

A Ergogenic

*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 manihot</i> Manioc Hibiscus	1	216.0
<i>Abelmoschus esculentus</i> Okra	1	120.0
<i>Abrus precatorius</i> Licorice Vine; Weathervine; Precatory Bean; Lucky Bean; Rosary Pea; Love Bean; Red Beadvine; Prayer Beads; Jequirity Bean; Minnie-Minnies; Jequirity; Coral Beadplant; Indian Licorice; Crab's Eye; Weatherplant	1	225000.0
<i>Acanthopanax gracilistylis</i> Wu Chia Pi	1	38.0
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Achyranthes bidentata</i> Chaff Flower	1	102.0
<i>Aconitum carmichaelii</i> Fu-Tsu; Aconite	1	26.0
<i>Acorus calamus</i> Flagroot; Sweetflag; Sweetroot; Myrtle Flag; Sweet Calamus; Calamus	1	
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Actaea dahurica</i> Sheng ma; Xing an sheng ma	1	
<i>Agathosma betulina</i> Buchu; Mountain Buchu; Honey Buchu	1	168.0
<i>Akebia quinata</i> Chocolate Vine	1	20.0
<i>Albizia julibrissin</i> Mimosa	1	16.0
<i>Alisma plantago-aquatica</i> Mud Plantain; Ze-Xie; Water Plantain; Tse-Hsieh	1	136.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	30.6
<i>Allium cepa</i> Onion; Shallot	1	174.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	102.0
<i>Aloe vera</i> Aloe; Bitter Aloes	1	1540.0
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Amaranthus</i> sp. Pigweed	1	216.0
<i>Amomum xanthioides</i> Bastard Cardamom; Tavoy Cardamom; Malabar Cardamom; Chin Kousha	1	96.0
<i>Amorphophallus konjac</i> Konjac; Devil's Tongue; Snake Palm; Umbrella Arum; Leopard Palm; Elephant Yam	1	
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	100.0
<i>Amphicarpaea bracteata</i> Hog Peanut	1	
<i>Anacardium occidentale</i> Cashew	1	114.0
<i>Ananas comosus</i> Pineapple	1	12.0
<i>Anemarrhena asphodeloides</i> Zhi-Mu; Chih-Mu	1	54.0
<i>Anethum graveolens</i> Garden Dill; Dill	1	432.0
<i>Angelica sinensis</i> Chinese Angelica; Dang Gui; Dang Qui; Dong Quai; Dong Gui; Dang Quai	1	
<i>Angelica laxiflora</i> Tu Huo	1	30.0
<i>Angelica dahurica</i> Bai Zhi	1	58.0
<i>Annona muricata</i> Soursop	1	8.0
<i>Annona cherimola</i> Cherimoya	1	30.0
<i>Anthriscus cerefolium</i> Chervil	1	20.0
<i>Apium graveolens</i> Celery	1	406.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	70.0

Plant	# Chemicals	Total PPM
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	1	41.2
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	
<i>Areca catechu</i> Pin-Lang; Betel Nut	1	32.0
<i>Arisaema consanguineum</i> Chinese Jack-In-The-Pulpit	1	28.0
<i>Aristolochia debilis</i> Chinese Birthwort	1	80.0
<i>Armoracia rusticana</i> Horseradish	1	56.9
<i>Artemisia vulgaris</i> Mugwort	1	180.0
<i>Artemisia herba-alba</i> Desert Wormwood	1	42.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artemisia cina</i> Levant Wormseed	1	
<i>Artemisia capillaris</i> Capillary Wormwood	1	44.0
<i>Artocarpus heterophyllus</i> Jackfruit	1	32.0
<i>Artocarpus altilis</i> Breadfruit	1	16.0
<i>Asiasarum sieboldii</i> Siebold's Wild Ginger	1	118.0
<i>Asiasarum heterotropoides</i> Asian Wild Ginger	1	118.0
<i>Asimina triloba</i> Pawpaw	1	76.0
<i>Asparagus officinalis</i> Asparagus	1	248.0
<i>Asparagus lucidus</i> Lucid Asparagus	1	16.0
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	21.0
<i>Atractylodes ovata</i> Pai-Chu; Bai-Zhu	1	64.0
<i>Atractylodes lancea</i> Cang Zhu	1	66.0
<i>Avena sativa</i> Oats	1	
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Barosma betulina</i> Buchu	1	168.0
