

A Prebiotic

*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>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	1	1000000.0
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	1	240000.0
<i>Artemisia vulgaris</i> Mugwort	1	200000.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Calendula officinalis</i> Pot-Marigold; Calendula	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	1430000.0
<i>Cichorium endivia</i> Endive; Escarole	1	
<i>Cynara cardunculus</i> Artichoke	1	
<i>Echinacea</i> spp Echinacea; Coneflower	1	400000.0
<i>Echinacea purpurea</i> Echinacea; Eastern Purple-Coneflower; Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Narrow Leaf Purple-Coneflower; Echinacea; Narrow Leaf Echinacea	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Inula helenium</i> Elecampane	1	890000.0
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Menyanthes trifoliata</i> Buckbean; Marsh Trefoil; Bogbean; Bog Myrtle; Marsh Clover; Water Trefoil	1	
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	
<i>Parthenium integrifolium</i> Prairie-Dock; Feverfew; American Feverfew; Wild Quinine; Missouri Snakeroot	1	
<i>Petasites japonicus</i> Butterbur	1	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Platycodon grandiflorum</i> Balloon Flower; Chieh-Keng; Jie-Geng	1	
<i>Punica granatum</i> Pomegranate; Romanzeiro (Port.); Granado (Sp.); Granatapfelbaum (Ger.); Zakuro (Jap.); Granatapfelstrauch (Ger.); Grenadier (Fr.); Mangrano (Sp.)	1	20000.0
<i>Saussurea lappa</i> Kuth; Costus	1	360000.0
<i>Solidago virgaurea</i> Woundwort; European Goldenrod	1	
<i>Taraxacum officinale</i> Dandelion	1	700000.0
<i>Taraxacum mongolicum</i> Mongoloid Dandelion	1	
<i>Tragopogon porrifolius</i> Salsify	1	
<i>Tussilago farfara</i> Coltsfoot	1	