

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> Dill; Garden Dill	1	
<i>Annona cherimola</i> Cherimoya	1	40000.0
<i>Apium graveolens</i> Celery	1	2240.0
<i>Arctium lappa</i> Burdock; Great Burdock; Gobo	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	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> Beet; Sugar Beet; Beetroot; Garden Beet	1	3944.0
<i>Boronia megastigma</i> Scented Boronia	1	
<i>Brassica rapa</i> Turnip; Rapini; Seven-Top Turnip	1	
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Tall Kale; Spring-Heading Cabbage; Cow Cabbage; Tree Kale	1	
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Heading Broccoli; Broccoli; Sprouting Broccoli; Purple Cauliflower; Calabrese; Cape Broccoli; Winter Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	3420.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Red Cabbage; 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; Spur Pepper; Chili; Red Chili; Tabasco; Cayenne	1	
<i>Capsicum annuum</i> Paprika; Bell Pepper; Cone Pepper; Cherry Pepper; Sweet Pepper; Green Pepper	1	
<i>Carum carvi</i> Kummel (Ger.); Comino (Sp.); Carum; Caraway; Comino de prado (Sp.)	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> Cinnamon; Ceylon 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> Kokospalme (Ger.); Nariyal; Coconut; Copra; Coconut Palm; Cocotero (Sp.)	1	
<i>Coffea arabica</i> Coffee	1	
<i>Colocasia esculenta</i> Taro	1	1300.0
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	
<i>Corylus avellana</i> Cobnut; European Hazel; Hazel; English Filbert; European Filbert	1	10000.0
<i>Cucumis sativus</i> Cucumber	1	7088.0
<i>Cucumis melo</i> Muskmelon; Persian Melon; Netted Melon; Cantaloupe; Melon; Nutmeg Melon	1	1956.0
<i>Cucurbita pepo</i> Pumpkin	1	2856.0
<i>Cuminum cyminum</i> Cumin	1	
<i>Curcuma longa</i> Indian Saffron; Turmeric	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> Siberian Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng; Spiny Ginseng; Wu jia	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Eriodictyon californicum</i> Gum Bush; Hierba Santa; Bear's Weed; Holy Herb; Yerba Santa; Consumptive's Weed; California Yerba Santa; Tarweed; Mountain Balm	1	
<i>Erythroxylum coca</i> Coca	1	
<i>Euonymus atropurpureus</i> Burning Bush; Wahoo	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	4540.0
<i>Ficus carica</i> Feigenbaum (Ger.); Figueira (Port.); Higo (Sp.); Fig; Fico (Ital.); Figuier Commun (Fr.); Echte Feige (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> Girasol; Sunflower	1	11284.0
<i>Hibiscus sabdariffa</i> Kharkadi; Rosella (Ger.); Acedera de Guinea (Sp.); Rosa de Jamaica (Sp.); Indian Sorrel; Red Sorrel; Malventee (Ger.); Sorrel; Jamaica Sorrel; Roselle; Sereni (Sp.)	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Goatweed; Klamath Weed; Hypericum; Common St. Johnswort; St. John's-wort	1	
<i>Illicium verum</i> Chinesischer Sternanis (Ger.); anis estrellado (Sp.); Star Anise; Chinese Star Anise; Sternanis (Ger.); anis de China (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> Grecian Laurel; Bayleaf; Bay; Sweet Bay; Bay Laurel; Laurel	1	
<i>Lavandula angustifolia</i> English Lavender	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Lycium chinense</i> Chinese Matrimony Vine; Chinesischer Bocksdorn (Ger.); Lyciet de Chine (Fr.); Kuko (Jap.); Kaukichai (Malays.); Gou Qi (Chin.); Wolfberry; Chinese Boxthorn; Daun Koki (Indones.); Spina Santa Cinese (Ital.); Chinese Wolfberry	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> White Horehound; Horehound	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Menyanthes trifoliata</i> Marsh Trefoil; Water Trefoil; Bog Myrtle; Buckbean; Marsh Clover; Bogbean	1	
<i>Moringa oleifera</i> Ben Nut; Drumstick Tree; Horseradish Tree; Jacinto (Sp.); Moringa; West Indian Ben; Benzolive Tree	1	
<i>Murraya sp</i> None	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	1244.0
<i>Myristica fragrans</i> Muskatnussbaum (Ger.); Nutmeg; nogal moscado (Sp.); nuez moscada (Sp.); 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; Black Caraway; Fennel-Flower; Roman Coriander; Nutmeg-Flower	1	10200.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	2120.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Ononis spinosa</i> Hauhechel (Ger.); Spiny Restharrow; Restharrow	1	
<i>Origanum vulgare</i> Wild Oregano; Pot Marjoram; European Oregano; Common Turkish Oregano; Oregano; Wild Marjoram	1	4372.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	1300.0
<i>Paeonia suffruticosa</i> Moutan; Tree Peony; Moutan 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> Kidney Bean; Haricot; Wax Bean; Black Bean; Navy Bean; Green Bean; French Bean; Haricot Bean; Garden Bean; Haricot Vert; Pop Bean; Field Bean; String Bean; Dwarf Bean; Snap Bean; Flageolet Bean; Popping Bean	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	800.0
<i>Pimenta dioica</i> Clover-Pepper; Pimento; Allspice; Jamaica-Pepper; Pimenta	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> Spogel Seeds; Indian Plantago; Blond Psyllium; Ispaghula; Psyllium	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	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> Indian Kino; bijasal; Malabar Kino	1	
<i>Punica granatum</i> Grenadier (Fr.); Zakuro (Jap.); Pomegranate; Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Romanzeiro (Port.); Mangrano (Sp.); Granado (Sp.)	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> Savory; Winter Savory	1	
<i>Satureja hortensis</i> Summer Savory	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Benneseed; Sesamo (Sp.); Sesame; Beni	1	14980.0
<i>Solanum tuberosum</i> Potato	1	480.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	1734.0
<i>Spinacia oleracea</i> Spinach	1	3600.0
<i>Syzygium aromaticum</i> Clove; Clovetree	1	
<i>Tanacetum vulgare</i> Tansy	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	3520.0
<i>Trigonella foenum-graecum</i> Fenugreek; Bockshornklee (Ger.); Greek Hay; Greek Clover; Alholva (Sp.)	1	
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	
<i>Urginea maritima</i> European Squill	1	
<i>Urginea indica</i> Sea-Onion; Indian Squill	1	
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	
<i>Vigna radiata</i> Mungbean; Green Gram	1	3658.0
<i>Vigna angularis</i> Adzuki Bean	1	1756.0
<i>Vitellaria paradoxa</i> Shea-Butter-Tree; Sheatree; Shea; Butterseed; Shea Nut	1	
<i>Vitis vinifera</i> Weinrebe (Ger.); Grape; Wine Grape; Grapevine; Vigne Vinifere (Fr.); Parra (Sp.); Vid (Sp.); European Grape	1	412.0
<i>Zea mays</i> Corn	1	
<i>Zingiber officinale</i> Ginger	1	1826.0