

*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>Achillea millefolium</i> Milfoil; Yarrow	2	17.6
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Agathosma betulina</i> Honey Buchu; Buchu; Mountain Buchu	1	140.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	17.6
<i>Allium cepa</i> Onion; Shallot	1	0.006
<i>Aloe vera</i> Aloe; Bitter Aloes	2	25.3
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	36.3
<i>Amorphophallus konjac</i> Snake Palm; Devil's Tongue; Leopard Palm; Elephant Yam; Konjac; Umbrella Arum	1	
<i>Anacardium occidentale</i> Cashew	1	0.4
<i>Anethum graveolens</i> Garden Dill; Dill	1	0.024
<i>Angelica sinensis</i> Chinese Angelica; Dang Quai; Dong Gui; Dong Quai; Dang Gui; Dang Qui	2	3.9
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Groundnut; Peanut	1	0.04
<i>Arctium lappa</i> Burdock; Great Burdock; Gobo	1	15.4
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	17.6
<i>Armoracia rusticana</i> Horseradish	1	
<i>Asparagus officinalis</i> Asparagus	1	0.156
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	2	
<i>Avena sativa</i> Oats	2	14.3
<i>Barosma betulina</i> Buchu	1	
<i>Berberis vulgaris</i> Barberry	1	37.4
<i>Bertholletia excelsa</i> Paranut; Brazilnut-Tree; Brazilnut; Creamnut	1	994.0
<i>Beta vulgaris</i> Sugar Beet; Beet; Garden Beet; Beetroot	1	
<i>Brassica rapa</i> Rapini; Seven-Top Turnip; Turnip	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.004
<i>Brassica oleracea</i> var. <i>italica</i> Calabrese; Broccoli; Asparagus Broccoli; Winter Broccoli; Purple Cauliflower; Sprouting Broccoli; Heading Broccoli; Cape Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	0.07200000000000001
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	2	0.5
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	0.078
<i>Brassica napus</i> var. <i>napobrassica</i> Swedish Turnip; Rutabaga; Swede	1	0.096
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Capsicum annuum</i> Cherry Pepper; Cone Pepper; Green Pepper; Sweet Pepper; Paprika; Bell Pepper	1	0.004
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	22.0
<i>Carya ovata</i> Shagbark Hickory	1	0.04
<i>Carya illinoensis</i> Pecan	1	0.04
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	38.5

Plant	# Chemicals	Total PPM
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	13.2
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	1	
<i>Chondrus crispus</i> Irish Moss	1	36.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cichorium endivia</i> Escarole; Endive	1	0.048
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	35.2
<i>Citrullus lanatus</i> Watermelon	1	
<i>Citrus sinensis</i> Orange	1	0.004
<i>Citrus reticulata</i> Tangerine; Mandarin	1	
<i>Citrus paradisi</i> Grapefruit	1	0.054
<i>Cnicus benedictus</i> Blessed Thistle	1	37.4
<i>Cocos nucifera</i> Cocotero (Sp.); Copra; Nariyal; Kokospalme (Ger.); Coconut; Coconut Palm	1	0.04
<i>Corylus avellana</i> Cobnut; Hazel; European Hazel; European Filbert; English Filbert	1	0.16
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Hawthorn; Woodland Hawthorn; Whitethorn	1	22.0
<i>Cucumis sativus</i> Cucumber	1	5.6
<i>Cucumis melo</i> Melon; Muskmelon; Netted Melon; Nutmeg Melon; Cantaloupe; Persian Melon	1	0.008
<i>Cucurbita pepo</i> Pumpkin	1	32.4
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	
<i>Cymbopogon citratus</i> West Indian Lemongrass; Lemongrass	1	124.0
<i>Cypripedium pubescens</i> Ladyslipper	1	98.0
<i>Daucus carota</i> Carrot	2	0.04
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	21.5
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Spiny Ginseng; Wu jia; Ci wu jia (Pinyin); Siberian Ginseng	1	
<i>Elytrigia repens</i> Quackgrass; Doggrass; Twitchgrass; Wheatgrass; Couchgrass	1	204.0
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	13.2
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	14.3
<i>Eriodictyon californicum</i> Mountain Balm; Bear's Weed; Consumptive's Weed; California Yerba Santa; Tarweed; Hierba Santa; Gum Bush; Yerba Santa; Holy Herb	2	
<i>Eucalyptus globulus</i> Eucalypt; Tasmanian Bluegum; Blue Gum	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	5.2
<i>Fagopyrum esculentum</i> Buckwheat	1	0.4
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria</i> spp Strawberry	1	0.004
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	1	12.1
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	1	18.7
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	19.8
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	

