

# A Copper-Chelator

\*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 moschatus</i> Muskmallow; Ambrette; Tropical Jewel Hibiscus; Musk Okra	2	
<i>Abelmoschus esculentus</i> Okra	1	
<i>Abutilon theophrasti</i> Butterprint; Indian-Mallow; Velvet Leaf; Abutilon-Hemp	2	
<i>Acacia senegal</i> Senegal Gum; Gum Arabic Tree; Gum Arabic; Kher; Sudan Gum Arabic	2	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia farnesiana</i> Opopanax; Popinac; Cassie; Sweet Acacia; Huisache	1	
<i>Acacia catechu</i> Black Cutch; Catechu	2	
<i>Acalypha indica</i> Indian Acalypha; Copperleaf; Three-Seeded-Mercury; Indian Nettle; Cancer Herb	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Acinos suaveolens</i>	2	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	2	
<i>Agathosma betulina</i> Mountain Buchu; Honey Buchu; Buchu	1	
<i>Ageratum conyzoides</i> Mexican ageratum	2	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	2	
<i>Ailanthus altissima</i> Stinktree; Tree Of Heaven	1	
<i>Albizia lebeck</i> Siris Tree; Frywood; Lebbek; Women's-Tongue Tree; Koko; Lebbek Tree; East Indian Walnut	2	
<i>Allium schoenoprasum</i> Chives	2	128.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	400.0
<i>Allium cepa</i> Onion; Shallot	2	96200.0
<i>Alpinia officinarum</i> Lesser Galangal; Chinese Ginger	2	
<i>Althaea officinalis</i> Marshmallow; White Mallow	2	
<i>Ammi visnaga</i> Visnaga	2	
<i>Ammi majus</i> Bishop's Weed	1	
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anemone pulsatilla</i> Pasque Flower	2	
<i>Anethum graveolens</i> Dill; Garden Dill	2	
<i>Anogeissus latifolia</i> Gum Ghatti	1	
<i>Apium graveolens</i> Celery	2	
<i>Arachis hypogaea</i> Peanut; Groundnut	1	
<i>Araucaria bidwillii</i> Monkey puzzle	1	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Ardisia japonica</i> Marlberry	1	
<i>Armoracia rusticana</i> Horseradish	2	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artemisia annua</i> Annual Mugwort (GRIN); Qinghao; Sweet Wormwood (GRIN); Annual Wormwood (GRIN); Sweet Annie	2	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	
<i>Aspalathus linearis</i> Rooibos; Red Bush Tea; Kaffree Tea	1	

Plant	# Chemicals	Total PPM
<i>Asparagus officinalis</i> Asparagus	2	
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	2	
<i>Avena sativa</i> Oats	1	620.0
<i>Azadirachta indica</i> Neem	2	6000.0
<i>Barosma betulina</i> Buchu	1	
<i>Basella alba</i> Vinespinach	1	
<i>Berberis vulgaris</i> Barberry	2	
<i>Beta vulgaris</i> Beet; Garden Beet; Beetroot; Sugar Beet	2	
<i>Borago officinalis</i> Beeplant; Beebread; Borage; Talewort	2	
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kale; Kitchen Kale; Curly Kale	2	126.0
<i>Brassica oleracea</i> var. <i>italica</i> Sprouting Broccoli; Broccoli; Winter Broccoli; Heading Broccoli; Asparagus Broccoli; Calabrese; Cape Broccoli; Purple Cauliflower	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	50.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Red Cabbage; Cabbage	2	800.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	72.0
<i>Brassica oleracea</i> Kohlrabi	2	200.0
<i>Caesalpinia pulcherrima</i> Bird Of Paradise	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	2	
<i>Camellia sinensis</i> Tea	2	20000.0
<i>Camptotheca acuminata</i> Happy Tree	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Capsicum frutescens</i> Chili; Cayenne; Tabasco; Spur Pepper; Hot Pepper; Red Chili	2	126.0
<i>Carum carvi</i> Carum; Kummel (Ger.); Comino (Sp.); Comino de prado (Sp.); Caraway	2	
<i>Castanea sativa</i> European Chestnut	2	
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	2	
<i>Cedrus deodora</i> Deodar Cedar	1	
<i>Ceiba pentandra</i> Silk-Cotton Tree; Kapok	2	
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	2	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Centella asiatica</i> Pennywort; Gotu Kola	2	
<i>Ceratonia siliqua</i> Carob; St.John's-Bread; Locust Bean	1	
<i>Chimaphila umbellata</i> King's Cure; Pipsissewa	1	
<i>Cichorium intybus</i> Succory; Chicory; Witloof	2	
<i>Cichorium endivia</i> Escarole; Endive	1	
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	2	
<i>Citrus sinensis</i> Orange	1	
<i>Citrus paradisi</i> Grapefruit	2	
<i>Citrus limon</i> Lemon	1	
<i>Cola acuminata</i> Abata Cola	1	
<i>Commiphora wightii</i> Indian Bdellium-Tree; Guggul	1	
<i>Consolida ajacis</i> Larkspur	2	
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	

