

A Histamine-Inhibitor

*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
Acacia nilotica Babul	1	
Achillea millefolium Milfoil; Yarrow	2	
Aconitum napellus Monkshood; Blue Rocket; European Aconite; Aconite; Queen's Fettle; Friar's Cap; Soldier's Cap; Bear's-Foot; Turk's Cap; Garden Monkshood; Garden Wolfsbane; Helmet Flower	2	
Actaea dahurica Xing an sheng ma; Sheng ma	1	
Actaea cimicifuga Sheng ma; Bugbane; Foetid Bugbane	1	
Adonis vernalis Spring Adonis	2	
Agrimonia eupatoria Sticklewort; Agrimony	2	
Albizia lebeck Lebbek; East Indian Walnut; Siris Tree; Lebbek Tree; Koko; Frywood; Women's-Tongue Tree	1	
Allium schoenoprasum Chives	1	
Allium sativum var. sativum Garlic	2	40.0
Allium cepa Shallot; Onion	1	
Allium ampeloprasum Kurrat; Elephant Garlic	2	
Althaea officinalis Marshmallow; White Mallow	2	
Ananas comosus Pineapple	1	
Anethum graveolens Dill; Garden Dill	2	
Angelica archangelica Garden Angelica; Angelica; Wild Parsnip	2	
Annona muricata Soursop	1	
Apium graveolens Celery	2	
Arachis hypogaea Groundnut; Peanut	2	46.0
Arctium lappa Gobo; Great Burdock; Burdock	2	5000.0
Arctostaphylos uva-ursi Uva Ursi; Bearberry	1	
Armoracia rusticana Horseradish	1	
Arnica montana Leopard's-Bane; Mountain Tobacco	2	
Artemisia dracunculus Tarragon	2	
Artemisia capillaris Capillary Wormwood	1	
Artemisia absinthium Wormwood	1	
Artemisia abrotanum Southernwood	2	
Asimina triloba Pawpaw	1	
Aspalathus linearis Red Bush Tea; Rooibos; Kaffree Tea	1	
Astragalus membranaceus Huang-Chi; Huang Qi	2	
Avena sativa Oats	1	
Ballota nigra Black Horehound	2	
Berberis vulgaris Barberry	2	
Beta vulgaris Beet; Beetroot; Sugar Beet; Garden Beet	2	
Boehmeria nivea Ramie	1	
Brassica pekinensis Chinese Cabbage	1	22.0
Brassica oleracea var. italica Broccoli; Heading Broccoli; Sprouting Broccoli; Winter Broccoli; Cape Broccoli; Purple Cauliflower; Asparagus Broccoli; Calabrese	2	
Brassica oleracea var. gemmifera Brussel-Sprout; Brussels-Sprouts	1	68.0

