

# A Respirastimulant

\*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
Acacia tortilis Umbrella Thorn	1	
Acacia senegal Kher; Senegal Gum; Gum Arabic; Sudan Gum Arabic; Gum Arabic Tree	1	
Acacia leucophloea Pilang Bast	1	
Acacia farnesiana Sweet Acacia; Huisache; Cassie; Opopanax; Popinac	1	
Acalypha indica Indian Acalypha; Three-Seeded-Mercury; Indian Nettle; Cancer Herb; Copperleaf	1	5400.0
Achillea millefolium Milfoil; Yarrow	1	4660.0
Acinos alpinus Te de Sierra Nevada	1	
Aconitum napellus European Aconite; Bear's-Foot; Soldier's Cap; Aconite; Helmet Flower; Queen's Fettle; Turk's Cap; Garden Wolfsbane; Friar's Cap; Monkshood; Garden Monkshood; Blue Rocket	1	
Acorus calamus Sweetflag; Calamus; Sweetroot; Myrtle Flag; Flagroot; Sweet Calamus	1	
Aesculus hippocastanum Horse Chestnut	1	
Ageratum conyzoides Mexican ageratum	1	
Allium sativum var. sativum Garlic	1	
Allium cepa Shallot; Onion	1	
Alocasia macrorrhiza Giant Taro	1	
Alpinia officinarum Lesser Galangal; Chinese Ginger	1	
Alpinia galanga Siamese Ginger; Greater Galangal; Languas	1	
Amomum compactum Chester Cardamom; Java Cardamom; Siam Cardamom; Round Cardamom	1	
Anamirta cocculus Levant Berry	1	100000.0
Anethum graveolens Dill; Garden Dill	1	
Angelica archangelica Angelica; Garden Angelica; Wild Parsnip	1	
Annona squamosa Sugar-Apple; Sweetsop	2	
Annona reticulata Custard Apple	1	
Annona muricata Soursop	2	
Annona montana Mountain Soursop	1	
Annona cherimola Cherimoya	1	
Apium graveolens Celery	1	
Aquilegia vulgaris Columbine	1	
Argemone mexicana Prickly Poppy	1	
Artemisia vulgaris Mugwort	1	
Artemisia salsoloides	1	
Artemisia herba-alba Desert Wormwood	1	1546.0
Artemisia dracuncululus Tarragon	1	400.0
Artemisia annua Annual Mugwort (GRIN); Sweet Annie; Sweet Wormwood (GRIN); Annual Wormwood (GRIN); Qinghao	1	15180.0
Artemisia abrotanum Southernwood	1	
Artocarpus altilis Breadfruit	1	
Asimina triloba Pawpaw	1	
Aspidosperma quebracho-blanco Quebracho	1	
Baptisia tinctoria Wild Indigo	1	

Plant	# Chemicals	Total PPM
<i>Bocconia frutescens</i> Tree Poppy	1	
<i>Borago officinalis</i> Borage; Talewort; Beebread; Beeplant	1	
<i>Caesalpinia pulcherrima</i> Bird Of Paradise	1	
<i>Calamintha nepeta</i> Turkish Calamint	1	
<i>Camellia sinensis</i> Tea	1	281800.0
<i>Cannabis sativa</i> Hemp; Marihuana; Marijuana; Indian Hemp	1	
<i>Capsicum frutescens</i> Tabasco; Cayenne; Hot Pepper; Red Chili; Chili; Spur Pepper	1	
<i>Carthamus tinctorius</i> Safflower	1	
<i>Catha edulis</i> Khat	1	
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	2	
<i>Ceiba pentandra</i> Silk-Cotton Tree; Kapok	1	
<i>Chaenomeles lagenaria</i> Mu-Kua; Chinese Quince	1	
<i>Chelidonium majus</i> Celandine	1	
<i>Chenopodium album</i> Lambsquarter	1	
<i>Chrysanthemum x morifolium</i> Florist's Chrysanthemum; Mum; Ju Hua (Pinyin); Chrysanthemum	2	
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	440000.0
<i>Cissampelos pareira</i> Butua; False Pareira; Pareira	1	5000.0
<i>Citrus sinensis</i> Orange	1	136.6
<i>Citrus paradisi</i> Grapefruit	1	58.0
<i>Citrus limon</i> Lemon	2	100.0
<i>Cleonia lusitanica</i> Spanish Heal-All	1	
<i>Coffea arabica</i> Coffee	1	64000.0
<i>Coix lacryma-jobi</i> Adlay Millet; Adlay; Job'S-Tears; Yi-Yi-Ren	1	
<i>Cola acuminata</i> Abata Cola	1	50000.0
<i>Coptis spp</i> Generic Goldthread	1	
<i>Corchorus olitorius</i> Jew's Mallow; Nalta Jute; Mulukiya	1	
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	2600.0
<i>Corydalis spp</i> Fumewort	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	1	
<i>Crataegus laevigata</i> Woodland Hawthorn; Whitethorn; English Hawthorn; Hawthorn	1	
<i>Crescentia alata</i> Jicaro	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cucumis melo</i> Nutmeg Melon; Muskmelon; Melon; Netted Melon; Persian Melon; Cantaloupe	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	
<i>Cymbopogon nardus</i> Citronella; Ceylon Citronella	1	120.0
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	
<i>Cytisus scoparius</i> Scotch Broom	1	
<i>Daucus carota</i> Carrot	2	

