

A Pituitary-Stimulant

*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	16900.0
<i>Acacia farnesiana</i> Cassie; Opopanax; Popinac; Huisache; Sweet Acacia	1	78960.0
<i>Aesculus hippocastanum</i> Horse Chestnut	2	255300.0
<i>Albizia lebeck</i> Frywood; Women's-Tongue Tree; East Indian Walnut; Lebbek Tree; Lebbek; Siris Tree; Koko	1	
<i>Allium schoenoprasum</i> Chives	1	50600.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	45532.0
<i>Allium cepa</i> Shallot; Onion	1	34444.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Alpinia galanga</i> Languas; Siamese Ginger; Greater Galangal	1	
<i>Amaranthus</i> sp. Pigweed	1	29112.0
<i>Anacardium occidentale</i> Cashew	1	35422.0
<i>Ananas comosus</i> Pineapple	1	2666.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anethum graveolens</i> Dill; Garden Dill	1	27356.0
<i>Angelica sinensis</i> Dang Gui; Dong Gui; Dang Qui; Dong Quai; Chinese Angelica; Dang Quai	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	
<i>Apium graveolens</i> Celery	1	8210.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	74044.0
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	10500.0
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	4672.0
<i>Asparagus officinalis</i> Asparagus	1	36904.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	26000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Basella alba</i> Vinespinach	1	20290.0
<i>Bertholletia excelsa</i> Brazilnut; Creamnut; Paranut; Brazilnut-Tree	1	49454.0
<i>Beta vulgaris</i> Beet; Beetroot; Garden Beet; Sugar Beet	1	5994.0
<i>Bixa orellana</i> Annato; Annoto; Achiote; Lipstick Pod; Lipsticktree; Arnato; Annatto; Bija	1	28520.0
<i>Brassica rapa</i> Bok-Choy; Celery Cabbage; Celery Mustard; Chinese Cabbage; Chinese White Cabbage; Chinese Mustard; Pak-Choi	1	5900.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Spring-Heading Cabbage; Cow Cabbage; Tall Kale; Tree Kale	1	26224.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kale; Kitchen Kale; Curly Kale	1	23680.0
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Purple Cauliflower; Winter Broccoli; Heading Broccoli; Cape Broccoli; Calabrese; Broccoli; Sprouting Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	28988.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	1	18450.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	55946.0

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<i>Brassica oleracea</i> Kohlrabi	1	23334.0
<i>Brassica nigra</i> Black Mustard	1	53314.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Swedish Turnip; Rutabaga	1	28620.0
<i>Brassica chinensis</i> Celery Mustard; Chinese White Cabbage; Celery Cabbage; Chinese Cabbage; Pak-Choi; Bok-Choy; Chinese Mustard	1	35902.0
<i>Cajanus cajan</i> Pigeonpea	1	29060.0
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Camellia sinensis</i> Tea	1	
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Cannabis sativa</i> Marihuana; Hemp; Marijuana; Indian Hemp	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Red Chili; Hot Pepper; Tabasco; Spur Pepper; Cayenne; Chili	1	15668.0
<i>Capsicum annuum</i> Green Pepper; Bell Pepper; Cone Pepper; Paprika; Cherry Pepper; Sweet Pepper	1	11184.0
<i>Carica papaya</i> Papaya	1	1790.0
<i>Carum carvi</i> Kummel (Ger.); Carum; Comino (Sp.); Caraway; Comino de prado (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	6384.0
<i>Castanea mollissima</i> Chinese Chestnut	1	15704.0
<i>Castanea dentata</i> American Chestnut	1	13556.0
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	1	110920.0
<i>Chenopodium album</i> Lambsquarter	1	32232.0
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	41120.0
<i>Cichorium intybus</i> Witloof; Chicory; Succory	1	29784.0
<i>Cichorium endivia</i> Endive; Escarole	1	19968.0
<i>Citrullus lanatus</i> Watermelon	1	107098.0
<i>Citrus sinensis</i> Orange	1	9816.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	7092.0
<i>Citrus paradisi</i> Grapefruit	1	1520.0
<i>Cnidioscolus chayamansa</i> Chaya	1	69440.0
<i>Coccinia grandis</i> Pepasan; Tindori; Little Gourd; Tindora; Kanduri; Ivy Gourd; Kundree	1	
<i>Cocos nucifera</i> Kokospalme (Ger.); Cocotero (Sp.); Coconut; Nariyal; Copra; Coconut Palm	1	
<i>Colocasia esculenta</i> Taro	1	37700.0
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	1	40370.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Japanese Cryptotaenia; Stone Parsley; Ya Er Qin; Japanese Honewort; Mitsuba	1	
<i>Cucumis sativus</i> Cucumber	1	17216.0
<i>Cucurbita</i> spp Summer Squash	1	15820.0
<i>Cucurbita pepo</i> Pumpkin	1	137466.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	7040.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	12070.0
<i>Dryopteris marginalis</i> Marginal Wood Fern; Marginal Fern	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	23820.0