Plant	# Chemicals	Total PPM
<i>Glycine max</i> Soybean	1	3.85
<i>Glycyrrhiza glabra</i> Smooth Licorice; Licorice-Root; Licorice; Commom Licorice	1	1.1
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	16.5
<i>Hibiscus sabdariffa</i> Indian Sorrel; Red Sorrel; Rosella (Ger.); Roselle; Rosa de Jamaica (Sp.); Malventee (Ger.); Acedera de Guinea (Sp.); Jamaica Sorrel; Sorrel; Kharkadi; Sereni (Sp.)	1	157.3
<i>Hordeum vulgare</i> Barley; Barleygrass	2	48.0
<i>Humulus lupulus</i> Hops	1	18.7
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	17.6
<i>Hydrastis canadensis</i> Goldenseal	1	11.0
<i>Inula helenium</i> Elecampane	1	
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	0.04
<i>Juglans cinerea</i> Butternut	1	0.2
<i>Juniperus virginiana</i> Red Cedar	1	0.08
<i>Juniperus communis</i> Juniper; Common Juniper	1	2.6
<i>Lactuca sativa</i> Lettuce	1	0.116
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	20.9
<i>Lens culinaris</i> Lentil	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styra	1	0.8
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	0.068
<i>Malus domestica</i> Apple	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	2	0.08199999999999999
<i>Mentha x piperita</i> Peppermint	1	12.1
<i>Mentha pulegium</i> European Pennyroyal	1	50.0
<i>Menyanthes trifoliata</i> Water Trefoil; Marsh Clover; Buckbean; Bog Myrtle; Marsh Trefoil; Bogbean	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	0.08
<i>Myrica cerifera</i> Wax Myrtle; Candle-Berry; Bayberry; Southern Bayberry	1	37.4
<i>Nepeta cataria</i> Catnip	1	135.3
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	
<i>Panax ginseng</i> Ginseng; Oriental Ginseng; Korean Ginseng; Chinese Ginseng	2	27.5
<i>Parthenium integrifolium</i> Feverfew; Prairie-Dock; Missouri Snakeroot; Wild Quinine; American Feverfew	1	
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	1	
<i>Persea americana</i> Avocado	1	
<i>Petroselinum crispum</i> Parsley	1	0.042
<i>Phaseolus vulgaris</i> Popping Bean; Haricot Bean; Black Bean; Pop Bean; Haricot; Navy Bean; Field Bean; Haricot Vert; String Bean; French Bean; Garden Bean; Wax Bean; Flageolet Bean; Dwarf Bean; Green Bean; Snap Bean; Kidney Bean	1	0.036000000000000004
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	24.0
<i>Pimenta dioica</i> Allspice; Pimento; Clover-Pepper; Pimenta; Jamaica-Pepper	1	0.08
<i>Pinus strobus</i> White Pine; Eastern White Pine	1	
<i>Pinus echinata</i> Shortleaf Pine	1	0.4