Plant	# Chemicals	Total PPM
<i>Coriaria thymifolia</i> Ground Toot; Shanshi	1	1
<i>Coriaria myrtifolia</i> Mealy Tree	1	1
<i>Cornus mas</i> Cornelian Cherry; Sorbet	2	2
<i>Cornus florida</i> American Dogwood	2	2
<i>Corylus avellana</i> European Hazel; Cobnut; Hazel; European Filbert; English Filbert	2	2
<i>Crataegus rhipidophylla</i> Hawthorn	1	1
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	2	2
<i>Crataegus laevigata</i> Woodland Hawthorn; Hawthorn; English Hawthorn; Whitethorn	1	1
<i>Crataegus cuneata</i> Hawthorn	1	1
<i>Crocus sativus</i> Saffron	2	2
<i>Cucurbita pepo</i> Pumpkin	2	2
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	1
<i>Cuscuta reflexa</i> Amarbel	1	1
<i>Cyamopsis tetragonoloba</i> Guar; Siam-Bean; Cluster-Bean	2	2
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	1
<i>Cynara cardunculus</i> Artichoke	1	1
<i>Cytisus scoparius</i> Scotch Broom	1	1
<i>Daucus carota</i> Carrot	2	2
<i>Diospyros virginiana</i> American Persimmon	2	2
<i>Dodonaea viscosa</i> Hopwood	2	2
<i>Drimys winteri</i> Winter's Bark	2	2
<i>Echinacea</i> spp Echinacea; Coneflower	2	2
<i>Echinacea purpurea</i> Echinacea; Purple-Coneflower; Eastern Purple-Coneflower	1	1
<i>Echinacea angustifolia</i> Narrow Leaf Purple-Coneflower; Echinacea; Narrow Leaf Echinacea	2	2
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	2	2
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	1
<i>Equisetum arvense</i> Field Horsetail; Horsetail	2	2
<i>Eriobotrya japonica</i> Loquat	2	2
<i>Erythroxylum coca</i> Coca	1	1
<i>Eucalyptus globulus</i> Tasmanian Bluegum; Blue Gum; Eucalypt	1	1
<i>Eucommia ulmoides</i> Du Zhong; Gutta-Percha Tree; Tu Chung	1	1
<i>Eupatorium perfoliatum</i> Boneset	2	2
<i>Euphorbia lathyris</i> Caper Spurge; Mole Plant	2	2
<i>Euphorbia hirta</i> Queensland Asthma Herb	2	2
<i>Euphrasia officinalis</i> Eyebright	2	2
<i>Fagopyrum esculentum</i> Buckwheat	1	1
<i>Ficus carica</i> Echte Feige (Ger.); Fig; Feigenbaum (Ger.); Higuera Comun (Sp.); Figueira (Port.); Figuier Commun (Fr.); Fico (Ital.); Higo (Sp.)	2	2
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	2	2
<i>Foeniculum vulgare</i> Fennel	2	2
<i>Forsythia suspensa</i> Lian-Jiao; Lien-Chiao	1	1
<i>Fragaria</i> spp Strawberry	2	2

