

A Antiprostatotic

*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 esculentus</i> Okra	1	4800.0
<i>Adonis vernalis</i> Spring Adonis	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Aleurites fordii</i> Tungoil Tree	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Shallot; Onion	1	2910.0
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Anacardium occidentale</i> Cashew	1	3214.0
<i>Anamirta cocculus</i> Levant Berry	1	
<i>Ananas comosus</i> Pineapple	1	888.0
<i>Anaphalis margaritacea</i> Pearly Everlasting	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Annona cherimola</i> Cherimoya	1	40000.0
<i>Apium graveolens</i> Celery	1	2240.0
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	
<i>Artemisia dracunculus</i> Tarragon	1	899.0
<i>Asparagus officinalis</i> Asparagus	1	6194.0
<i>Atropa bella-donna</i> Belladonna	1	
<i>Avena sativa</i> Oats	1	
<i>Beta vulgaris</i> Garden Beet; Beet; Sugar Beet; Beetroot	1	3944.0
<i>Boronia megastigma</i> Scented Boronia	1	
<i>Brassica rapa</i> Seven-Top Turnip; Turnip; Rapini	1	
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Cow Cabbage; Tree Kale; Spring-Heading Cabbage; Tall Kale	1	
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Asparagus Broccoli; Winter Broccoli; Cape Broccoli; Heading Broccoli; Purple Cauliflower; Sprouting Broccoli; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	3420.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	1	2942.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	4125.0
<i>Brassica juncea</i> Mustard Greens	1	
<i>Camellia sinensis</i> Tea	1	
<i>Capsicum frutescens</i> Hot Pepper; Cayenne; Chili; Red Chili; Tabasco; Spur Pepper	1	
<i>Capsicum annuum</i> Sweet Pepper; Bell Pepper; Green Pepper; Cone Pepper; Cherry Pepper; Paprika	1	
<i>Carum carvi</i> Comino (Sp.); Caraway; Carum; Comino de prado (Sp.); Kummel (Ger.)	1	1520.0
<i>Carya ovata</i> Shagbark Hickory	1	6000.0
<i>Carya illinoensis</i> Pecan	1	
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	

Plant	# Chemicals	Total PPM
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	790.0
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Citrullus lanatus</i> Watermelon	1	472.0
<i>Citrus sinensis</i> Orange	1	
<i>Citrus paradisi</i> Grapefruit	1	
<i>Citrus limon</i> Lemon	1	
<i>Cocos nucifera</i> Coconut Palm; Kokospalme (Ger.); Nariyal; Copra; Coconut; Cocotero (Sp.)	1	
<i>Coffea arabica</i> Coffee	1	
<i>Colocasia esculenta</i> Taro	1	1300.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Corylus avellana</i> European Filbert; European Hazel; English Filbert; Hazel; Cobnut	1	10000.0
<i>Cucumis sativus</i> Cucumber	1	7088.0
<i>Cucumis melo</i> Nutmeg Melon; Netted Melon; Persian Melon; Melon; Muskmelon; Cantaloupe	1	1956.0
<i>Cucurbita pepo</i> Pumpkin	1	2856.0
<i>Cuminum cyminum</i> Cumin	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	
<i>Daucus carota</i> Carrot	1	1960.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea pentaphylla</i> Mountain Yam	1	666.0
<i>Dodonaea viscosa</i> Hopwood	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Eleutherococcus senticosus</i> Wu jia; Spiny Ginseng; Siberian Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Eriodictyon californicum</i> Hierba Santa; Tarweed; Gum Bush; Holy Herb; Bear's Weed; Consumptive's Weed; Yerba Santa; Mountain Balm; California Yerba Santa	1	
<i>Erythroxylum coca</i> Coca	1	
<i>Euonymus atropurpureus</i> Wahoo; Burning Bush	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	4540.0
<i>Ficus carica</i> Fig; Echte Feige (Ger.); Figueira (Port.); Higo (Sp.); Fico (Ital.); Figuier Commun (Fr.); Feigenbaum (Ger.); Higuera Comun (Sp.)	1	2968.0
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria spp</i> Strawberry	1	2846.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	1	3520.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	11284.0
<i>Hibiscus sabdariffa</i> Rosella (Ger.); Indian Sorrel; Sorrel; Jamaica Sorrel; Kharkadi; Malventee (Ger.); Sereni (Sp.); Acedera de Guinea (Sp.); Red Sorrel; Rosa de Jamaica (Sp.); Roselle	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> St. John's-wort; Klamath Weed; Common St. Johnswort; Goatweed; Hypericum	1	
<i>Illicium verum</i> Star Anise; anis de China (Sp.); Chinese Star Anise; Chinesischer Sternanis (Ger.); Sternanis (Ger.); anis estrellado (Sp.)	1	
<i>Ipomoea batatas</i> Sweet Potato	1	884.0

