

A Collagen-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>Acacia nilotica</i> Babul	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	2	
<i>Aconitum napellus</i> Aconite; Garden Wolfsbane; Helmet Flower; Soldier's Cap; European Aconite; Garden Monkshood; Blue Rocket; Monkshood; Queen's Fettle; Friar's Cap; Bear's-Foot; Turk's Cap	2	
<i>Actaea dahurica</i> Xing an sheng ma; Sheng ma	1	
<i>Actaea cimicifuga</i> Bugbane; Foetid Bugbane; Sheng ma	1	
<i>Adonis vernalis</i> Spring Adonis	2	
<i>Agrimonia eupatoria</i> Sticklewort; Agrimony	2	
<i>Albizia lebeck</i> East Indian Walnut; Koko; Siris Tree; Women's-Tongue Tree; Lebbek Tree; Frywood; Lebbek	1	
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	40.0
<i>Allium cepa</i> Onion; Shallot	1	
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	2	
<i>Althaea officinalis</i> Marshmallow; White Mallow	2	
<i>Ananas comosus</i> Pineapple	1	
<i>Anethum graveolens</i> Garden Dill; Dill	2	
<i>Angelica archangelica</i> Garden Angelica; Wild Parsnip; Angelica	2	
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	2	
<i>Arachis hypogaea</i> Groundnut; Peanut	2	46.0
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	2	5000.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	2	
<i>Artemisia dracunculus</i> Tarragon	2	
<i>Artemisia capillaris</i> Capillary Wormwood	1	
<i>Artemisia absinthium</i> Wormwood	1	
<i>Artemisia abrotanum</i> Southernwood	2	
<i>Asimina triloba</i> Pawpaw	1	
<i>Aspalathus linearis</i> Kaffree Tea; Rooibos; Red Bush Tea	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	2	
<i>Avena sativa</i> Oats	1	
<i>Ballota nigra</i> Black Horehound	2	
<i>Berberis vulgaris</i> Barberry	2	
<i>Beta vulgaris</i> Garden Beet; Beet; Beetroot; Sugar Beet	2	
<i>Boehmeria nivea</i> Ramie	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	22.0
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Winter Broccoli; Calabrese; Purple Cauliflower; Broccoli; Cape Broccoli; Heading Broccoli; Sprouting Broccoli	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	68.0

Plant	# Chemicals	Total PPM
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage	2	154.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	16.0
<i>Brassica nigra</i> Black Mustard	2	
<i>Calendula officinalis</i> Pot-Marigold; Calendula	2	
<i>Camellia sinensis</i> Tea	2	
<i>Capsicum frutescens</i> Red Chili; Cayenne; Chili; Hot Pepper; Tabasco; Spur Pepper	2	64.0
<i>Capsicum annuum</i> Green Pepper; Cherry Pepper; Sweet Pepper; Paprika; Cone Pepper; Bell Pepper	2	22.0
<i>Carica papaya</i> Papaya	1	
<i>Carum carvi</i> Kummel (Ger.); Comino de prado (Sp.); Carum; Caraway; Comino (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	
<i>Catalpa bignonioides</i> Indian bean	1	
<i>Ceiba pentandra</i> Silk-Cotton Tree; Kapok	1	
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	2	
<i>Centaurium erythraea</i> Centaury	1	
<i>Chamaemelum nobile</i> Roman Camomile; Garden Camomile; Perennial Camomile	1	
<i>Cichorium intybus</i> Witloof; Succory; Chicory	3	1534.0
<i>Cichorium endivia</i> Escarole; Endive	1	
<i>Cimicifuga dahurica</i> Sheng Ma	1	
<i>Cinchona</i> spp Quinine	1	
<i>Cinchona pubescens</i> Red Cinchona; Red Peruvian-Bark; Redbark; Quinine	2	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	1	
<i>Citrullus lanatus</i> Watermelon	1	
<i>Citrullus colocynthis</i> Colocynth	2	
<i>Citrus sinensis</i> Orange	1	100.0
<i>Citrus paradisi</i> Grapefruit	1	102.0
<i>Citrus limon</i> Lemon	1	70.0
<i>Clematis vitalba</i> Traveler's Joy	2	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Coccinia grandis</i> Ivy Gourd; Kundree; Pepasan; Tindora; Little Gourd; Tindori; Kanduri	1	
<i>Coffea arabica</i> Coffee	2	180000.0
<i>Cola acuminata</i> Abata Cola	1	
<i>Coleus barbatus</i> Forskohl's Coleus	1	
<i>Conium maculatum</i> Carrot Fern; Poison Hemlock; Spotted Hemlock; Spotted Parsley; Hemlock; Fool's Parsley	2	
<i>Convallaria majalis</i> Lily-Of-The-Valley	2	
<i>Conyza canadensis</i> Butterweed; Hogweed; Horseweed	1	
<i>Corchorus olitorius</i> Jew's Mallow; Nalta Jute; Mulukiya	1	
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	2	640.0
<i>Corylus americana</i> American Hazel; American Filbert	1	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus pentagyna</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	2	

