

A Osteolytic

*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 moschatus</i> Tropical Jewel Hibiscus; Ambrette; Muskmallow; Musk Okra	1	
<i>Acacia melanoxylon</i> Blackwood	1	
<i>Acacia decurrens</i> Green Wattle	1	
<i>Acinos suaveolens</i>	1	
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Akebia quinata</i> Chocolate Vine	1	
<i>Allium cepa</i> Shallot; Onion	1	
<i>Aloysia citrodora</i> Lemon Verbena	1	
<i>Anamirta cocculus</i> Levant Berry	1	
<i>Ananas comosus</i> Pineapple	1	0.98
<i>Apium graveolens</i> Celery	1	
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	
<i>Aspalathus linearis</i> Kaffree Tea; Rooibos; Red Bush Tea	1	
<i>Astragalus gummifer</i> Tragacanth; Gum Tragacanth	1	50000.0
<i>Avena sativa</i> Oats	1	
<i>Borago officinalis</i> Beeplant; Talewort; Beebread; Borage	1	
<i>Camellia sinensis</i> Tea	1	
<i>Cananga odorata</i> Cananga; Ylang-Ylang	1	
<i>Capsicum frutescens</i> Cayenne; Hot Pepper; Chili; Red Chili; Tabasco; Spur Pepper	1	
<i>Capsicum annuum</i> Bell Pepper; Sweet Pepper; Cherry Pepper; Paprika; Green Pepper; Cone Pepper	1	
<i>Centaurea cyanus</i> Bachelor's Button; Cornflower	1	
<i>Chrysanthemum x morifolium</i> Mum; Chrysanthemum; Florist's Chrysanthemum; Ju Hua (Pinyin)	1	
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	
<i>Citrus sinensis</i> Orange	1	
<i>Citrus paradisi</i> Grapefruit	1	
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	
<i>Commiphora myrrha</i> Somali Myrrh; Mirra (Sp. It.); Myrrh; Myrrhe (Fr., Ger.); African Myrrh; Herabol Myrrh	1	
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	2.0
<i>Coriaria thymifolia</i> Ground Toot; Shanshi	1	
<i>Croton tiglium</i> Purging Croton	1	6000.0
<i>Cymbopogon martinii</i> Palmarosa; Rosha Grass	1	
<i>Datura stramonium</i> Jimsonweed	1	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	
<i>Eriodictyon californicum</i> Yerba Santa; Gum Bush; Hierba Santa; California Yerba Santa; Tarweed; Bear's Weed; Holy Herb; Mountain Balm; Consumptive's Weed	1	

