

A Antichoreic

*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>Abrus precatorius</i> Coral Beadplant; Weathervine; Crab's Eye; Licorice Vine; Indian Licorice; Love Bean; Jequirity Bean; Precatory Bean; Rosary Pea; Minnie-Minnies; Red Beadvine; Jequerity; Prayer Beads; Weatherplant; Lucky Bean	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Achyranthes bidentata</i> Chaff Flower	1	
<i>Acorus calamus</i> Calamus; Sweetroot; Sweet Calamus; Flagroot; Sweetflag; Myrtle Flag	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Adonis vernalis</i> Spring Adonis	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Alisma plantago-aquatica</i> Tse-Hsieh; Mud Plantain; Ze-Xie; Water Plantain	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Onion; Shallot	1	1660.0
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	
<i>Amorphophallus konjac</i> Leopard Palm; Devil's Tongue; Umbrella Arum; Snake Palm; Konjac; Elephant Yam	1	
<i>Anacardium occidentale</i> Cashew	1	
<i>Ananas comosus</i> Pineapple	2	248.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Angelica sinensis</i> Dang Quai; Chinese Angelica; Dong Gui; Dang Qui; Dang Gui; Dong Quai	3	4940.0
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Peanut; Groundnut	3	
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	
<i>Areca catechu</i> Betel Nut; Pin-Lang	1	
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	1	
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia dracunculus</i> Tarragon	2	
<i>Artemisia cina</i> Levant Wormseed	1	
<i>Artemisia abrotanum</i> Southernwood	1	
<i>Asparagus officinalis</i> Asparagus	2	512.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	2	
<i>Atropa bella-donna</i> Belladonna	1	
<i>Avena sativa</i> Oats	1	3485.5
<i>Ballota nigra</i> Black Horehound	1	
<i>Bertholletia excelsa</i> Brazilnut; Paranut; Brazilnut-Tree; Creamnut	1	
<i>Beta vulgaris</i> Garden Beet; Beet; Beetroot; Sugar Beet	1	
<i>Borago officinalis</i> Talewort; Beebread; Borage; Beeplant	1	
<i>Brassica oleracea</i> var. <i>capitata</i> l. Cabbage; Red Cabbage; White Cabbage	1	
<i>Canavalia ensiformis</i> Jack Bean	1	

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<i>Capparis spinosa</i> Caper; Caperbush	1	940.0
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	20000.0
<i>Capsicum frutescens</i> Spur Pepper; Cayenne; Chili; Hot Pepper; Red Chili; Tabasco	1	48.0
<i>Capsicum annuum</i> Cone Pepper; Paprika; Bell Pepper; Green Pepper; Sweet Pepper; Cherry Pepper	2	1362.0
<i>Carica papaya</i> Papaya	1	
<i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Cephaelis ipecacuanha</i> Ipecac; Raicilla	1	
<i>Ceratonia siliqua</i> St.John's-Bread; Carob; Locust Bean	1	
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	1	
<i>Chelidonium majus</i> Celandine	1	
<i>Chrysanthemum x morifolium</i> Mum; Florist's Chrysanthemum; Chrysanthemum; Ju Hua (Pinyin)	1	
<i>Chrysanthemum cinerariifolium</i> Pyrethrum	1	
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	
<i>Citrus sinensis</i> Orange	2	1780.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	360.0
<i>Cocos nucifera</i> Coconut; Copra; Cocotero (Sp.); Kokospalme (Ger.); Coconut Palm; Nariyal	1	
<i>Coffea arabica</i> Coffee	1	600.0
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	
<i>Crataegus</i> sp.	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Woodland Hawthorn; Whitethorn	1	
<i>Cucurbita pepo</i> Pumpkin	2	
<i>Cuminum cyminum</i> Cumin	1	
<i>Daucus carota</i> Carrot	1	218.0
<i>Dictamnus albus</i> Burning Bush; Gazelotu; Dittany; Gas Plant; Akgiritotu	1	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Digitalis lanata</i> Grecian Foxglove	1	2000.0
<i>Dryopteris marginalis</i> Marginal Fern; Marginal Wood Fern	2	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	84.0
<i>Ficus carica</i> Fico (Ital.); Fig; Feigenbaum (Ger.); Higuera Comun (Sp.); Figueira (Port.); Echte Feige (Ger.); Higo (Sp.); Fiquier Commun (Fr.)	1	
<i>Foeniculum vulgare</i> Fennel	2	
<i>Fragaria</i> spp Strawberry	1	
<i>Frangula alnus</i> Buckthorn	1	400.0