Plant	# Chemicals	Total PPM
<i>Crataegus laevigata</i> Woodland Hawthorn; Hawthorn; English Hawthorn; Whitethorn	2	
<i>Crataegus cuneata</i> Hawthorn	1	
<i>Cucumis sativus</i> Cucumber	2	
<i>Cucumis melo</i> Netted Melon; Muskmelon; Nutmeg Melon; Cantaloupe; Persian Melon; Melon	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	10.0
<i>Cyamopsis tetragonoloba</i> Guar; Siam-Bean; Cluster-Bean	2	
<i>Cydonia oblonga</i> Quince	1	
<i>Cynara cardunculus</i> Artichoke	3	1300.0
<i>Datura stramonium</i> Jimsonweed	2	
<i>Daucus carota</i> Carrot	2	
<i>Digitalis purpurea</i> Purple Foxglove	2	
<i>Dipsacus fullonum</i>	2	
<i>Dodonaea viscosa</i> Hopwood	1	
<i>Echinacea</i> spp Echinacea; Coneflower	5	138000.0
<i>Echinacea purpurea</i> Purple-Coneflower; Eastern Purple-Coneflower; Echinacea	2	
<i>Echinacea pallida</i> Pale Purple-Coneflower; Pale-Flower Echinacea; Echinacea	3	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Purple-Coneflower; Narrow Leaf Echinacea	4	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	2	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Siberian Ginseng; Ci wu jia (Pinyin); Spiny Ginseng; Wu jia	2	
<i>Equisetum hyemale</i> Scouring Rush; Horsetail	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	2	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Erythroxylum coca</i> Coca	2	
<i>Eucalyptus globulus</i> Eucalypt; Blue Gum; Tasmanian Bluegum	2	
<i>Eucommia ulmoides</i> Du Zhong; Tu Chung; Gutta-Percha Tree	1	
<i>Euphorbia pulcherrima</i> Poinsettia	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	
<i>Ficus carica</i> Higuera Comun (Sp.); Figueira (Port.); Figuier Commun (Fr.); Higo (Sp.); Fico (Ital.); Echte Feige (Ger.); Fig; Feigenbaum (Ger.)	1	
<i>Foeniculum vulgare</i> Fennel	3	
<i>Fragaria</i> spp Strawberry	2	68.0
<i>Gaultheria procumbens</i> Teaberry; Checkerberry; Mountain Tea; Wintergrun (Ger.); Wintergreen; Creeping Wintergreen	1	
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	
<i>Glechoma hederacea</i> Alehoof	2	
<i>Glycine max</i> Soybean	2	8.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	2	
<i>Hedera helix</i> Ivy	1	
<i>Helianthus annuus</i> Sunflower; Girasol	2	59608.0
<i>Helichrysum angustifolium</i> Everlasting; Immortelle	1	

