

A Metal-Chelator (Copper)

*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 moschatus</i> Tropical Jewel Hibiscus; Ambrette; Musk Okra; Muskmallow	1	
<i>Abelmoschus esculentus</i> Okra	1	
<i>Abrus precatorius</i> Weatherplant; Prayer Beads; Indian Licorice; Jequirity Bean; Precatory Bean; Minnie-Minnies; Red Beadvine; Love Bean; Rosary Pea; Jequerity; Lucky Bean; Weathervine; Coral Beadplant; Licorice Vine; Crab's Eye	1	
<i>Abutilon theophrasti</i> Velvet Leaf; Indian-Mallow; Butterprint; Abutilon-Hemp	3	
<i>Acacia senegal</i> Sudan Gum Arabic; Senegal Gum; Gum Arabic; Gum Arabic Tree; Kher	1	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia catechu</i> Catechu; Black Cutch	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Acinos suaveolens</i>	1	
<i>Actinidia chinensis</i> Kiwi	3	
<i>Aesculus hippocastanum</i> Horse Chestnut	2	
<i>Agathosma betulina</i> Honey Buchu; Mountain Buchu; Buchu	1	
<i>Ageratum conyzoides</i> Mexican ageratum	1	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	1	
<i>Ailanthus altissima</i> Stinktree; Tree Of Heaven	1	
<i>Ajuga reptans</i> Bugleweed; Bugle; Bugleherb; Common Bugle; Blue Bugle	2	
<i>Albizia lebeck</i> Siris Tree; East Indian Walnut; Lebbek Tree; Women's-Tongue Tree; Frywood; Koko; Lebbek	1	
<i>Allium schoenoprasum</i> Chives	1	18.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	400.0
<i>Allium cepa</i> Shallot; Onion	1	96200.0
<i>Alpinia officinarum</i> Lesser Galangal; Chinese Ginger	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Ammi visnaga</i> Visnaga	2	
<i>Ammi majus</i> Bishop's Weed	1	
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anemone pulsatilla</i> Pasque Flower	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Anogeissus latifolia</i> Gum Ghatti	1	
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Groundnut; Peanut	1	
<i>Araucaria bidwillii</i> Monkey puzzle	1	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	3	
<i>Ardisia japonica</i> Marlberry	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artemisia annua</i> Sweet Wormwood (GRIN); Qinghao; Annual Wormwood (GRIN); Sweet Annie; Annual Mugwort (GRIN)	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	2	

Plant	# Chemicals	Total PPM
<i>Aspalathus linearis</i> Rooibos; Kaffree Tea; Red Bush Tea	1	
<i>Asparagus officinalis</i> Asparagus	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	620.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Azadirachta indica</i> Neem	1	2000.0
<i>Barosma betulina</i> Buchu	1	
<i>Basella alba</i> Vinespinach	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Sugar Beet; Garden Beet; Beet; Beetroot	1	
<i>Bixa orellana</i> Annatto; Achiote; Annato; Annoto; Lipstick Pod; Arnato; Bija; Lipsticktree	1	
<i>Borago officinalis</i> Beeplant; Borage; Beebread; Talewort	3	
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Curly Kale; Kale; Kitchen Kale	1	100.0
<i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Winter Broccoli; Purple Cauliflower; Calabrese; Cape Broccoli; Asparagus Broccoli; Sprouting Broccoli; Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	50.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	1	200.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	12.0
<i>Brassica oleracea</i> Kohlrabi	1	40.0
<i>Caesalpinia pulcherrima</i> Bird Of Paradise	1	
<i>Calendula officinalis</i> Pot-Marigold; Calendula	1	
<i>Camellia sinensis</i> Tea	1	20000.0
<i>Camptotheca acuminata</i> Happy Tree	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Capsicum frutescens</i> Hot Pepper; Spur Pepper; Chili; Red Chili; Cayenne; Tabasco	1	126.0
<i>Carum carvi</i> Caraway; Kummel (Ger.); Comino (Sp.); Carum; Comino de prado (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	
<i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle	1	
<i>Cedrus deodora</i> Deodar Cedar	1	
<i>Ceiba pentandra</i> Kapok; Silk-Cotton Tree	1	
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	
<i>Ceratonia siliqua</i> St.John's-Bread; Carob; Locust Bean	1	
<i>Cichorium intybus</i> Witloof; Chicory; Succory	1	
<i>Cichorium endivia</i> Endive; Escarole	1	
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	2	
<i>Citrus sinensis</i> Orange	1	
<i>Citrus paradisi</i> Grapefruit	1	
<i>Citrus limon</i> Lemon	1	
<i>Coffea arabica</i> Coffee	1	
<i>Cola acuminata</i> Abata Cola	1	
<i>Commiphora wightii</i> Guggul; Indian Bdellium-Tree	1	

