

A Sodium-Sparing

*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>Agrimonia eupatoria</i> Agrimony; Sticklewort	1	12000.0
<i>Arbutus unedo</i> Strawberry Tree; Arbutus	1	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	15000.0
<i>Artocarpus heterophyllus</i> Jackfruit	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Catalpa bignonioides</i> Indian bean	1	
<i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle	1	
<i>Chimaphila umbellata</i> Pipsissewa; King's Cure	1	
<i>Chrysanthemum x morifolium</i> Ju Hua (Pinyin); Florist's Chrysanthemum; Chrysanthemum; Mum	1	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Cornus officinalis</i> Chinese Dogwood	1	
<i>Cornus mas</i> Sorbet; Cornelian Cherry	1	
<i>Cornus florida</i> American Dogwood	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Woodland Hawthorn; Hawthorn; Whitethorn	1	
<i>Crataegus cuneata</i> Hawthorn	1	
<i>Cryptostegia grandifolia</i> Rubber Vine	1	
<i>Duboisia myoporoides</i> Corkwood Tree; Pituri	1	
<i>Duchesnea indica</i> Indian Strawberry; False Strawberry; Mock Strawberry	1	
<i>Elaeagnus pungens</i> Thorny Silver Berry	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Eucalyptus grandis</i> Gum; Flooded Gum; Rose Gum	1	
<i>Eucalyptus globulus</i> Eucalypt; Tasmanian Bluegum; Blue Gum	1	
<i>Eucalyptus citriodora</i> Spotted Gum; Citron-Scented Gum; Lemon Eucalyptus; Lemon-Scented Gum	1	
<i>Forsythia suspensa</i> Lien-Chiao; Lian-Jiao	1	
<i>Gaultheria procumbens</i> Mountain Tea; Checkerberry; Wintergreen; Creeping Wintergreen; Teaberry; Wintergrun (Ger.)	1	
<i>Gaultheria fragrantissima</i> Indian Wintergreen	1	
<i>Glechoma hederacea</i> Alehoof	1	332.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helichrysum angustifolium</i> Immortelle; Everlasting	1	
<i>Holarrhena pubescens</i> Zhi Xie Mu; Tellicherry Bark; Conessi; Kurchi	1	
<i>Humulus lupulus</i> Hops	1	
<i>Hyptis capitata</i> Knobweed	1	
<i>Hyssopus officinalis</i> Hyssop	1	9800.0
<i>Ilex paraguariensis</i> Paraguay Tea; South American Holly; Mate	1	
<i>Lavandula latifolia</i> Aspic; Broad-Leaved Lavender; Spike Lavender	1	38000.0
<i>Lavandula angustifolia</i> English Lavender	1	14000.0
<i>Leonurus cardiaca</i> Motherwort	1	

Plant	# Chemicals	Total PPM
<i>Ligustrum lucidum</i> White Waxtree; Chinese Privet; Ligustri Fructus; Glossy Privet; Privet	1	
<i>Ligustrum japonicum</i> Ligustri Fructus; Japanese Privet	1	
<i>Limonia acidissima</i> Elephant Apple; Manzana De Elefante; Wood-Apple	1	
<i>Lycopus europeus</i> European Bugle	1	
<i>Malus domestica</i> Apple	1	
<i>Marrubium vulgare</i> Horehound; White Horehound	1	2400.0
<i>Melaleuca leucadendra</i> Cajeput	1	
<i>Melissa officinalis</i> Melissa; Balm; Lemonbalm; Bee Balm	1	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Monarda didyma</i> Oswego Tea; Beebalm	1	
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	
<i>Nepeta cataria</i> Catnip	1	
<i>Nerium oleander</i> Oleander	1	86000.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum canum</i> Hoary Basil	1	
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	5296.0
<i>Origanum vulgare</i> Common Turkish Oregano; Wild Marjoram; Oregano; Pot Marjoram; European Oregano; Wild Oregano	1	6200.0
<i>Origanum majorana</i> Marjoram; Sweet Marjoram	1	4200.0
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Plectranthus amboinicus</i> Soup Mint; Indian Borage; Country Borage; French Thyme; Amboini Coleus; Mexican Mint; Cuban Oregano; Spanish Thyme	1	
<i>Prosopis glandulosa</i> Mesquite; Honey Mesquite	1	
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	1	20000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus africana</i> Bitter Almond; Red Stinkwood	1	
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Romanzeiro (Port.); Mangrano (Sp.); Pomegranate; Zakuro (Jap.); Granado (Sp.); Granatapfelstrauch (Ger.); Grenadier (Fr.)	1	
<i>Pyrus communis</i> Pear	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	1	
<i>Rhododendron ferrugineum</i> Rusty-Leaved Alpenrose	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Rosmarinus officinalis</i> Rosemary	1	82000.0
<i>Rubus fruticosus</i> Blackberry	1	
<i>Salvia triloba</i> Greek Sage	1	149000.0
<i>Salvia sclarea</i> Clary Sage	1	
<i>Salvia officinalis</i> Sage	1	3000.0
<i>Sambucus nigra</i> European Alder; Black Elder; European Elder; Elder; European Elderberry	1	

Plant	# Chemicals	Total PPM
<i>Sanguisorba officinalis</i> Greater Burnet	1	
<i>Satureja montana</i> Savory; Winter Savory	1	32000.0
<i>Satureja hortensis</i> Summer Savory	1	5400.0
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Syringa vulgaris</i> Lilac	1	
<i>Syzygium claviflorum</i>	1	
<i>Teucrium scorodonia</i> Wood Germander; Germander	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	
<i>Thevetia peruviana</i> Cabalonga (Sp.); Luckynut; Yellow Oleander; Loandro-Amarelo (Port.); Adelfa Amarilla (Sp.); Thevetie (Ger.); Peruvian Yellow Oleander; Chirca (Sp.); Oleandre Jaune (Fr.)	1	
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	37600.0
<i>Thymus serpyllum</i> Creeping Thyme	1	18200.0
<i>Uncaria tomentosa</i> Una de Gato; Cat's Claw; Garabato Amarillo	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	15000.0
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	5000.0
<i>Vaccinium macrocarpon</i> Cranberry; American Cranberry; Large Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Verbena officinalis</i> Vervain	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> European Cranberry Bush; Snowballbush; Guelder Rose; Crampbark	1	
<i>Vinca minor</i> Periwinkle; Running-Myrtle	1	100800.0
<i>Vitis vinifera</i> Grapevine; Weinrebe (Ger.); European Grape; Grape; Wine Grape; Vigne Vinifere (Fr.); Parra (Sp.); Vid (Sp.)	1	
<i>Zizyphus jujuba</i> Ta-Tsao; Jujube; Da-Zao	1	