<i>Belamcanda chinensis</i> Blackberry Lily; Shenan; Mariposa (Sp.); Leopard Lily; Iris Tigre (Fr.); Leopardenblume (Ger.); Maravilla (Sp.)	1	34.0
<i>Berberis vulgaris</i> Barberry	1	
<i>Bertholletia excelsa</i> Brazilnut; Paranut; Brazilnut-Tree; Creamnut	1	106.0
<i>Beta vulgaris</i> Sugar Beet; Beet; Garden Beet; Beetroot	1	140.0
<i>Blechnum orientale</i> Shield Fern; Kuan Chung	1	34.0
<i>Bletilla striata</i> Dai Chi (Chin.); Hyacinth Orchid; Hardy Orchid; Shiran (Jap.); Hyacinth Bletilla; Bletilla; Chinese Ground Orchid	1	32.0
<i>Boehmeria nivea</i> Ramie	1	86.0
<i>Borago officinalis</i> Beeplant; Borage; Beebread; Talewort	1	
<i>Brassica rapa</i> Turnip; Seven-Top Turnip; Rapini	1	76.0
<i>Brassica pekinensis</i> Chinese Cabbage	1	160.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Spring-Heading Cabbage; Tall Kale; Collards; Cow Cabbage; Tree Kale	1	314.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Kitchen Kale; Scotch Kale; Kale	1	56.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Sprouting Broccoli; Winter Broccoli; Asparagus Broccoli; Heading Broccoli; Broccoli; Purple Cauliflower; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	314.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	1	77.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	430.0
<i>Brassica nigra</i> Black Mustard	1	80.0

Plant	# Chemicals	Total PPM
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	66.0
<i>Brassica juncea</i> Mustard Greens	1	130.0
<i>Broussonetia papyrifera</i> Paper Mulberry	1	46.0
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Cajanus cajan</i> Pigeonpea	1	68.0
<i>Camellia sinensis</i> Tea	1	60.0
<i>Canavalia ensiformis</i> Jack Bean	1	40.0
<i>Capsicum frutescens</i> Tabasco; Spur Pepper; Cayenne; Chili; Hot Pepper; Red Chili	1	48.0
<i>Capsicum annuum</i> Sweet Pepper; Cherry Pepper; Green Pepper; Cone Pepper; Bell Pepper; Paprika	1	84.7
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	
<i>Carum carvi</i> Carum; Kummel (Ger.); Caraway; Comino (Sp.); Comino de prado (Sp.)	1	122.0
<i>Carya ovata</i> Shagbark Hickory	1	776.0
<i>Carya illinoensis</i> Pecan	1	112.0
<i>Carya glabra</i> Pignut Hickory	1	2200.0
<i>Cassia tora</i> Sickle Senna	1	62.0
<i>Castanea sativa</i> European Chestnut	1	20.0
<i>Castanea mollissima</i> Chinese Chestnut	1	34.0
<i>Castanea dentata</i> American Chestnut	1	48.0
<i>Catalpa ovata</i> Hsin-Pa-Pi; Kisasage	1	42.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	
<i>Celosia cristata</i> Cockscomb	1	78.0
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	37.4
<i>Chaenomeles lagenaria</i> Chinese Quince; Mu-Kua	1	42.0
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	
<i>Chamissoa altissima</i> Guanique	1	
<i>Chenopodium album</i> Lambsquarter	1	48.0
<i>Chondrus crispus</i> Irish Moss	1	88.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	100.0
<i>Cichorium intybus</i> Chicory; Succory; Witloof	1	
<i>Cichorium endivia</i> Escarole; Endive	1	292.0
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Cimicifuga dahurica</i> Sheng Ma	1	36.0
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	108.0
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	120.0
<i>Cinnamomum burmannii</i> Java Cinnamon; Padang Cassia	1	20.0
<i>Cinnamomum aromaticum</i> China Junk Cassia; Cannelier de Chine (Fr.); Kashia-Keihi (Jap.); Cassia; Chinesischer Zimtbaum (Ger.); Chinese Cinnamon; Canelero chino (Sp.); Canelle de Cochinchine (Fr.); Saigon Cinnamon; Cassia Lignea; Canela de la China (Sp.); Zimtcassie (Ger.); Chinese Cassia; Chinazimt (Ger.); Cassia Bark; Cannelier Casse (Fr.)	1	20.0
