

A Antioxidant (LDL)

*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	2	
<i>Acinos suaveolens</i>	2	
<i>Aframomum melegueta</i> Grains-of-Paradise; Melegueta Pepper; Malagueta (Sp.); Alligator Pepper; Guinea Grains; Malagettapfeffer (Ger.)	1	
<i>Agastache rugosa</i>	1	
<i>Anethum graveolens</i> Dill; Garden Dill	2	
<i>Angelica sinensis</i> Chinese Angelica; Dong Quai; Dang Quai; Dang Qui; Dong Gui; Dang Gui	1	
<i>Apium graveolens</i> Celery	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	
<i>Artemisia herba-alba</i> Desert Wormwood	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artemisia cina</i> Levant Wormseed	1	
<i>Artemisia annua</i> Annual Wormwood (GRIN); Annual Mugwort (GRIN); Sweet Wormwood (GRIN); Sweet Annie; Qinghao	2	
<i>Borago officinalis</i> Talewort; Beebread; Borage; Beeplant	1	14000.0
<i>Calamintha nepeta</i> Turkish Calamint	2	
<i>Camellia sinensis</i> Tea	2	
<i>Carum carvi</i> Caraway; Comino de Prado (Sp.); Carum; Comino (Sp.); Kummel (Ger.)	1	
<i>Chrysanthemum x morifolium</i> Florist's Chrysanthemum; Ju Hua (Pinyin); Mum; Chrysanthemum	1	
<i>Chrysanthemum parthenium</i> Feverfew	2	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	
<i>Citrus sinensis</i> Orange	1	
<i>Citrus reticulata</i> Mandarin; Tangerine	1	20.1
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	2.0
<i>Collinsonia canadensis</i> Stone Root	1	
<i>Coridothymus capitatus</i> Spanish Oregano	2	
<i>Cunila origanoides</i> Frost Flower; Frost Mint; Mountain Dittany; Maryland Dittany; Dittany; American Dittany; Stone Mint	2	22260.0
<i>Dictamnus albus</i> Gas Plant; Gazelotu; Burning Bush; Akgiritotu; Dittany	1	
<i>Elsholtzia polystachya</i> Bush Mint	1	
<i>Elsholtzia pilosa</i> Hairy Mint Shrub	1	
<i>Elytrigia repens</i> Twitchgrass; Wheatgrass; Doggrass; Couchgrass; Quackgrass	2	
<i>Eucalyptus bridgesiana</i> Bridges' Eucalyptus	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Glechoma hederacea</i> Alehoof	1	50000.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice-Root; Smooth Licorice; Licorice	2	
<i>Houttuynia cordata</i> Fishwort; Dokudami; Yu Xing Cao	2	
<i>Hyptis suaveolens</i> Wild Hops	1	
<i>Hyssopus officinalis</i> Hyssop	3	10008.0
<i>Juniperus sabina</i> Sabine	1	
<i>Lavandula x intermedia</i> Dutch Lavender; Lavandin	1	10000.0

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<i>Lavandula latifolia</i> Aspic; Spike Lavender; Broad-Leaved Lavender	1	14000.0
<i>Lavandula angustifolia</i> English Lavender	1	24000.0
<i>Levisticum officinale</i> Lovage	1	
<i>Lippia graveolens</i> Oregano	2	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Lycopus virginicus</i> Bugle	1	
<i>Lycopus europeus</i> European Bugle	1	74000.0
<i>Melissa officinalis</i> Bee Balm; Lemonbalm; Balm; Melissa	2	55400.0
<i>Mentha x rotundifolia</i> Applemint	1	71200.0
<i>Mentha x piperita</i> Peppermint	1	63600.0
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	3	110400.0
<i>Mentha pulegium</i> European Pennyroyal	3	60800.0
<i>Mentha longifolia</i> Biblical Mint	2	30.0
<i>Mentha arvensis</i> var. <i>piperascens</i> Japanese Mint; Cornmint; Field Mint	1	56456.0
<i>Mentha aquatica</i> Water Mint	1	54000.0
<i>Micromeria myrtifolia</i> Dagcayi; Topukcayi; Haydarotu	2	
<i>Micromeria juliana</i>	2	
<i>Micromeria fruticosa</i> Zopha; Zuta; Tea Hyssop	2	
<i>Micromeria congesta</i> Kaya Yarpuzu	2	
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	
<i>Monarda russeliana</i> Russel's Monarda	2	4560.0
<i>Monarda punctata</i> Horsemint	2	80280.0
<i>Monarda media</i> Mean Monarda	2	8056.0
<i>Monarda lindheimeri</i> Lindheimer's Monarda	1	14048.0
<i>Monarda fistulosa</i> Wild Bergamot	3	121504.0
<i>Monarda didyma</i> Beebalm; Oswego Tea	3	36100.0
<i>Monarda citriodora</i> Lemon Mint	2	17306.0
<i>Murraya koenigii</i> Curry Leaf; Curry Leaf Tree; Indian Curry Tree	1	
<i>Myrtus communis</i> Myrtle; Mirto (Sp.); Myrte (Ger.); Arrayan (Sp.)	1	6.0
<i>Nepeta racemosa</i> Catmint	2	
<i>Nepeta cataria</i> Catnip	3	4000.0
<i>Nigella sativa</i> Nutmeg-Flower; Black Cumin; Fennel-Flower; Black Caraway; Roman Coriander	1	
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	2	
<i>Ocimum sanctum</i> Tulsi; Holy Basil	1	
<i>Ocimum gratissimum</i> Agbo; Shrubby Basil	2	
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	3	23130.0
<i>Oenanthe javanica</i> Javan Water Dropwort	1	
<i>Origanum vulgare</i> Wild Oregano; Oregano; Pot Marjoram; Common Turkish Oregano; Wild Marjoram; European Oregano	3	194460.0
<i>Origanum syriacum</i> Za'Atar	2	
<i>Origanum sipyleum</i> Bayircayi; Guveyoto	2	
<i>Origanum onites</i> Pot Marjoram; Oregano	2	16792.0
<i>Origanum minutiflorum</i> Small-Flowered Oregano	2	

