

A Triglycerigenic

*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 senegal Senegal Gum; Gum Arabic; Gum Arabic Tree; Sudan Gum Arabic; Kher	1	
Acacia nilotica Babul	1	
Achillea millefolium Yarrow; Milfoil	1	
Aesculus hippocastanum Horse Chestnut	1	
Alisma plantago-aquatica Ze-Xie; Mud Plantain; Tse-Hsieh; Water Plantain	1	
Allium sativum var. sativum Garlic	1	
Allium cepa Shallot; Onion	1	
Allium ampeloprasum Kurrat; Elephant Garlic	1	
Alnus glutinosa Black Alder	1	
Alocasia macrorrhiza Giant Taro	1	
Althaea officinalis Marshmallow; White Mallow	1	
Anamirta cocculus Levant Berry	1	
Ananas comosus Pineapple	1	300000.0
Anastatica hierochuntica Jericho Rose	1	
Angelica sinensis Dong Quai; Dang Qui; Chinese Angelica; Dong Gui; Dang Gui; Dang Quai	1	
Angelica archangelica Angelica; Garden Angelica; Wild Parsnip	1	
Annona squamosa Sweetsop; Sugar-Apple	1	545000.0
Annona muricata Soursop	1	
Apium graveolens Celery	1	
Areca catechu Pin-Lang; Betel Nut	1	
Arnica montana Mountain Tobacco; Leopard's-Bane	1	20000.0
Artemisia dracuncululus Tarragon	1	
Asimina triloba Pawpaw	1	1090000.0
Asparagus officinalis Asparagus	1	
Astragalus membranaceus Huang Qi; Huang-Chi	1	
Avena sativa Oats	1	
Ballota nigra Black Horehound	1	
Berberis vulgaris Barberry	1	
Beta vulgaris Garden Beet; Beetroot; Beet; Sugar Beet	1	540000.0
Carica papaya Papaya	1	
Castanea sativa European Chestnut	1	432000.0
Ceratonia siliqua Locust Bean; St.John's-Bread; Carob	1	
Cichorium intybus Witloof; Chicory; Succory	1	
Citrus sinensis Orange	1	94000.0
Citrus paradisi Grapefruit	1	42800.0
Citrus mitis Calamansi; Calamondin	1	
Cnidium officinale Jih-Chiung	1	
Cocos nucifera Coconut Palm; Kokospalme (Ger.); Coconut; Cocotero (Sp.); Copra; Nariyal	1	268000.0
Coriandrum sativum Cilantro; Chinese Parsley; Coriander	1	

Plant	# Chemicals	Total PPM
<i>Coriaria myrtifolia</i> Mealy Tree	1	
<i>Corylus avellana</i> Cobnut; European Hazel; Hazel; English Filbert; European Filbert	1	100000.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Whitethorn; Woodland Hawthorn	1	
<i>Cucurbita pepo</i> Pumpkin	1	28000.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Cyphomandra betacea</i> Tamarillo; Tree Tomato	1	
<i>Daphne mezereum</i> Spurge Laurel; Spurge Olive	1	
<i>Daucus carota</i> Carrot	1	678000.0
<i>Dianthus caryophyllus</i> Carnation; Oeillet (Fr.); Clavel (Sp.); Clove Pink; Nelke (Ger.)	1	
<i>Echinacea purpurea</i> Echinacea; Purple-Coneflower; Eastern Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Narrow Leaf Echinacea; Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Eleuthero Ginseng; Wu jia; Siberian Ginseng; Ci wu jia (Pinyin)	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Ficus carica</i> Echte Feige (Ger.); Figueira (Port.); Fig; Feigenbaum (Ger.); Higuera Comun (Sp.); Higo (Sp.); Figuier Commun (Fr.); Fico (Ital.)	1	462250.0
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	47200.0
<i>Glycine max</i> Soybean	1	143400.0
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Gan-Cao; Chinese Licorice	1	
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Licorice-Root; Commom Licorice	1	181700.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus annuus</i> Girasol; Sunflower	1	
<i>Hibiscus sabdariffa</i> Acedera de Guinea (Sp.); Roselle; Sereni (Sp.); Jamaica Sorrel; Malventee (Ger.); Kharkadi; Indian Sorrel; Red Sorrel; Sorrel; Rosa de Jamaica (Sp.); Rosella (Ger.)	1	4800.0
<i>Hippophae rhamnoides</i> Sea Buckthorn; Yellow Spine; Sallow Thorn	1	
<i>Humulus lupulus</i> Hops	1	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Jatropha curcas</i> Physic Nut; Purging Nut	1	
<i>Kalmia latifolia</i> Mountain Laurel; Spoonwood; Calico Bush	1	
<i>Lawsonia inermis</i> Henna; Mignonette Tree; Jamaica-Mignonette; Mignonette	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	
<i>Lycoris radiata</i> Spider Lily	1	146400.0
<i>Maclura pomifera</i> Osage-Orange; Hedge Apple	1	
<i>Mahonia repens</i> Creeping Barberry; Oregon Grape-Holly; Oregon Grape; Oregon Barberry	1	
<i>Malus domestica</i> Apple	1	72400.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	251600.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	