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<i>Eruca sativa</i> Dua (Kumaon; DEP); Mandao (Afg.; DEP; KAB); Ruca (Catalan; KAB); Gargir (Arab.; Hebrew; BOU); Sahwan (Nwp.; KAB); Garden Rocket (Eng.; USN); Euzomon (Greece; EB54:155); Roquette vraie (Fr.; BOU); Tantubha (Sansk.; KAB); Eihukan (Iran; NAD); Tira (Nwp.; DEP; KAB); Salad Rocket (Eng.; USN); Aruca (Malta; KAB); Suffed shorshi (Bengal; DEP); Jamba (India); Jambeh (Iran; DEP; KAB); Rucheta (Malta; KAB); Grahagna (Sansk.; KAB); Daradharsha (Sansk.; KAB); Lamba (India; USN); Rucola (It.; Malta; Sp.); Assu (Punjab; SKJ); Uragandha (Sansk.; KAB); Ruke (Ger.; USN); Duan (Nwp; KAB); Kadamba (Sansk.; KAB); Rocket (Eng.; BOU); Lalu (Nwp.; KAB); Rajika (Sansk.; KAB); Shiltam (Arab.; BOU); Roquette (Eng.; Fr.; BOU); Ackerrauke (Ger.; MAD); Eruca (Malta; KAB); Ai'sha (Arab.; BOU); Djerdjir (Arab.; BOU); Jamnia (Punjab; DEP); Taramira (India; Nwp.); Bhutaghna (Sansk.; SKJ); Rocket Salad (Eng.; USN); Chara (Kumaon; DEP); Gery (Arab.; BOU); Tantuka (Sansk.; KAB); Achnef (Berber; BOU); Baglet (Arab.; BOU); Rajakshavaka (Sansk.; KAB); Kibana suzushiro (Jap.; TAN); Bou kahli (Arab.; BOU); Ai'afein (Arab.; BOU); Roquette des jardins (Fr.;KAB); Senfrauke (Ger.; USN); Tara (Nwp.; Punjab; KAB; SKJ); Rugula (Eng.; USN); Kerkas (Arab.; BOU); Piao erh ts'ai (Chi.; TAN); Shwetsursha (Bengal; SKJ); Jambho (Sind.; DEP); Sarishapa (Sansk.; KAB); Tuverika (Sansk.; KAB); Rakshitaphala (Sansk.; KAB); Sidharta (Sansk.; KAB); Horf (Arab.; BOU); Sfed sarson (Hindi; MPI); Rabano silvestre (It.; Port.); Olrauke (Ger.; USN); Tanakfail (Berber; BOU); Roqueta (Sp.; USN); Rawk (Arab.; BOU); Roquette cultivee (Fr.; KAB); Sidhaprayojana (Sansk.; KAB); Jambeho (Sind.; KAB); Arugula (Eng.; FAC; USN); Kadambaka (Sansk.; KAB); Siddartha (Sansk.; DEP; SKJ); Izgin (Turkey; EB54:155); Mulai (Loralai; KAB); Rouka (Arab.; BOU); Oruga comun (Sp.; USN); Sarshapa (Sansk.; KAB); Bimbata (Sansk.; KAB); Thorfel (Berber; BOU); Oroth (Bible; EB52:394)	1	
<i>Erythroxylum zambesiacum</i>	1	
<i>Ficus carica</i> Figueira (Port.); Figuier Commun (Fr.); Higo (Sp.); Higuera Comun (Sp.); Echte Feige (Ger.); Fig; Feigenbaum (Ger.); Fico (Ital.)	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Gleditsia triacanthos</i> Honey Locust	1	
<i>Glycine max</i> Soybean	1	
<i>Glycyrrhiza glabra</i> Licorice-Root; Smooth Licorice; Commom Licorice; Licorice	1	4.0
<i>Haematoxylum campechianum</i> Logwood; Campechy	1	
<i>Hedeoma pulegioides</i> American Pennyroyal	1	
<i>Helichrysum angustifolium</i> Everlasting; Immortelle	1	
<i>Hibiscus sabdariffa</i> Sorrel; Roselle; Malventee (Ger.); Jamaica Sorrel; Rosa de Jamaica (Sp.); Red Sorrel; Acedera de Guinea (Sp.); Sereni (Sp.); Indian Sorrel; Kharkadi; Rosella (Ger.)	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	1	
<i>Laurus nobilis</i> Sweet Bay; Laurel; Grecian Laurel; Bay Laurel; Bayleaf; Bay	1	
<i>Lavandula x intermedia</i> Lavandin; Dutch Lavender	1	
<i>Levisticum officinale</i> Lovage	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	7706.0
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Mentha arvensis</i> var. <i>piperascens</i> Field Mint; Japanese Mint; Cornmint	1	
<i>Menyanthes trifoliata</i> Marsh Clover; Marsh Trefoil; Buckbean; Bogbean; Bog Myrtle; Water Trefoil	1	
<i>Morinda citrifolia</i> Noni; Indian Mulberry	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	
<i>Myristica fragrans</i> Nutmeg; Muskatnussbaum (Ger.); nuez moscada (Sp.); Mace; nogal moscado (Sp.)	1	
<i>Myrtus communis</i> Myrtle; Myrte (Ger.); Arrayan (Sp.); Mirto (Sp.)	1	2.0
<i>Neurolaena lobata</i> Contragavilana; Bitter Wood	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum gratissimum</i> Agbo; Shrubby Basil	1	

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<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	252.0
<i>Panax ginseng</i> Chinese Ginseng; Ginseng; Korean Ginseng; Oriental Ginseng	1	
<i>Peucedanum ostruthium</i> Masterwort	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Pyrus communis</i> Pear	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes rubrum</i> Red Currant; White Currant	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Schoenocaulon officinale</i> Sabadilla	1	
<i>Sterculia urens</i> Karaya	1	
<i>Tamarindus indica</i> Indian Tamarind; Tamarind; Kilytree	1	
<i>Telosma cordata</i> Merrill flowers	1	
<i>Theobroma cacao</i> Cacao	1	14200.0
<i>Thuja occidentalis</i> Northern White-Cedar; Arbor-Vitae	1	
<i>Thymus mastichina</i> Spanish Marjoram	1	
<i>Trifolium pratense</i> Peavine Clover; Red Clover; Purple Clover; Cowgrass	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium myrtillus</i> Bilberry; Whortleberry; Dwarf Bilberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	1.4
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	
<i>Valeriana jatamansi</i> Indian Valerian	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Veratrum viride</i> Indian Poke; American Hellebore	1	
<i>Veratrum album</i> White Hellebore	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Crampbark; Guelder Rose; European Cranberry Bush; Snowballbush	1	
<i>Vitis vinifera</i> European Grape; Vid (Sp.); Grape; Vigne Vinifere (Fr.); Weinrebe (Ger.); Grapevine; Parra (Sp.); Wine Grape	1	4000.0
<i>Zingiber officinale</i> Ginger	1	