Plant	# Chemicals	Total PPM
<i>Pistacia vera</i> Pistachio	1	0.2
<i>Pisum sativum</i> Pea	1	0.004
<i>Plantago psyllium</i> Psyllium	1	15.4
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> Fo Ti; Chinese Cornbind; He Shou Wu; Fleeceflower; Chinese Knotweed	1	148.0
<i>Populus tacamahacca</i> Balm Of Gilead	1	
<i>Populus nigra</i> Black Poplar	1	
<i>Prunus persica</i> Peach	1	0.006
<i>Prunus dulcis</i> Almond	2	6.06
<i>Prunus domestica</i> Plum	1	0.026
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Pyrus communis</i> Pear	1	0.002
<i>Quercus stellata</i> Post Oak	1	0.08
<i>Quercus rubra</i> Northern Red Oak	1	0.04
<i>Quercus phellos</i> Willow Oak	1	0.6
<i>Quercus alba</i> White Oak	1	16.58
<i>Raphanus sativus</i> Radish	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rhodymenia palmata</i> Dulse	1	
<i>Rhus glabra</i> Smooth Sumac	1	0.5
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes rubrum</i> Red Currant; White Currant	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	2.105
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	27.5
<i>Rubus chamaemorus</i> Cloudberry	1	
<i>Rumex crispus</i> Curly Dock; Lengua De Vaca; Sour Dock; Yellow Dock	1	27.5
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	25.4
<i>Salix alba</i> White Willow	1	12.1
<i>Salvia officinalis</i> Sage	1	
<i>Schisandra chinensis</i> Five-Flavor-Fruit; Magnolia Vine; Wu Wei Zi; Chinese Magnolia Vine; Schizandra; Wu Wei Zu	1	8.1
<i>Scutellaria lateriflora</i> Skullcap; Mad-Dog Skullcap	1	9.100000000000001
<i>Scutellaria galericulata</i> Marsh Skullcap	1	
<i>Scutellaria baicalensis</i> Baikal Skullcap; Huang Qin; Chinese Skullcap	1	
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Senna alexandrina</i> True Senna; Alexandran senna; Indian Senna	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Sesamo (Sp.); Ajonjoli (Sp.); Sesame; Beni; Benneseed	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	178.1
<i>Smilax spp</i> Sarsaparilla	1	34.1
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	2	0.02

Plant	# Chemicals	Total PPM
<i>Solanum melongena</i> Eggplant; Aubergine	1	0.004
<i>Sorbus aucubaria</i> Rowan Berry	1	0.022
<i>Spartium junceum</i> Weaver's Broom; Genet; Spanish Broom	1	
<i>Spinacia oleracea</i> Spinach	2	0.114
<i>Spirulina</i> spp. Spirulina	1	
<i>Stachys officinalis</i> Purple Betony; Wood Betony; Betony; Bishop's-Wort	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	4.7
<i>Stevia rebaudiana</i> Stevia; Ca-A-E; Sweet Leaf of Paraguay	1	50.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	0.16
<i>Symphytum officinale</i> Comfrey	1	11.4
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	2.2
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	9.5
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	32.0
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	8.584
<i>Trigonella foenum-graecum</i> Greek Clover; Fenugreek; Alholva (Sp.); Bockshornklee (Ger.); Greek Hay	2	17.6
<i>Turnera diffusa</i> Damiana	1	7.4
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	16.5
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	24.2
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	0.026
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	48.4
<i>Verbascum thapsus</i> Great Mullein; Flannelleaf; Velvetplant; Mullein; Flannelplant	1	5.5
<i>Viburnum opulus</i> European Cranberry Bush; Crampbark; Snowballbush; Guelder Rose	1	46.0
<i>Vigna unguiculata</i> Southern Pea; Crowder Pea; Black-eyed Pea; Cowpea	2	0.28
<i>Vigna radiata</i> Green Gram; Mungbean	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Wine Grape; Weinrebe (Ger.); Vid (Sp.); Vigne Vinifere (Fr.); Grape; European Grape; Grapevine; Parra (Sp.)	1	36.024
<i>Yucca baccata</i> Spanish Bayonet; Yucca; Banana Yucca; Blue Yucca	1	9.9
<i>Zea mays</i> Corn	2	12.4
<i>Zingiber officinale</i> Ginger	1	