

A Neuroinhibitor

*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	8800.0
<i>Acacia farnesiana</i> Opopanax; Sweet Acacia; Cassie; Huisache; Popinac	1	29180.0
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Achyranthes bidentata</i> Chaff Flower	1	
<i>Allium schoenoprasum</i> Chives	1	34750.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	9600.0
<i>Allium cepa</i> Shallot; Onion	1	10682.0
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Alpinia galanga</i> Siamese Ginger; Languas; Greater Galangal	1	
<i>Amaranthus</i> sp. Pigweed	1	31760.0
<i>Anacardium occidentale</i> Cashew	1	16338.0
<i>Ananas comosus</i> Pineapple	3	2766.0
<i>Angelica sinensis</i> Dong Quai; Dang Gui; Dong Gui; Dang Qui; Chinese Angelica; Dang Quai	3	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	1	8580.0
<i>Arachis hypogaea</i> Peanut; Groundnut	3	37986.0
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	2	3100.0
<i>Artemisia dracunculus</i> Tarragon	3	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	7002.0
<i>Asparagus officinalis</i> Asparagus	1	25548.0
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	1	4000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Basella alba</i> Vinespinach	1	19420.0
<i>Bertholletia excelsa</i> Brazilnut; Creamnut; Brazilnut-Tree; Paranut	1	13594.0
<i>Beta vulgaris</i> Garden Beet; Beetroot; Sugar Beet; Beet	2	4574.0
<i>Borago officinalis</i> Beeplant; Borage; Beebread; Talewort	1	
<i>Brassica rapa</i> Seven-Top Turnip; Rapini; Turnip	1	6150.0
<i>Brassica oleracea</i> var. <i>viridis</i> l. Tall Kale; Tree Kale; Collards; Cow Cabbage; Spring-Heading Cabbage	1	19668.0
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Kitchen Kale; Curly Kale; Kale; Scotch Kale	1	20464.0
<i>Brassica oleracea</i> var. <i>capitata</i> l. Red Cabbage; White Cabbage; Cabbage	1	7220.0
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	1	36946.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	5220.0
<i>Brassica chinensis</i> Chinese Cabbage; Chinese White Cabbage; Pak-Choi; Celery Mustard; Celery Cabbage; Chinese Mustard; Bok-Choy	1	18378.0
<i>Cajanus cajan</i> Pigeonpea	1	17940.0
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Camellia sinensis</i> Tea	1	

Plant	# Chemicals	Total PPM
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Capsicum frutescens</i> Spur Pepper; Chili; Tabasco; Hot Pepper; Red Chili; Cayenne	1	12076.0
<i>Capsicum annuum</i> Green Pepper; Paprika; Cherry Pepper; Cone Pepper; Sweet Pepper; Bell Pepper	1	8456.0
<i>Carica papaya</i> Papaya	1	3222.0
<i>Carum carvi</i> Carum; Caraway; Kummel (Ger.); Comino de prado (Sp.); Comino (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	4706.0
<i>Castanea mollissima</i> Chinese Chestnut	1	6542.0
<i>Castanea dentata</i> American Chestnut	1	8076.0
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	1	49820.0
<i>Chenopodium album</i> Lambsquarter	1	31722.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	18150.0
<i>Cichorium endivia</i> Endive; Escarole	1	18680.0
<i>Citrullus lanatus</i> Watermelon	1	2356.0
<i>Citrus sinensis</i> Orange	2	15654.0
<i>Citrus reticulata</i> Mandarin; Tangerine	2	10676.0
<i>Citrus paradisi</i> Grapefruit	1	
<i>Cnidioscolus chayamansa</i> Chaya	1	21700.0
<i>Cocos nucifera</i> Nariyal; Coconut Palm; Copra; Coconut; Kokospalme (Ger.); Cocotero (Sp.)	2	
<i>Colocasia esculenta</i> Taro	1	5040.0
<i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute	1	34840.0
<i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Japanese Honewort; Stone Parsley; Mitsuba; Ya Er Qin; Japanese Cryptotaenia	1	
<i>Cucumis sativus</i> Cucumber	1	9620.0
<i>Cucurbita</i> spp Summer Squash	1	13924.0
<i>Cucurbita pepo</i> Pumpkin	3	74515.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	4910.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	4960.0
<i>Dryopteris marginalis</i> Marginal Fern; Marginal Wood Fern	2	
<i>Echinacea purpurea</i> Echinacea; Purple-Coneflower; Eastern Purple-Coneflower	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	19500.0
<i>Ficus carica</i> Figuiier Commun (Fr.); Feigenbaum (Ger.); Higuera Comun (Sp.); Fig; Figueira (Port.); Fico (Ital.); Echte Feige (Ger.); Higo (Sp.)	1	2394.0
<i>Foeniculum vulgare</i> Fennel	1	24288.0
<i>Fragaria</i> spp Strawberry	2	5694.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	2	11499.0
<i>Glycine max</i> Soybean	1	36890.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	4956.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	30800.0

