

A Urine-Acidifier

*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>Abelmoschus esculentus</i> Okra	1	4200.0
<i>Acacia farnesiana</i> Popinac; Cassie; Sweet Acacia; Opopanax; Huisache	1	8120.0
<i>Albizia lebbek</i> Siris Tree; Lebbek; East Indian Walnut; Frywood; Lebbek Tree; Koko; Women's-Tongue Tree	1	
<i>Allium schoenoprasum</i> Chives	1	7600.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	11724.0
<i>Allium cepa</i> Onion; Shallot	1	2180.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Alpinia galanga</i> Siamese Ginger; Languas; Greater Galangal	1	
<i>Amaranthus</i> sp. Pigweed	1	8662.0
<i>Anacardium occidentale</i> Cashew	1	5574.0
<i>Ananas comosus</i> Pineapple	1	1630.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anethum graveolens</i> Dill; Garden Dill	1	3098.0
<i>Angelica sinensis</i> Dong Gui; Dang Gui; Dong Quai; Dang Quai; Chinese Angelica; Dang Qui	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	520.0
<i>Annona reticulata</i> Custard Apple	1	280.0
<i>Annona muricata</i> Soursop	1	740.0
<i>Apium graveolens</i> Celery	1	2240.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	6860.0
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	1	900.0
<i>Artocarpus altilis</i> Breadfruit	1	680.0
<i>Asimina triloba</i> Pawpaw	1	1672.0
<i>Asparagus officinalis</i> Asparagus	1	7484.0
<i>Avena sativa</i> Oats	1	12000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Basella alba</i> Vinespinach	1	5510.0
<i>Benincasa hispida</i> Waxgourd	1	1540.0
<i>Bertholletia excelsa</i> Brazilnut; Brazilnut-Tree; Creamnut; Paranut	1	20692.0
<i>Beta vulgaris</i> Sugar Beet; Beet; Beetroot; Garden Beet	1	2682.0
<i>Bixa orellana</i> Annato; Annato; Lipstick Pod; Bija; Arnato; Achiote; Annatto; Lipsticktree	1	3320.0
<i>Brassica rapa</i> Celery Cabbage; Chinese White Cabbage; Bok-Choy; Chinese Mustard; Celery Mustard; Chinese Cabbage; Pak-Choi	1	2700.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Tree Kale; Cow Cabbage; Spring-Heading Cabbage; Collards; Tall Kale	1	6884.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Curly Kale; Kale; Kitchen Kale	1	4120.0
<i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Asparagus Broccoli; Sprouting Broccoli; Broccoli; Winter Broccoli; Purple Cauliflower; Cape Broccoli; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	4570.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	1	3208.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	14534.0
<i>Brassica oleracea</i> Kohlrabi	1	2890.0
<i>Brassica nigra</i> Black Mustard	1	6774.0

Plant	# Chemicals	Total PPM
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	1	1930.0
<i>Brassica chinensis</i> Chinese Cabbage; Bok-Choy; Pak-Choi; Chinese Mustard; Celery Cabbage; Chinese White Cabbage; Celery Mustard	1	3846.0
<i>Cajanus cajan</i> Pigeonpea	1	5440.0
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Hot Pepper; Tabasco; Red Chili; Chili; Cayenne; Spur Pepper	1	3916.0
<i>Capsicum annuum</i> Paprika; Sweet Pepper; Cherry Pepper; Bell Pepper; Cone Pepper; Green Pepper	1	2728.0
<i>Carica papaya</i> Papaya	1	358.0
<i>Carum carvi</i> Comino de prado (Sp.); Kummel (Ger.); Carum; Comino (Sp.); Caraway	1	
<i>Castanea sativa</i> European Chestnut	1	2056.0
<i>Castanea mollissima</i> Chinese Chestnut	1	3608.0
<i>Castanea dentata</i> American Chestnut	1	3178.0
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	1	9400.0
<i>Chenopodium album</i> Lambsquarter	1	6242.0
<i>Chrysophyllum cainito</i> Star Apple; Caimito	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	5720.0
<i>Cichorium intybus</i> Witloof; Chicory; Succory	1	2448.0
<i>Cichorium endivia</i> Endive; Escarole	1	4508.0
<i>Citrullus lanatus</i> Watermelon	1	12898.0
<i>Citrus sinensis</i> Orange	1	3020.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	2096.0
<i>Citrus paradisi</i> Grapefruit	1	444.0
<i>Citrus aurantiifolia</i> Lime	1	340.0
<i>Cnidioscolus chayamansa</i> Chaya	1	7440.0
<i>Cocos nucifera</i> Coconut Palm; Coconut; Kokospalme (Ger.); Nariyal; Cocotero (Sp.); Copra	1	
<i>Coffea arabica</i> Coffee	1	
<i>Colocasia esculenta</i> Taro	1	12380.0
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	1	10580.0
<i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Ya Er Qin; Stone Parsley; Japanese Honewort; Japanese <i>Cryptotaenia</i> ; Mitsuba	1	
<i>Cucumis sativus</i> Cucumber	1	2024.0
<i>Cucurbita</i> spp Summer Squash	1	5380.0
<i>Cucurbita pepo</i> Pumpkin	1	16425.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	1150.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	1940.0
<i>Fagopyrum esculentum</i> Buckwheat	1	
<i>Ficus carica</i> Figueira (Port.); Echte Feige (Ger.); Fig; Higo (Sp.); Higuera Comun (Sp.); Feigenbaum (Ger.); Figuier Commun (Fr.); Fico (Ital.)	1	574.0
<i>Foeniculum vulgare</i> Fennel	1	6604.0
<i>Fragaria</i> spp Strawberry	1	238.0

