

A Tumor-Promoter

*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
Abelmoschus esculentus Okra	1	3420.0
Acacia farnesiana Cassie; Sweet Acacia; Popinac; Huisache; Opopanax	2	900.0
Achillea millefolium Yarrow; Milfoil	1	
Acinos suaveolens	1	
Acorus calamus Calamus; Sweetflag; Myrtle Flag; Flagroot; Sweet Calamus; Sweetroot	1	
Aegle marmelos Bael fruit; Bael de India	1	
Agastache rugosa	1	
Allium schoenoprasum Chives	1	7830.0
Allium sativum var. sativum Garlic	3	3168.0
Allium cepa Onion; Shallot	2	3706.0
Allium ampeloprasum Elephant Garlic; Kurrat	1	
Aloysia citrodora Lemon Verbena	1	
Alpinia officinarum Chinese Ginger; Lesser Galangal	1	
Alpinia galanga Languas; Siamese Ginger; Greater Galangal	2	
Amaranthus sp. Pigweed	1	7458.0
Anacardium occidentale Cashew	1	4822.0
Anadenanthera peregrina Niopo; Cohoba	1	
Ananas comosus Pineapple	1	
Anethum graveolens Dill; Garden Dill	1	
Angelica sinensis Dang Qui; Dang Gui; Chinese Angelica; Dang Quai; Dong Quai; Dong Gui	1	
Angelica archangelica Garden Angelica; Wild Parsnip; Angelica	2	
Annona squamosa Sweetsop; Sugar-Apple	1	750.0
Annona reticulata Custard Apple	1	490.0
Annona muricata Soursop	1	1170.0
Apium graveolens Celery	2	3730.0
Arachis hypogaea Peanut; Groundnut	1	6642.0
Arctium lappa Gobo; Burdock; Great Burdock	1	600.0
Artemisia vulgaris Mugwort	1	
Artemisia annua Annual Mugwort (GRIN); Annual Wormwood (GRIN); Qinghao; Sweet Annie; Sweet Wormwood (GRIN)	1	
Artemisia absinthium Wormwood	1	
Artocarpus altilis Breadfruit	1	
Asimina triloba Pawpaw	1	1072.0
Asparagus officinalis Asparagus	1	7742.0
Avena sativa Oats	1	10000.0
Averrhoa carambola Star Fruit; Carambola	1	
Ballota nigra Black Horehound	1	
Basella alba Vinespinach	1	8120.0
Benincasa hispida Waxgourd	1	1030.0
Bertholletia excelsa Creamnut; Brazilnut; Paranut; Brazilnut-Tree	1	5380.0

Plant	# Chemicals	Total PPM
<i>Beta vulgaris</i> Sugar Beet; Beetroot; Garden Beet; Beet	1	2682.0
<i>Bixa orellana</i> Annato; Lipstick Pod; Achiote; Lipsticktree; Arnato; Bija; Annoto; Annatto	1	3360.0
<i>Brassica rapa</i> Chinese White Cabbage; Chinese Mustard; Bok-Choy; Celery Mustard; Celery Cabbage; Pak-Choi; Chinese Cabbage	1	2200.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Cow Cabbage; Tree Kale; Spring-Heading Cabbage; Tall Kale	1	6556.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Kitchen Kale; Scotch Kale; Kale	1	5150.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Heading Broccoli; Sprouting Broccoli; Winter Broccoli; Purple Cauliflower; Broccoli; Calabrese; Asparagus Broccoli	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	2	5284.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	2	3208.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	12950.0
<i>Brassica oleracea</i> Kohlrabi	1	2220.0
<i>Brassica nigra</i> Black Mustard	1	7952.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	2510.0
<i>Brassica chinensis</i> Chinese Mustard; Pak-Choi; Chinese White Cabbage; Chinese Cabbage; Bok-Choy; Celery Cabbage; Celery Mustard	1	6412.0
<i>Cajanus cajan</i> Pigeonpea	1	4740.0
<i>Callicarpa americana</i> Beauty Berry; American Beauty Berry; French Mulberry	1	
<i>Camellia sinensis</i> Tea	1	
