

A Oxidant

*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	2	20800.0
<i>Acacia farnesiana</i> Cassie; Sweet Acacia; Popinac; Huisache; Opopanax	2	56640.0
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Albizia lebeck</i> East Indian Walnut; Koko; Frywood; Lebbek; Siris Tree; Lebbek Tree; Women's-Tongue Tree	1	
<i>Allium schoenoprasum</i> Chives	2	43670.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	3	21180.0
<i>Allium cepa</i> Onion; Shallot	2	21336.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	2	
<i>Aloe vera</i> Bitter Aloes; Aloe	2	
<i>Alpinia galanga</i> Languas; Siamese Ginger; Greater Galangal	2	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Amaranthus</i> sp. Pigweed	2	45956.0
<i>Anacardium occidentale</i> Cashew	2	22400.0
<i>Ananas comosus</i> Pineapple	2	3852.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	6932.0
<i>Angelica sinensis</i> Dong Gui; Dang Gui; Dang Quai; Chinese Angelica; Dong Quai; Dang Qui	2	
<i>Angelica archangelica</i> Garden Angelica; Wild Parsnip; Angelica	1	
<i>Apium graveolens</i> Celery	2	14180.0
<i>Arachis hypogaea</i> Peanut; Groundnut	2	40300.0
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	2	5600.0
<i>Artemisia dracuncululus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	2	
<i>Asimina triloba</i> Pawpaw	2	13334.0
<i>Asparagus officinalis</i> Asparagus	2	49292.0
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	2	20000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Basella alba</i> Vinespinach	2	33040.0
<i>Bertholletia excelsa</i> Brazilnut-Tree; Creamnut; Brazilnut; Paranut	2	20112.0
<i>Beta vulgaris</i> Garden Beet; Sugar Beet; Beetroot; Beet	2	11830.0
<i>Bixa orellana</i> Achiote; Annato; Lipstick Pod; Bija; Lipsticktree; Annato; Annatto; Arnato	1	7860.0
<i>Borago officinalis</i> Borage; Beeplant; Talewort; Beebread	1	
<i>Brassica rapa</i> Turnip; Rapini; Seven-Top Turnip	2	12050.0
<i>Brassica oleracea</i> var. <i>viridis</i> l. Cow Cabbage; Collards; Spring-Heading Cabbage; Tall Kale; Tree Kale	2	31796.0
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Scotch Kale; Kitchen Kale; Curly Kale; Kale	2	30240.0
<i>Brassica oleracea</i> var. <i>italica</i> Winter Broccoli; Broccoli; Cape Broccoli; Sprouting Broccoli; Purple Cauliflower; Calabrese; Heading Broccoli; Asparagus Broccoli	3	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	10852.0

Plant	# Chemicals	Total PPM
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage	2	17916.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	3	73546.0
<i>Brassica oleracea</i> Kohlrabi	1	4222.0
<i>Brassica nigra</i> Black Mustard	1	13254.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	2	12180.0
<i>Brassica chinensis</i> Chinese White Cabbage; Bok-Choy; Chinese Mustard; Chinese Cabbage; Pak-Choi; Celery Cabbage; Celery Mustard	2	47868.0
<i>Cajanus cajan</i> Pigeonpea	2	39050.0
<i>Calathea allouia</i> Leren; Lleren	2	
<i>Camellia sinensis</i> Tea	3	
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Cannabis sativa</i> Marijuana; Hemp; Marihuana; Indian Hemp	2	
<i>Capsicum frutescens</i> Red Chili; Spur Pepper; Tabasco; Chili; Hot Pepper; Cayenne	2	20074.0
<i>Capsicum annuum</i> Paprika; Sweet Pepper; Cherry Pepper; Green Pepper; Bell Pepper; Cone Pepper	3	14186.0
<i>Carica papaya</i> Papaya	2	3402.0
<i>Carum carvi</i> Caraway; Comino de prado (Sp.); Carum; Kummel (Ger.); Comino (Sp.)	2	
<i>Castanea sativa</i> European Chestnut	2	8508.0
<i>Castanea mollissima</i> Chinese Chestnut	2	11674.0
<i>Castanea dentata</i> American Chestnut	2	13106.0
<i>Ceratonia siliqua</i> St.John's-Bread; Locust Bean; Carob	3	62040.0
<i>Chenopodium album</i> Lambsquarter	2	55800.0
<i>Cicer arietinum</i> Garbanzo; Chickpea	2	30720.0
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	6936.0
<i>Cichorium endivia</i> Endive; Escarole	2	27376.0
<i>Citrullus lanatus</i> Watermelon	2	49450.0
<i>Citrus sinensis</i> Orange	2	10268.0
<i>Citrus reticulata</i> Tangerine; Mandarin	2	12572.0
<i>Citrus paradisi</i> Grapefruit	2	460.0
<i>Cnidioscolus chayamansa</i> Chaya	1	28520.0
<i>Coccinia grandis</i> Kundree; Tindori; Ivy Gourd; Tindora; Kanduri; Pepasan; Little Gourd	1	
<i>Cocos nucifera</i> Copra; Cocotero (Sp.); Coconut Palm; Nariyal; Kokospalme (Ger.); Coconut	2	
<i>Colocasia esculenta</i> Taro	2	23190.0
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	2	59580.0
<i>Coriandrum sativum</i> Coriander; Cilantro; Chinese Parsley	2	
<i>Crocus sativus</i> Saffron	2	
<i>Cryptotaenia japonica</i> Japanese Honewort; Mitsuba; Ya Er Qin; Japanese Cryptotaenia; Stone Parsley	2	
<i>Cucumis sativus</i> Cucumber	2	13164.0
<i>Cucurbita</i> spp Summer Squash	2	27530.0
<i>Cucurbita pepo</i> Pumpkin	2	64268.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	2	
<i>Daucus carota</i> Carrot	3	12280.0
<i>Dioscorea pentaphylla</i> Mountain Yam	2	9160.0
<i>Dryopteris marginalis</i> Marginal Fern; Marginal Wood Fern	1	