Plant	# Chemicals	Total PPM
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	2746.0
<i>Glycine max</i> Soybean	1	10760.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	1716.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	41000.0
<i>Hordeum vulgare</i> Barley; Barleygrass	1	8000.0
<i>Ipomoea batatas</i> Sweet Potato	1	3020.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	11690.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	12642.0
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	1	4210.0
<i>Lactuca sativa</i> Lettuce	1	5334.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	1800.0
<i>Lens culinaris</i> Lentil	1	7000.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lupinus albus</i> White Lupine	1	5700.0
<i>Lycopersicon esculentum</i> Tomato	1	2644.0
<i>Macadamia spp</i> Macadamia	1	1900.0
<i>Malus domestica</i> Apple	1	248.0
<i>Mangifera indica</i> Mango	1	1100.0
<i>Manihot esculenta</i> Yuca; Tapioca; Cassava	1	1650.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melicoccus bijugatas</i> Genip; Mamoncillo; Pitomba; Honey berry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Moringa oleifera</i> Drumstick Tree; Ben Nut; Benzolive Tree; Jacinto (Sp.); Horseradish Tree; West Indian Ben; Moringa	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	7950.0
<i>Murraya sp</i> None	1	980.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	917.0
<i>Nasturtium officinale</i> Watercress; Berro	1	8000.0
<i>Nelumbo nucifera</i> Water Lotus	1	6464.0
<i>Nigella sativa</i> Nutmeg-Flower; Black Caraway; Roman Coriander; Fennel-Flower; Black Cumin	1	33500.0
<i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil	1	4040.0
<i>Oenothera biennis</i> Evening-Primrose	1	11526.0
<i>Opuntia ficus-indica</i> Indian Fig; Nopalito; Prickly Pear; Nopal	1	13440.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	2400.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	680.0
<i>Panax ginseng</i> Ginseng; Korean Ginseng; Chinese Ginseng; Oriental Ginseng	1	

Plant	# Chemicals	Total PPM
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	10084.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	10100.0
<i>Perideridia gairdneri</i> Squaw Root	1	1778.0
<i>Persea americana</i> Avocado	1	2876.0
<i>Petroselinum crispum</i> Parsley	1	2564.0
<i>Phaseolus vulgaris</i> Garden Bean; Green Bean; Haricot Vert; Popping Bean; Kidney Bean; French Bean; Navy Bean; Flageolet Bean; Haricot; Snap Bean; Black Bean; String Bean; Pop Bean; Field Bean; Wax Bean; Haricot Bean; Dwarf Bean	1	21290.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	6034.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	4380.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	710.0
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	7926.0
<i>Pisum sativum</i> Pea	1	9934.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	5628.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Abiu; Caimito	1	
<i>Prunus persica</i> Peach	1	2754.0
<i>Prunus domestica</i> Plum	1	810.0
<i>Prunus armeniaca</i> Apricot	1	880.0
<i>Psidium guajava</i> Guava	1	720.0
<i>Psidium cattleianum</i> Strawberry Guava	1	410.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Asparagus Pea; Goa Bean	1	20012.0
<i>Psoralea esculenta</i> Prairie Potato; Breadroot; Prairie Turnip; Indian Turnip; Indian Bread-Root; Prairie Apple	1	506.0
<i>Punica granatum</i> Romanzeiro (Port.); Granatapfelstrauch (Ger.); Pomegranate; Mangrano (Sp.); Granatapfelbaum (Ger.); Grenadier (Fr.); Granado (Sp.); Zakuro (Jap.)	1	
<i>Pyrus communis</i> Pear	1	618.0
<i>Raphanus sativus</i> Radish	1	2710.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	2000.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> Elderberry; American Elderberry; Sweet Elder; American Elder	1	1386.0
<i>Scutellaria baicalensis</i> Chinese Skullcap; Huang Qin; Baikal Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	290.0
<i>Senna obtusifolia</i> Sicklepod	1	4540.0
<i>Sesamum indicum</i> Benneseed; Beni; Sesame; Ajonjoli (Sp.); Sesamo (Sp.)	1	18826.0
<i>Sinapis alba</i> White Mustard	1	10272.0
<i>Solanum tuberosum</i> Potato	1	3136.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	2974.0
<i>Spinacia oleracea</i> Spinach	1	12588.0
<i>Stachys officinalis</i> Purple Betony; Betony; Bishop's-Wort; Wood Betony	1	
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	408.0

Plant	# Chemicals	Total PPM
<i>Thymus vulgaris</i> Garden Thyme; Common Thyme; Thyme	1	3960.0
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Cowgrass; Red Clover	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Greek Clover; Alholva (Sp.); Bockshornklee (Ger.); Fenugreek	1	7440.0
<i>Triticum aestivum</i> Wheat	1	8000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	1430.0
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	6940.0
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	1	4530.0
<i>Vigna unguiculata</i> Black-eyed Pea; Southern Pea; Crowder Pea; Cowpea	1	14142.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	13432.0
<i>Vigna angularis</i> Adzuki Bean	1	4852.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	4872.0
<i>Vitis vinifera</i> European Grape; Vid (Sp.); Weinrebe (Ger.); Grapevine; Wine Grape; Vigne Vinifere (Fr.); Grape; Parra (Sp.)	1	2264.0
<i>Zea mays</i> Corn	1	5574.0
<i>Zingiber officinale</i> Ginger	1	1474.0