Plant	# Chemicals	Total PPM
<i>Consolida ajacis</i> Larkspur	1	1
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	1
<i>Coriaria thymifolia</i> Shanshi; Ground Toot	1	1
<i>Coriaria myrtifolia</i> Mealy Tree	1	1
<i>Cornus mas</i> Sorbet; Cornelian Cherry	1	1
<i>Cornus florida</i> American Dogwood	1	1
<i>Corylus avellana</i> Cobnut; European Filbert; European Hazel; English Filbert; Hazel	1	1
<i>Crataegus rhipidophylla</i> Hawthorn	1	1
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	1	1
<i>Crataegus laevigata</i> Hawthorn; Woodland Hawthorn; English Hawthorn; Whitethorn	1	1
<i>Crataegus cuneata</i> Hawthorn	1	1
<i>Crocus sativus</i> Saffron	3	3
<i>Cucurbita pepo</i> Pumpkin	1	1
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	1
<i>Cyamopsis tetragonoloba</i> Cluster-Bean; Siam-Bean; Guar	1	1
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	1
<i>Cynara cardunculus</i> Artichoke	1	1
<i>Cytisus scoparius</i> Scotch Broom	1	1
<i>Daucus carota</i> Carrot	1	1
<i>Diospyros virginiana</i> American Persimmon	2	2
<i>Dodonaea viscosa</i> Hopwood	2	2
<i>Drimys winteri</i> Winter's Bark	1	1
<i>Echinacea</i> spp Coneflower; Echinacea	1	1
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	1
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	1
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	1
<i>Elettaria cardamomum</i> Cardamom	1	1
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	1
<i>Eriobotrya japonica</i> Loquat	2	2
<i>Erythroxylum coca</i> Coca	1	1
<i>Eucalyptus globulus</i> Blue Gum; Eucalypt; Tasmanian Bluegum	1	1
<i>Eucommia ulmoides</i> Du Zhong; Gutta-Percha Tree; Tu Chung	1	1
<i>Eupatorium perfoliatum</i> Boneset	1	1
<i>Euphorbia lathyris</i> Mole Plant; Caper Spurge	1	1
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	1
<i>Euphrasia officinalis</i> Eyebright	1	1
<i>Fagopyrum esculentum</i> Buckwheat	2	2
<i>Ficus carica</i> Fig; Higo (Sp.); Figueira (Port.); Echte Feige (Ger.); Feigenbaum (Ger.); Higuera Comun (Sp.); Fico (Ital.); Figuier Commun (Fr.)	1	1
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	1	1
<i>Foeniculum vulgare</i> Fennel	1	1
<i>Forsythia suspensa</i> Lian-Jiao; Lien-Chiao	1	1
<i>Fragaria</i> spp Strawberry	2	2

Plant	# Chemicals	Total PPM
<i>Galega officinalis</i> Goat's Rue; Galega	1	
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glycine max</i> Soybean	1	
<i>Glycyrrhiza uralensis</i> Chinese Licorice; Gan-Cao; Kan-Tsao	1	
<i>Glycyrrhiza glabra</i> Commom Licorice; Smooth Licorice; Licorice-Root; Licorice	1	
<i>Gossypium sp</i> Cotton	3	
<i>Guazuma tomentosa</i>	1	
<i>Haematoxylum campechianum</i> Logwood; Campechy	1	
<i>Hamamelis virginiana</i> Witch Hazel	1	
<i>Helianthus annuus</i> Sunflower; Girasol	1	1220.0
<i>Hibiscus sabdariffa</i> Acedera de Guinea (Sp.); Rosa de Jamaica (Sp.); Sorrel; Rosella (Ger.); Sereni (Sp.); Roselle; Kharkadi; Jamaica Sorrel; Indian Sorrel; Red Sorrel; Malventee (Ger.)	1	
<i>Hibiscus rosa-sinensis</i> Shoe-flower; Chinese hibiscus	1	
<i>Hippophae rhamnoides</i> Yellow Spine; Sallow Thorn; Sea Buckthorn	1	
<i>Holarrhena pubescens</i> Zhi Xie Mu; Tellicherry Bark; Conessi; Kurchi	1	
<i>Houttuynia cordata</i> Fishwort; Yu Xing Cao; Dokudami	1	
<i>Humulus lupulus</i> Hops	3	
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hypericum perforatum</i> Goatweed; Common St. Johnswort; Hypericum; Klamath Weed; St. John's-wort	2	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	
<i>Isatis tinctoria</i> Dyer's Woad	1	
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Common Juniper; Juniper	1	
<i>Kalanchoe spathulata</i> Beach Bells	1	
<i>Kalanchoe pinnata</i> Air Plant; Siempre Viva	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Laurus nobilis</i> Laurel; Bay Laurel; Bay; Bayleaf; Sweet Bay; Grecian Laurel	2	
<i>Ledum palustre</i> Marsh Tea; Wild Rosemary	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Ligustrum lucidum</i> White Waxtree; Privet; Glossy Privet; Ligustri Fructus; Chinese Privet	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Flax; Linseed	2	
<i>Lippia dulcis</i> Sweet Herb	1	
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	2	
<i>Ludwigia perennis</i> Perennial ludwigia	1	
<i>Ludwigia adscendens</i> Ascending ludwigia	1	
<i>Lycium chinense</i> Gou Qi (Chin.); Kuko (Jap.); Chinese Matrimony Vine; Daun Koki (Indones.); Lyciet de Chine (Fr.); Chinesischer Bocksdoorn (Ger.); Chinese Boxthorn; Wolfberry; Spina Santa Cinese (Ital.); Chinese Wolfberry; Kaukichai (Malays.)	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Macadamia spp</i> Macadamia	1	

