

*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>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Anacardium occidentale</i> Cashew	1	0.2
<i>Ananas comosus</i> Pineapple	1	2.0
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Avena sativa</i> Oats	1	0.308
<i>Bertholletia excelsa</i> Paranut; Brazilnut; Creamnut; Brazilnut-Tree	1	0.4
<i>Boehmeria nivea</i> Ramie	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Carya ovata</i> Shagbark Hickory	1	10.2
<i>Carya illinoensis</i> Pecan	1	0.2
<i>Carya glabra</i> Pignut Hickory	1	10.0
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	6.0
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	8.0
<i>Cinnamomum burmannii</i> Java Cinnamon; Padang Cassia	1	
<i>Cinnamomum aromaticum</i> Cassia Bark; Cassia; Chinese Cinnamon; Canelero chino (Sp.); China Junk Cassia; Cannelier Casse (Fr.); Cassia Lignea; Zimtcassie (Ger.); Chinese Cassia; Canela de la China (Sp.); Canelle de Cochinchine (Fr.); Chinesischer Zimtbaum (Ger.); Cannelier de Chine (Fr.); Kashia-Keihi (Jap.); Saigon Cinnamon; Chinazimt (Ger.)	1	2.0
<i>Cocos nucifera</i> Coconut; Copra; Cocotero (Sp.); Nariyal; Kokospalme (Ger.); Coconut Palm	1	0.6
<i>Corylus avellana</i> European Hazel; European Filbert; Cobnut; English Filbert; Hazel	1	0.06
<i>Erythroxylum coca</i> Coca	1	0.1
<i>Fagopyrum esculentum</i> Buckwheat	1	0.31
<i>Fallopia japonica</i> Mexican Bamboo; Giant Knotweed; Hu-Zhang; Japanese Knotweed	1	
<i>Foeniculum vulgare</i> Fennel	1	0.004
<i>Fragaria</i> spp Strawberry	1	0.46
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	5940.0
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	1	32.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	0.024
<i>Helianthus annuus</i> Sunflower; Girasol	1	0.084
<i>Hyssopus officinalis</i> Hyssop	1	0.028
<i>Ipomoea batatas</i> Sweet Potato	1	0.09
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	3.0
<i>Juglans nigra</i> Black Walnut	1	0.2
<i>Juglans cinerea</i> Butternut	1	0.2
<i>Juniperus virginiana</i> Red Cedar	1	20.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	2.24
<i>Lens culinaris</i> Lentil	1	0.06
<i>Lepidium sativum</i> Garden Cress	1	0.22
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	1	12.0

Plant	# Chemicals	Total PPM
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	1	
<i>Mangifera indica</i> Mango	1	0.032
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	0.82
<i>Moringa oleifera</i> Drumstick Tree; Benzolive Tree; Horseradish Tree; Jacinto (Sp.); Moringa; Ben Nut; West Indian Ben	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	
<i>Panicum maximum</i> Guinea grass	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	0.012
<i>Petasites japonicus</i> Butterbur	1	
<i>Peucedanum decursivum</i> Qian Hu	1	
<i>Phoenix dactylifera</i> Date Palm	1	0.12
<i>Pinus echinata</i> Shortleaf Pine	1	12.0
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	0.18
<i>Pistacia vera</i> Pistachio	1	102.0
<i>Pisum sativum</i> Pea	1	0.018
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	
<i>Prunus dulcis</i> Almond	1	0.4
<i>Prunus armeniaca</i> Apricot	1	0.1
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	1.8
<i>Quercus velutina</i> Black Oak	1	10.0
<i>Quercus stellata</i> Post Oak	1	10.0
<i>Quercus rubra</i> Northern Red Oak	1	10.2
<i>Quercus phellos</i> Willow Oak	1	12.0
<i>Quercus alba</i> White Oak	1	12.0
<i>Rhizophora mangle</i> Red Mangrove	1	
<i>Rhus glabra</i> Smooth Sumac	1	12.0
<i>Rumex acetosa</i> Garden Sorrel	1	4.0
<i>Secale cereale</i> Rye	1	
<i>Sesamum indicum</i> Benneseed; Ajonjoli (Sp.); Beni; Sesame; Sesamo (Sp.)	1	0.046
<i>Solanum tuberosum</i> Potato	1	0.022
<i>Spinacia oleracea</i> Spinach	1	0.4
<i>Spondias pinnata</i> Yellow Mombin; Yellow Plum	1	1.22
<i>Symphoricarpos orbiculatus</i> Buckbush	1	12.0
<i>Taraxacum officinale</i> Dandelion	1	
<i>Trachyspermum ammi</i> Ajwan	1	0.9
<i>Trichosanthes anguina</i> Snakegourd	1	0.4
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	1.2
<i>Vigna radiata</i> Mungbean; Green Gram	1	0.074
<i>Vigna mungo</i> Black Gram	1	0.068
<i>Zea mays</i> Corn	1	0.024