

A Prostaglandin-Sparer

*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>Achillea millefolium</i> Milfoil; Yarrow	1	17.6
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Agathosma betulina</i> Buchu; Honey Buchu; Mountain Buchu	1	140.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	17.6
<i>Allium cepa</i> Onion; Shallot	1	0.006
<i>Aloe vera</i> Bitter Aloes; Aloe	1	25.3
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	36.3
<i>Amorphophallus konjac</i> Konjac; Umbrella Arum; Elephant Yam; Leopard Palm; Snake Palm; Devil's Tongue	1	
<i>Anacardium occidentale</i> Cashew	1	0.4
<i>Anethum graveolens</i> Dill; Garden Dill	1	0.024
<i>Angelica sinensis</i> Dong Quai; Dang Quai; Dang Gui; Dong Gui; Dang Qui; Chinese Angelica	1	3.9
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Groundnut; Peanut	1	0.04
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	15.4
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	17.6
<i>Armoracia rusticana</i> Horseradish	1	
<i>Asparagus officinalis</i> Asparagus	1	0.156
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	1	14.3
<i>Barosma betulina</i> Buchu	1	
<i>Berberis vulgaris</i> Barberry	1	37.4
<i>Bertholletia excelsa</i> Paranut; Creamnut; Brazilnut; Brazilnut-Tree	1	994.0
<i>Beta vulgaris</i> Beet; Garden Beet; Beetroot; Sugar Beet	1	
<i>Brassica rapa</i> Rapini; Turnip; Seven-Top Turnip	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.004
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Asparagus Broccoli; Cape Broccoli; Sprouting Broccoli; Winter Broccoli; Purple Cauliflower; Calabrese; Heading Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	0.07200000000000001
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	1	0.5
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	0.078
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	0.096
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Capsicum annuum</i> Bell Pepper; Cone Pepper; Paprika; Green Pepper; Sweet Pepper; Cherry Pepper	1	0.004
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	22.0
<i>Carya ovata</i> Shagbark Hickory	1	0.04
<i>Carya illinoensis</i> Pecan	1	0.04
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	38.5

Plant	# Chemicals	Total PPM
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	13.2
<i>Chamaemelum nobile</i> Perennial Camomile; Roman Camomile; Garden Camomile	1	
<i>Chondrus crispus</i> Irish Moss	1	36.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cichorium endivia</i> Endive; Escarole	1	0.048
<i>Cimicifuga racemosa</i> Black Snakeroot; Black Cohosh	1	35.2
<i>Citrus sinensis</i> Orange	1	0.004
<i>Citrus reticulata</i> Mandarin; Tangerine	1	
<i>Citrus paradisi</i> Grapefruit	1	0.054
<i>Cnicus benedictus</i> Blessed Thistle	1	37.4
<i>Cocos nucifera</i> Copra; Nariyal; Kokospalme (Ger.); Coconut Palm; Coconut; Cocotero (Sp.)	1	0.04
<i>Corylus avellana</i> English Filbert; European Hazel; European Filbert; Hazel; Cobnut	1	0.16
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Woodland Hawthorn; Whitethorn	1	22.0
<i>Cucumis sativus</i> Cucumber	1	5.6
<i>Cucumis melo</i> Persian Melon; Netted Melon; Muskmelon; Nutmeg Melon; Melon; Cantaloupe	1	0.008
<i>Cucurbita pepo</i> Pumpkin	1	32.4
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	
<i>Cymbopogon citratus</i> West Indian Lemongrass; Lemongrass	1	124.0
<i>Cypripedium pubescens</i> Ladyslipper	1	98.0
<i>Daucus carota</i> Carrot	1	0.04
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	21.5
<i>Echinacea purpurea</i> Purple-Coneflower; Eastern Purple-Coneflower; Echinacea	1	
<i>Eleutherococcus senticosus</i> Siberian Ginseng; Wu jia; Spiny Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng	1	
<i>Elytrigia repens</i> Couchgrass; Wheatgrass; Doggrass; Quackgrass; Twitchgrass	1	204.0
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	13.2
<i>Equisetum arvense</i> Field Horsetail; Horsetail	1	14.3
<i>Eriodictyon californicum</i> Gum Bush; Hierba Santa; Consumptive's Weed; Yerba Santa; Bear's Weed; Tarweed; Holy Herb; California Yerba Santa; Mountain Balm	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	5.2
<i>Fagopyrum esculentum</i> Buckwheat	1	0.4
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria</i> spp Strawberry	1	0.004
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	12.1
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	18.7
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	19.8
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glycine max</i> Soybean	1	3.85
<i>Glycyrrhiza glabra</i> Smooth Licorice; Licorice; Commom Licorice; Licorice-Root	1	1.1