Plant	# Chemicals	Total PPM
<i>Humulus lupulus</i> Hops	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Goatweed; Hypericum; Common St. Johnswort; Klamath Weed; St. John's-wort	1	
<i>Ipomoea batatas</i> Sweet Potato	1	5450.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	26300.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	31202.0
<i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean	1	22690.0
<i>Lactuca sativa</i> Lettuce	1	19000.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	8400.0
<i>Lens culinaris</i> Lentil	1	21270.0
<i>Lentinus edodes</i> Shiitake	2	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	34370.0
<i>Lycium chinense</i> Chinese Wolfberry; Spina Santa Cinese (Ital.); Lyciet de Chine (Fr.); Gou Qi (Chin.); Kuko (Jap.); Wolfberry; Chinesischer Bocksdoorn (Ger.); Chinese Boxthorn; Kaukichai (Malays.); Chinese Matrimony Vine; Daun Koki (Indones.)	1	
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Barbary Matrimony Vine; Matrimony Vine; Common Matrimony Vine; Duke of Argyll's Eta Tree	1	
<i>Lycopersicon esculentum</i> Tomato	2	8234.0
<i>Macadamia</i> spp Macadamia	1	7630.0
<i>Malus domestica</i> Apple	1	994.0
<i>Mangifera indica</i> Mango	2	3800.0
<i>Manihot esculenta</i> Yuca; Cassava; Tapioca	1	4060.0
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	3	
<i>Moringa oleifera</i> West Indian Ben; Drumstick Tree; Jacinto (Sp.); Horseradish Tree; Ben Nut; Benzolive Tree; Moringa	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	30530.0
<i>Murraya</i> sp None	1	2592.0
<i>Murraya koenigii</i> Curry Leaf Tree; Indian Curry Tree; Curry Leaf	1	
<i>Musa x paradisiaca</i> Banana; Plantain	2	2733.0
<i>Nasturtium officinale</i> Berro; Watercress	1	44800.0
<i>Nelumbo nucifera</i> Water Lotus	1	28322.0
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Nigella sativa</i> Fennel-Flower; Black Cumin; Roman Coriander; Nutmeg-Flower; Black Caraway	1	41400.0
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	13800.0
<i>Oenothera biennis</i> Evening-Primrose	1	21706.0
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopal; Nopalito	1	37890.0
<i>Oryza sativa</i> Rice	1	

Plant	# Chemicals	Total PPM
<i>Pachyrhizus erosus</i> Yambean	1	5710.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	3080.0
<i>Panax ginseng</i> Chinese Ginseng; Korean Ginseng; Oriental Ginseng; Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	24094.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	18700.0
<i>Perideridia gairdneri</i> Squaw Root	1	3684.0
<i>Persea americana</i> Avocado	1	6452.0
<i>Phaseolus vulgaris</i> Green Bean; Haricot Bean; Navy Bean; Snap Bean; Black Bean; Kidney Bean; Popping Bean; Garden Bean; Field Bean; Wax Bean; Dwarf Bean; French Bean; Haricot Vert; Haricot; String Bean; Pop Bean; Flageolet Bean	2	63276.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	20180.0
<i>Phoenix dactylifera</i> Date Palm	3	12760.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	1960.0
<i>Pinellia ternata</i> Ban-Xia; Pan-Hsia	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	
<i>Piper betel</i> Betel Pepper	1	
<i>Pistacia vera</i> Pistachio	1	22782.0
<i>Pisum sativum</i> Pea	2	31958.0
<i>Plantago ovata</i> Blond Psyllium; Ispaghula; Indian Plantago; Psyllium; Spogel Seeds	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	22000.0
<i>Prunus persica</i> Peach	1	3888.0
<i>Prunus dulcis</i> Almond	1	25858.0
<i>Prunus domestica</i> Plum	1	1622.0
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	1	5860.0
<i>Psidium guajava</i> Guava	1	5904.0
<i>Psidium cattleianum</i> Strawberry Guava	1	3000.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Goa Bean; Winged Bean	1	56056.0
<i>Psoralea esculenta</i> Breadroot; Prairie Turnip; Prairie Potato; Prairie Apple; Indian Turnip; Indian Bread-Root	1	2194.0
<i>Pyrus communis</i> Pear	1	1358.0
<i>Quisqualis indica</i> Rangoon Creeper	1	
<i>Raphanus sativus</i> Radish	1	8530.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	2	66000.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus canadensis</i> American Elder; American Elderberry; Elderberry; Sweet Elder	1	3564.0
<i>Scutellaria baicalensis</i> Chinese Skullcap; Baikal Skullcap; Huang Qin	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	2	12860.0
<i>Senna obtusifolia</i> Sicklepod	1	13780.0
<i>Sesamum indicum</i> Benneseed; Sesame; Ajonjoli (Sp.); Sesamo (Sp.); Beni	1	39836.0

Plant	# Chemicals	Total PPM
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	2	
<i>Sinapis alba</i> White Mustard	1	28076.0
<i>Solanum tuberosum</i> Potato	2	11400.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	10904.0
<i>Spinacia oleracea</i> Spinach	1	31828.0
<i>Stachys officinalis</i> Betony; Purple Betony; Wood Betony; Bishop's-Wort	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Theobroma cacao</i> Cacao	1	1800.0
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	
<i>Tilia</i> sp. Lime; Basswood; Linden	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Alholva (Sp.); Greek Clover; Fenugreek; Bockshornklee (Ger.)	2	28732.0
<i>Triticum aestivum</i> Wheat	1	11270.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium corymbosum</i> Blueberry	1	3638.0
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	2	
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	21940.0
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	24200.0
<i>Vigna unguiculata</i> Pea Bean; Asparagus Bean; Yardlong Bean	1	17100.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	34214.0
<i>Vigna angularis</i> Adzuki Bean	1	17468.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Wine Grape; Weinrebe (Ger.); Grapevine; Parra (Sp.); Vigne Vinifere (Fr.); Vid (Sp.); European Grape; Grape	2	2058.0
<i>Zea mays</i> Corn	1	10566.0
<i>Zingiber officinale</i> Ginger	2	4972.0