

A Uricogenic

*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 senegal</i> Senegal Gum; Sudan Gum Arabic; Kher; Gum Arabic; Gum Arabic Tree	1	
<i>Acacia nilotica</i> Babul	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Alisma plantago-aquatica</i> Tse-Hsieh; Mud Plantain; Ze-Xie; Water Plantain	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Shallot; Onion	1	
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Alnus glutinosa</i> Black Alder	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Anamirta cocculus</i> Levant Berry	1	
<i>Ananas comosus</i> Pineapple	1	300000.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Angelica sinensis</i> Dang Quai; Dong Gui; Chinese Angelica; Dong Quai; Dang Gui; Dang Qui	1	
<i>Angelica archangelica</i> Angelica; Wild Parsnip; Garden Angelica	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	545000.0
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	2	
<i>Areca catechu</i> Pin-Lang; Betel Nut	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	20000.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Asimina triloba</i> Pawpaw	1	1090000.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	
<i>Ballota nigra</i> Black Horehound	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Sugar Beet; Beet; Garden Beet; Beetroot	2	540000.0
<i>Carica papaya</i> Papaya	1	
<i>Castanea sativa</i> European Chestnut	1	432000.0
<i>Ceratonia siliqua</i> St.John's-Bread; Carob; Locust Bean	1	
<i>Cichorium intybus</i> Witloof; Succory; Chicory	1	
<i>Citrus sinensis</i> Orange	1	94000.0
<i>Citrus paradisi</i> Grapefruit	1	42800.0
<i>Citrus mitis</i> Calamansi; Calamondin	1	
<i>Cnidium officinale</i> Jih-Chiung	1	
<i>Cocos nucifera</i> Copra; Cocotero (Sp.); Kokospalme (Ger.); Nariyal; Coconut; Coconut Palm	1	268000.0
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	

Plant	# Chemicals	Total PPM
<i>Coriaria myrtifolia</i> Mealy Tree	1	
<i>Corylus avellana</i> European Filbert; European Hazel; Hazel; English Filbert; Cobnut	1	100000.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Woodland Hawthorn; Whitethorn	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 Olive; Spurge Laurel	1	
<i>Daucus carota</i> Carrot	1	678000.0
<i>Dianthus caryophyllus</i> Clove Pink; Oeillet (Fr.); Carnation; Nelke (Ger.); Clavel (Sp.)	1	
<i>Echinacea purpurea</i> Purple-Coneflower; Eastern Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Ci wu jia (Pinyin); Spiny Ginseng; Siberian Ginseng; Wu jia; Eleuthero Ginseng	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Ficus carica</i> Fig; Higo (Sp.); Higuera Comun (Sp.); Fico (Ital.); Figuier Commun (Fr.); Echte Feige (Ger.); Figueira (Port.); Feigenbaum (Ger.)	1	462250.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	47200.0
<i>Glycine max</i> Soybean	1	143400.0
<i>Glycyrrhiza uralensis</i> Gan-Cao; Kan-Tsao; Chinese Licorice	1	
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice; Licorice-Root; Smooth 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> Sorrel; Malventee (Ger.); Jamaica Sorrel; Sereni (Sp.); Indian Sorrel; Rosa de Jamaica (Sp.); Rosella (Ger.); Acedera de Guinea (Sp.); Roselle; Kharkadi; Red Sorrel	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> Purging Nut; Physic Nut	1	
<i>Kalmia latifolia</i> Spoonwood; Calico Bush; Mountain Laurel	1	
<i>Lawsonia inermis</i> Mignonette; Jamaica-Mignonette; Mignonette Tree; Henna	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycoris radiata</i> Spider Lily	1	146400.0
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Mahonia repens</i> Oregon Grape-Holly; Oregon Barberry; Oregon Grape; Creeping 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	2	

Plant	# Chemicals	Total PPM
<i>Musa x paradisiaca</i> Plantain; Banana	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> Indian Fig; Nopal; 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> Bai Shao (Chinese); Peony; Chih-Shao; White Peony; Common Garden Peony	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	85420.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Ginseng; Korean Ginseng	1	
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	1	
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	876400.0
<i>Phragmites australis</i> Common Reed; Giant Reed; Reed Grass; Ditch Reed	1	
<i>Phyllanthus emblica</i> Myrobalan; Emblic	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; Spogel Seeds; Indian Plantago; Psyllium; Blond Psyllium	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	310000.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	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> Grenadier (Fr.); Granatapfelbaum (Ger.); Pomegranate; Mangrano (Sp.); Romanzeiro (Port.); Granado (Sp.); Granatapfelstrauch (Ger.); Zakuro (Jap.)	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	162000.0
<i>Ribes uva-crispa</i> Gooseberry	1	14200.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	3000.0
<i>Ribes nigrum</i> Black Currant	1	12400.0
<i>Rosa spp</i> Rose Hips	1	
<i>Rosa canina</i> Dog Rose; Rose; Dogbrier	1	64200.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	72000.0
<i>Saccharum officinarum</i> Sugarcane	1	
<i>Sambucus nigra</i> Black Elder; European Elder; European Alder; European Elderberry; Elder	1	

Plant	# Chemicals	Total PPM
<i>Santalum album</i> White Sandalwood	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Scutellaria baicalensis</i> Baikal Skullcap; Chinese Skullcap; Huang Qin	1	
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Sesamo (Sp.); Beni; Sesame; Benneseed	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum melongena</i> Eggplant; Aubergine	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> Chebulic Myrobalan; Myrobalan; Ink Nut; Black Myrobalan	1	20000.0
<i>Terminalia bellirica</i> Myrobalan; Belleric; Myrobalan Belleric; Bahera; Beleric Myrobalan	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; Basswood; Linden	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Fenugreek; Greek Clover; Bockshornklee (Ger.); 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> Dwarf Bilberry; Whortleberry; Bilberry	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	700000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Verbascum thapsus</i> Mullein; Velvetplant; Flannelleaf; Flannelplant; Great Mullein	1	
<i>Vetiveria zizanioides</i> Cuscus Grass; Cus-Cus; Vetiver	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> European Cranberry Bush; Crampbark; Snowballbush; Guelder Rose	1	
<i>Vigna unguiculata</i> Cowpea; Southern Pea; Black-eyed 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> Jujube; Da-Zao; Ta-Tsao	1	416000.0