

# A Neuroexcitant

\*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	1	29640.0
<i>Acacia senegal</i> Sudan Gum Arabic; Senegal Gum; Gum Arabic Tree; Kher; Gum Arabic	1	
<i>Acacia farnesiana</i> Huisache; Cassie; Popinac; Sweet Acacia; Opopanax	1	75540.0
<i>Allium schoenoprasum</i> Chives	1	64775.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	23472.0
<i>Allium cepa</i> Onion; Shallot	1	13934.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Alpinia galanga</i> Languas; Greater Galangal; Siamese Ginger	1	
<i>Amaranthus</i> sp. Pigweed	1	55098.0
<i>Anacardium occidentale</i> Cashew	1	30620.0
<i>Ananas comosus</i> Pineapple	1	8444.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Angelica sinensis</i> Dang Quai; Dong Gui; Chinese Angelica; Dang Qui; Dong Quai; Dang Gui	1	
<i>Angelica archangelica</i> Angelica; Wild Parsnip; Garden Angelica	1	
<i>Apium graveolens</i> Celery	1	47760.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	73936.0
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	17700.0
<i>Artemisia dracuncululus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	10334.0
<i>Asparagus officinalis</i> Asparagus	1	91610.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	14000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Bacopa monnieri</i> Brahmi; Water Hyssop	1	
<i>Basella alba</i> Vinespinach	1	31300.0
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut-Tree; Brazilnut	1	28038.0
<i>Beta vulgaris</i> Garden Beet; Sugar Beet; Beetroot; Beet	1	16720.0
<i>Borago officinalis</i> Beeplant; Beebread; Talewort; Borage	1	
<i>Brassica rapa</i> Celery Mustard; Celery Cabbage; Chinese Cabbage; Chinese White Cabbage; Bok-Choy; Pak-Choi; Chinese Mustard	1	15500.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Tree Kale; Cow Cabbage; Collards; Tall Kale; Spring-Heading Cabbage	1	39336.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kale; Curly Kale; Kitchen Kale	1	37970.0
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Asparagus Broccoli; Winter Broccoli; Sprouting Broccoli; Calabrese; Heading Broccoli; Cape Broccoli; Purple Cauliflower	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	31820.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	45752.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Swedish Turnip; Rutabaga	1	16820.0
<i>Brassica chinensis</i> Bok-Choy; Pak-Choi; Chinese White Cabbage; Chinese Cabbage; Chinese Mustard; Celery Mustard; Celery Cabbage	1	46160.0

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<i>Cajanus cajan</i> Pigeonpea	1	48000.0
<i>Calathea allouia</i> Lleren; Leren	1	
<i>Cannabis sativa</i> Hemp; Marijuana; Indian Hemp; Marihuana	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Tabasco; Cayenne; Chili; Red Chili; Hot Pepper; Spur Pepper	1	46676.0
<i>Capsicum annuum</i> Sweet Pepper; Green Pepper; Cone Pepper; Cherry Pepper; Bell Pepper; Paprika	1	33008.0
<i>Carica papaya</i> Papaya	1	8774.0
<i>Carum carvi</i> Kummel (Ger.); Carum; Comino (Sp.); Caraway; Comino de prado (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	14876.0
<i>Castanea mollissima</i> Chinese Chestnut	1	30338.0
<i>Castanea dentata</i> American Chestnut	1	28724.0
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	
<i>Ceratonia siliqua</i> Locust Bean; St.John's-Bread; Carob	1	84600.0
<i>Chenopodium album</i> Lambsquarter	1	54914.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	51320.0
<i>Cichorium endivia</i> Escarole; Endive	1	41868.0
<i>Citrullus lanatus</i> Watermelon	1	60188.0
<i>Citrus sinensis</i> Orange	1	17214.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	12412.0
<i>Citrus paradisi</i> Grapefruit	1	9400.0
<i>Cnidioscolus chayamansa</i> Chaya	1	84940.0
<i>Cocos nucifera</i> Nariyal; Coconut; Cocotero (Sp.); Copra; Kokospalme (Ger.); Coconut Palm	1	
<i>Coffea arabica</i> Coffee	1	
<i>Colocasia esculenta</i> Taro	1	13080.0
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	1	92300.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Japanese Cryptotaenia; Stone Parsley; Ya Er Qin; Mitsuba; Japanese Honewort	1	
<i>Cucumis sativus</i> Cucumber	1	16202.0
<i>Cucurbita</i> spp Summer Squash	1	45570.0
<i>Cucurbita pepo</i> Pumpkin	1	91978.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	22440.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	14660.0
<i>Fagopyrum esculentum</i> Buckwheat	1	24000.0
<i>Ficus carica</i> Fig; Fico (Ital.); Higo (Sp.); Feigenbaum (Ger.); Figueira (Port.); Higuera Comun (Sp.); Figuier Commun (Fr.); Echte Feige (Ger.)	1	6894.0
<i>Foeniculum vulgare</i> Fennel	1	40222.0
<i>Fragaria</i> spp Strawberry	1	32740.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	26924.0
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	1	100350.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	