<i>Cannabis sativa</i> Marijuana; Hemp; Indian Hemp; Marihuana	1	
<i>Capsicum frutescens</i> Chili; Tabasco; Red Chili; Cayenne; Hot Pepper; Spur Pepper	1	4244.0
<i>Capsicum annuum</i> Green Pepper; Cherry Pepper; Sweet Pepper; Paprika; Bell Pepper; Cone Pepper	2	3000.0
<i>Carica papaya</i> Papaya	2	1432.0
<i>Carum carvi</i> Comino (Sp.); Caraway; Carum; Kummel (Ger.); Comino de prado (Sp.)	2	
<i>Castanea sativa</i> European Chestnut	1	970.0
<i>Castanea mollissima</i> Chinese Chestnut	1	1748.0
<i>Castanea dentata</i> American Chestnut	1	1914.0
<i>Centella asiatica</i> Pennywort; Gotu Kola	2	
<i>Chenopodium album</i> Lambsquarter	1	4842.0
<i>Chrysanthemum x morifolium</i> Mum; Chrysanthemum; Florist's Chrysanthemum; Ju Hua (Pinyin)	1	
<i>Chrysophyllum cainito</i> Caimito; Star Apple	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	9940.0
<i>Cichorium intybus</i> Chicory; Succory; Witloof	2	7344.0
<i>Cichorium endivia</i> Escarole; Endive	1	1610.0
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	2	504.0
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	1	
<i>Cinnamomum aromaticum</i> Cassia; Chinese Cassia; Cannelle de Cochinchine (Fr.); Kashia-Keihi (Jap.); Zimtcassie (Ger.); Canelero chino (Sp.); Canela de la China (Sp.); Cassia Bark; Chinese Cinnamon; China Junk Cassia; Cassia Lignea; Chinazimt (Ger.); Chinesischer Zimtbaum (Ger.); Cannelier Casse (Fr.); Cannelier de Chine (Fr.); Saigon Cinnamon	1	
<i>Citrullus lanatus</i> Watermelon	1	1650.0
<i>Citrus sinensis</i> Orange	2	1360.0
<i>Citrus reticulata</i> Mandarin; Tangerine	2	968.0
<i>Citrus paradisi</i> Grapefruit	2	440.0
<i>Citrus medica</i> Citron	1	
<i>Citrus limon</i> Lemon	1	

Plant	# Chemicals	Total PPM
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	2	
<i>Citrus aurantiifolia</i> Lime	2	510.0
<i>Cocos nucifera</i> Coconut Palm; Cocotero (Sp.); Coconut; Kokospalme (Ger.); Copra; Nariyal	1	
<i>Colocasia esculenta</i> Taro	1	8260.0
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	1	8000.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	2	
<i>Crocus sativus</i> Saffron	1	
<i>Croton tiglium</i> Purging Croton	2	
<i>Cucumis sativus</i> Cucumber	1	2024.0
<i>Cucurbita</i> spp Summer Squash	1	3480.0
<i>Cucurbita pepo</i> Pumpkin	1	12860.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Cuminum cyminum</i> Cumin	1	
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	
<i>Daucus carota</i> Carrot	1	1800.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	1190.0
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Eryngium creticus</i> Cretan culantro	1	
<i>Eucalyptus tereticornis</i>	1	
<i>Eucalyptus sideroxyylon</i>	1	
<i>Eucalyptus siderophloia</i>	1	
<i>Eucalyptus saligna</i>	1	
<i>Eucalyptus punctata</i>	1	
<i>Eucalyptus populnea</i>	1	
<i>Eucalyptus polyanthemos</i>	1	
<i>Eucalyptus paniculata</i>	1	
<i>Eucalyptus oviformis</i>	1	
<i>Eucalyptus occidentalis</i>	1	
<i>Eucalyptus moluccana</i>	1	
<i>Eucalyptus melliodora</i>	1	
<i>Eucalyptus maideni</i>	1	
<i>Eucalyptus maculata</i> Gum	1	
<i>Eucalyptus globulus</i> Eucalypt; Blue Gum; Tasmanian Bluegum	1	
<i>Eucalyptus diversicolor</i>	1	
<i>Eucalyptus dealbata</i>	1	
<i>Eucalyptus cladocalyx</i>	1	