Plant	# Chemicals	Total PPM
<i>Duboisia myoporoides</i> Pituri; Corkwood Tree	1	
<i>Duranta repens</i> Golden Dewdrop	1	
<i>Elettaria cardamomum</i> Cardamom	1	40.0
<i>Elsholtzia cristata</i> Furan Chemotype	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	45000.0
<i>Ephedra nevadensis</i> Brigham Tea; Mormon Tea	1	
<i>Ephedra gerardiana</i> Pakistani Ephedra	1	14000.0
<i>Eschscholzia californica</i> California Poppy	2	
<i>Eucalyptus viminalis</i>	1	
<i>Eucalyptus corynocalyx</i>	1	
<i>Eucalyptus cladocalyx</i>	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	14.0
<i>Firmiana simplex</i> Chinese Parasol	1	
<i>Foeniculum vulgare</i> Fennel	1	360.0
<i>Galanthus nivalis</i> Snowdrop	1	
<i>Galega officinalis</i> Galega; Goat's Rue	1	
<i>Galipea officinalis</i> Angostura	1	70.0
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	1	
<i>Gelsemium sempervirens</i> Yellow Jessamine	1	
<i>Genipa americana</i> Genipap; Jagua	1	
<i>Genista tinctoria</i> Dyer's Broom	1	
<i>Glaucium flavum</i> Horned Poppy	1	
<i>Glycine max</i> Soybean	1	
<i>Glycyrrhiza glabra</i> Licorice-Root; Commom Licorice; Licorice; Smooth Licorice	1	
<i>Guazuma ulmifolia</i> Bay Cedar	1	
<i>Hedeoma reverchonii</i> Reverchon's Pennyroyal	1	62.0
<i>Hedeoma drummondii</i> Drummond's Pennyroyal	1	1572.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	
<i>Hippeastrum vittatum</i> Barbados lily	1	
<i>Hydnocarpus kurzii</i> True Chaulmoogra	1	800.0
<i>Hyptis suaveolens</i> Wild Hops	1	
<i>Hyssopus officinalis</i> Hyssop	1	9040.0
<i>Ilex paraguariensis</i> South American Holly; Mate; Paraguay Tea	1	40000.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	14.0
<i>Justicia adhatoda</i> Malabar Nut	1	
<i>Laburnum anagyroides</i> Golden Chain Tree	1	
<i>Lantana camara</i> Lantana; Wild Sage	1	
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	
<i>Laurus nobilis</i> Bay Laurel; Laurel; Bay; Bayleaf; Sweet Bay; Grecian Laurel	1	
<i>Lavandula x intermedia</i> Lavandin; Dutch Lavender	1	3240.0
<i>Lavandula x hybrida</i> Hybrid Lavender	1	

