

A Purgative

*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>Achyranthes aspera</i> Chaff Flower	1	
<i>Aconitum napellus</i> Garden Monkshood; Garden Wolfsbane; European Aconite; Aconite; Turk's Cap; Bear's-Foot; Soldier's Cap; Monkshood; Blue Rocket; Helmet Flower; Friar's Cap; Queen's Fettle	1	
<i>Aconitum carmichaelii</i> Fu-Tsu; Aconite	2	
<i>Actaea spicata</i> European Baneberry	1	
<i>Actaea rubra</i> Red Baneberry	1	
<i>Actaea pachypoda</i> Doll's-Eyes; White Baneberry; White Cohosh; Baneberry; American Baneberry	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Alnus glutinosa</i> Black Alder	1	
<i>Aloe vera</i> Bitter Aloes; Aloe	7	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Andira araroba</i> Araroba	1	
<i>Anemone pulsatilla</i> Pasque Flower	1	
<i>Areca catechu</i> Betel Nut; Pin-Lang	1	2000.0
<i>Artemisia capillaris</i> Capillary Wormwood	1	
<i>Boehmeria nivea</i> Ramie	1	
<i>Buxus sempervirens</i> Boxwood	1	
<i>Camellia sinensis</i> Tea	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Cassia tora</i> Sickle Senna	5	
<i>Cassia marilandica</i> Wild Senna	2	2.0
<i>Cassia grandis</i> Pink Shower	1	
<i>Citrullus colocynthis</i> Colocynth	1	
<i>Clematis vitalba</i> Traveler's Joy	1	
<i>Cocos nucifera</i> Nariyal; Kokospalme (Ger.); Copra; Cocotero (Sp.); Coconut; Coconut Palm	1	
<i>Colchicum autumnale</i> Autumn Crocus; Meadow Saffron	1	24600.0
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Cornus florida</i> American Dogwood	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; English Hawthorn; Hawthorn	1	
<i>Croton tiglium</i> Purging Croton	1	
<i>Daphne genkwa</i> Yuan Hua	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Eremurus chinensis</i>	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fallopia japonica</i> Hu-Zhang; Mexican Bamboo; Japanese Knotweed; Giant Knotweed	2	13400.0
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	6	
<i>Frangula alnus</i> Buckthorn	6	

Plant	# Chemicals	Total PPM
<i>Garcinia hanburyi</i> Gamboge	1	
<i>Garcinia cambogia</i> Brindleberry; Malabar Tamarind; <i>Garcinia</i>	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Gloriosa superba</i> Glory Lily	1	
<i>Hedera helix</i> Ivy	1	
<i>Hippeastrum vittatum</i> Barbados lily	1	
<i>Hyptis verticillata</i> Barrehorno; John Charles	1	
<i>Juniperus virginiana</i> Red Cedar	1	
<i>Juniperus sabina</i> Sabine	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Ligustrum japonicum</i> Ligustri Fructus; Japanese Privet	1	
<i>Lobelia tupa</i> Devil's Tobacco	1	
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	45000.0
<i>Lycoris squamigera</i> Resurrection Lily; Magic Lily	1	
<i>Lycoris radiata</i> Spider Lily	1	
<i>Malus domestica</i> Apple	1	
<i>Monarda didyma</i> Beebalm; Oswego Tea	1	
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	
<i>Narcissus tazetta</i> Daffodil	1	
<i>Nerium oleander</i> Oleander	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Pancratium maritimum</i> Sea Daffodil	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Physostigma venenosum</i> Calabar Bean	1	
<i>Picrorhiza kurrooa</i> Picrorhiza	1	
<i>Piper betel</i> Betel Pepper	1	
<i>Plantago major</i> Common Plantain	2	30000.0
<i>Podophyllum pleianthum</i> Chinese Mayapple	1	
<i>Podophyllum peltatum</i> Mayapple	4	42000.0
<i>Podophyllum hexandrum</i> Himalayan Mayapple	2	
<i>Polianthes tuberosa</i> Tuberose	1	
<i>Polygonum multiflorum</i> Fo Ti; Chinese Knotweed; He Shou Wu; Chinese Cornbind; Fleeceflower	4	
<i>Populus tacamahacca</i> Balm Of Gilead	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	1	
<i>Pulsatilla chinensis</i> Chinese Anemone	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Grenadier (Fr.); Pomegranate; Zakuro (Jap.); Mangrano (Sp.); Romanzeiro (Port.); Granado (Sp.)	1	
<i>Ranunculus bulbosus</i> Bulbous Buttercup	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	2200.0
<i>Rhamnus cathartica</i> European Buckthorn; Buckthorn	1	

Plant	# Chemicals	Total PPM
<i>Rheum rhabarbarum</i> Rhubarb	6	
<i>Rheum palmatum</i> Chinese Rhubarb	11	90720.0
<i>Rheum officinale</i> Chinese Rhubarb	6	
<i>Robinia pseudoacacia</i> Black Locust	1	32000.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubia cordifolia</i> Madder	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Rumex crispus</i> Curly Dock; Lengua De Vaca; Sour Dock; Yellow Dock	3	
<i>Rumex acetosella</i> Sheep Sorrel	3	
<i>Rumex acetosa</i> Garden Sorrel	3	
<i>Salvia officinalis</i> Sage	1	
<i>Satureja montana</i> Winter Savory; Savory	1	
<i>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	1	
<i>Senna occidentalis</i> Coffee Senna	5	
<i>Senna obtusifolia</i> Sicklepod	2	5600.0
<i>Senna alexandrina</i> True Senna; Indian Senna; Alexandran senna	3	
<i>Senna alata</i> Ringworm Bush	4	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Terminalia chebula</i> Black Myrobalan; Myrobalan; Chebulic Myrobalan; Ink Nut	2	
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	1	
<i>Verbascum thapsus</i> Flannelleaf; Mullein; Great Mullein; Velvetplant; Flannelplant	1	
<i>Verbena officinalis</i> Vervain	1	16000.0
<i>Verbena hastata</i> Wild Hyssop; Blue Vervain; American Blue Vervain	1	