Plant	# Chemicals	Total PPM
<i>Ficus carica</i> Figuiet Commun (Fr.); Feigenbaum (Ger.); Figueira (Port.); Fico (Ital.); Echte Feige (Ger.); Higo (Sp.); Fig; Higuera Comun (Sp.)	1	1628.0
<i>Foeniculum vulgare</i> Fennel	1	14920.0
<i>Fragaria</i> spp Strawberry	1	6168.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	20841.0
<i>Glycine max</i> Soybean	1	61900.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	23254.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	164000.0
<i>Humulus lupulus</i> Hops	1	
<i>Ipomoea batatas</i> Sweet Potato	1	5670.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	39310.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	100600.0
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	1	38730.0
<i>Lactuca sativa</i> Lettuce	1	23666.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	6280.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	6200.0
<i>Lens culinaris</i> Lentil	1	89530.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	18000.554
<i>Lippia javanica</i> Lemon Bush; Umsuzwane (Zulu)	1	
<i>Lupinus albus</i> White Lupine	1	88800.0
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Common Matrimony Vine; Matrimony Vine; Barbary Matrimony Vine; Duke of Argyll's Eta Tree	1	
<i>Lycopersicon esculentum</i> Tomato	1	7274.0
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	
<i>Macadamia</i> spp Macadamia	1	18500.0
<i>Malus domestica</i> Apple	1	746.0
<i>Mangifera indica</i> Mango	1	6800.0
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	1	19940.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	
<i>Moringa oleifera</i> Jacinto (Sp.); Benzolive Tree; West Indian Ben; Ben Nut; Drumstick Tree; Horseradish Tree; Moringa	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	52360.0
<i>Murraya</i> sp None	1	6222.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	4937.0
<i>Nasturtium officinale</i> Berro; Watercress	1	60000.0

Plant	# Chemicals	Total PPM
<i>Nelumbo nucifera</i> Water Lotus	1	28904.0
<i>Nigella sativa</i> Fennel-Flower; Nutmeg-Flower; Roman Coriander; Black Caraway; Black Cumin	1	106100.0
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	1	13240.0
<i>Oenothera biennis</i> Evening-Primrose	1	30096.0
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Prickly Pear; Nopalito	1	64110.0
<i>Pachyrhizus erosus</i> Yambean	1	13270.0
<i>Paeonia officinalis</i> Double Peony	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	35230.0
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Oriental Ginseng; Chinese Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	42802.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	43300.0
<i>Perideridia gairdneri</i> Squaw Root	1	17908.0
<i>Persea americana</i> Avocado	1	4586.0
<i>Phaseolus vulgaris</i> Haricot; Pop Bean; Snap Bean; Haricot Bean; French Bean; Popping Bean; Garden Bean; Flageolet Bean; Haricot Vert; Field Bean; Green Bean; String Bean; Wax Bean; Dwarf Bean; Kidney Bean; Navy Bean; Black Bean	1	94090.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	30780.0
<i>Phoenix dactylifera</i> Date Palm	1	4180.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	1742.0
<i>Pinellia ternata</i> Ban-Xia; Pan-Hsia	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	45480.0
<i>Pisum sativum</i> Pea	1	67000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	20800.0
<i>Prunus persica</i> Peach	1	2916.0
<i>Prunus dulcis</i> Almond	1	52196.0
<i>Prunus domestica</i> Plum	1	1756.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	6600.0
<i>Psidium guajava</i> Guava	1	3024.0
<i>Psidium cattleianum</i> Strawberry Guava	1	1550.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Winged Bean; Asparagus Pea	1	75872.0
<i>Psoralea esculenta</i> Indian Bread-Root; Breadroot; Prairie Apple; Indian Turnip; Prairie Potato; Prairie Turnip	1	15952.0
<i>Pyrus communis</i> Pear	1	864.0
<i>Raphanus sativus</i> Radish	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	174000.0
<i>Ribes nigrum</i> Black Currant	1	70.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> Elderberry; Sweet Elder; American Elder; American Elderberry	1	4652.0
<i>Scutellaria baicalensis</i> Huang Qin; Baikal Skullcap; Chinese Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	10860.0

Plant	# Chemicals	Total PPM
<i>Senna obtusifolia</i> Sicklepod	1	20400.0
<i>Sesamum indicum</i> Sesamo (Sp.); Benneseed; Ajonjoli (Sp.); Sesame; Beni	1	73930.0
<i>Sinapis alba</i> White Mustard	1	37450.0
<i>Solanum tuberosum</i> Potato	1	13700.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	15118.0
<i>Spinacia oleracea</i> Spinach	1	38478.0
<i>Stachys officinalis</i> Purple Betony; Bishop's-Wort; Betony; Wood Betony	1	
<i>Terminalia chebula</i> Myrobalan; Ink Nut; Chebulic Myrobalan; Black Myrobalan	1	
<i>Theobroma cacao</i> Cacao	1	1600.0
<i>Trifolium pratense</i> Peavine Clover; Cowgrass; Red Clover; Purple Clover	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Fenugreek; Greek Clover; Bockshornklee (Ger.); Alholva (Sp.)	1	54230.0
<i>Triticum aestivum</i> Wheat	1	24000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	4420.0
<i>Valeriana officinalis</i> Garden-Heliotrope; Common Valerian; Valerian	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	25280.0
<i>Vicia faba</i> Habas; Faba Bean; Broadbean	1	48740.0
<i>Vigna unguiculata</i> Cowpea; Southern Pea; Black-eyed Pea; Crowder Pea	1	69064.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	78152.0
<i>Vigna angularis</i> Adzuki Bean	1	29668.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitellaria paradoxa</i> Shea; Shea-Butter-Tree; Butterseed; Shea Nut; Sheatree	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Weinrebe (Ger.); Parra (Sp.); Wine Grape; Vid (Sp.); Grape; European Grape; Grapevine	1	5040.0
<i>Zea mays</i> Corn	1	10900.0
<i>Zingiber officinale</i> Ginger	1	4972.0