Plant	# Chemicals	Total PPM
Lavandula sp Lavender	1	
Lavandula latifolia Spike Lavender; Broad-Leaved Lavender; Aspic	1	6600.0
Lavandula angustifolia English Lavender	1	
Lepechinia calycina Epling's Lepechinia	1	1750.0
Levisticum officinale Lovage	1	20.0
Linum usitatissimum Linseed; Flax	1	19860.0
Lippia dulcis Sweet Herb	1	
Lippia alba White Lippia	1	
Lobelia tupa Devil's Tobacco	1	
Lobelia inflata Indian Tobacco; Lobelia	1	45000.0
Lonicera japonica Japanese Honeysuckle	1	
Lycium barbarum Barbary Matrimony Vine; Common Matrimony Vine; Ning Xia Gou Qi (Chin.); Matrimony Vine; Duke of Argyll's Eta Tree	1	
Lycopersicon esculentum Tomato	1	
Lycoris squamigera Magic Lily; Resurrection Lily	1	
Lycoris radiata Spider Lily	1	
Macleaya cordata Plume Poppy	1	
Magnolia kobus Hsin-I; Xin-Yi	1	
Magnolia fargesii Xin-Yi; Hsin-I	1	
Manihot esculenta Cassava; Tapioca; Yuca	1	3600.0
Medicago sativa Lucerne; Alfalfa	1	
Melaleuca alternifolia Teatree	1	
Micromeria thymifolia	1	
Micromeria myrtifolia Topukcayi; Dagcayi; Haydarotu	1	
Micromeria juliana	1	
Micromeria croatica	1	
Myrtus communis Mirto (Sp.); Myrte (Ger.); Myrtle; Arrayan (Sp.)	1	36.0
Nandina domestica Sacred Bamboo; Heavenly Bamboo; Nanten (Jap.); Southern Heaven Bamboo	1	
Narcissus tazetta Daffodil	1	
Nepeta racemosa Catmint	1	
Nepeta cataria Catnip	1	160.0
Nerium oleander Oleander	1	
Nicotiana tabacum Tobacco	2	
Nicotiana rustica Aztec Tobacco	1	
Nicotiana glauca Tree Tobacco	1	
Ocimum tenuiflorum Anise-Scented Basil	1	
Ocimum kilimandscharicum African Blue Basil; Kenyan Perennial Basil	1	
Ocimum gratissimum Shrubby Basil; Agbo	1	
Ocimum canum Hoary Basil	1	
Ocimum basilicum Cuban Basil; Basil; Sweet Basil	1	62.0
Origanum vulgare Pot Marjoram; European Oregano; Wild Oregano; Common Turkish Oregano; Oregano; Wild Marjoram	1	80.0
Origanum syriacum Za'Atar	1	
Origanum sipyleum Guveyoto; Bayircayi	1	

Plant	# Chemicals	Total PPM
<i>Origanum onites</i> Oregano; Pot Marjoram	1	
<i>Origanum creticum</i> Dittany Of Crete	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	
<i>Panax ginseng</i> Oriental Ginseng; Korean Ginseng; Ginseng; Chinese Ginseng	1	
<i>Pancratium maritimum</i> Sea Daffodil	1	
<i>Panicum maximum</i> Guinea grass	1	
<i>Papaver somniferum</i> Opium Poppy; Poppseed Poppy	4	58.0
<i>Passiflora quadrangularis</i> Granadilla	1	
<i>Paullinia yoko</i> Yoko	1	54600.0
<i>Paullinia cupana</i> Guarana	1	152000.0
<i>Pausinystalia johimbe</i> Yohimbe	2	
<i>Peganum harmala</i> Harmel; Syrian Rue	1	
<i>Peumus boldus</i> Boldo	1	300.0
<i>Phytolacca americana</i> Pokeweed	1	
<i>Pimenta racemosa</i> Bayrum Tree; West Indian Bay	1	
<i>Piper nigrum</i> White Pepper; Black Pepper; Pepper	1	
<i>Piper auritum</i> Hierba Santa; Cordoncillo; Hoja Santa	1	
<i>Polianthes tuberosa</i> Tuberose	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	9900.0
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	1	3080.0
<i>Prunus dulcis</i> Almond	1	140000.0
<i>Prunus domestica</i> Plum	1	1000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	
<i>Prunus africana</i> Bitter Almond; Red Stinkwood	1	
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Goa Bean; Winged Bean	1	
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	1120.0
<i>Pycnanthemum tenuifolium</i> Slenderleaf Mountain Mint	1	80.0
<i>Pycnanthemum pycnanthemoides</i> Typical Mountain Mint	1	232.0
<i>Pycnanthemum montanum</i> Montane Mountain Mint	1	7760.0
<i>Pycnanthemum clinopodioides</i> Clinopod Mountain Mint	1	88.0
<i>Rauvolfia vomitoria</i> African Snakeroot	1	
<i>Rauvolfia tetraphylla</i> Pinque-Pinque; Four-Leaf Devilpepper	1	
<i>Rauvolfia serpentina</i> Indian Snakeroot; Serpentine Wood	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Ribes rubrum</i> Red Currant; White Currant	1	
<i>Ricinus communis</i> Castorbean	1	14.0
<i>Rosmarinus x mendizabalii</i> Mendizabali's Rosemary	1	
<i>Rosmarinus x lavandulaceus</i> Lavender Rosemary	1	
<i>Rosmarinus tomentosus</i> Hairy Rosemary	1	

