

A Melatoninogenic

*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>Ammi majus</i> Bishop's Weed	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Angelica archangelica</i> Angelica; Garden Angelica; Wild Parsnip	1	
<i>Apium graveolens</i> Celery	1	18.0
<i>Carum carvi</i> Kummel (Ger.); Carum; Comino (Sp.); Caraway; Comino de prado (Sp.)	1	
<i>Citrus aurantiifolia</i> Lime	1	
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	
<i>Daucus carota</i> Carrot	1	
<i>Foeniculum vulgare</i> Fennel	1	10.0
<i>Levisticum officinale</i> Lovage	1	12.0
<i>Pastinaca sativa</i> Parsnip	1	14.6
<i>Petroselinum crispum</i> Parsley	1	44.0
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	