

# A Potassium-Sparing

\*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>Agrimonia eupatoria</i> Sticklewort; Agrimony	1	12000.0
<i>Arbutus unedo</i> Strawberry Tree; Arbutus	1	
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	15000.0
<i>Artocarpus heterophyllus</i> Jackfruit	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Catalpa bignonioides</i> Indian bean	1	
<i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle	1	
<i>Chimaphila umbellata</i> King's Cure; Pipsissewa	1	
<i>Chrysanthemum x morifolium</i> Chrysanthemum; Florist's Chrysanthemum; Mum; Ju Hua (Pinyin)	1	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Cornus officinalis</i> Chinese Dogwood	1	
<i>Cornus mas</i> Cornelian Cherry; Sorbet	1	
<i>Cornus florida</i> American Dogwood	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; English Hawthorn; Hawthorn	1	
<i>Crataegus cuneata</i> Hawthorn	1	
<i>Cryptostegia grandifolia</i> Rubber Vine	1	
<i>Duboisia myoporoides</i> Pituri; Corkwood Tree	1	
<i>Duchesnea indica</i> False Strawberry; Indian Strawberry; Mock Strawberry	1	
<i>Elaeagnus pungens</i> Thorny Silver Berry	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Eucalyptus grandis</i> Flooded Gum; Rose Gum; Gum	1	
<i>Eucalyptus globulus</i> Eucalypt; Tasmanian Bluegum; Blue Gum	1	
<i>Eucalyptus citriodora</i> Lemon-Scented Gum; Lemon Eucalyptus; Spotted Gum; Citron-Scented Gum	1	
<i>Forsythia suspensa</i> Lien-Chiao; Lian-Jiao	1	
<i>Gaultheria procumbens</i> Mountain Tea; Checkerberry; Teaberry; Wintergrun (Ger.); Wintergreen; Creeping Wintergreen	1	
<i>Gaultheria fragrantissima</i> Indian Wintergreen	1	
<i>Glechoma hederacea</i> Alehoof	1	332.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helichrysum angustifolium</i> Immortelle; Everlasting	1	
<i>Holarrhena pubescens</i> Conessi; Zhi Xie Mu; Kurchi; Tellicherry Bark	1	
<i>Humulus lupulus</i> Hops	1	
<i>Hyptis capitata</i> Knobweed	1	
<i>Hyssopus officinalis</i> Hyssop	1	9800.0
<i>Ilex paraguariensis</i> Mate; South American Holly; Paraguay Tea	1	
<i>Lavandula latifolia</i> Spike Lavender; Aspic; Broad-Leaved Lavender	1	38000.0
<i>Lavandula angustifolia</i> English Lavender	1	14000.0
<i>Leonurus cardiaca</i> Motherwort	1	

Plant	# Chemicals	Total PPM
<i>Ligustrum lucidum</i> Privet; White Waxtree; Glossy Privet; <i>Ligustri Fructus</i> ; Chinese Privet	1	
<i>Ligustrum japonicum</i> <i>Ligustri Fructus</i> ; Japanese Privet	1	
<i>Limonia acidissima</i> Wood-Apple; Elephant Apple; Manzana De Elefante	1	
<i>Lycopus europeus</i> European Bugle	1	
<i>Malus domestica</i> Apple	1	
<i>Marrubium vulgare</i> White Horehound; Horehound	1	2400.0
<i>Melaleuca leucadendra</i> Cajeput	1	
<i>Melissa officinalis</i> Balm; Bee Balm; Melissa; Lemonbalm	1	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Monarda didyma</i> Beebalm; Oswego Tea	1	
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	
<i>Nepeta cataria</i> Catnip	1	
<i>Nerium oleander</i> Oleander	1	86000.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum canum</i> Hoary Basil	1	
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	5296.0
<i>Origanum vulgare</i> Common Turkish Oregano; Wild Marjoram; European Oregano; Wild Oregano; Pot Marjoram; Oregano	1	6200.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	4200.0
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Plectranthus amboinicus</i> Spanish Thyme; Mexican Mint; Indian Borage; Country Borage; Soup Mint; Amboini Coleus; French Thyme; Cuban Oregano	1	
<i>Prosopis glandulosa</i> Honey Mesquite; Mesquite	1	
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	1	20000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus africana</i> Red Stinkwood; Bitter Almond	1	
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Granado (Sp.); Zakuro (Jap.); Romanzeiro (Port.); Pomegranate; Grenadier (Fr.); Granatapfelbaum (Ger.); Mangrano (Sp.)	1	
<i>Pyrus communis</i> Pear	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	1	
<i>Rhododendron ferrugineum</i> Rusty-Leaved Alpenrose	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Rosmarinus officinalis</i> Rosemary	1	82000.0
<i>Rubus fruticosus</i> Blackberry	1	
<i>Salvia triloba</i> Greek Sage	1	149000.0
<i>Salvia sclarea</i> Clary Sage	1	
<i>Salvia officinalis</i> Sage	1	3000.0
<i>Sambucus nigra</i> European Elderberry; European Elder; European Alder; Elder; Black Elder	1	

Plant	# Chemicals	Total PPM
<i>Sanguisorba officinalis</i> Greater Burnet	1	
<i>Satureja montana</i> Savory; Winter Savory	1	32000.0
<i>Satureja hortensis</i> Summer Savory	1	5400.0
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Syringa vulgaris</i> Lilac	1	
<i>Syzygium claviflorum</i>	1	
<i>Teucrium scorodonia</i> Wood Germander; Germander	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium chamaedrrys</i> Wall Germander	1	
<i>Thevetia peruviana</i> Thevetie (Ger.); Cabalonga (Sp.); Yellow Oleander; Oleandre Jaune (Fr.); Loandro-Amarelo (Port.); Luckynut; Adelfa Amarilla (Sp.); Peruvian Yellow Oleander; Chirca (Sp.)	1	
<i>Thymus vulgaris</i> Common Thyme; Thyme; Garden Thyme	1	37600.0
<i>Thymus serpyllum</i> Creeping Thyme	1	18200.0
<i>Uncaria tomentosa</i> Garabato Amarillo; Una de Gato; Cat's Claw	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	15000.0
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	1	5000.0
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Verbena officinalis</i> Vervain	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> European Cranberry Bush; Crampbark; Guelder Rose; Snowballbush	1	
<i>Vinca minor</i> Periwinkle; Running-Myrtle	1	100800.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Wine Grape; Grape; Vid (Sp.); Weinrebe (Ger.); Parra (Sp.); European Grape; Grapevine	1	
<i>Zizyphus jujuba</i> Ta-Tsao; Da-Zao; Jujube	1	