

\*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           | 3800.0    |
| <i>Acacia farnesiana</i> Cassie; Huisache; Sweet Acacia; Opopanax; Popinac  | 1           | 1500.0    |
| <i>Allium sativum</i> var. <i>sativum</i> Garlic  | 1           | 3120.0    |
| <i>Allium cepa</i> Onion; Shallot   | 1           | 4578.0    |
| <i>Aloe vera</i> Bitter Aloes; Aloe   | 1           |           |
| <i>Amaranthus</i> sp. Pigweed   | 1           | 6978.0    |
| <i>Anacardium occidentale</i> Cashew  | 1           | 5758.0    |
| <i>Ananas comosus</i> Pineapple   | 1           | 296.0     |
| <i>Angelica sinensis</i> Dong Quai; Dang Quai; Dong Gui; Chinese Angelica; Dang Gui; Dang Qui   | 1           |           |
| <i>Apium graveolens</i> Celery  | 1           | 1510.0    |
| <i>Arachis hypogaea</i> Peanut; Groundnut   | 1           | 7160.0    |
| <i>Arctium lappa</i> Gobo; Burdock; Great Burdock   | 1           | 600.0     |
| <i>Artocarpus altilis</i> Breadfruit  | 1           | 610.0     |
| <i>Asparagus officinalis</i> Asparagus  | 1           | 9290.0    |
| <i>Avena sativa</i> Oats  | 1           | 10000.0   |
| <i>Basella alba</i> Vinespinach   | 1           | 7830.0    |
| <i>Bertholletia excelsa</i> Brazilnut-Tree; Creamnut; Paranut; Brazilnut  | 1           | 7222.0    |
| <i>Beta vulgaris</i> Beet; Garden Beet; Beetroot; Sugar Beet  | 1           | 2840.0    |
| <i>Brassica rapa</i> Turnip; Seven-Top Turnip; Rapini   | 1           | 1230.0    |
| <i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Cow Cabbage; Tall Kale; Tree Kale; Spring-Heading Cabbage   | 1           | 5248.0    |
| <i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Kale; Scotch Kale; Curly Kale   | 1           | 5660.0    |
| <i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Sprouting Broccoli; Winter Broccoli; Purple Cauliflower; Calabrese; Heading Broccoli; Broccoli; <i>Asparagus Broccoli</i> | 1           |           |
| <i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts   | 1           | 3142.0    |
| <i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage  | 1           | 2674.0    |
| <i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower  | 1           | 10236.0   |
| <i>Brassica oleracea</i> Kohlrabi   | 1           | 1556.0    |
| <i>Brassica nigra</i> Black Mustard   | 1           | 10898.0   |
| <i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip  | 1           | 2130.0    |
| <i>Brassica chinensis</i> Bok-Choy; Chinese Mustard; Chinese White Cabbage; Pak-Choi; Celery Cabbage; Chinese Cabbage; Celery Mustard   | 1           | 7266.0    |
| <i>Cajanus cajan</i> Pigeonpea  | 1           | 5600.0    |
| <i>Calathea allouia</i> Lleren; Leren   | 1           |           |
| <i>Camellia sinensis</i> Tea  | 1           |           |
| <i>Capsicum frutescens</i> Spur Pepper; Red Chili; Chili; Hot Pepper; Cayenne; Tabasco  | 1           | 6202.0    |
| <i>Capsicum annuum</i> Cherry Pepper; Sweet Pepper; Bell Pepper; Paprika; Green Pepper; Cone Pepper   | 1           | 4364.0    |
| <i>Carum carvi</i> Caraway; Comino de prado (Sp.); Kummel (Ger.); Carum; Comino (Sp.)   | 1           |           |
| <i>Castanea sativa</i> European Chestnut  | 1           | 2764.0    |
| <i>Castanea mollissima</i> Chinese Chestnut   | 1           | 3920.0    |
| <i>Castanea dentata</i> American Chestnut   | 1           | 3826.0    |

