

A Prolactinogenic

*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 | 3420.0 |
| <i>Acacia farnesiana</i> Sweet Acacia; Opopanax; Popinac; Cassie; Huisache | 1 | 900.0 |
| <i>Allium schoenoprasum</i> Chives | 1 | 7830.0 |
| <i>Allium sativum</i> var. <i>sativum</i> Garlic | 1 | 3168.0 |
| <i>Allium cepa</i> Onion; Shallot | 1 | 3706.0 |
| <i>Allium ampeloprasum</i> Elephant Garlic; Kurrat | 1 | |
| <i>Alpinia galanga</i> Siamese Ginger; Greater Galangal; Languas | 1 | |
| <i>Amaranthus</i> sp. Pigweed | 1 | 7458.0 |
| <i>Anacardium occidentale</i> Cashew | 1 | 4822.0 |
| <i>Angelica sinensis</i> Dang Qui; Dong Quai; Dong Gui; Dang Gui; Chinese Angelica; Dang Quai | 1 | |
| <i>Angelica archangelica</i> Wild Parsnip; Garden Angelica; Angelica | 1 | |
| <i>Annona squamosa</i> Sweetsop; Sugar-Apple | 1 | 750.0 |
| <i>Annona reticulata</i> Custard Apple | 1 | 490.0 |
| <i>Annona muricata</i> Soursop | 1 | 1170.0 |
| <i>Apium graveolens</i> Celery | 1 | 3730.0 |
| <i>Arachis hypogaea</i> Peanut; Groundnut | 1 | 6642.0 |
| <i>Arctium lappa</i> Burdock; Gobo; Great Burdock | 1 | 600.0 |
| <i>Artocarpus altilis</i> Breadfruit | 1 | |
| <i>Asimina triloba</i> Pawpaw | 1 | 1072.0 |
| <i>Asparagus officinalis</i> Asparagus | 1 | 7742.0 |
| <i>Avena sativa</i> Oats | 1 | 10000.0 |
| <i>Averrhoa carambola</i> Star Fruit; Carambola | 1 | |
| <i>Basella alba</i> Vinespinach | 1 | 8120.0 |
| <i>Benincasa hispida</i> Waxgourd | 1 | 1030.0 |
| <i>Bertholletia excelsa</i> Brazilnut-Tree; Brazilnut; Paranut; Creamnut | 1 | 5380.0 |
| <i>Beta vulgaris</i> Beet; Sugar Beet; Garden Beet; Beetroot | 1 | 2682.0 |
| <i>Bixa orellana</i> Achiote; Bija; Annatto; Lipsticktree; Arnato; Annato; Annoto; Lipstick Pod | 1 | 3360.0 |
| <i>Brassica rapa</i> Chinese Cabbage; Pak-Choi; Chinese White Cabbage; Bok-Choy; Chinese Mustard; Celery Mustard; Celery Cabbage | 1 | 2200.0 |
| <i>Brassica oleracea</i> var. <i>viridis</i> I. Cow Cabbage; Collards; Spring-Heading Cabbage; Tall Kale; Tree Kale | 1 | 6556.0 |
| <i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Kitchen Kale; Scotch Kale; Kale | 1 | 5150.0 |
| <i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Winter Broccoli; Broccoli; Sprouting Broccoli; Cape Broccoli; Purple Cauliflower; Calabrese; Heading Broccoli | 1 | |
| <i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts | 1 | 5284.0 |
| <i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage | 1 | 3208.0 |
| <i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower | 1 | 12950.0 |
| <i>Brassica oleracea</i> Kohlrabi | 1 | 2220.0 |
| <i>Brassica nigra</i> Black Mustard | 1 | 7952.0 |
| <i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede | 1 | 2510.0 |
