

# A Choline-Sparing

\*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>Abutilon theophrasti</i> Abutilon-Hemp; Butterprint; Indian-Mallow; Velvet Leaf	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	2	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Camellia sinensis</i> Tea	2	42500.0
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	1	
<i>Cinchona</i> spp Quinine	2	
<i>Cinchona pubescens</i> Red Cinchona; Quinine; Redbark; Red Peruvian-Bark	1	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	2	
<i>Cinnamomum aromaticum</i> Cassia Bark; Chinese Cinnamon; Saigon Cinnamon; Cannelier de Chine (Fr.); Canela de la China (Sp.); Chinazimt (Ger.); China Junk Cassia; Cannelier Casse (Fr.); Chinesischer Zimtbaum (Ger.); Zimtcassie (Ger.); Cassia Lignea; Chinese Cassia; Kashia-Keihi (Jap.); Cassia; Canelle de Cochinchine (Fr.); Canelero chino (Sp.)	2	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Whitethorn; Hawthorn; Woodland Hawthorn	2	
<i>Croton lechleri</i> Sangre de Grado; Dragons Blood; Sangre de Drago; Sangre de Dragon	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	1	
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Humulus lupulus</i> Hops	2	
<i>Hypericum perforatum</i> St. John's-wort; Common St. Johnswort; Klamath Weed; Goatweed; Hypericum	2	
<i>Juniperus communis</i> Juniper; Common Juniper	2	
<i>Krameria triandra</i> Rhatany	1	
<i>Laurus nobilis</i> Grecian Laurel; Bayleaf; Bay; Laurel; Sweet Bay; Bay Laurel	1	
<i>Malus domestica</i> Apple	2	
<i>Mitragyna speciosa</i> Kratom	2	300.0
<i>Myristica fragrans</i> Muskatnussbaum (Ger.); Nutmeg; nuez moscada (Sp.); nogal moscado (Sp.); Mace	1	
<i>Pinus sylvestris</i> Scotch Pine	2	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Pterocarpus marsupium</i> bijasal; Indian Kino; Malabar Kino	1	
<i>Punica granatum</i> Grenadier (Fr.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Granatapfelbaum (Ger.); Zakuro (Jap.); Romanzeiro (Port.); Granado (Sp.); Pomegranate	1	
<i>Pyrus communis</i> Pear	1	
<i>Rheum rhabarbarum</i> Rhubarb	2	
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	2	
<i>Rosa canina</i> Dogbrier; Dog Rose; Rose	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Rumex crispus</i> Yellow Dock; Curly Dock; Lengua De Vaca; Sour Dock	1	

Plant	# Chemicals	Total PPM
<i>Sorbus aucubaria</i> Rowan Berry	1	1
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	1
<i>Terminalia catappa</i> Indian Almond; Malabar Almond; Tropical Almond	2	2
<i>Theobroma cacao</i> Cacao	2	2
<i>Uncaria tomentosa</i> Garabato Amarillo; Cat's Claw; Una de Gato	1	1
<i>Uncaria guianensis</i> Una de Gato; Tambor Huasca; Ungunagi; Cat's Claw; Garabato Colorado	1	1
<i>Uncaria catechu</i> Pale Catechu; Gambir	1	1
<i>Vaccinium vitis-idaea</i> Lingonberry; Cowberry; Lingen	2	2
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	2	2
<i>Viburnum opulus</i> Guelder Rose; Crampbark; European Cranberry Bush; Snowballbush	1	1
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	1
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Grapevine; Parra (Sp.); Vid (Sp.); Grape; Wine Grape; Weinrebe (Ger.); European Grape	2	2