<i>Cistanche salsa</i> Broomrape; Cistanchis Herba; Jou Tsung Jung	1	26.0
<i>Citrullus lanatus</i> Watermelon	1	16.0
<i>Citrus sinensis</i> Orange	1	26.0

Plant	# Chemicals	Total PPM
<i>Citrus reticulata</i> Tangerine; Mandarin	1	16.0
<i>Citrus paradisi</i> Grapefruit	1	31.0
<i>Citrus medica</i> Citron	1	28.0
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	32.0
<i>Citrus aurantiifolia</i> Lime	1	18.0
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Cnidium officinale</i> Jih-Chiung	1	32.0
<i>Cocos nucifera</i> Coconut; Nariyal; Kokospalme (Ger.); Copra; Coconut Palm; Cocotero (Sp.)	1	42.0
<i>Coix lacryma-jobi</i> Adlay; Job'S-Tears; Yi-Yi-Ren; Adlay Millet	1	40.0
<i>Colocasia esculenta</i> Taro	1	145.2
<i>Coptis</i> spp Generic Goldthread	1	1200.0
<i>Coptis japonica</i> Japanese Goldthread; Huang-Lia; Huang-Lian; Huang-Lien	1	1200.0
<i>Coptis chinensis</i> Chinese Goldthread; Huang-Lian; Huang-Lien	1	1200.0
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	104.0
<i>Cornus officinalis</i> Chinese Dogwood	1	24.0
<i>Corylus avellana</i> European Filbert; English Filbert; European Hazel; Hazel; Cobnut	1	78.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Hawthorn; Woodland Hawthorn; English Hawthorn	1	
<i>Crataegus cuneata</i> Hawthorn	1	28.0
<i>Cucumis sativus</i> Cucumber	1	314.0
<i>Cucumis melo</i> Persian Melon; Nutmeg Melon; Melon; Muskmelon; Netted Melon; Cantaloupe	1	62.0
<i>Cucurbita</i> spp Summer Squash	1	82.0
<i>Cucurbita pepo</i> Pumpkin	1	283.0
<i>Cucurbita maxima</i> Pumpkin	1	108.0
<i>Cuminum cyminum</i> Cumin	1	116.0
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	44.0
<i>Cymbopogon citratus</i> West Indian Lemongrass; Lemongrass	1	
<i>Cynanchum atratum</i> Pai-Wei; Bai-Wei	1	62.0
<i>Cynara cardunculus</i> Artichoke	1	72.0
<i>Cyperus rotundus</i> Nutsedge	1	66.0
<i>Cypripedium pubescens</i> Ladyslipper	1	134.0
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	100.0
<i>Daucus carota</i> Carrot	1	158.0
<i>Dendrobium nobile</i> Noble Dendrobium	1	52.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	112.0
<i>Dioscorea bulbifera</i> Air Potato; Potato Yam	1	24.0
<i>Dioscorea alata</i> Winged Yam; Greater Yam	1	34.0
<i>Diospyros virginiana</i> American Persimmon	1	374.0
<i>Drynaria fortunei</i> Fortune's Fern	1	34.0
<i>Echinacea</i> spp Coneflower; Echinacea	1	56.1
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	

Plant	# Chemicals	Total PPM
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elettaria cardamomum</i> Cardamom	1	56.0
<i>Eleutherococcus senticosus</i> Wu jia; Siberian Ginseng; Eleuthero Ginseng; Ci wu jia (Pinyin); Spiny Ginseng	1	
<i>Elytrigia repens</i> Couchgrass; Twitchgrass; Quackgrass; Wheatgrass; Doggrass	1	
<i>Ephedra</i> spp Ma-Huang	1	16.0
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	23.1
<i>Equisetum hyemale</i> Horsetail; Scouring Rush	1	20.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Eriobotrya japonica</i> Loquat	1	56.0
<i>Eriocaulon</i> sp Oriental Pipewort	1	42.0
<i>Eriodictyon californicum</i> Bear's Weed; Holy Herb; California Yerba Santa; Hierba Santa; Mountain Balm; Yerba Santa; Tarweed; Gum Bush; Consumptive's Weed	1	
<i>Erythroxylum novogranatense</i> Coca	1	110.0
<i>Erythroxylum coca</i> Coca	1	58.0
<i>Eucommia ulmoides</i> Du Zhong; Gutta-Percha Tree; Tu Chung	1	28.0
<i>Euodia rutaecarpa</i> Wou Chou Yu	1	36.0
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	38.5