<i>Eucalyptus citriodora</i> Lemon Eucalyptus; Spotted Gum; Lemon-Scented Gum; Citron-Scented Gum	1	
<i>Eucalyptus camaldulensis</i>	1	
<i>Eucalyptus brassiana</i> Brasses' Eucalyptus	1	
<i>Eucalyptus botryoides</i>	1	

Plant	# Chemicals	Total PPM
<i>Eucalyptus bosistoana</i>	1	
<i>Eucalyptus blakelyi</i>	1	
<i>Eucalyptus astringens</i>	1	
<i>Eucalyptus albens</i>	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	4130.0
<i>Ferula assa-foetida</i> Asafetida; Asafoetida; Devil's Dung; test; Assa-foetida; Asafetida (Sp.); Stinkasant (Ger.)	1	
<i>Ficus carica</i> Echte Feige (Ger.); Fico (Ital.); Fig; Figueira (Port.); Higo (Sp.); Feigenbaum (Ger.); Higuera Comun (Sp.); Figuier Commun (Fr.)	2	574.0
<i>Foeniculum vulgare</i> Fennel	3	5550.0
<i>Fragaria</i> spp Strawberry	3	1660.0
<i>Gardenia jasminoides</i> Zhi Zi; Cape Jasmine; Shan-Zhi-Zi; Shan-Chih-Tzu; Jasmin; Gardenia	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	3523.0
<i>Glycine max</i> Soybean	1	
<i>Glycyrrhiza glabra</i> Licorice-Root; Commom Licorice; Smooth Licorice; Licorice	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	3622.0
<i>Helianthus annuus</i> Sunflower; Girasol	2	31800.0
<i>Hesperis matronalis</i> Sweet Rocket; Dame's-Violet; Dame's Rocket; Damask-Violet	1	
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Acedera de Guinea (Sp.); Red Sorrel; Roselle; Sorrel; Rosella (Ger.); Sereni (Sp.); Malventee (Ger.); Indian Sorrel; Rosa de Jamaica (Sp.); Kharkadi	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	6000.0
<i>Humulus lupulus</i> Hops	2	
<i>Hypericum perforatum</i> St. John's-wort; Hypericum; Common St. Johnswort; Klamath Weed; Goatweed	1	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Illicium verum</i> Chinesischer Sternanis (Ger.); anis estrellado (Sp.); anis de China (Sp.); Chinese Star Anise; Sternanis (Ger.); Star Anise	1	
<i>Ipomoea batatas</i> Sweet Potato	1	1600.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	7572.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	
<i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean	1	14510.0
<i>Lactuca sativa</i> Lettuce	1	3000.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	1350.0
<i>Lantana camara</i> Wild Sage; Lantana	2	480.0
<i>Laurus nobilis</i> Bay Laurel; Laurel; Sweet Bay; Grecian Laurel; Bayleaf; Bay	1	
<i>Lavandula x intermedia</i> Dutch Lavender; Lavandin	1	
<i>Lavandula angustifolia</i> English Lavender	1	
<i>Lens culinaris</i> Lentil	1	5652.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Levisticum officinale</i> Lovage	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	6450.0

Plant	# Chemicals	Total PPM
<i>Lycopersicon esculentum</i> Tomato	1	2314.0
<i>Malus domestica</i> Apple	1	248.0
<i>Mangifera indica</i> Mango	1	1400.0
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	1	2730.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melaleuca alternifolia</i> Teatree	1	
<i>Melicoccus bijugatas</i> Mamoncillo; Genip; Pitomba; Honey berry	1	
<i>Melissa officinalis</i> Balm; Melissa; Lemonbalm; Bee Balm	1	
<i>Mentha x piperita</i> Peppermint	3	40.0
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	2	