Plant	# Chemicals	Total PPM
<i>Ganoderma lucidum</i> Reishi; Ling Zhi	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	1	2492.49
<i>Glycyrrhiza glabra</i> Smooth Licorice; Commom Licorice; Licorice; Licorice-Root	1	
<i>Gossypium sp</i> Cotton	1	
<i>Gymnema sylvestre</i> Miracle Fruit; Gymnema	1	
<i>Hamamelis virginiana</i> Witch Hazel	1	4000.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Helianthus annuus</i> Sunflower; Girasol	2	70400.0
<i>Hibiscus sabdariffa</i> Rosa de Jamaica (Sp.); Kharkadi; Acedera de Guinea (Sp.); Red Sorrel; Malventee (Ger.); Sereni (Sp.); Sorrel; Roselle; Indian Sorrel; Rosella (Ger.); Jamaica Sorrel	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	3234.0
<i>Humulus lupulus</i> Hops	2	
<i>Hyoscyamus niger</i> Henbane	2	
<i>Hypericum perforatum</i> Goatweed; Common St. Johnswort; Hypericum; Klamath Weed; St. John's-wort	2	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Ilex paraguariensis</i> Mate; Paraguay Tea; South American Holly	1	
<i>Ipomoea batatas</i> Sweet Potato	1	242.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	2360.0
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	32040.0
<i>Lens culinaris</i> Lentil	2	4500.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Linum usitatissimum</i> Flax; Linseed	2	2454.0
<i>Lippia javanica</i> Lemon Bush; Umsuzwane (Zulu)	1	
<i>Luffa aegyptiaca</i> Luffa; Vegetable Sponge; Smooth Loofah	1	4180.0
<i>Lycium chinense</i> Chinesischer Bocksdorn (Ger.); Daun Koki (Indones.); Kuko (Jap.); Spina Santa Cinese (Ital.); Lyciet de Chine (Fr.); Kaukichai (Malays.); Chinese Boxthorn; Chinese Wolfberry; Gou Qi (Chin.); Wolfberry; Chinese Matrimony Vine	1	
<i>Lycium chilense</i> Chilean Wolfberry	1	
<i>Lycium barbarum</i> Barbary Matrimony Vine; Duke of Argyll's Eta Tree; Ning Xia Gou Qi (Chin.); Matrimony Vine; Common Matrimony Vine	2	
<i>Lycopersicon esculentum</i> Tomato	2	1128.0
<i>Malva neglecta</i> Common Mallow; Cheeses	1	
<i>Mangifera indica</i> Mango	1	
<i>Marrubium vulgare</i> White Horehound; Horehound	1	22000.0
<i>Matricaria recutita</i> German Camomile; Annual Camomile; Wild Camomile	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Menyanthes trifoliata</i> Marsh Clover; Marsh Trefoil; Buckbean; Water Trefoil; Bog Myrtle; Bogbean	1	