<i>Fallopia japonica</i> Japanese Knotweed; Giant Knotweed; Mexican Bamboo; Hu-Zhang	1	98.0
<i>Ficus carica</i> Fig; Figuier Commun (Fr.); Feigenbaum (Ger.); Higo (Sp.); Figueira (Port.); Higuera Comun (Sp.); Echte Feige (Ger.); Fico (Ital.)	1	14.0
<i>Firmiana simplex</i> Chinese Parasol	1	50.0
<i>Foeniculum vulgare</i> Fennel	1	66.0
<i>Forsythia suspensa</i> Lian-Jiao; Lien-Chiao	1	34.0
<i>Fragaria</i> spp Strawberry	1	34.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	
<i>Fraxinus rhynchophylla</i> Chinese Ash	1	34.0
<i>Fritillaria thunbergii</i> Bei-Mu; Fritillary	1	24.0
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	1	6.6
<i>Gardenia jasminoides</i> Shan-Zhi-Zi; Gardenia; Cape Jasmine; Jasmin; Zhi Zi; Shan-Chih-Tzu	1	34.0
<i>Gastrodia elata</i> Tian Ma	1	24.0
<i>Genipa americana</i> Genipap; Jagua	1	60.0
<i>Gentiana scabra</i> Japanese Gentian	1	36.0
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	31.9
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	1	56.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	16.0
<i>Glechoma hederacea</i> Alehoof	1	106.0
<i>Glehnia littoralis</i> Bei Sha Shen	1	52.0
<i>Glycine max</i> Soybean	1	180.0
<i>Glycyrrhiza uralensis</i> Chinese Licorice; Gan-Cao; Kan-Tsao	2	26.0
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Licorice-Root; Commom Licorice	2	672603.3
<i>Gymnema sylvestre</i> Miracle Fruit; Gymnema	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	19.8

Plant	# Chemicals	Total PPM
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	128.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	108.0
<i>Hibiscus sabdariffa</i> Acedera de Guinea (Sp.); Roselle; Sorrel; Sereni (Sp.); Indian Sorrel; Rosella (Ger.); Kharkadi; Red Sorrel; Jamaica Sorrel; Malventee (Ger.); Rosa de Jamaica (Sp.)	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	142.0
<i>Houttuynia cordata</i> Dokudami; Fishwort; Yu Xing Cao	1	112.0
<i>Humulus lupulus</i> Hops	1	
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hydrastis canadensis</i> Goldenseal	1	17.6
<i>Hyoscyamus niger</i> Henbane	1	96.0
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	22.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	184.0
<i>Isatis tinctoria</i> Dyer's Woad	1	80.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	92.0
<i>Juglans cinerea</i> Butternut	1	74.0
<i>Juncus effusus</i> Rush	1	76.0
<i>Juniperus virginiana</i> Red Cedar	1	634.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	
<i>Jussiaea repens</i> Jussiaeae Herba; Pond Dragon	1	80.0
<i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean	1	186.0
<i>Lactuca sativa</i> Lettuce	1	1948.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	314.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	
<i>Lens culinaris</i> Lentil	1	192.0
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Ligustrum lucidum</i> Glossy Privet; Ligustri Fructus; White Waxtree; Chinese Privet; Privet	1	48.0
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	48.0
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styra	1	676.0
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	4.4
<i>Lonicera japonica</i> Japanese Honeysuckle	1	42.0
<i>Lophatherum gracile</i> Dan Zhu Ye	1	50.0
<i>Lupinus albus</i> White Lupine	1	106.0
<i>Lycium chinense</i> Chinese Matrimony Vine; Chinese Wolfberry; Kaukichai (Malays.); Wolfberry; Lyciet de Chine (Fr.); Kuko (Jap.); Chinese Boxthorn; Spina Santa Cinese (Ital.); Gou Qi (Chin.); Daun Koki (Indones.); Chinesischer Bocksdom (Ger.)	1	86.0