Plant	# Chemicals	Total PPM
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	2	83181.0
<i>Origanum creticum</i> Dittany Of Crete	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Petroselinum crispum</i> Parsley	2	
<i>Peumus boldus</i> Boldo	2	
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	
<i>Piper betel</i> Betel Pepper	1	4700.0
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Plectranthus amboinicus</i> Amboini Coleus; French Thyme; Mexican Mint; Spanish Thyme; Country Borage; Indian Borage; Cuban Oregano; Soup Mint	1	
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	122000.0
<i>Pycnanthemum virginianum</i> Virginia Mountain Mint	2	754.0
<i>Pycnanthemum nudum</i> Nude Mountain Mint	2	48516.0
<i>Rosmarinus officinalis</i> Rosemary	3	161914.0
<i>Salvia sclarea</i> Clary Sage	1	68000.0
<i>Salvia officinalis</i> Sage	2	92200.0
<i>Salvia canariensis</i> Canary Island Sage	1	
<i>Satureja thymbra</i> Goat Oregano	2	
<i>Satureja subspicata</i> Yugoslav Savory	2	
<i>Satureja obovata</i> Iberian Savory; Savory	2	
<i>Satureja montana</i> Winter Savory; Savory	3	74002.0
<i>Satureja hortensis</i> Summer Savory	3	66800.0
<i>Satureja douglasii</i> Douglas' Savory	1	78.0
<i>Satureja cuneifolia</i> Cuneate Turkish Savory	2	
<i>Satureja cilicica</i> Turkish Savory	2	
<i>Schinus molle</i> Mastic-Tree; California Peppertree; Peruvian Peppertree	1	
<i>Scrophularia scorodonia</i>	1	
<i>Sideritis scardica</i> Balkan Sideritis	1	
<i>Sideritis athoa</i> Kedi Kuyruğu Cayı	1	
<i>Stachys officinalis</i> Bishop's-Wort; Wood Betony; Betony; Purple Betony	1	
<i>Stevia rebaudiana</i> Stevia; Ca-A-E; Sweet Leaf of Paraguay	1	
<i>Symphytum officinale</i> Comfrey	1	10000.0
<i>Tanacetum parthenium</i> Feverfew	2	
<i>Teucrium scorodonia</i> Wood Germander; Germander	2	
<i>Teucrium salviastrum</i>	1	
<i>Teucrium pseudoscorodonia</i>	1	
<i>Teucrium polium</i> Golden Germander; Iberian Golden Germander	2	
<i>Teucrium oxylepis</i>	1	
<i>Teucrium micropodioides</i> Small 'Cyprus' Germander	2	
<i>Teucrium kotschyianum</i> Stavros Kotschy's Germander	2	
<i>Teucrium gnaphalodes</i> Iberian Germander	2	
<i>Teucrium divaricatum</i> Hoary Divaricate Germander	2	
<i>Teucrium cyprium</i> 'Cyprus' Germander	2	

Plant	# Chemicals	Total PPM
<i>Teucrium asiaticum</i>	1	
<i>Thymus zygis</i> Spanish Thyme	2	
<i>Thymus x citriodorus</i> Funk's thyme; Lemon Thyme	1	
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	3	164640.0
<i>Thymus serpyllum</i> Creeping Thyme	3	67124.0
<i>Thymus saturejoides</i> Moroccan Savory Thyme	2	
<i>Thymus riatarum</i> 'Moroccan' Thyme	2	
<i>Thymus orospedanus</i> Orosped Thyme	2	8016.0
<i>Thymus mastichina</i> Spanish Marjoram	1	380.0
<i>Thymus longicaulis</i> Kekik; Tas Kekik	2	
<i>Thymus funkii</i> Funk's Thyme	2	
<i>Thymus cilicicus</i> 'Anatolian' Thyme	1	
<i>Thymus capitatus</i> 'Sicilian' Thyme; Spanish Thyme; Spanish Origanum	2	17760.0
<i>Thymus broussonettii</i> Moroccan Thyme	2	
<i>Trachyspermum ammi</i> Ajwan	2	57840.0
<i>Turnera diffusa</i> Damiana	1	
<i>Umbellularia californica</i> California Bay	1	2640.0
<i>Vaccinium corymbosum</i> Blueberry	2	
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	2	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Zea mays</i> Corn	2	432.0
<i>Zingiber officinale</i> Ginger	1	