Plant	# Chemicals	Total PPM
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Magnolia officinalis</i> Chinese Magnolia; Magnolia-Bark; Hou Pu	2	
<i>Magnolia kobus</i> Hsin-I; Xin-Yi	1	
<i>Magnolia denudata</i> Hsin-I; Xin-Yi	2	
<i>Malus domestica</i> Apple	2	526.0
<i>Mangifera indica</i> Mango	1	
<i>Maranta arundinacea</i> Bermuda Arrowroot; Arrowroot	1	
<i>Marrubium vulgare</i> White Horehound; Horehound	1	
<i>Matricaria recutita</i> Wild Camomile; German Camomile; Annual Camomile	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Mentha x rotundifolia</i> Applemint	2	
<i>Menyanthes trifoliata</i> Water Trefoil; Marsh Trefoil; Buckbean; Bog Myrtle; Marsh Clover; Bogbean	1	
<i>Moringa oleifera</i> West Indian Ben; Drumstick Tree; Ben Nut; Horseradish Tree; Jacinto (Sp.); Moringa; Benzolive Tree	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	2	
<i>Musa x paradisiaca</i> Banana; Plantain	3	
<i>Myristica fragrans</i> nogal moscado (Sp.); nuez moscada (Sp.); Mace; Nutmeg; Muskatnussbaum (Ger.)	3	
<i>Nelumbo nucifera</i> Water Lotus	1	
<i>Nerium oleander</i> Oleander	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil	1	
<i>Oenothera biennis</i> Evening-Primrose	2	414000.0
<i>Olea europaea</i> Olive	1	
<i>Ononis spinosa</i> Spiny Restharrow; Restharrow; Hauhechel (Ger.)	1	
<i>Origanum vulgare</i> Oregano; Pot Marjoram; Wild Marjoram; European Oregano; Common Turkish Oregano; Wild Oregano	1	
<i>Paeonia suffruticosa</i> Tree Peony; Moutan Peony; Moutan	1	
<i>Paeonia moutan</i> Tree Peony; Moutan	1	
<i>Paeonia lactiflora</i> Common Garden Peony; Peony; Chih-Shao; Bai Shao (Chinese); White Peony	1	
<i>Panax notoginseng</i> Sanchi Ginseng	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Pastinaca sativa</i> Parsnip	1	
<i>Perilla frutescens</i> Perilla	2	
<i>Persea americana</i> Avocado	1	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Phyllanthus niruri</i> Seed On The Leaf	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus mugo</i> Swiss Mountain Pine; Dwarf Pine	1	

Plant	# Chemicals	Total PPM
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	
<i>Pistacia lentiscus</i> Mastixbaum (Ger.); Chios Mastictree; Mastictree; Lentisco (Sp.); Mastic	1	
<i>Pisum sativum</i> Pea	2	
<i>Plumeria acutifolia</i> Frangipani	1	
<i>Podophyllum pleianthum</i> Chinese Mayapple	1	
<i>Podophyllum peltatum</i> Mayapple	1	100000.0
<i>Podophyllum hexandrum</i> Himalayan Mayapple	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polygonum aviculare</i> Prostrate Knotweed	2	
<i>Populus tacamahacca</i> Balm Of Gilead	1	
<i>Prosopis juliflora</i> Mesquite	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	3	
<i>Prunus spinosa</i> Sloe; Blackthorn	2	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	2	
<i>Prunus persica</i> Peach	1	
<i>Prunus laurocerasus</i> Cherry Laurel	2	
<i>Prunus dulcis</i> Almond	2	
<i>Prunus domestica</i> Plum	2	
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	2	
<i>Psidium guajava</i> Guava	1	
<i>Psidium cattleianum</i> Strawberry Guava	2	
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	1	
<i>Pueraria montana</i> Kudzu; Kudzu	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Romanzeiro (Port.); Pomegranate; Grenadier (Fr.); Granado (Sp.); Zakuro (Jap.); Mangrano (Sp.); Granatapfelstrauch (Ger.)	3	
<i>Pyrus communis</i> Pear	1	56.0
<i>Quercus velutina</i> Black Oak	1	
<i>Quercus robur</i> English Oak	1	
<i>Quercus infectoria</i> Aleppo Oak; Gall Oak; Dyer's Oak	1	
<i>Quercus alba</i> White Oak	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Rhus toxicodendron</i> Poison Ivy	1	
<i>Rhus coriaria</i> Tanner's Sumac; Sumac; Sicilian Sumac	1	
<i>Ribes nigrum</i> Black Currant	3	
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa damascena</i> Damask Rose	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Rumex crispus</i> Lengua De Vaca; Curly Dock; Sour Dock; Yellow Dock	2	
<i>Rumex acetosa</i> Garden Sorrel	1	

