

A Myostimulant

*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>Alisma plantago-aquatica</i> Water Plantain; Mud Plantain; Tse-Hsieh; Ze-Xie	1	
<i>Ananas comosus</i> Pineapple	1	120.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	
<i>Calotropis</i> sp. Giant Milkweed	1	
<i>Camellia sinensis</i> Tea	1	2200.0
<i>Camellia japonica</i> Tsubaki (Jap.); Common Camellia; Camelia (Sp.); Kamelie (Ger.); Camelia (Fr., Port.); Japanese Tea; Camellia; Rose du Japon (Fr.)	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Hot Pepper; Cayenne; Tabasco; Spur Pepper; Chili; Red Chili	1	
<i>Capsicum annuum</i> Cherry Pepper; Paprika; Green Pepper; Bell Pepper; Sweet Pepper; Cone Pepper	1	1000.0
<i>Chelidonium majus</i> Celandine	1	
<i>Coffea arabica</i> Coffee	1	38.0
<i>Cola acuminata</i> Abata Cola	1	2000.0
<i>Crotalaria retusa</i> Rattlepod	1	
<i>Cucumis melo</i> Netted Melon; Persian Melon; Nutmeg Melon; Melon; Muskmelon; Cantaloupe	1	
<i>Dionaea muscipula</i> Venus' Fly Trap	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Glycine max</i> Soybean	1	
<i>Gossypium</i> sp Cotton	1	
<i>Helianthus annuus</i> Girasol; Sunflower	1	
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	1	
<i>Ilex paraguariensis</i> Mate; South American Holly; Paraguay Tea	1	10000.0
<i>Jatropha gossypifolia</i> Spanish Physic Nut	1	
<i>Juglans regia</i> English Walnut	2	190.0
<i>Juglans nigra</i> Black Walnut	2	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	
<i>Murraya</i> sp None	1	
<i>Musa x paradisiaca</i> Plantain; Banana	2	186.0
<i>Opuntia ficus-indica</i> Nopal; Nopalito; Prickly Pear; Indian Fig	1	14210.0
<i>Oryza sativa</i> Rice	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	
<i>Panax ginseng</i> Korean Ginseng; Chinese Ginseng; Oriental Ginseng; Ginseng	1	
<i>Paullinia cupana</i> Guarana	1	730.0
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	1	
<i>Phellodendron amurense</i> Po Mu; Amur Cork Tree; Huang Bai; Huang Po	1	

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<i>Phoenix dactylifera</i> Date Palm	1	18.0
<i>Pisum sativum</i> Pea	1	
<i>Prunus domestica</i> Plum	1	
<i>Punica granatum</i> Romanzeiro (Port.); Zakuro (Jap.); Grenadier (Fr.); Granado (Sp.); Pomegranate; Mangrano (Sp.); Granatapfelstrauch (Ger.); Granatapfelbaum (Ger.)	1	
<i>Sarracenia</i> sp. Pitcher-Plant	1	
<i>Senna obtusifolia</i> Sicklepod	1	7180.0
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Solanum tuberosum</i> Potato	1	35200.0
<i>Solanum nigrum</i> Black Nightshade	2	80.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	
<i>Solanum mammosum</i> Susumber; Love Apple	1	
<i>Solanum carolinense</i> Horsenettle	1	
<i>Spinacia oleracea</i> Spinach	1	
<i>Theobroma cacao</i> Cacao	2	68500.0
<i>Theobroma bicolor</i> Pataste; Nicaraguan Cacao	1	
<i>Theobroma angustifolium</i> Emerald Cacao; Castarica	1	
<i>Thevetia peruviana</i> Peruvian Yellow Oleander; Chirca (Sp.); Loandro-Amarelo (Port.); Adelfa Amarilla (Sp.); Thevetie (Ger.); Luckynut; Yellow Oleander; Oleandre Jaune (Fr.); Cabalonga (Sp.)	1	
<i>Thevetia neriifolia</i> Yellow oleander	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	2	400.0
<i>Vinca minor</i> Running-Myrtle; Periwinkle	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Zea mays</i> Corn	1	