<i>Lycopersicon esculentum</i> Tomato	1	240.0
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	56.0
<i>Lygodium japonicum</i> Climbing Fern	1	46.0
<i>Macadamia spp</i> Macadamia	1	36.0
<i>Magnolia officinalis</i> Chinese Magnolia; Hou Pu; Magnolia-Bark	1	18.0
<i>Magnolia kobus</i> Hsin-I; Xin-Yi	1	50.0

Plant	# Chemicals	Total PPM
<i>Magnolia fargesii</i> Xin-Yi; Hsin-I	1	50.0
<i>Magnolia denudata</i> Xin-Yi; Hsin-I	1	50.0
<i>Malus domestica</i> Apple	1	70.0
<i>Mangifera indica</i> Mango	1	22.8
<i>Manihot esculenta</i> Yuca; Tapioca; Cassava	1	38.0
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Mentha pulegium</i> European Pennyroyal	1	112.0
<i>Mentha arvensis</i> var. <i>piperascens</i> Field Mint; Japanese Mint; Cornmint	1	56.0
<i>Morinda</i> sp Morinda	1	30.0
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	28.0
<i>Murraya</i> sp None	1	14.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	16.5
<i>Myrica cerifera</i> Southern Bayberry; Bayberry; Wax Myrtle; Candle-Berry	1	
<i>Myristica fragrans</i> Nutmeg; Muskatnussbaum (Ger.); nogal moscado (Sp.); nuez moscada (Sp.); Mace	1	80.0
<i>Nardostachys chinensis</i> Chinese Spikenard	1	44.0
<i>Nasturtium officinale</i> Watercress; Berro	1	
<i>Nelumbo nucifera</i> Water Lotus	1	56.0
<i>Nepeta cataria</i> Catnip	1	
<i>Notopterygium incisum</i> Qiang Huo	1	32.0
<i>Nyssa sylvatica</i> Black Gum; Black Tupelo	1	374.0
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	12.0
<i>Oenothera biennis</i> Evening-Primrose	1	180.0
<i>Ophiopogon japonicus</i> Mai-Men-Dong; Mai-Men-Tung	1	32.0
<i>Opuntia ficus-indica</i> Indian Fig; Nopalito; Prickly Pear; Nopal	1	30.0
<i>Origanum vulgare</i> Wild Marjoram; Pot Marjoram; Oregano; Wild Oregano; Common Turkish Oregano; European Oregano	1	98.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	86.0
<i>Paeonia suffruticosa</i> Moutan Peony; Moutan; Tree Peony	1	30.0
<i>Paeonia moutan</i> Moutan; Tree Peony	1	30.0
<i>Paeonia lactiflora</i> Peony; Chih-Shao; Bai Shao (Chinese); White Peony; Common Garden Peony	1	48.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	228.0
<i>Panax japonicus</i> Japanese Ginseng	1	40.0
<i>Panax ginseng</i> Ginseng; Chinese Ginseng; Oriental Ginseng; Korean Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	260.0
<i>Parthenium integrifolium</i> Missouri Snakeroot; Prairie-Dock; Wild Quinine; American Feverfew; Feverfew	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Pastinaca sativa</i> Parsnip	1	140.0
<i>Perilla frutescens</i> Perilla	1	100.0
<i>Persea americana</i> Avocado	1	32.0
<i>Petasites japonicus</i> Butterbur	1	120.0
<i>Petroselinum crispum</i> Parsley	1	

Plant	# Chemicals	Total PPM
<i>Peucedanum decursivum</i> Qian Hu	1	84.0
<i>Phaseolus vulgaris</i> Field Bean; Dwarf Bean; Haricot Vert; Garden Bean; Wax Bean; Haricot Bean; Flageolet Bean; Popping Bean; French Bean; Kidney Bean; Pop Bean; Snap Bean; Black Bean; Haricot; String Bean; Navy Bean; Green Bean	1	400.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	200.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	4.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phellodendron amurense</i> Po Mu; Huang Bai; Amur Cork Tree; Huang Po	1	52.0
<i>Phoenix dactylifera</i> Date Palm	1	66.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	178.0
<i>Physalis ixocarpa</i> Tomatillo	1	142.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Pimenta dioica</i> Pimenta; Pimento; Jamaica-Pepper; Allspice; Clover-Pepper	1	40.0