Plant	# Chemicals	Total PPM
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	2	154.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	16.0
<i>Brassica nigra</i> Black Mustard	2	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	2	
<i>Camellia sinensis</i> Tea	2	
<i>Capsicum frutescens</i> Tabasco; Spur Pepper; Hot Pepper; Cayenne; Chili; Red Chili	2	64.0
<i>Capsicum annuum</i> Bell Pepper; Paprika; Cherry Pepper; Cone Pepper; Sweet Pepper; Green Pepper	2	22.0
<i>Carica papaya</i> Papaya	1	
<i>Carum carvi</i> Comino (Sp.); Kummel (Ger.); Comino de prado (Sp.); Caraway; Carum	1	
<i>Castanea sativa</i> European Chestnut	1	
<i>Catalpa bignonioides</i> Indian bean	1	
<i>Ceiba pentandra</i> Silk-Cotton Tree; Kapok	1	
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	2	
<i>Centaurium erythraea</i> Centaury	1	
<i>Chamaemelum nobile</i> Perennial Camomile; Garden Camomile; Roman Camomile	1	
<i>Cichorium intybus</i> Chicory; Succory; Witloof	2	1534.0
<i>Cichorium endivia</i> Escarole; Endive	1	
<i>Cimicifuga dahurica</i> Sheng Ma	1	
<i>Cinchona</i> spp Quinine	1	
<i>Cinchona pubescens</i> Quinine; Red Peruvian-Bark; Redbark; Red Cinchona	2	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	1	
<i>Citrullus lanatus</i> Watermelon	1	
<i>Citrullus colocynthis</i> Colocynth	2	
<i>Citrus sinensis</i> Orange	1	100.0
<i>Citrus paradisi</i> Grapefruit	1	102.0
<i>Citrus limon</i> Lemon	1	70.0
<i>Clematis vitalba</i> Traveler's Joy	2	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Coccinia grandis</i> Tindora; Ivy Gourd; Little Gourd; Kundree; Pepasan; Tindori; Kanduri	1	
<i>Coffea arabica</i> Coffee	2	180000.0
<i>Cola acuminata</i> Abata Cola	1	
<i>Coleus barbatus</i> Forskohl's Coleus	1	
<i>Conium maculatum</i> Hemlock; Fool's Parsley; Spotted Hemlock; Carrot Fern; Poison Hemlock; Spotted Parsley	2	
<i>Convallaria majalis</i> Lily-Of-The-Valley	2	
<i>Conyza canadensis</i> Horseweed; Hogweed; Butterweed	1	
<i>Corchorus olitorius</i> Jew's Mallow; Nalta Jute; Mulukiya	1	
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	2	640.0
<i>Corylus americana</i> American Filbert; American Hazel	1	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus pentagyna</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	2	

Plant	# Chemicals	Total PPM
<i>Crataegus laevigata</i> Hawthorn; Woodland Hawthorn; Whitethorn; English Hawthorn	2	
<i>Crataegus cuneata</i> Hawthorn	1	
<i>Cucumis sativus</i> Cucumber	2	
<i>Cucumis melo</i> Melon; Cantaloupe; Netted Melon; Persian Melon; Nutmeg Melon; Muskmelon	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	10.0
<i>Cyamopsis tetragonoloba</i> Guar; Siam-Bean; Cluster-Bean	2	
<i>Cydonia oblonga</i> Quince	1	
<i>Cynara cardunculus</i> Artichoke	2	
<i>Datura stramonium</i> Jimsonweed	2	
<i>Daucus carota</i> Carrot	2	
<i>Digitalis purpurea</i> Purple Foxglove	2	
<i>Dipsacus fullonum</i>	2	
<i>Dodonaea viscosa</i> Hopwood	1	
<i>Echinacea</i> spp Echinacea; Coneflower	2	
<i>Echinacea pallida</i> Pale Purple-Coneflower; Pale-Flower Echinacea; Echinacea	1	
<i>Echinacea angustifolia</i> Narrow Leaf Purple-Coneflower; Echinacea; Narrow Leaf Echinacea	1	
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	2	
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Eleutherococcus senticosus</i> Siberian Ginseng; Wu jia; Ci wu jia (Pinyin); Spiny Ginseng; Eleuthero Ginseng	2	
<i>Equisetum hyemale</i> Horsetail; Scouring Rush	1	
<i>Equisetum arvense</i> Field Horsetail; Horsetail	2	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Erythroxylum coca</i> Coca	2	
<i>Eucalyptus globulus</i> Tasmanian Bluegum; Blue Gum; Eucalypt	2	
<i>Eucommia ulmoides</i> Du Zhong; Tu Chung; Gutta-Percha Tree	1	
<i>Euphorbia pulcherrima</i> Poinsettia	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	
<i>Ficus carica</i> Echte Feige (Ger.); Figueira (Port.); Fico (Ital.); Higuera Comun (Sp.); Figuier Commun (Fr.); Feigenbaum (Ger.); Fig; Higo (Sp.)	1	
<i>Foeniculum vulgare</i> Fennel	2	
<i>Fragaria</i> spp Strawberry	2	68.0
<i>Gaultheria procumbens</i> Checkerberry; Creeping Wintergreen; Mountain Tea; Teaberry; Wintergrun (Ger.); Wintergreen	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Glechoma hederacea</i> Alehoof	2	
<i>Glycine max</i> Soybean	2	8.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	2	
<i>Hedera helix</i> Ivy	1	
<i>Helianthus annuus</i> Girasol; Sunflower	2	59608.0
<i>Helichrysum angustifolium</i> Everlasting; Immortelle	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	2	

