

# A Thyrotropic

\*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>Allium cepa</i> Onion; Shallot	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	2	0.308
<i>Bertholletia excelsa</i> Paranut; Brazilnut; Creamnut; Brazilnut-Tree	1	0.4
<i>Boehmeria nivea</i> Ramie	1	
<i>Capparis spinosa</i> Caper; Caperbush	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> Ceylon Cinnamon; Cinnamon	1	6.0
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	8.0
<i>Cinnamomum burmannii</i> Padang Cassia; Java Cinnamon	1	
<i>Cinnamomum aromaticum</i> Zimtcassie (Ger.); Saigon Cinnamon; Chinesischer Zimtbaum (Ger.); Chinazimt (Ger.); Canelero chino (Sp.); Cannelier Casse (Fr.); Cassia; Cassia Lignea; China Junk Cassia; Cannelier de Chine (Fr.); Canelle de Cochinchine (Fr.); Chinese Cassia; Chinese Cinnamon; Kashia-Keihi (Jap.); Canela de la China (Sp.); Cassia Bark	1	2.0
<i>Cocos nucifera</i> Cocotero (Sp.); Coconut Palm; Kokospalme (Ger.); Coconut; Copra; Nariyal	1	0.6
<i>Coleus forskohlii</i> Forskohl's Coleus	1	9260.0
<i>Coleus barbatus</i> Forskohl's Coleus	1	9260.0
<i>Corylus avellana</i> European Hazel; Hazel; European Filbert; English Filbert; Cobnut	1	0.06
<i>Erythroxylum coca</i> Coca	1	0.1
<i>Fagopyrum esculentum</i> Buckwheat	1	0.31
<i>Fallopia japonica</i> Hu-Zhang; Giant Knotweed; Japanese Knotweed; Mexican Bamboo	1	
<i>Foeniculum vulgare</i> Fennel	1	0.004
<i>Fragaria</i> spp Strawberry	1	0.46
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	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>Hordeum vulgare</i> Barleygrass; Barley	1	
<i>Hyssopus officinalis</i> Hyssop	1	0.028
<i>Ipomoea batatas</i> Sweet Potato	1	0.09
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	3.0
<i>Juglans regia</i> English Walnut	1	
<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

Plant	# Chemicals	Total PPM
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash 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> Maca; Peruvian Ginseng	1	
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	1	12.0
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	2	
<i>Mangifera indica</i> Mango	1	0.032
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	0.82
<i>Moringa oleifera</i> Jacinto (Sp.); Moringa; West Indian Ben; Ben Nut; Drumstick Tree; Horseradish Tree; Benzolive Tree	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	
<i>Panax notoginseng</i> Sanchi Ginseng	1	174000.0
<i>Panax ginseng</i> Ginseng; Chinese Ginseng; Korean Ginseng; Oriental 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	2	
<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; Pepper; White Pepper	1	0.18
<i>Pistacia vera</i> Pistachio	1	102.0
<i>Pisum sativum</i> Pea	1	0.018
<i>Plectranthus barbatus</i> Forskohl's Coleus; Indian Coleus; False Boldo	1	
<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>Punica granatum</i> Pomegranate; Granatapfelbaum (Ger.); Romanzeiro (Port.); Grenadier (Fr.); Granatapfelstrauch (Ger.); Zakuro (Jap.); Granado (Sp.); Mangrano (Sp.)	1	
<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>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	1	
<i>Scutellaria baicalensis</i> Chinese Skullcap; Huang Qin; Baikal Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sesamum indicum</i> Beni; Ajonjoli (Sp.); Sesamo (Sp.); Sesame; Benneseed	1	0.046
<i>Solanum tuberosum</i> Potato	1	0.022

Plant	# Chemicals	Total PPM
<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>Tanacetum parthenium</i> Feverfew	1	
<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> Green Gram; Mungbean	1	0.074
<i>Vigna mungo</i> Black Gram	1	0.068
<i>Zea mays</i> Corn	2	0.024
<i>Zingiber officinale</i> Ginger	1	