| <i>Brassica chinensis</i> Celery Cabbage; Chinese Mustard; Celery Mustard; Chinese Cabbage; Chinese White Cabbage; Pak-Choi; Bok-Choy | 1 | 6412.0 |

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|---|-------------|-----------|
| <i>Cajanus cajan</i> Pigeonpea | 1 | 4740.0 |
| <i>Cannabis sativa</i> Hemp; Marijuana; Indian Hemp; Marihuana | 1 | |
| <i>Capsicum frutescens</i> Tabasco; Red Chili; Hot Pepper; Spur Pepper; Cayenne; Chili | 1 | 4244.0 |
| <i>Capsicum annuum</i> Bell Pepper; Cone Pepper; Sweet Pepper; Green Pepper; Cherry Pepper; Paprika | 1 | 3000.0 |
| <i>Carica papaya</i> Papaya | 1 | 1432.0 |
| <i>Carum carvi</i> Comino de prado (Sp.); Carum; Kummel (Ger.); Caraway; Comino (Sp.) | 1 | |
| <i>Castanea sativa</i> European Chestnut | 1 | 970.0 |
| <i>Castanea mollissima</i> Chinese Chestnut | 1 | 1748.0 |
| <i>Castanea dentata</i> American Chestnut | 1 | 1914.0 |
| <i>Chenopodium album</i> Lambsquarter | 1 | 4842.0 |
| <i>Chrysophyllum cainito</i> Star Apple; Caimito | 1 | |
| <i>Cicer arietinum</i> Chickpea; Garbanzo | 1 | 9940.0 |
| <i>Cichorium intybus</i> Succory; Witloof; Chicory | 1 | 7344.0 |
| <i>Cichorium endivia</i> Endive; Escarole | 1 | 1610.0 |
| <i>Citrullus lanatus</i> Watermelon | 1 | 1650.0 |
| <i>Citrus sinensis</i> Orange | 1 | 1360.0 |
| <i>Citrus reticulata</i> Tangerine; Mandarin | 1 | 968.0 |
| <i>Citrus paradisi</i> Grapefruit | 1 | 440.0 |
| <i>Citrus aurantiifolia</i> Lime | 1 | 510.0 |
| <i>Cocos nucifera</i> Kokospalme (Ger.); Copra; Coconut Palm; Nariyal; Coconut; Cocotero (Sp.) | 1 | |
| <i>Coleus forskohlii</i> Forskohl's Coleus | 1 | 9260.0 |
| <i>Coleus barbatus</i> Forskohl's Coleus | 1 | 9260.0 |
| <i>Colocasia esculenta</i> Taro | 1 | 8260.0 |
| <i>Corchorus olitorius</i> Nalta Jute; Mulukiya; Jew's Mallow | 1 | 8000.0 |
| <i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander | 1 | |
| <i>Cucumis sativus</i> Cucumber | 1 | 2024.0 |
| <i>Cucurbita</i> spp Summer Squash | 1 | 3480.0 |
| <i>Cucurbita pepo</i> Pumpkin | 1 | 12860.0 |
| <i>Cucurbita foetidissima</i> Buffalo Gourd | 1 | |
| <i>Daucus carota</i> Carrot | 1 | 1800.0 |
| <i>Dioscorea pentaphylla</i> Mountain Yam | 1 | 1190.0 |
| <i>Elaeagnus umbellatus</i> Russian Olive | 1 | |
| <i>Eryngium creticus</i> Cretan culantro | 1 | |
| <i>Fagopyrum esculentum</i> Buckwheat | 1 | 4130.0 |
| <i>Ficus carica</i> Higuera Comun (Sp.); Echte Feige (Ger.); Fig; Fico (Ital.); Feigenbaum (Ger.); Higo (Sp.); Figueira (Port.); Figuier Commun (Fr.) | 1 | 574.0 |
| <i>Foeniculum vulgare</i> Fennel | 1 | 5550.0 |
| <i>Fragaria</i> spp Strawberry | 1 | 1660.0 |
| <i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo | 1 | 3523.0 |
| <i>Glycine max</i> Soybean | 1 | |
| <i>Helianthus tuberosus</i> Jerusalem Artichoke | 1 | 3622.0 |