Plant	# Chemicals	Total PPM
<i>Frangula alnus</i> Buckthorn	1	
<i>Galega officinalis</i> Galega; Goat's Rue	2	
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	2	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	
<i>Glycine max</i> Soybean	2	
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Gan-Cao; Chinese Licorice	1	
<i>Glycyrrhiza glabra</i> Commom Licorice; Smooth Licorice; Licorice-Root; Licorice	2	
<i>Gossypium</i> sp Cotton	2	
<i>Guazuma tomentosa</i>	2	
<i>Haematoxylum campechianum</i> Logwood; Campechy	1	
<i>Hamamelis virginiana</i> Witch Hazel	2	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthemum glomeratum</i>	1	
<i>Helianthus annuus</i> Sunflower; Girasol	1	1220.0
<i>Hibiscus rosa-sinensis</i> Shoe-flower; Chinese hibiscus	1	
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	2	
<i>Holarrhena pubescens</i> Conessi; Zhi Xie Mu; Kurchi; Tellicherry Bark	2	
<i>Houttuynia cordata</i> Dokudami; Yu Xing Cao; Fishwort	1	
<i>Humulus lupulus</i> Hops	2	
<i>Hura crepitans</i> Sandbox Tree	1	
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	2	
<i>Hypericum perforatum</i> St. John's-wort; Hypericum; Klamath Weed; Goatweed; Common St. Johnswort	2	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	
<i>Isatis tinctoria</i> Dyer's Woad	2	
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Kalanchoe spathulata</i> Beach Bells	2	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	2	
<i>Lactuca sativa</i> Lettuce	2	
<i>Laurus nobilis</i> Bayleaf; Laurel; Sweet Bay; Bay Laurel; Bay; Grecian Laurel	2	
<i>Ledum palustre</i> Marsh Tea; Wild Rosemary	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Ligustrum lucidum</i> White Waxtree; Chinese Privet; Ligustri Fructus; Glossy Privet; Privet	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	2	
<i>Lippia dulcis</i> Sweet Herb	1	
<i>Ludwigia perennis</i> Perennial Ludwigia	1	
<i>Ludwigia adscendens</i> Ascending Ludwigia	1	
<i>Lycium chinense</i> Chinese Matrimony Vine; Chinese Boxthorn; Gou Qi (Chin.); Kuko (Jap.); Chinesischer Bocksdoorn (Ger.); Spina Santa Cinese (Ital.); Chinese Wolfberry; Kaukichai (Malays.); Daun Koki (Indones.); Wolfberry; Lyciet de Chine (Fr.)	2	
<i>Lycopersicon esculentum</i> Tomato	2	
<i>Maclura pomifera</i> Osage-Orange; Hedge Apple	2	

Plant	# Chemicals	Total PPM
Magnolia officinalis Hou Pu; Chinese Magnolia; Magnolia-Bark	2	
Magnolia kobus Hsin-I; Xin-Yi	2	
Magnolia denudata Hsin-I; Xin-Yi	2	
Malus domestica Apple	2	526.0
Mangifera indica Mango	2	
Maranta arundinacea Arrowroot; Bermuda Arrowroot	1	
Marrubium vulgare White Horehound; Horehound	1	
Matricaria recutita Wild Camomile; German Camomile; Annual Camomile	2	
Medicago sativa Alfalfa; Lucerne	2	
Melaleuca leucadendra Cajeput	1	
Melia azedarach Chinaberry	2	
Melilotus officinalis Yellow Sweetclover	2	
Menyanthes trifoliata Water Trefoil; Buckbean; Bogbean; Marsh Clover; Marsh Trefoil; Bog Myrtle	2	
Moringa oleifera Horseradish Tree; Ben Nut; Benzolive Tree; Drumstick Tree; Moringa; West Indian Ben; Jacinto (Sp.)	2	
Morus alba Sang-Pai-Pi; White Mulberry	2	
Musa x paradisiaca Plantain; Banana	2	
Myristica fragrans Muskatnussbaum (Ger.); Mace; Nutmeg; nuez moscada (Sp.); nogal moscado (Sp.)	2	
Nelumbo nucifera Water Lotus	2	
Nerium oleander Oleander	1	
Nicotiana tabacum Tobacco	2	
Ocimum basilicum Basil; Sweet Basil; Cuban Basil	2	
Oenothera biennis Evening-Primrose	2	414000.0
Olea europaea Olive	2	
Ononis spinosa Hauhechel (Ger.); Spiny Restharrow; Restharrow	2	
Opuntia ficus-indica Nopalito; Prickly Pear; Indian Fig; Nopal	1	
Origanum vulgare Oregano; Wild Marjoram; European Oregano; Wild Oregano; Pot Marjoram; Common Turkish Oregano	2	
Paeonia suffruticosa Tree Peony; Moutan; Moutan Peony	2	
Paeonia officinalis Double Peony	1	
Paeonia moutan Tree Peony; Moutan	2	
Paeonia lactiflora Chih-Shao; Peony; Bai Shao (Chinese); White Peony; Common Garden Peony	2	
Panax quinquefolius Ginseng; American Ginseng	1	
Panax notoginseng Sanchi Ginseng	1	
Panax ginseng Ginseng; Chinese Ginseng; Korean Ginseng; Oriental Ginseng	1	
Passiflora incarnata Passionflower; Manzana de Mayo; Mayapple	2	
Pastinaca sativa Parsnip	2	
Perilla frutescens Perilla	1	
Persea americana Avocado	1	
Petasites japonicus Butterbur	1	
Petasites hybridus European Butterbur	1	
Petroselinum crispum Parsley	2	
Phoenix dactylifera Date Palm	1	
Phyllanthus niruri Seed On The Leaf	1	