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	118.0
<i>Pinellia ternata</i> Ban-Xia; Pan-Hsia	1	36.0
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pinus echinata</i> Shortleaf Pine	1	176.0
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	1	71.4
<i>Pistacia vera</i> Pistachio	1	60.0
<i>Pisum sativum</i> Pea	1	120.0
<i>Plantago psyllium</i> Psyllium	1	23.1
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	62.0
<i>Platycodon grandiflorum</i> Jie-Geng; Chieh-Keng; Balloon Flower	1	36.0
<i>Polygala tenuifolia</i> Chinese Senega	1	24.0
<i>Polygonum multiflorum</i> He Shou Wu; Chinese Cornbind; Fleeceflower; Chinese Knotweed; Fo Ti	1	16.0
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	12000.0
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	120.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	120.0
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	50.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	816.0
<i>Prunus persica</i> Peach	1	137.0
<i>Prunus dulcis</i> Almond	1	74.0
<i>Prunus domestica</i> Plum	1	262.0
<i>Prunus cerasus</i> Sour Cherry	1	14.0
<i>Prunus armeniaca</i> Apricot	1	76.0
<i>Psidium guajava</i> Guava	1	40.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Winged Bean; Asparagus Pea	1	102.0
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	60.0
<i>Pulsatilla chinensis</i> Chinese Anemone	1	48.0
<i>Pyrus communis</i> Pear	1	53.2
<i>Quercus velutina</i> Black Oak	1	186.0

Plant	# Chemicals	Total PPM
<i>Quercus stellata</i> Post Oak	1	104.0
<i>Quercus rubra</i> Northern Red Oak	1	310.0
<i>Quercus phellos</i> Willow Oak	1	184.0
<i>Quercus alba</i> White Oak	1	390.4
<i>Quisqualis indica</i> Rangoon Creeper	1	44.0
<i>Raphanus sativus</i> Radish	1	202.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	28.0
<i>Rheum rhabarbarum</i> Rhubarb	1	92.0
<i>Rheum palmatum</i> Chinese Rhubarb	1	20.0
<i>Rhizophora mangle</i> Red Mangrove	1	86.0
<i>Rhodymenia palmata</i> Dulse	1	78.0
<i>Rhus glabra</i> Smooth Sumac	1	416.0
<i>Rhus copallina</i> Winged Sumac; Dwarf Sumac	1	448.0
<i>Ribes uva-crispa</i> Gooseberry	1	32.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	32.0
<i>Ribes nigrum</i> Black Currant	1	42.0
<i>Rosa laevigata</i> Cherokee Rose	1	30.0
<i>Rosa canina</i> Dog Rose; Rose; Dogbrier	1	
<i>Rosmarinus officinalis</i> Rosemary	1	76.0
<i>Rubia cordifolia</i> Madder	1	78.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus chingii</i> Chinese Raspberry	1	56.0
<i>Rubus chamaemorus</i> Cloudberry	1	80.0
<i>Rumex crispus</i> Lengua De Vaca; Yellow Dock; Curly Dock; Sour Dock	1	
<i>Rumex acetosa</i> Garden Sorrel	1	40.0
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	
<i>Salix alba</i> White Willow	1	23.1
<i>Salvia officinalis</i> Sage	1	64.9
<i>Salvia miltiorrhiza</i> Dan-Shen; Red Sage; Tan-Shen	1	24.0
<i>Sambucus nigra</i> European Elderberry; European Elder; European Alder; Black Elder; Elder	1	
<i>Santalum acuminatum</i> Sweet Quandong; Quandong Nut; Quandong	1	
<i>Sassafras albidum</i> Sassafras	1	247.0
<i>Schisandra chinensis</i> Schizandra; Wu Wei Zi; Magnolia Vine; Five-Flavor-Fruit; Chinese Magnolia Vine; Wu Wei Zu	1	
<i>Schizonepeta tenuifolia</i> Jing-Jie; Ching-Chieh	1	56.0
<i>Scrophularia buergeriana</i> Hsuan-Shen; Yuan-Shen	1	26.0
<i>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	1	94.6
<i>Scutellaria baicalensis</i> Baikal Skullcap; Huang Qin; Chinese Skullcap	1	36.0
