

# A Sialogogue

\*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>Acacia nilotica</i> Babul	1	
<i>Aconitum napellus</i> Blue Rocket; Monkshood; Garden Wolfsbane; Bear's-Foot; Garden Monkshood; Friar's Cap; Helmet Flower; Aconite; Queen's Fettle; Soldier's Cap; European Aconite; Turk's Cap	3	
<i>Aconitum carmichaelii</i> Fu-Tsu; Aconite	3	
<i>Alchornea floribunda</i> Niando	1	
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium cepa</i> Onion; Shallot	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Anamirta cocculus</i> Levant Berry	1	
<i>Ananas comosus</i> Pineapple	1	9400.0
<i>Angelica archangelica</i> Angelica; Garden Angelica; Wild Parsnip	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	1	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Areca catechu</i> Betel Nut; Pin-Lang	1	2000.0
<i>Argemone mexicana</i> Prickly Poppy	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	
<i>Artocarpus heterophyllus</i> Jackfruit	1	
<i>Aspidosperma quebracho-blanco</i> Quebracho	1	
<i>Avena sativa</i> Oats	1	
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Bocconia frutescens</i> Tree Poppy	1	
<i>Borago officinalis</i> Beebread; Talewort; Borage; Beeplant	1	
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kale; Curly Kale; Kitchen Kale; Scotch Kale	2	
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Asparagus Broccoli; Calabrese; Broccoli; Winter Broccoli; Heading Broccoli; Purple Cauliflower; Sprouting Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	1	
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	
<i>Brassica oleracea</i> Kohlrabi	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	12800.0
<i>Camellia sinensis</i> Tea	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	2	
<i>Capsicum frutescens</i> Hot Pepper; Tabasco; Spur Pepper; Chili; Cayenne; Red Chili	1	35800.0
<i>Capsicum annuum</i> Cone Pepper; Paprika; Sweet Pepper; Green Pepper; Bell Pepper; Cherry Pepper	2	8000.0
<i>Carica papaya</i> Papaya	1	8800.0
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	1	
<i>Catharanthus lanceus</i> Lanceleaf Periwinkle	1	100000.0

Plant	# Chemicals	Total PPM
<i>Centaurium erythraea</i> Centaury	2	
<i>Cephaelis ipecacuanha</i> Ipecac; Raicilla	1	
<i>Chaenomeles lagenaria</i> Chinese Quince; Mu-Kua	1	
<i>Chelidonium majus</i> Celandine	2	
<i>Chenopodium ambrosioides</i> Wormseed; Epazote	1	
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	
<i>Citrus sinensis</i> Orange	1	4000.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	4200.0
<i>Citrus paradisi</i> Grapefruit	1	1200.0
<i>Citrus mitis</i> Calamansi; Calamondin	1	
<i>Citrus aurantium</i> Bitter Orange; Petitgrain	1	
<i>Citrus aurantiifolia</i> Lime	1	4000.0
<i>Cocos nucifera</i> Cocotero (Sp.); Coconut; Coconut Palm; Nariyal; Copra; Kokospalme (Ger.)	1	
<i>Coleus forskohlii</i> Forskohl's Coleus	1	9260.0
<i>Coleus barbatus</i> Forskohl's Coleus	1	9260.0
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander	1	
<i>Cornus officinalis</i> Chinese Dogwood	1	
<i>Corydalis</i> spp Fumewort	2	
<i>Crataegus</i> sp.	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; Hawthorn; English Hawthorn	1	
<i>Cryptostegia grandifolia</i> Rubber Vine	1	
<i>Cuminum cyminum</i> Cumin	1	
<i>Cydonia oblonga</i> Quince	1	
<i>Daphne mezereum</i> Spurge Laurel; Spurge Olive	1	
<i>Datura stramonium</i> Jimsonweed	1	4240.0
<i>Daucus carota</i> Carrot	2	
<i>Dendrobium nobile</i> Noble Dendrobium	1	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Digitalis lanata</i> Grecian Foxglove	1	
<i>Duboisia myoporoides</i> Pituri; Corkwood Tree	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	200.0
<i>Echinacea pallida</i> Pale-Flower Echinacea; Echinacea; Pale Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Narrow Leaf Purple-Coneflower; Echinacea; Narrow Leaf Echinacea	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Elytrigia repens</i> Wheatgrass; Couchgrass; Twitchgrass; Doggrass; Quackgrass	1	
<i>Equisetum arvense</i> Field Horsetail; Horsetail	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Eschscholzia californica</i> California Poppy	1	
<i>Euonymus atropurpureus</i> Burning Bush; Wahoo	1	