Plant	# Chemicals	Total PPM
<i>Duboisia myoporoides</i> Corkwood Tree; Pituri	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	19260.0
<i>Ficus carica</i> Figuiers Commun (Fr.); Figueira (Port.); Fico (Ital.); Echte Feige (Ger.); Higuera Comun (Sp.); Feigenbaum (Ger.); Higo (Sp.); Fig	2	5362.0
<i>Foeniculum vulgare</i> Fennel	2	24572.0
<i>Fragaria</i> spp Strawberry	2	10200.0
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	2	17157.0
<i>Glycine max</i> Soybean	3	59130.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	2	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	2	8958.0
<i>Helianthus annuus</i> Sunflower; Girasol	2	63600.0
<i>Humulus lupulus</i> Hops	1	
<i>Hypericum perforatum</i> Goatweed; Klamath Weed; Hypericum; St. John's-wort; Common St. Johnswort	1	
<i>Ilex paraguariensis</i> South American Holly; Paraguay Tea; Mate	1	38000.0
<i>Ipomoea batatas</i> Sweet Potato	2	9028.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	2	41430.0
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	2	
<i>Juglans cinerea</i> Butternut	2	45106.0
<i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean	2	41522.0
<i>Lactuca sativa</i> Lettuce	2	26000.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	1800.0
<i>Laurus nobilis</i> Laurel; Bayleaf; Grecian Laurel; Bay; Sweet Bay; Bay Laurel	1	2800.0
<i>Lens culinaris</i> Lentil	2	85060.0
<i>Lentinus edodes</i> Shiitake	2	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	2	
<i>Linum usitatissimum</i> Flax; Linseed	2	
<i>Lippia javanica</i> Umsuzwane (Zulu); Lemon Bush	1	
<i>Lupinus albus</i> White Lupine	2	51940.0
<i>Lycium chinense</i> Chinese Boxthorn; Daun Koki (Indones.); Kaukichai (Malays.); Wolfberry; Chinese Wolfberry; Spina Santa Chinese (Ital.); Lyciet de Chine (Fr.); Gou Qi (Chin.); Chinesischer Bocksdorn (Ger.); Chinese Matrimony Vine; Kuko (Jap.)	2	
<i>Lycium barbarum</i> Common Matrimony Vine; Duke of Argyll's Eta Tree; Ning Xia Gou Qi (Chin.); Barbary Matrimony Vine; Matrimony Vine	1	
<i>Lycopersicon esculentum</i> Tomato	3	12622.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	2	
<i>Macadamia</i> spp Macadamia	2	10230.0
<i>Malus domestica</i> Apple	3	1246.0
<i>Mangifera indica</i> Mango	2	13700.0
<i>Manihot esculenta</i> Tapioca; Yuca; Cassava	2	8390.0
<i>Medicago sativa</i> Alfalfa; Lucerne	2	
<i>Mentha x piperita</i> Peppermint	2	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	2	

