

# A Bifidogenic

\*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> Yarrow; Milfoil	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Arctium lappa</i> Gobo; Great Burdock; Burdock	1	1000000.0
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	240000.0
<i>Artemisia vulgaris</i> Mugwort	1	200000.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	1430000.0
<i>Cichorium endivia</i> Endive; Escarole	1	
<i>Cynara cardunculus</i> Artichoke	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	400000.0
<i>Echinacea purpurea</i> Echinacea; Eastern Purple-Coneflower; Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Inula helenium</i> Elecampane	1	890000.0
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Menyanthes trifoliata</i> Bogbean; Water Trefoil; Marsh Clover; Buckbean; Marsh Trefoil; Bog Myrtle	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	
<i>Parthenium integrifolium</i> Missouri Snakeroot; American Feverfew; Prairie-Dock; Feverfew; Wild Quinine	1	
<i>Petasites japonicus</i> Butterbur	1	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Platycodon grandiflorum</i> Balloon Flower; Jie-Geng; Chieh-Keng	1	
<i>Punica granatum</i> Grenadier (Fr.); Granatapfelbaum (Ger.); Granado (Sp.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Zakuro (Jap.); Romanzeiro (Port.); Pomegranate	1	20000.0
<i>Saussurea lappa</i> Costus; Kuth	1	360000.0
<i>Solidago virgaurea</i> European Goldenrod; Woundwort	1	
<i>Taraxacum officinale</i> Dandelion	1	700000.0
<i>Taraxacum mongolicum</i> Mongoloid Dandelion	1	
<i>Tragopogon porrifolius</i> Salsify	1	
<i>Tussilago farfara</i> Coltsfoot	1	