| <i>Helianthus annuus</i> Sunflower; Girasol | 1 | 31800.0 |
| <i>Hordeum vulgare</i> Barley; Barleygrass | 1 | 6000.0 |

| Plant | # Chemicals | Total PPM |
|---|-------------|-----------|
| <i>Humulus lupulus</i> Hops | 1 | |
| <i>Ipomoea batatas</i> Sweet Potato | 1 | 1600.0 |
| <i>Juglans regia</i> English Walnut | 1 | |
| <i>Juglans nigra</i> Black Walnut | 1 | |
| <i>Juglans cinerea</i> Butternut | 1 | 7572.0 |
| <i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean | 1 | 14510.0 |
| <i>Lactuca sativa</i> Lettuce | 1 | 3000.0 |
| <i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd | 1 | 1350.0 |
| <i>Lens culinaris</i> Lentil | 1 | 5652.0 |
| <i>Lentinus edodes</i> Shiitake | 1 | |
| <i>Lepidium meyenii</i> Maca; Peruvian Ginseng | 1 | |
| <i>Linum usitatissimum</i> Flax; Linseed | 1 | |
| <i>Lupinus albus</i> White Lupine | 1 | 6450.0 |
| <i>Lycopersicon esculentum</i> Tomato | 1 | 2314.0 |
| <i>Malus domestica</i> Apple | 1 | 248.0 |
| <i>Mangifera indica</i> Mango | 1 | 1400.0 |
| <i>Manihot esculenta</i> Cassava; Yuca; Tapioca | 1 | 2730.0 |
| <i>Medicago sativa</i> Alfalfa; Lucerne | 1 | |
| <i>Melicoccus bijugatas</i> Honey berry; Genip; Mamoncillo; Pitomba | 1 | |
| <i>Mentha x piperita</i> Peppermint | 1 | |
| <i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda | 1 | |
| <i>Moringa oleifera</i> West Indian Ben; Ben Nut; Drumstick Tree; Horseradish Tree; Jacinto (Sp.); Benzolive Tree; Moringa | 1 | |
| <i>Murraya sp</i> None | 1 | 864.0 |
| <i>Musa x paradisiaca</i> Banana; Plantain | 1 | 932.0 |
| <i>Nasturtium officinale</i> Watercress; Berro | 1 | 12000.0 |
| <i>Nelumbo nucifera</i> Water Lotus | 1 | 5486.0 |
| <i>Nigella sativa</i> Nutmeg-Flower; Black Caraway; Fennel-Flower; Black Cumin; Roman Coriander | 1 | |
| <i>Ocimum basilicum</i> Sweet Basil; Cuban Basil; Basil | 1 | 4420.0 |
| <i>Oenothera biennis</i> Evening-Primrose | 1 | 32000.0 |
| <i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopal; Nopalito | 1 | 3330.0 |
| <i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy | 1 | 5470.0 |
| <i>Perideridia gairdneri</i> Squaw Root | 1 | 1524.0 |
| <i>Persea americana</i> Avocado | 1 | 1632.0 |
| <i>Phaseolus vulgaris</i> Dwarf Bean; Garden Bean; Haricot; Field Bean; Popping Bean; Kidney Bean; Snap Bean; Black Bean; Haricot Vert; Navy Bean; Flageolet Bean; Wax Bean; Green Bean; Pop Bean; Haricot Bean; String Bean; French Bean | 1 | 19122.0 |
| <i>Phaseolus lunatus</i> Butter Bean; Lima Bean | 1 | 6048.0 |
| <i>Phoenix dactylifera</i> Date Palm | 1 | 1290.0 |
| <i>Phyllanthus emblica</i> Emblic; Myrobalan | 1 | 262.0 |
| <i>Pinus pinea</i> Pignolia; Italian Stone Pine | 1 | |
| <i>Pinus edulis</i> Pinyon Pine | 1 | |
| <i>Pistacia vera</i> Pistachio | 1 | 5888.0 |
| <i>Pisum sativum</i> Pea | 1 | 8842.0 |