Plant	# Chemicals	Total PPM
<i>Iris versicolor</i> Blue Flag	1	
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Lactuca sativa</i> Lettuce	1	12666.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	2600.0
<i>Laurus nobilis</i> Bay; Grecian Laurel; Laurel; Bayleaf; Bay Laurel; Sweet Bay	1	
<i>Lavandula angustifolia</i> English Lavender	1	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Lycium chinense</i> Gou Qi (Chin.); Wolfberry; Spina Santa Chinese (Ital.); Daun Koki (Indones.); Kaulichai (Malays.); Chinese Boxthorn; Lyciet de Chine (Fr.); Chinese Matrimony Vine; Chinese Wolfberry; Chinesischer Bocksdorn (Ger.); Kuko (Jap.)	1	
<i>Lycopersicon esculentum</i> Tomato	1	2314.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Malus domestica</i> Apple	1	1490.0
<i>Marrubium vulgare</i> Horehound; White Horehound	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Menyanthes trifoliata</i> Bogbean; Marsh Clover; Water Trefoil; Marsh Trefoil; Buckbean; Bog Myrtle	1	
<i>Moringa oleifera</i> Moringa; Horseradish Tree; Drumstick Tree; Jacinto (Sp.); Ben Nut; Benzolive Tree; West Indian Ben	1	
<i>Murraya</i> sp None	1	
<i>Musa x paradisiaca</i> Plantain; Banana	1	1244.0
<i>Myristica fragrans</i> nuez moscada (Sp.); nogal moscado (Sp.); Nutmeg; Muskatnussbaum (Ger.); Mace	1	2700.0
<i>Nerium oleander</i> Oleander	1	280.0
<i>Nicotiana tabacum</i> Tobacco	1	10000.0
<i>Nigella sativa</i> Black Cumin; Roman Coriander; Fennel-Flower; Black Caraway; Nutmeg-Flower	1	10200.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil	1	2120.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Ononis spinosa</i> Spiny Restharrow; Hauhechel (Ger.); Restharrow	1	
<i>Origanum vulgare</i> Oregano; Common Turkish Oregano; Wild Marjoram; Wild Oregano; European Oregano; Pot Marjoram	1	4372.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	1300.0
<i>Paeonia suffruticosa</i> Moutan Peony; Moutan; Tree Peony	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	1910.0
<i>Persea americana</i> Avocado	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Phaseolus vulgaris</i> Flageolet Bean; Pop Bean; Dwarf Bean; Green Bean; Haricot Vert; French Bean; String Bean; Black Bean; Garden Bean; Field Bean; Snap Bean; Wax Bean; Navy Bean; Haricot Bean; Kidney Bean; Popping Bean; Haricot	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	800.0
<i>Pimenta dioica</i> Pimento; Jamaica-Pepper; Allspice; Pimenta; Clover-Pepper	1	1332.0
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	2056.0
<i>Pistacia vera</i> Pistachio	1	2246.0
<i>Plantago ovata</i> Blond Psyllium; Indian Plantago; Ispaghula; Spogel Seeds; Psyllium	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	

Plant	# Chemicals	Total PPM
<i>Prunus persica</i> Peach	1	1620.0
<i>Prunus dulcis</i> Almond	1	1639.0
<i>Prunus domestica</i> Plum	1	
<i>Prunus armeniaca</i> Apricot	1	2640.0
<i>Pterocarpus marsupium</i> Malabar Kino; bijasal; Indian Kino	1	
<i>Punica granatum</i> Granado (Sp.); Romanzeiro (Port.); Granatapfelstrauch (Ger.); Pomegranate; Granatapfelbaum (Ger.); Zakuro (Jap.); Mangrano (Sp.); Grenadier (Fr.)	1	1784.0
<i>Pyrus communis</i> Pear	1	988.0
<i>Quisqualis indica</i> Rangoon Creeper	1	
<i>Raphanus sativus</i> Radish	1	2710.0
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Rosmarinus officinalis</i> Rosemary	1	2005.0
<i>Salvia officinalis</i> Sage	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Satureja montana</i> Winter Savory; Savory	1	
<i>Satureja hortensis</i> Summer Savory	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Sesame; Beni; Sesamo (Sp.); Benneseed; Ajonjoli (Sp.)	1	14980.0
<i>Solanum tuberosum</i> Potato	1	480.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	1734.0
<i>Spinacia oleracea</i> Spinach	1	3600.0
<i>Syzygium aromaticum</i> Clovetree; Clove	1	
<i>Tanacetum vulgare</i> Tansy	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	1	3520.0
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Hay; Bockshornklee (Ger.); Fenugreek; Greek Clover	1	
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	
<i>Urginea maritima</i> European Squill	1	
<i>Urginea indica</i> Indian Squill; Sea-Onion	1	
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	
<i>Vigna radiata</i> Green Gram; Mungbean	1	3658.0
<i>Vigna angularis</i> Adzuki Bean	1	1756.0
<i>Vitellaria paradoxa</i> Shea-Butter-Tree; Shea Nut; Butterseed; Sheatree; Shea	1	
<i>Vitis vinifera</i> Grapevine; Parra (Sp.); Vigne Vinifere (Fr.); Vid (Sp.); Wine Grape; Weinrebe (Ger.); European Grape; Grape	1	412.0
<i>Zea mays</i> Corn	1	
<i>Zingiber officinale</i> Ginger	1	1826.0