<i>Mentha pulegium</i> European Pennyroyal	2	
<i>Mentha longifolia</i> Biblical Mint	1	
<i>Mentha arvensis</i> var. <i>piperascens</i> Japanese Mint; Cornmint; Field Mint	1	
<i>Mentha aquatica</i> Water Mint	1	
<i>Moringa oleifera</i> Drumstick Tree; Horseradish Tree; West Indian Ben; Ben Nut; Jacinto (Sp.); Benzolive Tree; Moringa	1	
<i>Murraya</i> sp None	1	864.0
<i>Murraya koenigii</i> Curry Leaf Tree; Curry Leaf; Indian Curry Tree	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	932.0
<i>Myrica cerifera</i> Wax Myrtle; Bayberry; Southern Bayberry; Candle-Berry	1	
<i>Myristica fragrans</i> Mace; nuez moscada (Sp.); Muskatnussbaum (Ger.); Nutmeg; nogal moscado (Sp.)	1	
<i>Myrtus communis</i> Myrtle; Mirto (Sp.); Myrte (Ger.); Arrayan (Sp.)	1	
<i>Nasturtium officinale</i> Watercress; Berro	1	12000.0
<i>Nelumbo nucifera</i> Water Lotus	1	5486.0
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Nigella sativa</i> Roman Coriander; Black Caraway; Black Cumin; Fennel-Flower; Nutmeg-Flower	1	
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	3	4420.0
<i>Oenothera biennis</i> Evening-Primrose	1	32000.0
<i>Olea europaea</i> Olive	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Nopalito; Indian Fig; Nopal	1	3330.0
<i>Origanum vulgare</i> Oregano; Common Turkish Oregano; Wild Oregano; Wild Marjoram; European Oregano; Pot Marjoram	2	
<i>Origanum sipyleum</i> Guveyoto; Bayircayi	1	
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	5470.0
<i>Paullinia cupana</i> Guarana	1	
<i>Pelargonium roseum</i> Scented Geranium	1	
<i>Perideridia gairdneri</i> Squaw Root	1	1524.0
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	2	1632.0
<i>Petroselinum crispum</i> Parsley	1	
<i>Peumus boldus</i> Boldo	1	
<i>Phaseolus vulgaris</i> Flageolet Bean; String Bean; Dwarf Bean; Haricot Vert; Haricot Bean; Garden Bean; French Bean; Haricot; Black Bean; Green Bean; Navy Bean; Wax Bean; Popping Bean; Kidney Bean; Pop Bean; Snap Bean; Field Bean	1	19122.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	6048.0

Plant	# Chemicals	Total PPM
<i>Phoenix dactylifera</i> Date Palm	1	1290.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	262.0
<i>Pimenta racemosa</i> West Indian Bay; Bayrum Tree	1	
<i>Pimenta dioica</i> Pimento; Pimenta; Clover-Pepper; Allspice; Jamaica-Pepper	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	2	816.0
<i>Pinus walliciana</i> Bhutan Pine	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Piper nigrum</i> Black Pepper; Pepper; White Pepper	1	
<i>Piper cubeba</i> Cubeb; Cubeb Pepper	1	
<i>Piper auritum</i> Cordoncillo; Hierba Santa; Hoja Santa	1	
<i>Pistacia vera</i> Pistachio	1	5888.0
<i>Pistacia lentiscus</i> Mastic; Mastictree; Chios Mastictree; Mastixbaum (Ger.); Lentisco (Sp.)	1	
<i>Pisum sativum</i> Pea	1	8842.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	2	6800.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus persica</i> Peach	1	324.0
<i>Prunus dulcis</i> Almond	1	7490.0
<i>Prunus armeniaca</i> Apricot	2	2200.0
<i>Psidium guajava</i> Guava	1	1008.0
<i>Psidium cattleianum</i> Strawberry Guava	1	520.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Winged Bean; Goa Bean	1	38478.0