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|---|-------------|-----------|
| <i>Plectranthus barbatus</i> False Boldo; Indian Coleus; Forskohl's Coleus | 1 | |
| <i>Portulaca oleracea</i> Verdolaga; Purslane | 1 | 6800.0 |
| <i>Pouteria campechiana</i> Canistel | 1 | |
| <i>Prunus persica</i> Peach | 1 | 324.0 |
| <i>Prunus dulcis</i> Almond | 1 | 7490.0 |
| <i>Prunus armeniaca</i> Apricot | 1 | 2200.0 |
| <i>Psidium guajava</i> Guava | 1 | 1008.0 |
| <i>Psidium cattleianum</i> Strawberry Guava | 1 | 520.0 |
| <i>Psophocarpus tetragonolobus</i> Winged Bean; Goa Bean; Asparagus Pea | 1 | 38478.0 |
| <i>Psoralea esculenta</i> Prairie Turnip; Prairie Potato; Indian Bread-Root; Prairie Apple; Breadroot; Indian Turnip | 1 | 1266.0 |
| <i>Raphanus sativus</i> Radish | 1 | 1550.0 |
| <i>Rivea corymbosa</i> Snakeplant | 1 | |
| <i>Rosmarinus officinalis</i> Rosemary | 1 | |
| <i>Sambucus canadensis</i> American Elderberry; Elderberry; American Elder; Sweet Elder | 1 | 1118.0 |
| <i>Secale cereale</i> Rye | 1 | |
| <i>Sechium edule</i> Chayote | 1 | 3430.0 |
| <i>Senna obtusifolia</i> Sicklepod | 1 | 4360.0 |
| <i>Sesamum indicum</i> Benneseed; Sesamo (Sp.); Beni; Sesame; Ajonjoli (Sp.) | 1 | 9938.0 |
| <i>Sinapis alba</i> White Mustard | 1 | 11256.0 |
| <i>Solanum tuberosum</i> Potato | 1 | 4500.0 |
| <i>Solanum melongena</i> Aubergine; Eggplant | 1 | 2478.0 |
| <i>Spinacia oleracea</i> Spinach | 1 | 9264.0 |
| <i>Stellaria media</i> Chickweed; Common Chickweed | 1 | |
| <i>Tamarindus indica</i> Tamarind; Kilytree; Indian Tamarind | 1 | 524.0 |
| <i>Tecoma stans</i> Yellow Elder | 1 | |
| <i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme | 1 | 4018.0 |
| <i>Trifolium pratense</i> Purple Clover; Peavine Clover; Cowgrass; Red Clover | 1 | |
| <i>Trigonella foenum-graecum</i> Fenugreek; Greek Hay; Greek Clover; Bockshornklee (Ger.); Alholva (Sp.) | 1 | 8600.0 |
| <i>Triticum aestivum</i> Wheat | 1 | 6000.0 |
| <i>Vaccinium corymbosum</i> Blueberry | 1 | 390.0 |
| <i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce | 1 | 7220.0 |
| <i>Vicia faba</i> Broadbean; Faba Bean; Habas | 1 | 5900.0 |
| <i>Vigna unguiculata</i> Southern Pea; Crowder Pea; Black-eyed Pea; Cowpea | 1 | 11820.0 |
| <i>Vigna radiata</i> Green Gram; Mungbean | 1 | 13490.0 |
| <i>Vigna angularis</i> Adzuki Bean | 1 | 4414.0 |
| <i>Vigna aconitifolia</i> Mat Bean; Moth Bean | 1 | 3256.0 |
| <i>Vitellaria paradoxa</i> Shea Nut; Shea-Butter-Tree; Butterseed; Shea; Sheatree | 1 | |
| <i>Vitis vinifera</i> Grapevine; Parra (Sp.); Vigne Vinifere (Fr.); Wine Grape; Vid (Sp.); Weinrebe (Ger.); Grape; European Grape | 1 | 308.0 |
| <i>Zea mays</i> Corn | 1 | 1914.0 |
| <i>Zingiber officinale</i> Ginger | 1 | 1386.0 |