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<i>Rosmarinus officinalis</i> Rosemary	1	11600.0
<i>Rosmarinus eriocalyx</i> Rosemary	1	
<i>Rumex acetosella</i> Sheep Sorrel	1	
<i>Salvia triloba</i> Greek Sage	1	10080.0
<i>Salvia sclarea</i> Clary Sage	1	
<i>Salvia officinalis</i> Sage	1	18648.0
<i>Salvia gilliesii</i> 'Cordoba' Sage	1	
<i>Salvia canariensis</i> Canary Island Sage	1	
<i>Sanguinaria canadensis</i> Bloodroot	1	120000.0
<i>Sassafras albidum</i> Sassafras	1	
<i>Satureja obovata</i> Iberian Savory; Savory	1	
<i>Satureja montana</i> Savory; Winter Savory	1	
<i>Satureja hortensis</i> Summer Savory	1	
<i>Satureja douglasii</i> Douglas' Savory	1	11882.0
<i>Sida rhombifolia</i> Broomweed; Teaplant	1	
<i>Sideritis scardica</i> Balkan Sideritis	1	
<i>Sideritis pauli</i> El Molinillo Sideritis	1	
<i>Sideritis athoa</i> Kedi Kuyrugu Cayi	1	
<i>Solanum melongena</i> Aubergine; Eggplant	1	
<i>Sophora secundiflora</i> Mescal Bean	1	
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	
<i>Sophora angustifolia</i> Narrowleaf Sophora	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	74.0
<i>Spartium junceum</i> Genet; Weaver's Broom; Spanish Broom	1	12600.0
<i>Stevia rebaudiana</i> Stevia; Ca-A-E; Sweet Leaf of Paraguay	1	
<i>Stillingia sylvatica</i> Queen's-Root; Queen's-Delight; Stillingia; Yawroot	1	
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	
<i>Tanacetum vulgare</i> Tansy	1	3600.0
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taxus baccata</i> Common Yew	2	78.0
<i>Teucrium scorodonia</i> Germander; Wood Germander	1	
<i>Teucrium salviastrum</i>	1	
<i>Teucrium pseudoscorodonia</i>	1	
<i>Teucrium polium</i> Iberian Golden Germander; Golden Germander	1	
<i>Teucrium oxylepis</i>	1	
<i>Teucrium gnaphalodes</i> Iberian Germander	1	
<i>Teucrium asiaticum</i>	1	
<i>Theobroma cacao</i> Cacao	1	25800.0
<i>Theobroma bicolor</i> Pataste; Nicaraguan Cacao	1	
<i>Theobroma angustifolium</i> Castarica; Emerald Cacao	1	
<i>Thuja occidentalis</i> Arbor-Vitae; Northern White-Cedar	1	

Plant	# Chemicals	Total PPM
<i>Thymus zygis</i> Spanish Thyme	1	
<i>Thymus x citriodorus</i> Lemon Thyme; Funk's thyme	1	
<i>Thymus vulgaris</i> Common Thyme; Thyme; Garden Thyme	1	
<i>Thymus saturejoides</i> Moroccan Savory Thyme	1	
<i>Thymus riatarum</i> 'Moroccan' Thyme	1	
<i>Thymus orospedanus</i> Orosped Thyme	1	1436.0
<i>Thymus mastichina</i> Spanish Marjoram	1	900.0
<i>Thymus longicaulis</i> Tas Kekik; Kekik	1	
<i>Thymus funkii</i> Funk's Thyme	1	
<i>Thymus cilicicus</i> 'Anatolian' Thyme	1	
<i>Thymus capitatus</i> Spanish Thyme; 'Sicilian' Thyme; Spanish Origanum	1	
<i>Thymus broussonettii</i> Moroccan Thyme	1	
<i>Triticum aestivum</i> Wheat	1	
<i>Turnera diffusa</i> Damiana	1	
<i>Ulex europaeus</i> Gorse	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Verbena officinalis</i> Vervain	1	
<i>Vernonia cinerea</i> Purple fleabane	1	
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	
<i>Vinca minor</i> Running-Myrtle; Periwinkle	1	6680.0
<i>Vitex agnus-castus</i> Chaste-Tree	1	
<i>Zea mays</i> Corn	1	
<i>Zingiber officinale</i> Ginger	1	120.0