total PPM
<i>Sophora subprostrata</i> Shan Dou Gen	1	28.0
<i>Sophora angustifolia</i> Narrowleaf Sophora	1	48.0
<i>Sorbus aucubaria</i> Rowan Berry	2	232.0
<i>Spinacia oleracea</i> Spinach	2	1750.0
<i>Spirulina</i> spp. Spirulina	2	
<i>Spirulina pratensis</i> Spirulina	1	956.0
<i>Spondias tuberosa</i> Umbu; Imbu	1	2.66
<i>Spondias purpurea</i> Purple Jobo; Purple Plum	1	18.0
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	56.0
<i>Spondias mombin</i> Yellow Mombin; Yellow Plum	1	230.0
<i>Spondias dulcis</i> Ambarella	2	35.8
<i>Stachys officinalis</i> Wood Betony; Purple Betony; Betony; Bishop's-Wort	3	10000.0
<i>Stellaria media</i> Common Chickweed; Chickweed	2	425.2
<i>Stevia rebaudiana</i> Ca-A-E; Sweet Leaf of Paraguay; Stevia	2	150.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	184.0
<i>Symphytum officinale</i> Comfrey	2	1325.6
<i>Syzygium malaccense</i> Malay Apple; Mammey Pomorrosa; Ohia	1	
<i>Syzygium jambos</i> Rose Apple; Pomarrosa	1	
<i>Syzygium cumini</i> Java Plum; Aceituna Dulce; Jambolan	1	
<i>Syzygium aromaticum</i> Clovetree; Clove	2	66.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	2	16.2
<i>Tagetes erecta</i> Marigold; Aztec Marigold	1	
<i>Tamarindus indica</i> Kilytree; Tamarind; Indian Tamarind	1	242.0
<i>Tanacetum parthenium</i> Feverfew	2	
<i>Taraxacum officinale</i> Dandelion	2	229.3
<i>Taraxacum mongolicum</i> Mongoloid Dandelion	1	68.0
<i>Taxus baccata</i> Common Yew	1	
<i>Tecoma stans</i> Yellow Elder	1	
<i>Tephrosia candida</i> White Tephrosia	1	52.0
<i>Terminalia catappa</i> Malabar Almond; Tropical Almond; Indian Almond	1	3.6
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	880.0
<i>Tetrapanax papyrifera</i> Rice Paper Tree; Tong-Cao; Tung-Tsao	1	84.0
<i>Theobroma cacao</i> Cacao	1	
<i>Theobroma bicolor</i> Nicaraguan Cacao; Pataste	1	
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	2	214.5
<i>Trachyspermum ammi</i> Ajwan	1	86.0
<i>Tragopogon porrifolius</i> Salsify	2	4.536
<i>Trichosanthes anguina</i> Snakegourd	1	36.0
<i>Trifolium pratense</i> Red Clover; Purple Clover; Peavine Clover; Cowgrass	2	24.0
<i>Trigonella foenum-graecum</i> Greek Clover; Fenugreek; Alholva (Sp.); Greek Hay; Bockshornklee (Ger.)	2	557.2
<i>Triticum aestivum</i> Wheat	3	3482.44
<i>Tropaeolum tuberosum</i> Anu; Mashua	1	4.2

Plant	# Chemicals	Total PPM
<i>Tropaeolum majus</i> Nasturtium	1	1330.0
<i>Turnera diffusa</i> Damiana	2	142.0
<i>Tussilago farfara</i> Coltsfoot	1	50.0
<i>Ulex europaeus</i> Gorse	2	
<i>Ullucus tuberosus</i> Ulluco; Melloco	1	1.4
<i>Ulmus rubra</i> Slippery Elm; Red Elm	2	49.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	3	395.7
<i>Vaccinium vitis-idaea</i> Lingen; Lingonberry; Cowberry	2	28.0
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	2	142.7
<i>Vaccinium macrocarpon</i> American Cranberry; Large Cranberry; Cranberry	2	5.2
<i>Vaccinium corymbosum</i> Blueberry	2	21.8
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	2	
<i>Valerianella radicata</i>	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	
<i>Verbascum thapsus</i> Flannelplant; Mullein; Flannelleaf; Velvetplant; Great Mullein	2	90.4
<i>Verbena officinalis</i> Vervain	1	
<i>Viburnum opulus</i> Crampbark; European Cranberry Bush; Guelder Rose; Snowballbush	2	34.0
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	23.2
<i>Vigna unguiculata</i> Southern Pea; Crowder Pea; Black-eyed Pea; Cowpea	2	234.39999999999998
<i>Vigna subterranea</i> Groundbean; Bambarra Groundnut	1	0.22
<i>Vigna radiata</i> Green Gram; Mungbean	2	163.20000000000002
<i>Vigna mungo</i> Black Gram	1	1.0
<i>Vigna angularis</i> Adzuki Bean	2	117.8
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	2	42.4
<i>Viscum album</i> European Mistletoe	2	172.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Grapevine; European Grape; Wine Grape; Vid (Sp.); Weinrebe (Ger.); Parra (Sp.); Grape	3	294.2
<i>Xanthosoma sagittifolium</i> Malanga; Tannia; Yautia	2	693.2
<i>Yucca baccata</i> Banana Yucca; Spanish Bayonet; Yucca; Blue Yucca	2	15.4
<i>Zea mays</i> Corn	3	631.0
<i>Zingiber officinale</i> Ginger	3	122.0
<i>Zizyphus spina-christi</i> Syrian Christ-Thorn	1	
<i>Zizyphus jujuba</i> Da-Zao; Ta-Tsao; Jujube	2	1442.0