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|---|-------------|-----------|
| <i>Chenopodium album</i> Lambsquarter   | 1           | 11338.0   |
| <i>Cicer arietinum</i> Chickpea; Garbanzo   | 1           | 5860.0    |
| <i>Cichorium endivia</i> Escarole; Endive   | 1           | 3220.0    |
| <i>Citrus sinensis</i> Orange   | 1           | 1510.0    |
| <i>Citrus reticulata</i> Tangerine; Mandarin  | 1           | 1128.0    |
| <i>Citrus paradisi</i> Grapefruit   | 1           | 4.0       |
| <i>Cnidioscolus chayamansa</i> Chaya  | 1           | 10540.0   |
| <i>Cocos nucifera</i> Nariyal; Cocotero (Sp.); Coconut; Coconut Palm; Copra; Kokospalme (Ger.)  | 1           |           |
| <i>Coffea arabica</i> Coffee  | 1           |           |
| <i>Colocasia esculenta</i> Taro   | 1           | 11110.0   |
| <i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya   | 1           | 6500.0    |
| <i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander  | 1           |           |
| <i>Crocus sativus</i> Saffron   | 1           |           |
| <i>Cryptotaenia japonica</i> Mitsuba; Japanese Cryptotaenia; Ya Er Qin; Japanese Honewort; Stone Parsley  | 1           |           |
| <i>Cucumis sativus</i> Cucumber   | 1           | 1518.0    |
| <i>Cucurbita</i> spp Summer Squash  | 1           | 3800.0    |
| <i>Cucurbita pepo</i> Pumpkin   | 1           | 7868.0    |
| <i>Daucus carota</i> Carrot   | 1           | 1310.0    |
| <i>Dioscorea pentaphylla</i> Mountain Yam   | 1           | 1720.0    |
| <i>Fagopyrum esculentum</i> Buckwheat   | 1           | 5504.0    |
| <i>Ficus carica</i> Fico (Ital.); Figueira (Port.); Figuier Commun (Fr.); Feigenbaum (Ger.); Higuera Comun (Sp.); Echte Feige (Ger.); Fig; Higo (Sp.) | 1           | 1148.0    |
| <i>Foeniculum vulgare</i> Fennel  | 1           | 4870.0    |
| <i>Fragaria</i> spp Strawberry  | 1           | 1186.0    |
| <i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree  | 1           | 1143.0    |
| <i>Glycine max</i> Soybean  | 1           |           |
| <i>Hordeum vulgare</i> Barley; Barleygrass  | 1           | 4000.0    |
| <i>Ipomoea batatas</i> Sweet Potato   | 1           | 1520.0    |
| <i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage  | 1           | 7440.0    |
| <i>Juglans regia</i> English Walnut   | 1           |           |
| <i>Juglans nigra</i> Black Walnut   | 1           |           |
| <i>Juglans cinerea</i> Butternut  | 1           | 10014.0   |
| <i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean   | 1           | 7584.0    |
| <i>Lactuca sativa</i> Lettuce   | 1           | 5334.0    |
| <i>Larrea tridentata</i> Chaparral; Creosote Bush   | 1           | 2000.0    |
| <i>Lens culinaris</i> Lentil  | 1           | 14970.0   |
| <i>Lentinus edodes</i> Shiitake   | 1           |           |
| <i>Lupinus albus</i> White Lupine   | 1           | 9960.0    |
| <i>Lycopersicon esculentum</i> Tomato   | 1           | 3968.0    |
| <i>Macadamia</i> spp Macadamia  | 1           | 1970.0    |
| <i>Malus domestica</i> Apple  | 1           | 374.0     |
| <i>Mangifera indica</i> Mango   | 1           | 700.0     |

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|---|-------------|-----------|
| <i>Manihot esculenta</i> Tapioca; Cassava; Yuca   | 1           | 4130.0    |