Plant	# Chemicals	Total PPM
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	33704.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	51600.0
<i>Hibiscus sabdariffa</i> Red Sorrel; Sereni (Sp.); Indian Sorrel; Rosa de Jamaica (Sp.); Jamaica Sorrel; Roselle; Malventee (Ger.); Rosella (Ger.); Acedera de Guinea (Sp.); Kharkadi; Sorrel	1	
<i>Ipomoea batatas</i> Sweet Potato	1	20766.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	172640.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	64060.0
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	1	62260.0
<i>Lactuca sativa</i> Lettuce	1	47334.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	11400.0
<i>Lens culinaris</i> Lentil	1	165330.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	86580.0
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Duke of Argyll's Eta Tree; Barbary Matrimony Vine; Matrimony Vine; Common Matrimony Vine	1	
<i>Lycopersicon esculentum</i> Tomato	1	40664.0
<i>Macadamia spp</i> Macadamia	1	17000.0
<i>Malus domestica</i> Apple	1	4230.0
<i>Mangifera indica</i> Mango	1	8200.0
<i>Manihot esculenta</i> Tapioca; Cassava; Yuca	1	11500.0
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	
<i>Moringa oleifera</i> Moringa; Jacinto (Sp.); West Indian Ben; Benzolive Tree; Horseradish Tree; Drumstick Tree; Ben Nut	1	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	84160.0
<i>Murraya sp</i> None	1	6220.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	7500.0
<i>Nasturtium officinale</i> Berro; Watercress	1	74800.0
<i>Nelumbo nucifera</i> Water Lotus	1	65916.0
<i>Nigella sativa</i> Black Cumin; Fennel-Flower; Nutmeg-Flower; Roman Coriander; Black Caraway	1	27300.0
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	33920.0
<i>Oenothera biennis</i> Evening-Primrose	1	25186.0
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopalito; Nopal	1	48430.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	71340.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	8620.0
<i>Panax ginseng</i> Ginseng; Korean Ginseng; Chinese Ginseng; Oriental Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	47244.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	40700.0

Plant	# Chemicals	Total PPM
<i>Perideridia gairdneri</i> Squaw Root	1	15112.0
<i>Persea americana</i> Avocado	1	22000.0
<i>Phaseolus vulgaris</i> Green Bean; Wax Bean; Dwarf Bean; Kidney Bean; Haricot Bean; Pop Bean; Haricot Vert; Flageolet Bean; Garden Bean; Field Bean; French Bean; Black Bean; Popping Bean; Haricot; String Bean; Snap Bean; Navy Bean	1	228568.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	61604.0
<i>Phoenix dactylifera</i> Date Palm	1	6300.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	3570.0
<i>Pinellia ternata</i> Ban-Xia; Pan-Hsia	1	
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	44024.0
<i>Pisum sativum</i> Pea	1	91978.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	39200.0
<i>Prunus persica</i> Peach	1	17172.0
<i>Prunus dulcis</i> Almond	1	49142.0
<i>Prunus domestica</i> Plum	1	33648.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	46000.0
<i>Psidium guajava</i> Guava	1	7488.0
<i>Psidium cattleianum</i> Strawberry Guava	1	3830.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Asparagus Pea; Goa Bean	1	195662.0
<i>Psoralea esculenta</i> Breadroot; Prairie Potato; Prairie Turnip; Indian Bread-Root; Prairie Apple; Indian Turnip	1	17978.0
<i>Pyrus communis</i> Pear	1	9512.0
<i>Raphanus sativus</i> Radish	1	18600.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	78000.0
<i>Ribes nigrum</i> Black Currant	1	46.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> American Elderberry; American Elder; Elderberry; Sweet Elder	1	5742.0
<i>Scutellaria baicalensis</i> Huang Qin; Baikal Skullcap; Chinese Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	28860.0
<i>Senna obtusifolia</i> Sicklepod	1	30000.0
<i>Sesamum indicum</i> Sesamo (Sp.); Benneseed; Sesame; Beni; Ajonjoli (Sp.)	1	47590.0
<i>Sinapis alba</i> White Mustard	1	42100.0
<i>Solanum tuberosum</i> Potato	1	48100.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	43866.0
<i>Spinacia oleracea</i> Spinach	1	57004.0
<i>Stachys officinalis</i> Betony; Wood Betony; Bishop's-Wort; Purple Betony	1	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Hay; Fenugreek; Bockshornklee (Ger.); Greek Clover	1	59580.0
<i>Triticum aestivum</i> Wheat	1	11914.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	6758.0

Plant	# Chemicals	Total PPM
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	48880.0
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	66420.0
<i>Vigna unguiculata</i> Asparagus Bean; Pea Bean; Yardlong Bean	1	64170.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	161234.0
<i>Vigna angularis</i> Adzuki Bean	1	54414.0
<i>Vitis vinifera</i> Grape; Wine Grape; Grapevine; European Grape; Vid (Sp.); Parra (Sp.); Weinrebe (Ger.); Vigne Vinifere (Fr.)	1	8334.0
<i>Zea mays</i> Corn	1	20300.0
<i>Zingiber officinale</i> Ginger	1	23980.0