<i>Psoralea esculenta</i> Prairie Turnip; Breadroot; Prairie Apple; Indian Turnip; Indian Bread-Root; Prairie Potato	1	1266.0
<i>Psoralea corylifolia</i> Black Dot; Malaya Tea; Babchi	1	
<i>Pterocarpus marsupium</i> Indian Kino; bijasal; Malabar Kino	1	
<i>Raphanus sativus</i> Radish	1	1550.0
<i>Ravensara aromatica</i> Ravensara	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rivea corymbosa</i> Snakeplant	1	
<i>Rosmarinus officinalis</i> Rosemary	2	
<i>Salvia sclarea</i> Clary Sage	1	
<i>Salvia officinalis</i> Sage	2	1120.0
<i>Sambucus canadensis</i> American Elder; Sweet Elder; Elderberry; American Elderberry	1	1118.0
<i>Santolina chamaecyparissus</i> Lavender Cotton	1	
<i>Sassafras albidum</i> Sassafras	2	
<i>Satureja montana</i> Savory; Winter Savory	1	
<i>Satureja hortensis</i> Summer Savory	1	
<i>Saussurea lappa</i> Costus; Kuth	1	
<i>Schinus terebinthifolius</i> Brazilian Peppertree	1	
<i>Secale cereale</i> Rye	1	

Plant	# Chemicals	Total PPM
<i>Sechium edule</i> Chayote	1	3430.0
<i>Senna obtusifolia</i> Sicklepod	1	4360.0
<i>Sesamum indicum</i> Sesame; Benneseed; Beni; Sesamo (Sp.); Ajonjoli (Sp.)	1	9938.0
<i>Sinapis alba</i> White Mustard	1	11256.0
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum tuberosum</i> Potato	1	4500.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	2478.0
<i>Spinacia oleracea</i> Spinach	1	9264.0
<i>Stellaria media</i> Chickweed; Common Chickweed	1	
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	
<i>Syzygium aromaticum</i> Clovetree; Clove	1	
<i>Tagetes lucida</i> Sweet-Scent Mexican Marigold; Sweet-Scent Marigold; Sweet-Mace; Anise Marigold	1	
<i>Tamarindus indica</i> Kilytree; Tamarind; Indian Tamarind	1	524.0
<i>Tecoma stans</i> Yellow Elder	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Theobroma cacao</i> Cacao	2	
<i>Thymus vulgaris</i> Common Thyme; Thyme; Garden Thyme	2	4018.0
<i>Thymus orospedanus</i> Orospeped Thyme	1	
<i>Thymus funkii</i> Funk's Thyme	1	
<i>Trifolium pratense</i> Purple Clover; Red Clover; Cowgrass; Peavine Clover	2	
<i>Trigonella foenum-graecum</i> Fenugreek; Bockshornklee (Ger.); Greek Clover; Alholva (Sp.); Greek Hay	1	8600.0
<i>Triticum aestivum</i> Wheat	1	6000.0
<i>Uncaria catechu</i> Pale Catechu; Gambir	1	
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Bilberry; Whortleberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	390.0
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	7220.0
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Vetiveria zizanioides</i> Cuscus Grass; Cus-Cus; Vetiver	1	
<i>Vicia faba</i> Habas; Faba Bean; Broadbean	1	5900.0
<i>Vigna unguiculata</i> Black-eyed Pea; Cowpea; Crowder Pea; Southern Pea	1	11820.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	13490.0
<i>Vigna angularis</i> Adzuki Bean	1	4414.0
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	1	3256.0
<i>Vitellaria paradoxa</i> Sheatree; Shea Nut; Shea; Shea-Butter-Tree; Butterseed	1	
<i>Vitex agnus-castus</i> Chaste-Tree	1	
<i>Vitis vinifera</i> Wine Grape; Grapevine; Vigne Vinifere (Fr.); Grape; European Grape; Weinrebe (Ger.); Parra (Sp.); Vid (Sp.)	2	308.0
<i>Zea mays</i> Corn	2	1914.0
<i>Zingiber officinale</i> Ginger	2	1386.0