Plant	# Chemicals	Total PPM
<i>Houttuynia cordata</i> Fishwort; Yu Xing Cao; Dokudami	1	
<i>Humulus lupulus</i> Hops	2	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Klamath Weed; Hypericum; St. John's-wort; Common St. Johnswort; Goatweed	2	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Ilex paraguariensis</i> Mate; South American Holly; Paraguay Tea	1	
<i>Inonotus obliquus</i>	1	
<i>Ipomoea purga</i> Jalap	1	80000.0
<i>Ipomoea batatas</i> Sweet Potato	2	
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	2	
<i>Kalanchoe pinnata</i> Air Plant; Siempre Viva	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Laurus nobilis</i> Sweet Bay; Laurel; Bay Laurel; Bayleaf; Bay; Grecian Laurel	1	
<i>Levisticum officinale</i> Lovage	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Lycopersicon esculentum</i> Tomato	2	48.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycopus virginicus</i> Bugle	2	
<i>Lycopus europeus</i> European Bugle	2	
<i>Lythrum salicaria</i> Purple Loosestrife	1	
<i>Magnolia officinalis</i> Magnolia-Bark; Hou Pu; Chinese Magnolia	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	
<i>Mahonia repens</i> Oregon Grape; Oregon Barberry; Oregon Grape-Holly; Creeping Barberry	1	
<i>Malus domestica</i> Apple	2	2540.0
<i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot	1	
<i>Marrubium vulgare</i> Horehound; White Horehound	2	
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	2	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Melissa officinalis</i> Melissa; Bee Balm; Balm; Lemonbalm	2	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Mentha x piperita</i> Peppermint	2	
<i>Menyanthes trifoliata</i> Bogbean; Water Trefoil; Buckbean; Bog Myrtle; Marsh Clover; Marsh Trefoil	2	
<i>Moringa oleifera</i> West Indian Ben; Ben Nut; Jacinto (Sp.); Benzolive Tree; Moringa; Horseradish Tree; Drumstick Tree	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	2	
<i>Myristica fragrans</i> Nutmeg; nuez moscada (Sp.); nogal moscado (Sp.); Muskatnussbaum (Ger.); Mace	1	

Plant	# Chemicals	Total PPM
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	38100.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Olea europaea</i> Olive	1	
<i>Origanum vulgare</i> Wild Marjoram; Wild Oregano; Common Turkish Oregano; Pot Marjoram; European Oregano; Oregano	2	14120.0
<i>Origanum majorana</i> Marjoram; Sweet Marjoram	2	
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Chinese Ginseng; Oriental Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppypseed Poppy	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	2	
<i>Petroselinum crispum</i> Parsley	2	
<i>Peucedanum ostruthium</i> Masterwort	2	
<i>Phaseolus vulgaris</i> Pop Bean; Popping Bean; Haricot; String Bean; Kidney Bean; Snap Bean; French Bean; Black Bean; Haricot Bean; Field Bean; Garden Bean; Flageolet Bean; Haricot Vert; Green Bean; Navy Bean; Wax Bean; Dwarf Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Physalis peruviana</i> Ground Cherry; Cape Gooseberry	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	2	
<i>Pinus sylvestris</i> Scotch Pine	2	
<i>Piper nigrum</i> Black Pepper; Pepper; White Pepper	1	
<i>Pisum sativum</i> Pea	1	
<i>Plantago major</i> Common Plantain	2	
<i>Pluchea carolinensis</i> Santa maria; Pito sico	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunus spinosa</i> Blackthorn; Sloe	1	
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	
<i>Prunus persica</i> Peach	2	
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	2	
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	2	
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	1	
<i>Punica granatum</i> Granatapfelbaum (Ger.); Granado (Sp.); Pomegranate; Zakuro (Jap.); Grenadier (Fr.); Granatapfelstrauch (Ger.); Romanzeiro (Port.); Mangrano (Sp.)	2	
<i>Pyrus communis</i> Pear	1	39400.0
<i>Raphanus sativus</i> Radish	1	182.0
<i>Rheum rhabarbarum</i> Rhubarb	1	16.0
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	2	
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes nigrum</i> Black Currant	2	
<i>Ricinus communis</i> Castorbean	1	