Plant	# Chemicals	Total PPM
<i>Ruta graveolens</i> Rue	1	
<i>Salix alba</i> White Willow	3	
<i>Sambucus nigra</i> European Elderberry; Elder; European Alder; European Elder; Black Elder	1	
<i>Sambucus canadensis</i> American Elderberry; American Elder; Elderberry; Sweet Elder	1	
<i>Sanguisorba officinalis</i> Greater Burnet	1	
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Schinus terebinthifolius</i> Brazilian Peppertree	1	
<i>Schinus molle</i> Peruvian Peppertree; California Peppertree; Mastic-Tree	1	
<i>Senna occidentalis</i> Coffee Senna	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Solanum tuberosum</i> Potato	1	
<i>Solanum melongena</i> Aubergine; Eggplant	2	
<i>Solidago virgaurea</i> European Goldenrod; Woundwort	1	
<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	1	38.0
<i>Syzygium aromaticum</i> Clove; Clovetree	1	
<i>Tabebuia impetiginosa</i> Taheebo; Pau d'arco	1	
<i>Tagetes patula</i> French Marigold	1	
<i>Tagetes minuta</i> Aztec Marigold; Wild Marigold; Dwarf Marigold; Stinking-Roger; Mexican Marigold; Muster John Henry	1	
<i>Tanacetum vulgare</i> Tansy	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia ivorensis</i> Brimstonewood; Shinglewood; Emire; Idigbo; Blackbark; Satinwood; Black Afara	1	
<i>Terminalia chebula</i> Chebulic Myrobalan; Myrobalan; Black Myrobalan; Ink Nut	1	
<i>Terminalia catappa</i> Indian Almond; Tropical Almond; Malabar Almond	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium botrys</i> Field Germander	1	
<i>Theobroma cacao</i> Cacao	2	
<i>Thespesia populnea</i> Indian tulip tree	1	
<i>Thevetia peruviana</i> Cabalonga (Sp.); Yellow Oleander; Adelfa Amarilla (Sp.); Peruvian Yellow Oleander; Loandro-Amarelo (Port.); Luckynut; Oleandre Jaune (Fr.); Chirca (Sp.); Thevetie (Ger.)	1	
<i>Tilia</i> sp. Lime; Basswood; Linden	1	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Tridax procumbens</i> Coatbuttons; Mexican daisy	1	
<i>Trifolium pratense</i> Peavine Clover; Red Clover; Cowgrass; Purple Clover	3	
<i>Trigonella foenum-graecum</i> Fenugreek; Greek Hay; Bockshornklee (Ger.); Alholva (Sp.); Greek Clover	1	
<i>Triticum aestivum</i> Wheat	1	
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Uncaria catechu</i> Pale Catechu; Gambir	1	
<i>Urginea maritima</i> European Squill	1	

Plant	# Chemicals	Total PPM
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	3	
<i>Vaccinium macrocarpon</i> American Cranberry; Large Cranberry; Cranberry	1	500.0
<i>Vaccinium corymbosum</i> Blueberry	3	
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	
<i>Viburnum opulus</i> Guelder Rose; Snowballbush; European Cranberry Bush; Crampbark	2	
<i>Vigna radiata</i> Mungbean; Green Gram	1	
<i>Viola tricolor</i> Pansy; Wild Violet	1	
<i>Viola odorata</i> Common Violet; Sweet Violet	1	
<i>Vitis vinifera</i> European Grape; Weinrebe (Ger.); Grapevine; Grape; Vid (Sp.); Parra (Sp.); Wine Grape; Vigne Vinifere (Fr.)	3	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	2	
<i>Zingiber officinale</i> Ginger	2	