

A Thermogenic

*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>Abies alba</i> Silver-Fir	1	
<i>Acacia farnesiana</i> Huisache; Opopanax; Cassie; Sweet Acacia; Popinac	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Actaea racemosa</i> Black Snakeroot; Black Cohosh	1	
<i>Actaea cimicifuga</i> Sheng ma; Foetid Bugbane; Bugbane	1	
<i>Aframomum melegueta</i> Grains-of-Paradise; Malagueta (Sp.); Guinea Grains; Melegueta Pepper; Malagettapfeffer (Ger.); Alligator Pepper	2	
<i>Agrimonia eupatoria</i> Sticklewort; Agrimony	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Anacardium occidentale</i> Cashew	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Arachis hypogaea</i> Peanut; Groundnut	1	36.0
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Artemisia dracunculus</i> Tarragon	1	6.0
<i>Artemisia absinthium</i> Wormwood	1	
<i>Beta vulgaris</i> Sugar Beet; Garden Beet; Beetroot; Beet	1	
<i>Betula lenta</i> Cherry Birch	1	
<i>Bixa orellana</i> Arnato; Annoto; Annatto; Achiote; Lipstick Pod; Lipsticktree; Bija; Annato	1	
<i>Brassica oleracea</i> var. <i>italica</i> Winter Broccoli; Cape Broccoli; Heading Broccoli; Asparagus Broccoli; Purple Cauliflower; Sprouting Broccoli; Calabrese; Broccoli	1	
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	
<i>Calea zacatechichi</i> Mexican Calea; Bitter Grass; Dog's Grass	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	0.68
<i>Camellia sinensis</i> Tea	2	
<i>Cananga odorata</i> Ylang-Ylang; Cananga	1	
<i>Capsicum frutescens</i> Cayenne; Spur Pepper; Hot Pepper; Tabasco; Chili; Red Chili	1	35800.0
<i>Capsicum annuum</i> Cherry Pepper; Paprika; Sweet Pepper; Bell Pepper; Cone Pepper; Green Pepper	1	8000.0
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	1	
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Cinnamomum aromaticum</i> Chinese Cassia; Canela de la China (Sp.); Chinesischer Zimtbaum (Ger.); Cannelier de Chine (Fr.); Saigon Cinnamon; Cannelier Casse (Fr.); Chinese Cinnamon; Chinazimt (Ger.); Cassia Bark; Canelle de Cochinchine (Fr.); Cassia; Zimtcassie (Ger.); Kashia-Keihi (Jap.); China Junk Cassia; Canelero chino (Sp.); Cassia Ligna	1	
<i>Colchicum autumnale</i> Autumn Crocus; Meadow Saffron	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Dipteryx odorata</i> Tonka Bean; Dutch Tonka Bean	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	2	
<i>Filipendula ulmaria</i> Meadowsweet; Queen Of The Meadow	1	
<i>Fragaria</i> spp Strawberry	1	
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	1	

Plant	# Chemicals	Total PPM
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Licorice-Root; Commom Licorice	1	1134.0
<i>Gossypium</i> sp Cotton	1	
<i>Hedeoma pulegioides</i> American Pennyroyal	1	
<i>Helianthemum glomeratum</i>	1	
<i>Hippomane mancinella</i> Manchineel	1	400.0
<i>Hordeum vulgare</i> Barley; Barleygrass	1	
<i>Iris versicolor</i> Blue Flag	1	
<i>Jasminum officinale</i> Poet's Jessamine; Jasmine	1	
<i>Matricaria recutita</i> Wild Camomile; Annual Camomile; German Camomile	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Menyanthes trifoliata</i> Bog Myrtle; Marsh Clover; Buckbean; Water Trefoil; Bogbean; Marsh Trefoil	1	
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Ononis spinosa</i> Restharrow; Hauhechel (Ger.); Spiny Restharrow	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	
<i>Panax ginseng</i> Oriental Ginseng; Ginseng; Korean Ginseng; Chinese Ginseng	1	
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	240000.0
<i>Piper cubeba</i> Cubeb; Cubeb Pepper	1	
<i>Pisum sativum</i> Pea	1	
<i>Plantago major</i> Common Plantain	1	2.0
<i>Polygonum aviculare</i> Prostrate Knotweed	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	
<i>Punica granatum</i> Zakuro (Jap.); Grenadier (Fr.); Granatapfelbaum (Ger.); Mangrano (Sp.); Pomegranate; Romanzeiro (Port.); Granado (Sp.); Granatapfelstrauch (Ger.)	1	
<i>Ribes rubrum</i> Red Currant; White Currant	1	
<i>Rosa multiflora</i> Multiflora Rose	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Salix alba</i> White Willow	1	
<i>Salvia officinalis</i> Sage	1	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Stachytarpheta cayennensis</i> Verbena	1	
<i>Taxus baccata</i> Common Yew	1	
<i>Trifolium pratense</i> Purple Clover; Cowgrass; Peavine Clover; Red Clover	1	
<i>Triticum aestivum</i> Wheat	1	8.0
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viola tricolor</i> Wild Violet; Pansy	1	
<i>Viola odorata</i> Sweet Violet; Common Violet	1	
<i>Vitis vinifera</i> Vid (Sp.); Vigne Vinifere (Fr.); Weinrebe (Ger.); Grape; Wine Grape; European Grape; Grapevine; Parra (Sp.)	1	

Plant	# Chemicals	Total PPM
<i>Xylopia aethiopica</i> Maniguete (Sp.); Spice Tree; Guinea Pepper; Ethiopian Pepper; Negro Pepper; Pimienta de Guinea (Sp.); Mohrenpfeffer (Ger.)	1	
<i>Zingiber officinale</i> Ginger	6	20508.0