

A Antiuricosuric

*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 esculentus</i> Okra	1	1
<i>Allium schoenoprasum</i> Chives	1	1
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	1
<i>Allium cepa</i> Shallot; Onion	1	1
<i>Ananas comosus</i> Pineapple	1	1
<i>Anethum graveolens</i> Garden Dill; Dill	1	1
<i>Apium graveolens</i> Celery	1	1
<i>Armoracia rusticana</i> Horseradish	1	1
<i>Artemisia dracunculus</i> Tarragon	1	1
<i>Avena sativa</i> Oats	1	1
<i>Bertholletia excelsa</i> Brazilnut; Brazilnut-Tree; Creamnut; Paranut	1	1
<i>Beta vulgaris</i> Beet; Beetroot; Garden Beet; Sugar Beet	1	1
<i>Betula lenta</i> Cherry Birch	1	1
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Purple Cauliflower; Cape Broccoli; Calabrese; Broccoli; Heading Broccoli; Sprouting Broccoli; Winter Broccoli	1	1
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	1
<i>Brassica oleracea</i> var. <i>capitata</i> l. White Cabbage; Cabbage; Red Cabbage	1	1
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	1
<i>Camellia sinensis</i> Tea	1	1
<i>Capsicum frutescens</i> Red Chili; Tabasco; Chili; Cayenne; Spur Pepper; Hot Pepper	1	1
<i>Capsicum annuum</i> Green Pepper; Bell Pepper; Sweet Pepper; Cone Pepper; Paprika; Cherry Pepper	1	1
<i>Carica papaya</i> Papaya	1	1
<i>Carum carvi</i> Kummel (Ger.); Comino de prado (Sp.); Comino (Sp.); Caraway; Carum	1	1
<i>Ceratonia siliqua</i> Locust Bean; St.John's-Bread; Carob	1	1
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	1
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	1
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	1
<i>Citrus sinensis</i> Orange	1	1
<i>Citrus reticulata</i> Mandarin; Tangerine	1	1
<i>Citrus paradisi</i> Grapefruit	1	1
<i>Citrus limon</i> Lemon	1	1
<i>Cocos nucifera</i> Cocotero (Sp.); Coconut; Copra; Coconut Palm; Nariyal; Kokospalme (Ger.)	1	1
<i>Coffea arabica</i> Coffee	1	1
<i>Corylus avellana</i> European Hazel; Cobnut; English Filbert; European Filbert; Hazel	1	1
<i>Crocus sativus</i> Saffron	1	1
<i>Cucumis melo</i> Cantaloupe; Nutmeg Melon; Persian Melon; Netted Melon; Muskmelon; Melon	1	1
<i>Cucurbita pepo</i> Pumpkin	1	1
<i>Cuminum cyminum</i> Cumin	1	1
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	1

Plant	# Chemicals	Total PPM
<i>Elettaria cardamomum</i> Cardamom	1	1
<i>Eriobotrya japonica</i> Loquat	1	1
<i>Fagopyrum esculentum</i> Buckwheat	1	1
<i>Ficus carica</i> Higuera Comun (Sp.); Echte Feige (Ger.); Figuier Commun (Fr.); Feigenbaum (Ger.); Fico (Ital.); Figueira (Port.); Fig; Higo (Sp.)	1	1
<i>Foeniculum vulgare</i> Fennel	1	1
<i>Fragaria</i> spp Strawberry	1	1
<i>Glycine max</i> Soybean	1	1
<i>Helianthus annuus</i> Sunflower; Girasol	1	1
<i>Hordeum vulgare</i> Barley; Barleygrass	1	1
<i>Juglans regia</i> English Walnut	1	1
<i>Laurus nobilis</i> Bay Laurel; Grecian Laurel; Sweet Bay; Bay; Bayleaf; Laurel	1	1
<i>Lens culinaris</i> Lentil	1	1
<i>Macadamia</i> spp Macadamia	1	1
<i>Malus domestica</i> Apple	1	1
<i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot	1	1
<i>Matricaria recutita</i> German Camomile; Wild Camomile; Annual Camomile	1	1
<i>Medicago sativa</i> Alfalfa; Lucerne	1	1
<i>Mentha x piperita</i> Peppermint	1	1
<i>Musa x paradisiaca</i> Plantain; Banana	1	1
<i>Myristica fragrans</i> Mace; Muskatnussbaum (Ger.); nuez moscada (Sp.); nogal moscado (Sp.); Nutmeg	1	1
<i>Nasturtium officinale</i> Berro; Watercress	1	1
<i>Olea europaea</i> Olive	1	1
<i>Papaver somniferum</i> Opium Poppy; Poppysseed Poppy	1	1
<i>Persea americana</i> Avocado	1	1
<i>Petroselinum crispum</i> Parsley	1	1
<i>Phaseolus vulgaris</i> Popping Bean; String Bean; Dwarf Bean; Black Bean; Field Bean; Flageolet Bean; Navy Bean; Wax Bean; Haricot; Haricot Bean; French Bean; Kidney Bean; Snap Bean; Garden Bean; Pop Bean; Haricot Vert; Green Bean	1	1
<i>Phoenix dactylifera</i> Date Palm	1	1
<i>Pimenta dioica</i> Pimenta; Pimento; Allspice; Clover-Pepper; Jamaica-Pepper	1	1
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	1
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	1
<i>Pinus edulis</i> Pinyon Pine	1	1
<i>Pinus cembroides</i> Mexican Pinyon	1	1
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	1
<i>Prunus dulcis</i> Almond	1	1
<i>Prunus domestica</i> Plum	1	1
<i>Prunus armeniaca</i> Apricot	1	1
<i>Psidium guajava</i> Guava	1	1
<i>Punica granatum</i> Granado (Sp.); Mangrano (Sp.); Pomegranate; Grenadier (Fr.); Zakuro (Jap.); Granatapfelstrauch (Ger.); Granatapfelbaum (Ger.); Romanzeiro (Port.)	1	1
<i>Ribes nigrum</i> Black Currant	1	1
<i>Rosmarinus officinalis</i> Rosemary	1	1

Plant	# Chemicals	Total PPM
<i>Sesamum indicum</i> Beni; Sesamo (Sp.); Sesame; Ajonjoli (Sp.); Benneseed	1	1
<i>Solanum tuberosum</i> Potato	1	1
<i>Spinacia oleracea</i> Spinach	1	1
<i>Syzygium aromaticum</i> Clove; Clovetree	1	1
<i>Theobroma cacao</i> Cacao	1	1
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	1	1
<i>Trigonella foenum-graecum</i> Fenugreek; Bockshornklee (Ger.); Alholva (Sp.); Greek Hay; Greek Clover	1	1
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	1
<i>Vigna unguiculata</i> Black-eyed Pea; Crowder Pea; Southern Pea; Cowpea	1	1
<i>Vigna radiata</i> Mungbean; Green Gram	1	1
<i>Vitis vinifera</i> Wine Grape; Weinrebe (Ger.); Grape; Parra (Sp.); Vigne Vinifere (Fr.); Vid (Sp.); Grapevine; European Grape	1	1
<i>Zea mays</i> Corn	1	1
<i>Zingiber officinale</i> Ginger	1	1