Plant	# Chemicals	Total PPM
<i>Euphorbia tirucalli</i> Aveloz	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	30200.0
<i>Ficus carica</i> Feigenbaum (Ger.); Figueira (Port.); Higo (Sp.); Fig; Higuera Comun (Sp.); Fico (Ital.); Figuier Commun (Fr.); Echte Feige (Ger.)	1	107200.0
<i>Foeniculum vulgare</i> Fennel	2	
<i>Fragaria</i> spp Strawberry	1	16000.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	
<i>Galium odoratum</i> Waldmeister; Woodruff	1	
<i>Gelsemium sempervirens</i> Yellow Jessamine	1	
<i>Genipa americana</i> Jagua; Genipap	1	12600.0
<i>Gentiana scabra</i> Japanese Gentian	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	2	3800.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glaucium flavum</i> Horned Poppy	1	
<i>Glycine max</i> Soybean	1	2000.0
<i>Glycyrrhiza glabra</i> Licorice-Root; Smooth Licorice; Licorice; Commom Licorice	1	
<i>Hedera helix</i> Ivy	1	
<i>Helianthus annuus</i> Girasol; Sunflower	1	
<i>Hibiscus sabdariffa</i> Acedera de Guinea (Sp.); Roselle; Jamaica Sorrel; Malventee (Ger.); Red Sorrel; Indian Sorrel; Kharkadi; Sorrel; Rosa de Jamaica (Sp.); Rosella (Ger.); Sereni (Sp.)	1	158667.0
<i>Hippeastrum vittatum</i> Barbados lily	1	
<i>Hippophae rhamnoides</i> Yellow Spine; Sea Buckthorn; Sallow Thorn	1	
<i>Juglans regia</i> English Walnut	1	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	1	
<i>Kalanchoe daegrimontiana</i> Devil's-Backbone	1	
<i>Kalmia latifolia</i> Mountain Laurel; Spoonwood; Calico Bush	1	
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Lactuca sativa</i> Lettuce	1	1200.0
<i>Ledum palustre</i> Wild Rosemary; Marsh Tea	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycoris squamigera</i> Resurrection Lily; Magic Lily	1	
<i>Lycoris radiata</i> Spider Lily	1	
<i>Macleaya cordata</i> Plume Poppy	1	
<i>Mangifera indica</i> Mango	1	73200.0
<i>Matricaria recutita</i> Annual Camomile; Wild Camomile; German Camomile	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	7460.0