Plant	# Chemicals	Total PPM
<i>Momordica charantia</i> Bitter Melon; Sorosi	2	
<i>Moringa oleifera</i> West Indian Ben; Jacinto (Sp.); Drumstick Tree; Moringa; Ben Nut; Horseradish Tree; Benzolive Tree	2	
<i>Mucuna pruriens</i> Cowage; Velvetbean	2	37090.0
<i>Murraya</i> sp None	2	6624.0
<i>Musa x paradisiaca</i> Banana; Plantain	3	8180.0
<i>Myrciaria dubia</i> Araza de Agua (Sp.); Camu-camu (Eng.,Peru,Scn.,Sp.); Camu-camu Negro (Peru); Rumberry (Eng.); Guapuro Blanco (Bol.); Camo Camo (Peru)	1	
<i>Nasturtium officinale</i> Watercress; Berro	2	70800.0
<i>Nelumbo nucifera</i> Water Lotus	2	30264.0
<i>Nigella sativa</i> Black Caraway; Fennel-Flower; Nutmeg-Flower; Black Cumin; Roman Coriander	1	20510.0
<i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil	2	20680.0
<i>Oenothera biennis</i> Evening-Primrose	2	19638.0
<i>Opuntia ficus-indica</i> Indian Fig; Prickly Pear; Nopalito; Nopal	1	31320.0
<i>Pachyrhizus erosus</i> Yambean	2	13820.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	6700.0
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Chinese Ginseng; Oriental Ginseng	3	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	2	36602.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	2	26600.0
<i>Perideridia gairdneri</i> Squaw Root	2	7366.0
<i>Persea americana</i> Avocado	2	11504.0
<i>Phaseolus vulgaris</i> Navy Bean; French Bean; Snap Bean; Black Bean; Field Bean; Garden Bean; Wax Bean; Flageolet Bean; Haricot; Dwarf Bean; Haricot Vert; String Bean; Popping Bean; Kidney Bean; Pop Bean; Haricot Bean; Green Bean	2	120900.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	2	39972.0
<i>Phoenix dactylifera</i> Date Palm	3	4180.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	2	3696.0
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	2	
<i>Pinus edulis</i> Pinyon Pine	2	
<i>Pistacia vera</i> Pistachio	2	31832.0
<i>Pisum sativum</i> Pea	2	48292.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	3	37140.0
<i>Prunus persica</i> Peach	2	8910.0
<i>Prunus dulcis</i> Almond	2	31402.0
<i>Prunus domestica</i> Plum	2	5674.0
<i>Prunus armeniaca</i> Apricot	2	13920.0
<i>Psidium guajava</i> Guava	2	6912.0
<i>Psidium cattleianum</i> Strawberry Guava	2	3520.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Goa Bean; Asparagus Pea	2	84740.0
<i>Psoralea esculenta</i> Prairie Turnip; Breadroot; Indian Bread-Root; Prairie Potato; Indian Turnip; Prairie Apple	2	4810.0
<i>Pyrus communis</i> Pear	2	2100.0
<i>Raphanus sativus</i> Radish	2	13570.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	2	26000.0
<i>Rhizophora mangle</i> Red Mangrove	1	4460.0
<i>Rosmarinus officinalis</i> Rosemary	2	

Plant	# Chemicals	Total PPM
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus canadensis</i> Sweet Elder; Elderberry; American Elder; American Elderberry	2	4454.0
<i>Santalum album</i> White Sandalwood	1	
<i>Secale cereale</i> Rye	2	
<i>Sechium edule</i> Chayote	2	20570.0
<i>Senna obtusifolia</i> Sicklepod	1	13000.0
<i>Sesamum indicum</i> Sesamo (Sp.); Ajonjoli (Sp.); Beni; Benneseed; Sesame	2	43828.0
<i>Sinapis alba</i> White Mustard	2	41706.0
<i>Solanum tuberosum</i> Potato	2	15680.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	19826.0
<i>Spinacia oleracea</i> Spinach	3	48930.0
<i>Stachys officinalis</i> Purple Betony; Betony; Bishop's-Wort; Wood Betony	2	
<i>Theobroma cacao</i> Cacao	2	22400.0
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	
<i>Tilia</i> sp. Basswood; Lime; Linden	1	
<i>Trifolium pratense</i> Red Clover; Purple Clover; Cowgrass; Peavine Clover	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Fenugreek; Greek Clover; Alholva (Sp.); Bockshornklee (Ger.)	2	37140.0
<i>Triticum aestivum</i> Wheat	2	19084.0
<i>Turnera diffusa</i> Damiana	1	160000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium corymbosum</i> Blueberry	2	5070.0
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	2	34440.0
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	2	38100.0
<i>Vigna unguiculata</i> Black-eyed Pea; Crowder Pea; Cowpea; Southern Pea	2	55526.0
<i>Vigna radiata</i> Green Gram; Mungbean	2	73878.0
<i>Vigna angularis</i> Adzuki Bean	2	38910.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	17072.0
<i>Vitis vinifera</i> Wine Grape; European Grape; Vid (Sp.); Grapevine; Grape; Vigne Vinifere (Fr.); Parra (Sp.); Weinrebe (Ger.)	2	5350.0
<i>Zea mays</i> Corn	2	31948.0
<i>Zingiber officinale</i> Ginger	2	7062.0