Plant	# Chemicals	Total PPM
<i>Phyllanthus emblica</i> Myrobalan; Emblic	2	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus mugo</i> Swiss Mountain Pine; Dwarf Pine	2	
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	2	
<i>Pistacia lentiscus</i> Mastictree; Mastixbaum (Ger.); Mastic; Chios Mastictree; Lentisco (Sp.)	2	
<i>Pisum sativum</i> Pea	1	1000.0
<i>Plumeria acutifolia</i> Frangipani	2	
<i>Podophyllum pleianthum</i> Chinese Mayapple	2	
<i>Podophyllum peltatum</i> Mayapple	2	100000.0
<i>Podophyllum hexandrum</i> Himalayan Mayapple	2	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	2	
<i>Polygonum hydropiper</i> Common Smartweed	2	
<i>Polygonum aviculare</i> Prostrate Knotweed	1	
<i>Populus tacamahacca</i> Balm Of Gilead	2	
<i>Prosopis juliflora</i> Mesquite	1	
<i>Prunella vulgaris</i> Self-Heal; Heal-All	2	
<i>Prunus spinosa</i> Blackthorn; Sloe	2	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	2	
<i>Prunus persica</i> Peach	2	
<i>Prunus laurocerasus</i> Cherry Laurel	2	
<i>Prunus dulcis</i> Almond	2	
<i>Prunus domestica</i> Plum	2	
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	2	
<i>Psidium guajava</i> Guava	1	
<i>Psidium cattleianum</i> Strawberry Guava	2	
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Pueraria montana</i> Kudzu; Kudsu	1	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Zakuro (Jap.); Romanzeiro (Port.); Granatapfelbaum (Ger.); Granado (Sp.); Pomegranate; Grenadier (Fr.); Mangrano (Sp.)	2	
<i>Pyrus communis</i> Pear	1	56.0
<i>Quercus velutina</i> Black Oak	1	
<i>Quercus robur</i> English Oak	1	
<i>Quercus infectoria</i> Aleppo Oak; Dyer's Oak; Gall Oak	1	
<i>Quercus alba</i> White Oak	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	2	
<i>Rhus toxicodendron</i> Poison Ivy	2	
<i>Rhus coriaria</i> Sumac; Sicilian Sumac; Tanner's Sumac	1	
<i>Ribes nigrum</i> Black Currant	2	
<i>Ricinus communis</i> Castorbean	2	