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	146.0
<i>Senna occidentalis</i> Coffee Senna	1	82.0
<i>Senna obtusifolia</i> Sicklepod	1	152.0
<i>Senna alexandrina</i> Alexandran senna; True Senna; Indian Senna	1	

Plant	# Chemicals	Total PPM
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Benneseed; Sesamo (Sp.); Ajonjoli (Sp.); Sesame; Beni	1	204.0
<i>Siegesbeckia orientalis</i> Hsi Chien; Saint Paul'Swort	1	34.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	36.3
<i>Simmondsia chinensis</i> Jojoba	1	32.0
<i>Sinapis alba</i> White Mustard	1	122.0
<i>Sinomenium acutum</i> Ching-Feng-Teng	1	30.0
<i>Smilax</i> spp Sarsaparilla	1	28.6
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	88.2
<i>Solanum melongena</i> Aubergine; Eggplant	1	51.2
<i>Sophora subprostrata</i> Shan Dou Gen	1	28.0
<i>Sophora angustifolia</i> Narrowleaf Sophora	1	48.0
<i>Sorbus aucubaria</i> Rowan Berry	1	36.0
<i>Spinacia oleracea</i> Spinach	1	370.0
<i>Spirulina</i> spp. Spirulina	1	
<i>Spondias tuberosa</i> Imbu; Umbu	1	2.66
<i>Spondias dulcis</i> Ambarella	1	3.8
<i>Stachys officinalis</i> Betony; Bishop's-Wort; Wood Betony; Purple Betony	1	
<i>Stellaria media</i> Chickweed; Common Chickweed	1	57.2
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Ca-A-E; Stevia	1	
<i>Symphoricarpos orbiculatus</i> Buckbush	1	184.0
<i>Symphytum officinale</i> Comfrey	1	5.6
<i>Syzygium aromaticum</i> Clove; Clovetree	1	60.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	7.7
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	61.3
<i>Taraxacum mongolicum</i> Mongoloid Dandelion	1	68.0
<i>Tephrosia candida</i> White Tephrosia	1	52.0
<i>Tetrapanax papyrifera</i> Rice Paper Tree; Tong-Cao; Tung-Tsao	1	84.0
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	164.5
<i>Trachyspermum ammi</i> Ajwan	1	86.0
<i>Tragopogon porrifolius</i> Salsify	1	4.0
<i>Trifolium pratense</i> Red Clover; Peavine Clover; Purple Clover; Cowgrass	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Greek Clover; Alholva (Sp.); Greek Hay; Fenugreek	1	
<i>Triticum aestivum</i> Wheat	1	38.0
<i>Turnera diffusa</i> Damiana	1	
<i>Tussilago farfara</i> Coltsfoot	1	50.0
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	99.7
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	28.0
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	1	48.7

Plant	# Chemicals	Total PPM
<i>Vaccinium macrocarpon</i> Large Cranberry; American Cranberry; Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	14.0
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	
<i>Valerianella radicata</i>	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	
<i>Verbascum thapsus</i> Velvetplant; Flannelleaf; Flannelplant; Mullein; Great Mullein	1	4.4
<i>Viburnum opulus</i> Crampbark; Guelder Rose; European Cranberry Bush; Snowballbush	1	34.0
<i>Vigna unguiculata</i> Southern Pea; Cowpea; Black-eyed Pea; Crowder Pea	1	76.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	158.0
<i>Vigna angularis</i> Adzuki Bean	1	116.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	42.0
<i>Viscum album</i> European Mistletoe	1	172.0
<i>Vitis vinifera</i> Wine Grape; Parra (Sp.); Vid (Sp.); European Grape; Weinrebe (Ger.); Grapevine; Grape; Vigne Vinifere (Fr.)	1	204.0
<i>Xanthosoma sagittifolium</i> Yautia; Malanga; Tannia	1	38.0
<i>Yucca baccata</i> Spanish Bayonet; Banana Yucca; Yucca; Blue Yucca	1	15.4
<i>Zea mays</i> Corn	1	40.0
<i>Zingiber officinale</i> Ginger	1	114.0
<i>Zizyphus jujuba</i> Jujube; Da-Zao; Ta-Tsao	1	42.0