Plant	# Chemicals	Total PPM
<i>Hordeum vulgare</i> Barley; Barleygrass	2	
<i>Houttuynia cordata</i> Dokudami; Fishwort; Yu Xing Cao	1	
<i>Humulus lupulus</i> Hops	2	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Klamath Weed; Hypericum; St. John's-wort; Common St. Johnswort; Goatweed	2	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Ilex paraguariensis</i> Mate; South American Holly; Paraguay Tea	1	
<i>Inonotus obliquus</i>	1	
<i>Ipomoea purga</i> Jalap	1	80000.0
<i>Ipomoea batatas</i> Sweet Potato	2	
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Common Juniper; Juniper	2	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Laurus nobilis</i> Sweet Bay; Laurel; Bay; Grecian Laurel; Bay Laurel; Bayleaf	1	
<i>Levisticum officinale</i> Lovage	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Lycopersicon esculentum</i> Tomato	2	48.0
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	
<i>Lycopus virginicus</i> Bugle	2	
<i>Lycopus europeus</i> European Bugle	2	
<i>Lythrum salicaria</i> Purple Loosestrife	1	
<i>Magnolia officinalis</i> Hou Pu; Chinese Magnolia; Magnolia-Bark	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	
<i>Mahonia repens</i> Oregon Barberry; Oregon Grape; Creeping Barberry; Oregon Grape-Holly	1	
<i>Malus domestica</i> Apple	2	2540.0
<i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot	1	
<i>Marrubium vulgare</i> White Horehound; Horehound	2	
<i>Matricaria recutita</i> German Camomile; Wild Camomile; Annual Camomile	2	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Melissa officinalis</i> Balm; Melissa; Bee Balm; Lemonbalm	2	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Mentha x piperita</i> Peppermint	2	
<i>Menyanthes trifoliata</i> Buckbean; Bog Myrtle; Marsh Trefoil; Bogbean; Marsh Clover; Water Trefoil	2	
<i>Moringa oleifera</i> Benzolive Tree; Jacinto (Sp.); Moringa; Horseradish Tree; West Indian Ben; Ben Nut; Drumstick Tree	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	2	

Plant	# Chemicals	Total PPM
<i>Myristica fragrans</i> Mace; nogal moscado (Sp.); nuez moscada (Sp.); Nutmeg; Muskatnussbaum (Ger.)	1	
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	1	38100.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Olea europaea</i> Olive	1	
<i>Origanum vulgare</i> Oregano; Common Turkish Oregano; Wild Oregano; Pot Marjoram; Wild Marjoram; European Oregano	2	14120.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	2	
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Korean Ginseng; Ginseng	1	
<i>Papaver somniferum</i> Poppypeed Poppy; Opium Poppy	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	2	
<i>Petroselinum crispum</i> Parsley	2	
<i>Peucedanum ostruthium</i> Masterwort	2	
<i>Phaseolus vulgaris</i> Snap Bean; Haricot Vert; Kidney Bean; Field Bean; Black Bean; Navy Bean; Haricot Bean; Dwarf Bean; Green Bean; Wax Bean; French Bean; Pop Bean; Haricot; Popping Bean; String Bean; Garden Bean; Flageolet Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Physalis peruviana</i> Ground Cherry; Cape Gooseberry	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	2	
<i>Pinus sylvestris</i> Scotch Pine	2	
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	
<i>Pisum sativum</i> Pea	1	
<i>Plantago major</i> Common Plantain	2	
<i>Pluchea carolinensis</i> Pito sico; Santa maria	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunus spinosa</i> Sloe; Blackthorn	1	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus persica</i> Peach	2	
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	2	
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	2	
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	2	
<i>Punica granatum</i> Granado (Sp.); Granatapfelbaum (Ger.); Zakuro (Jap.); Pomegranate; Granatapfelstrauch (Ger.); Mangrano (Sp.); Romanzeiro (Port.); Grenadier (Fr.)	2	
<i>Pyrus communis</i> Pear	1	39400.0
<i>Raphanus sativus</i> Radish	1	182.0
<i>Rheum rhabarbarum</i> Rhubarb	1	16.0
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	2	
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes nigrum</i> Black Currant	2	

