

A Glutathionergic

*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
Acacia senegal Gum Arabic; Gum Arabic Tree; Sudan Gum Arabic; Kher; Senegal Gum	1	
Allium sativum var. sativum Garlic	1	
Allium cepa Onion; Shallot	1	
Aloe vera Aloe; Bitter Aloes	1	
Camellia sinensis Tea	1	
Citrullus lanatus Watermelon	1	11956.0
Coffea arabica Coffee	1	
Cucurbita foetidissima Buffalo Gourd	1	
Daucus carota Carrot	1	
Ginkgo biloba Ginkgo; Maidenhair Tree	1	
Glycine max Soybean	1	12860.0
Helianthus annuus Sunflower; Girasol	1	32000.0
Hypericum perforatum Klamath Weed; St. John's-wort; Goatweed; Common St. Johnswort; Hypericum	1	
Linum usitatissimum Linseed; Flax	1	
Opuntia ficus-indica Indian Fig; Prickly Pear; Nopalito; Nopal	1	11480.0
Oryza sativa Rice	1	
Panax quinquefolius Ginseng; American Ginseng	1	400.0
Panax ginseng Ginseng; Chinese Ginseng; Oriental Ginseng; Korean Ginseng	1	
Phaseolus acutifolius Tepary Bean	1	
Phoenix dactylifera Date Palm	1	2280.0
Senna obtusifolia Sicklepod	1	4880.0
Silybum marianum Lady's Thistle; Milk Thistle	1	
Stachys officinalis Betony; Purple Betony; Wood Betony; Bishop's-Wort	1	
Tilia sp. Linden; Lime; Basswood	1	
Triticum aestivum Wheat	1	2898.0
Withania somnifera Ashwagandha	1	
Zingiber officinale Ginger	1	