Plant	# Chemicals	Total PPM
<i>Gymnema sylvestris</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	16.5
<i>Hibiscus sabdariffa</i> Roselle; Red Sorrel; Sereni (Sp.); Indian Sorrel; Sorrel; Jamaica Sorrel; Malventee (Ger.); Rosella (Ger.); Acedera de Guinea (Sp.); Kharkadi; Rosa de Jamaica (Sp.)	1	157.3
<i>Hordeum vulgare</i> Barley; Barleygrass	1	48.0
<i>Humulus lupulus</i> Hops	1	18.7
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	17.6
<i>Hydrastis canadensis</i> Goldenseal	1	11.0
<i>Inula helenium</i> Elecampane	1	
<i>Juglans nigra</i> Black Walnut	1	0.04
<i>Juglans cinerea</i> Butternut	1	0.2
<i>Juniperus virginiana</i> Red Cedar	1	0.08
<i>Juniperus communis</i> Common Juniper; Juniper	1	2.6
<i>Lactuca sativa</i> Lettuce	1	0.116
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	20.9
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	1	0.8
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	0.068
<i>Malus domestica</i> Apple	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	0.08199999999999999
<i>Mentha x piperita</i> Peppermint	1	12.1
<i>Mentha pulegium</i> European Pennyroyal	1	50.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	0.08
<i>Myrica cerifera</i> Southern Bayberry; Bayberry; Wax Myrtle; Candle-Berry	1	37.4
<i>Nepeta cataria</i> Catnip	1	135.3
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Chinese Ginseng; Oriental Ginseng	1	27.5
<i>Parthenium integrifolium</i> Wild Quinine; Prairie-Dock; Feverfew; American Feverfew; Missouri Snakeroot	1	
<i>Passiflora incarnata</i> Mayapple; Passionflower; Manzanilla de Mayo	1	
<i>Petroselinum crispum</i> Parsley	1	0.042
<i>Phaseolus vulgaris</i> Flageolet Bean; Haricot Bean; Haricot Vert; Pop Bean; Wax Bean; Black Bean; Kidney Bean; Green Bean; Haricot; Dwarf Bean; Popping Bean; Navy Bean; Snap Bean; Garden Bean; String Bean; French Bean; Field Bean	1	0.036000000000000004
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	24.0
<i>Pimenta dioica</i> Clover-Pepper; Pimenta; Pimento; Jamaica-Pepper; Allspice	1	0.08
<i>Pinus echinata</i> Shortleaf Pine	1	0.4
<i>Pistacia vera</i> Pistachio	1	0.2
<i>Pisum sativum</i> Pea	1	0.004
<i>Plantago psyllium</i> Psyllium	1	15.4
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> Fo Ti; Chinese Knotweed; He Shou Wu; Fleeceflower; Chinese Cornbind	1	148.0
<i>Prunus persica</i> Peach	1	0.006
<i>Prunus dulcis</i> Almond	1	6.06
<i>Prunus domestica</i> Plum	1	0.026
<i>Pyrus communis</i> Pear	1	0.002

Plant	# Chemicals	Total PPM
<i>Quercus stellata</i> Post Oak	1	0.08
<i>Quercus rubra</i> Northern Red Oak	1	0.04
<i>Quercus phellos</i> Willow Oak	1	0.6
<i>Quercus alba</i> White Oak	1	16.58
<i>Raphanus sativus</i> Radish	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rhodymenia palmata</i> Dulse	1	
<i>Rhus glabra</i> Smooth Sumac	1	0.5
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes rubrum</i> White Currant; Red Currant	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	2.105
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	27.5
<i>Rubus chamaemorus</i> Cloudberry	1	
<i>Rumex crispus</i> Curly Dock; Lengua De Vaca; Yellow Dock; Sour Dock	1	27.5
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	25.4
<i>Salix alba</i> White Willow	1	12.1
<i>Salvia officinalis</i> Sage	1	
<i>Schisandra chinensis</i> Magnolia Vine; Schizandra; Wu Wei Zu; Five-Flavor-Fruit; Wu Wei Zi; Chinese Magnolia Vine	1	8.1
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	9.100000000000001
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Senna alexandrina</i> Alexandran senna; Indian Senna; True Senna	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	178.1
<i>Smilax spp</i> Sarsaparilla	1	34.1
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	0.02
<i>Solanum melongena</i> Eggplant; Aubergine	1	0.004
<i>Sorbus aucubaria</i> Rowan Berry	1	0.022
<i>Spinacia oleracea</i> Spinach	1	0.114
<i>Spirulina spp.</i> Spirulina	1	
<i>Stachys officinalis</i> Bishop's-Wort; Betony; Wood Betony; Purple Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	4.7
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Ca-A-E; Stevia	1	50.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	0.16
<i>Symphytum officinale</i> Comfrey	1	11.4
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	2.2
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	9.5
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	32.0
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	8.584
<i>Trigonella foenum-graecum</i> Greek Clover; Fenugreek; Bockshornklee (Ger.); Alholva (Sp.); Greek Hay	1	17.6

Plant	# Chemicals	Total PPM
<i>Turnera diffusa</i> Damiana	1	7.4
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	16.5
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	24.2
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	0.026
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	48.4
<i>Verbascum thapsus</i> Velvetplant; Flannelleaf; Great Mullein; Flannelplant; Mullein	1	5.5
<i>Viburnum opulus</i> Crampbark; European Cranberry Bush; Guelder Rose; Snowballbush	1	46.0
<i>Vigna unguiculata</i> Cowpea; Black-eyed Pea; Crowder Pea; Southern Pea	1	0.28
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Weinrebe (Ger.); Grape; Vid (Sp.); Wine Grape; European Grape; Grapevine; Parra (Sp.); Vigne Vinifere (Fr.)	1	36.024
<i>Yucca baccata</i> Spanish Bayonet; Banana Yucca; Blue Yucca; Yucca	1	9.9
<i>Zea mays</i> Corn	1	12.4
<i>Zingiber officinale</i> Ginger	1	