Plant	# Chemicals	Total PPM
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa damascena</i> Damask Rose	1	30000.0
<i>Rosa canina</i> Dog Rose; Rose; Dogbrier	1	
<i>Rosmarinus officinalis</i> Rosemary	2	
<i>Rubus phoenicolasius</i> Wineberry; Wine Raspberry; Japanese Wineberry	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Salvia</i> sp. Chia	1	
<i>Salvia officinalis</i> Sage	2	
<i>Sambucus simpsonii</i> Simpson's elderberry	2	
<i>Sambucus nigra</i> European Elder; European Alder; European Elderberry; Elder; Black Elder	2	
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Santolina chamaecyparissus</i> Lavender Cotton	1	
<i>Satureja montana</i> Savory; Winter Savory	2	
<i>Scopolia carniolica</i> Scopolia	2	
<i>Senna obtusifolia</i> Sicklepod	2	
<i>Sesamum indicum</i> Sesame; Benneseed; Beni; Sesamo (Sp.); Ajonjoli (Sp.)	2	
<i>Solanum tuberosum</i> Potato	2	5701.0
<i>Solanum torvum</i> Susumba; Wild Eggplant	2	
<i>Solanum melongena</i> Aubergine; Eggplant	2	
<i>Solidago virgaurea</i> European Goldenrod; Woundwort	2	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	
<i>Sorbus aucubaria</i> Rowan Berry	2	
<i>Spartium junceum</i> Genet; Spanish Broom; Weaver's Broom	1	
<i>Spinacia oleracea</i> Spinach	2	
<i>Stachys officinalis</i> Bishop's-Wort; Wood Betony; Betony; Purple Betony	2	10000.0
<i>Stachytarpheta jamaicensis</i> Brazilian Tea	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	2	
<i>Strychnos nux-vomica</i> Nux-Vomica; Stychnine	1	
<i>Symphytum officinale</i> Comfrey	2	
<i>Tagetes patula</i> French Marigold	1	
<i>Tanacetum vulgare</i> Tansy	2	
<i>Taraxacum officinale</i> Dandelion	2	
<i>Taxus baccata</i> Common Yew	1	
<i>Tecoma stans</i> Yellow Elder	1	
<i>Teucrium scorodonia</i> Germander; Wood Germander	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	2	400.0
<i>Theobroma cacao</i> Cacao	2	
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	2	33800.0
<i>Thymus serpyllum</i> Creeping Thyme	1	12400.0

Plant	# Chemicals	Total PPM
<i>Tilia</i> sp. Basswood; Linden; Lime	2	
<i>Trifolium pratense</i> Peavine Clover; Cowgrass; Purple Clover; Red Clover	2	
<i>Triticum aestivum</i> Wheat	2	18.0
<i>Tropaeolum majus</i> Nasturtium	1	
<i>Uncaria tomentosa</i> Cat's Claw; Garabato Amarillo; Una de Gato	1	
<i>Uncaria guianensis</i> Ungunagi; Cat's Claw; Tambor Huasca; Una de Gato; Garabato Colorado	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Bilberry; Whortleberry	2	
<i>Vaccinium macrocarpon</i> American Cranberry; Large Cranberry; Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	2	6000.0
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	2	
<i>Verbena officinalis</i> Vervain	1	20000.0
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Crampbark; Guelder Rose; Snowballbush; European Cranberry Bush	2	
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Vid (Sp.); Grape; Wine Grape; Vigne Vinifere (Fr.); Weinrebe (Ger.); Grapevine; European Grape; Parra (Sp.)	2	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	2	1.4
<i>Zingiber officinale</i> Ginger	2	