Plant	# Chemicals	Total PPM
<i>Momordica charantia</i> Bitter Melon; Sorosi	2	
<i>Moringa oleifera</i> Drumstick Tree; Ben Nut; Jacinto (Sp.); Horseradish Tree; Benzolive Tree; West Indian Ben; Moringa	2	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	2	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	
<i>Murraya koenigii</i> Indian Curry Tree; Curry Leaf; Curry Leaf Tree	1	
<i>Musa x paradisiaca</i> Plantain; Banana	2	22.0
<i>Nerium oleander</i> Oleander	1	
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Olea europaea</i> Olive	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopal; Nopalito	1	5.0
<i>Oryza sativa</i> Rice	1	1760.0
<i>Pachyrhizus erosus</i> Yambean	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	4000.0
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Chinese Ginseng; Oriental Ginseng	2	4000.0
<i>Panicum maximum</i> Guinea grass	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	2	
<i>Paullinia cupana</i> Guarana	1	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Peumus boldus</i> Boldo	1	
<i>Phaseolus vulgaris</i> Pop Bean; Kidney Bean; Snap Bean; Black Bean; French Bean; Garden Bean; Haricot Bean; String Bean; Wax Bean; Haricot Vert; Navy Bean; Green Bean; Field Bean; Haricot; Dwarf Bean; Flageolet Bean; Popping Bean	2	
<i>Phoenix dactylifera</i> Date Palm	2	6740.0
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	
<i>Pinellia ternata</i> Ban-Xia; Pan-Hsia	1	
<i>Pinus sylvestris</i> Scotch Pine	1	6800.0
<i>Piper nigrum</i> White Pepper; Black Pepper; Pepper	2	
<i>Piper betel</i> Betel Pepper	1	
<i>Pistacia lentiscus</i> Mastixbaum (Ger.); Mastic; Chios Mastictree; Mastictree; Lentisco (Sp.)	1	
<i>Pisum sativum</i> Pea	3	10434.0
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	4618.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Pueraria montana</i> Kudzu; Kudsu	1	
<i>Quisqualis indica</i> Rangoon Creeper	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	62000.0
<i>Rhizophora mangle</i> Red Mangrove	1	
<i>Ribes uva-crispa</i> Gooseberry	1	112.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Sambucus nigra</i> European Elderberry; Elder; European Elder; Black Elder; European Alder	1	
<i>Satureja montana</i> Winter Savory; Savory	1	

Plant	# Chemicals	Total PPM
<i>Sechium edule</i> Chayote	1	
<i>Sesamum indicum</i> Sesame; Sesamo (Sp.); Ajonjoli (Sp.); Beni; Benneseed	1	2640.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Solanum tuberosum</i> Potato	2	2000.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	1040.0
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Stachys officinalis</i> Wood Betony; Purple Betony; Betony; Bishop's-Wort	1	
<i>Strophanthus hispidus</i> Hispid Ouabain	1	
<i>Strophanthus gratus</i> Ouabain	1	
<i>Strychnos nux-vomica</i> Strychnine; Nux-Vomica	1	
<i>Symphytum officinale</i> Comfrey	2	
<i>Syzygium cumini</i> Aceituna Dulce; Java Plum; Jambolan	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Taraxacum mongolicum</i> Mongoloid Dandelion	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	
<i>Teucrium botrys</i> Field Germander	1	
<i>Tilia</i> sp. Linden; Basswood; Lime	1	
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	
<i>Trigonella foenum-graecum</i> Fenugreek; Greek Clover; Greek Hay; Alholva (Sp.); Bockshornklee (Ger.)	2	28000.0
<i>Triticum aestivum</i> Wheat	2	7732.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	3	
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	1	680.0
<i>Vigna unguiculata</i> Yardlong Bean; Asparagus Bean; Pea Bean	1	4040.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	3712.0
<i>Vigna mungo</i> Black Gram	1	4120.0
<i>Viola tricolor</i> Pansy; Wild Violet	1	604.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Grapevine; European Grape; Vid (Sp.); Grape; Weinrebe (Ger.); Parra (Sp.); Wine Grape; Vigne Vinifere (Fr.)	1	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	1	1102.0
<i>Zingiber officinale</i> Ginger	1	