

A AntiSpina-Bifida

*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
Abelmoschus esculentus Okra	1	20.0
Achillea millefolium Yarrow; Milfoil	2	
Actinidia chinensis Kiwi	1	
Allium ampeloprasum Kurrat; Elephant Garlic	1	
Aloe vera Bitter Aloes; Aloe	2	200.2
Amaranthus sp. Pigweed	1	20.0
Anacardium occidentale Cashew	1	1.4
Angelica sinensis Dong Gui; Chinese Angelica; Dong Quai; Dang Qui; Dang Gui; Dang Quai	2	
Annona muricata Soursop	1	
Arachis hypogaea Peanut; Groundnut	1	6.0
Asparagus officinalis Asparagus	1	36.0
Astragalus membranaceus Huang-Chi; Huang Qi	1	
Avena sativa Oats	2	1.5
Bertholletia excelsa Brazilnut-Tree; Creamnut; Paranut; Brazilnut	1	
Beta vulgaris Garden Beet; Beetroot; Sugar Beet; Beet	1	16.0
Brassica rapa Rapini; Seven-Top Turnip; Turnip	1	4.0
Brassica oleracea var. viridis l. Tall Kale; Collards; Cow Cabbage; Tree Kale; Spring-Heading Cabbage	1	4.8
Brassica oleracea var. sabellica l. Kitchen Kale; Scotch Kale; Curly Kale; Kale	1	4.0
Brassica oleracea var. italica Calabrese; Sprouting Broccoli; Cape Broccoli; Winter Broccoli; Heading Broccoli; Broccoli; Purple Cauliflower; Asparagus Broccoli	1	
Brassica oleracea var. gemmifera Brussel-Sprout; Brussels-Sprouts	1	8.0
Brassica oleracea var. capitata l. Cabbage; White Cabbage; Red Cabbage	2	18.0
Brassica oleracea var. botrytis l. Cauliflower	1	16.8
Brassica napus var. napobrassica Swedish Turnip; Swede; Rutabaga	1	4.0
Capsicum frutescens Hot Pepper; Chili; Spur Pepper; Red Chili; Tabasco; Cayenne	1	4.0
Capsicum annuum Cherry Pepper; Cone Pepper; Green Pepper; Bell Pepper; Sweet Pepper; Paprika	1	6.0
Chrysanthemum coronarium Garland Chrysanthemum	1	20.0
Cicer arietinum Garbanzo; Chickpea	1	12.0
Cichorium endivia Endive; Escarole	1	50.0
Citrullus lanatus Watermelon	2	0.518
Citrus sinensis Orange	1	4.0
Citrus reticulata Tangerine; Mandarin	1	4.0
Corchorus olitorius Mulukiya; Jew's Mallow; Nalta Jute	1	64.0
Corylus avellana European Filbert; European Hazel; Hazel; English Filbert; Cobnut	1	1.71
Cucumis sativus Cucumber	1	8.0
Cucumis melo Cantaloupe; Persian Melon; Nutmeg Melon; Muskmelon; Netted Melon; Melon	1	3.8
Cucurbita spp Summer Squash	1	9.2
Cynara cardunculus Artichoke	1	9.4
Daucus carota Carrot	1	2.4

Plant	# Chemicals	Total PPM
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Fragaria</i> spp Strawberry	1	0.4
<i>Glycine max</i> Soybean	1	8.0
<i>Gossypium</i> sp Cotton	1	7.6
<i>Hordeum vulgare</i> Barleygrass; Barley	2	2.96
<i>Ipomoea batatas</i> Sweet Potato	1	1.2
<i>Juglans regia</i> English Walnut	2	4.0
<i>Lactuca sativa</i> Lettuce	1	
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	2.6
<i>Lens culinaris</i> Lentil	2	1079.1
<i>Lycopersicon esculentum</i> Tomato	1	4.0
<i>Malus domestica</i> Apple	1	0.4
<i>Medicago sativa</i> Alfalfa; Lucerne	2	
<i>Menyanthes trifoliata</i> Bog Myrtle; Marsh Trefoil; Buckbean; Marsh Clover; Water Trefoil; Bogbean	2	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Murraya</i> sp None	1	1.4
<i>Musa x paradisiaca</i> Plantain; Banana	1	1.6
<i>Nasturtium officinale</i> Berro; Watercress	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	136.0
<i>Panax ginseng</i> Oriental Ginseng; Ginseng; Korean Ginseng; Chinese Ginseng	1	
<i>Pastinaca sativa</i> Parsnip	1	7.2
<i>Persea americana</i> Avocado	2	5.6
<i>Petroselinum crispum</i> Parsley	1	34.0
<i>Phaseolus vulgaris</i> String Bean; Garden Bean; Field Bean; Dwarf Bean; Pop Bean; Kidney Bean; Wax Bean; Haricot Vert; Navy Bean; Haricot; Haricot Bean; Flageolet Bean; Green Bean; Black Bean; Snap Bean; French Bean; Popping Bean	1	18.799999999999997
<i>Phoenix dactylifera</i> Date Palm	1	0.34
<i>Pistacia vera</i> Pistachio	1	1.2
<i>Pisum sativum</i> Pea	1	6.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunus persica</i> Peach	1	0.606
<i>Prunus dulcis</i> Almond	2	2.0
<i>Prunus domestica</i> Plum	1	0.334
<i>Prunus cerasus</i> Sour Cherry	1	12.0
<i>Prunus armeniaca</i> Apricot	1	1.4
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Goa Bean; Winged Bean	1	1.0
<i>Pyrus communis</i> Pear	1	1.0
<i>Raphanus sativus</i> Radish	1	11.6
<i>Rheum rhabarbarum</i> Rhubarb	1	0.2
<i>Rhizophora mangle</i> Red Mangrove	1	13.6
<i>Sesamum indicum</i> Sesamo (Sp.); Beni; Sesame; Ajonjoli (Sp.); Benneseed	2	2.03
<i>Solanum tuberosum</i> Potato	2	0.148
<i>Solanum melongena</i> Aubergine; Eggplant	1	5.2
<i>Spinacia oleracea</i> Spinach	2	54.26

Plant	# Chemicals	Total PPM
<i>Syzygium cumini</i> Aceituna Dulce; Jambolan; Java Plum	1	
<i>Trigonella foenum-graecum</i> Fenugreek; Greek Clover; Greek Hay; Alholva (Sp.); Bockshornklee (Ger.)	2	2.0
<i>Triticum aestivum</i> Wheat	1	1.8
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium macrocarpon</i> American Cranberry; Large Cranberry; Cranberry	1	0.4
<i>Vaccinium corymbosum</i> Blueberry	1	1.0
<i>Vigna unguiculata</i> Black-eyed Pea; Southern Pea; Cowpea; Crowder Pea	2	32.2
<i>Vigna radiata</i> Green Gram; Mungbean	2	28.810000000000002
<i>Vigna mungo</i> Black Gram	1	2.6
<i>Vitis vinifera</i> Grapevine; Weinrebe (Ger.); Parra (Sp.); European Grape; Wine Grape; Vigne Vinifere (Fr.); Grape; Vid (Sp.)	1	0.46
<i>Zea mays</i> Corn	2	4.8