Plant	# Chemicals	Total PPM
<i>Myrciaria dubia</i> Camu-camu Negro (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.); Araza de Agua (Sp.); Guapuro Blanco (Bol.); Rumberry (Eng.); Camo Camo (Peru)	1	
<i>Myrtus communis</i> Myrtle; Arrayan (Sp.); Myrte (Ger.); Mirto (Sp.)	1	
<i>Narcissus tazetta</i> Daffodil	1	
<i>Nicotiana tabacum</i> Tobacco	3	
<i>Nicotiana rustica</i> Aztec Tobacco	1	
<i>Nicotiana glauca</i> Tree Tobacco	1	
<i>Opuntia ficus-indica</i> Nopalito; Indian Fig; Nopal; Prickly Pear	1	3400.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Ginseng; Korean Ginseng	1	
<i>Pancratium maritimum</i> Sea Daffodil	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	2	
<i>Passiflora edulis</i> Maracuya; Passionfruit	1	
<i>Pausinystalia johimbe</i> Yohimbe	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Physalis ixocarpa</i> Tomatillo	1	3000.0
<i>Pilocarpus racemosus</i> Guadalupe Jaborandi	1	8000.0
<i>Pilocarpus pennatifolius</i> Paraguay Jaborandi	1	8000.0
<i>Pilocarpus microphyllus</i> Maranhao Jaborandi	1	20000.0
<i>Pilocarpus jaborandi</i> Pernambuco Jaborandi; Indian Hemp	1	20000.0
<i>Pimenta dioica</i> Pimenta; Allspice; Jamaica-Pepper; Clover-Pepper; Pimento	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	1	
<i>Piper betel</i> Betel Pepper	1	
<i>Piscidia piscipula</i> Jamaica Dogwood	1	
<i>Pisum sativum</i> Pea	1	
<i>Plectranthus barbatus</i> False Boldo; Forskohl's Coleus; Indian Coleus	1	
<i>Polianthes tuberosa</i> Tuberose	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	
<i>Populus nigra</i> Black Poplar	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	10200.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus domestica</i> Plum	1	30000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	44000.0
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	
<i>Pueraria montana</i> Kudsu; Kudzu	1	
<i>Punica granatum</i> Granado (Sp.); Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Mangrano (Sp.); Zakuro (Jap.); Pomegranate; Romanzeiro (Port.); Grenadier (Fr.)	1	

Plant	# Chemicals	Total PPM
<i>Pyrus communis</i> Pear	1	
<i>Quassia amara</i> Bitterwood; Quassia	1	
<i>Quisqualis indica</i> Rangoon Creeper	1	
<i>Rauvolfia vomitoria</i> African Snakeroot	1	
<i>Rauvolfia serpentina</i> Serpentine Wood; Indian Snakeroot	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rhododendron molle</i> Yellow Azalea	1	
<i>Ribes uva-crispa</i> Gooseberry	1	14600.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	5200.0
<i>Rosa spp</i> Rose Hips	1	
<i>Rosa laevigata</i> Cherokee Rose	1	
<i>Rosa gallica</i> French Rose	1	
<i>Rosa centifolia</i> Cabbage Rose	1	
<i>Rosa canina</i> Dog Rose; Dogbrier; Rose	1	124400.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Rubus chingii</i> Chinese Raspberry	1	
<i>Ruta graveolens</i> Rue	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus nigra</i> Black Elder; European Elder; European Alder; European Elderberry; Elder	1	38000.0
<i>Sanguinaria canadensis</i> Bloodroot	2	120000.0
<i>Sarcostemma acidum</i> Soma	1	
<i>Schisandra chinensis</i> Wu Wei Zu; Wu Wei Zi; Schizandra; Magnolia Vine; Chinese Magnolia Vine; Five-Flavor-Fruit	1	
<i>Sclerocarya caffra</i> Marula	1	
<i>Solanum tuberosum</i> Potato	2	2240.0
<i>Sophora pachycarpa</i> Siberian Pachycarpa	2	
<i>Sorbus aucubaria</i> Rowan Berry	1	78000.0
<i>Spinacia oleracea</i> Spinach	2	
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	
<i>Tamarindus indica</i> Kilytree; Tamarind; Indian Tamarind	1	50000.0
<i>Trifolium pratense</i> Red Clover; Cowgrass; Purple Clover; Peavine Clover	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Alholva (Sp.); Greek Clover; Fenugreek; Greek Hay	1	
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	2	
<i>Vaccinium vitis-idaea</i> Lingen; Lingonberry; Cowberry	1	
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	1	
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	
<i>Valeriana jatamansi</i> Indian Valerian	1	
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Snowballbush; Guelder Rose; European Cranberry Bush; Crampbark	1	

Plant	# Chemicals	Total PPM
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	1	
<i>Viola odorata</i> Common Violet; Sweet Violet	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Wine Grape; Vid (Sp.); European Grape; Vigne Vinifere (Fr.); Parra (Sp.); Weinrebe (Ger.); Grapevine; Grape	1	4000.0
<i>Zanthoxylum clava-herculis</i> Pepperbark; Southern Prickly Ash; West Indian Yellowwood; Hercules'-Club	1	
<i>Zea mays</i> Corn	1	
<i>Zingiber officinale</i> Ginger	1	