Plant	# Chemicals	Total PPM
<i>Rosa damascena</i> Damask Rose	1	30000.0
<i>Rosa canina</i> Dog Rose; Rose; Dogbrier	1	
<i>Rosmarinus officinalis</i> Rosemary	2	
<i>Rubus phoenicolasius</i> Wine Raspberry; Japanese Wineberry; Wineberry	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Salvia</i> sp. Chia	1	
<i>Salvia officinalis</i> Sage	2	
<i>Sambucus simpsonii</i> Simpson's elderberry	2	
<i>Sambucus nigra</i> Black Elder; European Alder; European Elder; European Elderberry; Elder	2	
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Santolina chamaecyparissus</i> Lavender Cotton	1	
<i>Satureja montana</i> Winter Savory; Savory	2	
<i>Scopolia carniolica</i> Scopolia	2	
<i>Senna obtusifolia</i> Sicklepod	2	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Sesamo (Sp.); Sesame; Beni; Benneseed	2	
<i>Solanum tuberosum</i> Potato	2	5701.0
<i>Solanum torvum</i> Susumba; Wild Eggplant	2	
<i>Solanum melongena</i> Aubergine; Eggplant	2	
<i>Solidago virgaurea</i> Woundwort; European Goldenrod	2	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	
<i>Sorbus aucubaria</i> Rowan Berry	2	
<i>Spartium junceum</i> Weaver's Broom; Genet; Spanish Broom	1	
<i>Spinacia oleracea</i> Spinach	2	
<i>Stachys officinalis</i> Betony; Wood Betony; Purple Betony; Bishop's-Wort	2	10000.0
<i>Stachytarpheta jamaicensis</i> Brazilian Tea	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	2	
<i>Strychnos nux-vomica</i> Nux-Vomica; Strychnine	1	
<i>Symphytum officinale</i> Comfrey	2	
<i>Tagetes patula</i> French Marigold	1	
<i>Tanacetum vulgare</i> Tansy	2	
<i>Taraxacum officinale</i> Dandelion	2	
<i>Taxus baccata</i> Common Yew	1	
<i>Tecoma stans</i> Yellow Elder	1	
<i>Teucrium scorodonia</i> Germander; Wood Germander	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	2	400.0
<i>Theobroma cacao</i> Cacao	2	
<i>Thymus vulgaris</i> Garden Thyme; Common Thyme; Thyme	2	33800.0
<i>Thymus serpyllum</i> Creeping Thyme	1	12400.0
<i>Tilia</i> sp. Lime; Basswood; Linden	2	

Plant	# Chemicals	Total PPM
<i>Trifolium pratense</i> Cowgrass; Red Clover; Purple Clover; Peavine Clover	2	
<i>Triticum aestivum</i> Wheat	2	18.0
<i>Tropaeolum majus</i> Nasturtium	1	
<i>Uncaria tomentosa</i> Una de Gato; Garabato Amarillo; Cat's Claw	1	
<i>Uncaria guianensis</i> Tambor Huasca; Ungunagi; Garabato Colorado; Una de Gato; Cat's Claw	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium vitis-idaea</i> Lingen; Lingonberry; Cowberry	1	
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	2	
<i>Vaccinium macrocarpon</i> Cranberry; Large Cranberry; American Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	2	6000.0
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	2	
<i>Verbena officinalis</i> Vervain	1	20000.0
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> European Cranberry Bush; Crampbark; Snowballbush; Guelder Rose	2	
<i>Vicia faba</i> Habas; Faba Bean; Broadbean	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Vid (Sp.); Grapevine; Weinrebe (Ger.); Grape; Wine Grape; Parra (Sp.); European Grape	2	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	2	1.4
<i>Zingiber officinale</i> Ginger	2	