Plant	# Chemicals	Total PPM
<i>Robinia pseudoacacia</i> Black Locust	1	
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa damascena</i> Damask Rose	2	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	
<i>Rumex crispus</i> Curly Dock; Lengua De Vaca; Yellow Dock; Sour Dock	1	
<i>Rumex acetosa</i> Garden Sorrel	1	
<i>Ruta graveolens</i> Rue	1	
<i>Salix alba</i> White Willow	1	
<i>Sambucus nigra</i> Elder; European Alder; European Elder; Black Elder; European Elderberry	2	
<i>Sambucus canadensis</i> Sweet Elder; American Elder; American Elderberry; Elderberry	1	
<i>Sanguisorba officinalis</i> Greater Burnet	2	
<i>Sanguisorba minor</i> Small Burnet	2	
<i>Schinus terebinthifolius</i> Brazilian Peppertree	2	
<i>Schinus molle</i> California Peppertree; Mastic-Tree; Peruvian Peppertree	2	
<i>Senna occidentalis</i> Coffee Senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	2	
<i>Solanum tuberosum</i> Potato	2	
<i>Solidago virgaurea</i> European Goldenrod; Woundwort	1	
<i>Solidago gigantea</i> Early Goldenrod	2	
<i>Sophora japonica</i> Japanese Pagoda Tree	2	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spartium junceum</i> Spanish Broom; Genet; Weaver's Broom	1	
<i>Spinacia oleracea</i> Spinach	2	38.0
<i>Syzygium aromaticum</i> Clovetree; Clove	2	
<i>Tabebuia impetiginosa</i> Taheebo; Pau d'arco	1	
<i>Tagetes patula</i> French Marigold	2	
<i>Tagetes minuta</i> Stinking-Roger; Dwarf Marigold; Wild Marigold; Mexican Marigold; Muster John Henry; Aztec Marigold	1	
<i>Tagetes erecta</i> Aztec Marigold; Marigold	1	
<i>Tanacetum vulgare</i> Tansy	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia ivorensis</i> Shinglewood; Brimstonewood; Satinwood; Black Afara; Emire; Blackbark; Idigbo	1	
<i>Terminalia chebula</i> Chebulic Myrobalan; Ink Nut; Black Myrobalan; Myrobalan	1	
<i>Terminalia catappa</i> Indian Almond; Tropical Almond; Malabar Almond	2	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium botrys</i> Field Germander	1	
<i>Theobroma cacao</i> Cacao	2	
<i>Thespesia populnea</i> Indian tulip tree	2	
<i>Thevetia peruviana</i> Adelfa Amarilla (Sp.); Thevetie (Ger.); Oleandre Jaune (Fr.); Cabalonga (Sp.); Peruvian Yellow Oleander; Loandro-Amarelo (Port.); Chirca (Sp.); Luckynut; Yellow Oleander	2	
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	1	

Plant	# Chemicals	Total PPM
<i>Tilia</i> sp. Linden; Lime; Basswood	1	
<i>Tribulus terrestris</i> Puncture-vine	2	
<i>Tridax procumbens</i> Coatbuttons; Mexican daisy	1	
<i>Trifolium pratense</i> Peavine Clover; Red Clover; Cowgrass; Purple Clover	2	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Alholva (Sp.); Greek Clover; Fenugreek; Greek Hay	2	
<i>Triticum aestivum</i> Wheat	1	
<i>Tsuga canadensis</i> Eastern Hemlock	1	
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Uncaria guianensis</i> Ungunagi; Tambor Huasca; Una de Gato; Garabato Colorado; Cat's Claw	1	
<i>Uncaria catechu</i> Pale Catechu; Gambir	1	
<i>Urginea maritima</i> European Squill	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	2	
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	1	
<i>Vaccinium macrocarpon</i> American Cranberry; Cranberry; Large Cranberry	1	500.0
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian	2	
<i>Viburnum opulus</i> Guelder Rose; Snowballbush; Crampbark; European Cranberry Bush	2	
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	
<i>Vigna radiata</i> Green Gram; Mungbean	2	
<i>Viola tricolor</i> Pansy; Wild Violet	1	
<i>Viola odorata</i> Sweet Violet; Common Violet	2	
<i>Vitex agnus-castus</i> Chaste-Tree	1	
<i>Vitis vinifera</i> Grape; Grapevine; Weinrebe (Ger.); Parra (Sp.); Wine Grape; European Grape; Vigne Vinifere (Fr.); Vid (Sp.)	2	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	1	
<i>Zingiber officinale</i> Ginger	2	