Plant	# Chemicals	Total PPM
<i>Musa x paradisiaca</i> Banana; Plantain	1	137400.0
<i>Nelumbo nucifera</i> Water Lotus	1	141730.0
<i>Nicotiana tabacum</i> Tobacco	1	140000.0
<i>Ophiopogon japonicus</i> Mai-Men-Dong; Mai-Men-Tung	1	
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Nopalito; Prickly Pear	1	
<i>Oryza sativa</i> Rice	1	9600.0
<i>Paeonia officinalis</i> Double Peony	1	280000.0
<i>Paeonia lactiflora</i> Peony; Common Garden Peony; Bai Shao (Chinese); White Peony; Chih-Shao	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	85420.0
<i>Panax ginseng</i> Oriental Ginseng; Chinese Ginseng; Korean Ginseng; Ginseng	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	876400.0
<i>Phragmites australis</i> Common Reed; Reed Grass; Giant Reed; Ditch Reed	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	25940.0
<i>Physalis ixocarpa</i> Tomatillo	1	50120.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Pinus sylvestris</i> Scotch Pine	1	34000.0
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	50000.0
<i>Pistacia vera</i> Pistachio	1	65200.0
<i>Pisum sativum</i> Pea	1	560000.0
<i>Plantago ovata</i> Ispaghula; Indian Plantago; Spogel Seeds; Psyllium; Blond Psyllium	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	310000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus persica</i> Peach	1	200000.0
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	1	96000.0
<i>Prunus armeniaca</i> Apricot	1	108000.0
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Romanzeiro (Port.); Grenadier (Fr.); Granatapfelstrauch (Ger.); Granado (Sp.); Zakuro (Jap.); Pomegranate; Mangrano (Sp.)	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	162000.0
<i>Ribes uva-crispa</i> Gooseberry	1	14200.0
<i>Ribes rubrum</i> White Currant; Red Currant	1	3000.0
<i>Ribes nigrum</i> Black Currant	1	12400.0
<i>Rosa spp</i> Rose Hips	1	
<i>Rosa canina</i> Dogbrier; Dog Rose; Rose	1	64200.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	72000.0
<i>Saccharum officinarum</i> Sugarcane	1	
<i>Sambucus nigra</i> Elder; Black Elder; European Alder; European Elderberry; European Elder	1	

Plant	# Chemicals	Total PPM
<i>Santalum album</i> White Sandalwood	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Scutellaria baicalensis</i> Chinese Skullcap; Baikal Skullcap; Huang Qin	1	
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Sesamo (Sp.); Beni; Benneseed; Sesame	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum melongena</i> Aubergine; Eggplant	1	
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	58000.0
<i>Spondias dulcis</i> Ambarella	1	400000.0
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia chebula</i> Myrobalan; Black Myrobalan; Chebulic Myrobalan; Ink Nut	1	20000.0
<i>Terminalia bellirica</i> Myrobalan Belleric; Belleric; Beleric Myrobalan; Myrobalan; Bahera	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Tilia</i> sp. Lime; Linden; Basswood	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Alholva (Sp.); Greek Clover; Fenugreek; Greek Hay	1	
<i>Triticum aestivum</i> Wheat	1	16800.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingonberry; Cowberry; Lingen	1	10600.0
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	700000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Verbascum thapsus</i> Velvetplant; Flannelplant; Great Mullein; Mullein; Flannelleaf	1	
<i>Vetiveria zizanioides</i> Cuscut Grass; Vetiver; Cus-Cus	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Snowballbush; Guelder Rose; European Cranberry Bush; Crampbark	1	
<i>Vigna unguiculata</i> Cowpea; Black-eyed Pea; Southern Pea; Crowder Pea	1	30000.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	36000.0
<i>Vigna mungo</i> Black Gram	1	32000.0
<i>Withania somnifera</i> Ashwagandha	1	2000.0
<i>Zea mays</i> Corn	1	38000.0
<i>Zingiber officinale</i> Ginger	1	
<i>Zizyphus jujuba</i> Ta-Tsao; Da-Zao; Jujube	1	416000.0