| <i>Medicago sativa</i> Alfalfa; Lucerne   | 1           |           |
| <i>Melia azedarach</i> Chinaberry   | 1           |           |
| <i>Mentha x piperita</i> Peppermint   | 1           |           |
| <i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint   | 1           |           |
| <i>Moringa oleifera</i> Ben Nut; Horseradish Tree; Jacinto (Sp.); Moringa; West Indian Ben; Benzolive Tree; Drumstick Tree  | 1           |           |
| <i>Mucuna pruriens</i> Velvetbean; Cowage   | 1           | 5930.0    |
| <i>Murraya sp</i> None  | 1           | 1152.0    |
| <i>Musa x paradisiaca</i> Plantain; Banana  | 1           | 1236.0    |
| <i>Nasturtium officinale</i> Berro; Watercress  | 1           | 2800.0    |
| <i>Nelumbo nucifera</i> Water Lotus   | 1           | 5382.0    |
| <i>Nigella sativa</i> Black Cumin; Black Caraway; Fennel-Flower; Roman Coriander; Nutmeg-Flower   | 1           |           |
| <i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil   | 1           | 3180.0    |
| <i>Oenothera biennis</i> Evening-Primrose   | 1           | 7258.0    |
| <i>Pachyrhizus erosus</i> Yambean   | 1           | 2030.0    |
| <i>Panax quinquefolius</i> American Ginseng; Ginseng  | 1           | 216.0     |
| <i>Panax ginseng</i> Ginseng; Korean Ginseng; Oriental Ginseng; Chinese Ginseng   | 1           |           |
| <i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy  | 1           | 9718.0    |
| <i>Papaver bracteatum</i> Great Scarlet Poppy   | 1           | 9900.0    |
| <i>Persea americana</i> Avocado   | 1           | 1632.0    |
| <i>Phaseolus vulgaris</i> Haricot Bean; Dwarf Bean; Popping Bean; String Bean; French Bean; Black Bean; Green Bean; Wax Bean; Pop Bean; Haricot Vert; Snap Bean; Haricot; Garden Bean; Kidney Bean; Flageolet Bean; Navy Bean; Field Bean | 1           | 19304.0   |
| <i>Phaseolus lunatus</i> Lima Bean; Butter Bean   | 1           | 5578.0    |
| <i>Phoenix dactylifera</i> Date Palm  | 1           | 1160.0    |
| <i>Phyllanthus emblica</i> Emblic; Myrobalan  | 1           |           |
| <i>Pinus pinea</i> Italian Stone Pine; Pignolia   | 1           |           |
| <i>Pinus edulis</i> Pinyon Pine   | 1           |           |
| <i>Pistacia vera</i> Pistachio  | 1           | 10672.0   |
| <i>Pisum sativum</i> Pea  | 1           | 9358.0    |
| <i>Portulaca oleracea</i> Verdolaga; Purslane   | 1           | 8400.0    |
| <i>Prunus persica</i> Peach   | 1           | 972.0     |
| <i>Prunus dulcis</i> Almond   | 1           | 7490.0    |
| <i>Prunus domestica</i> Plum  | 1           | 540.0     |
| <i>Prunus armeniaca</i> Apricot   | 1           | 440.0     |
| <i>Psophocarpus tetragonolobus</i> Asparagus Pea; Goa Bean; Winged Bean   | 1           | 27620.0   |
| <i>Psoralea esculenta</i> Breadroot; Prairie Turnip; Prairie Apple; Prairie Potato; Indian Bread-Root; Indian Turnip  | 1           |           |
| <i>Pyrus communis</i> Pear  | 1           | 494.0     |
| <i>Raphanus sativus</i> Radish  | 1           | 1940.0    |
| <i>Rosmarinus officinalis</i> Rosemary  | 1           |           |
| <i>Sambucus canadensis</i> Sweet Elder; Elderberry; American Elder; American Elderberry   | 1           | 1484.0    |
| <i>Secale cereale</i> Rye   | 1           |           |
| <i>Sesamum indicum</i> Sesame; Beni; Sesamo (Sp.); Ajonjoli (Sp.); Benneseed  | 1           | 10988.0   |
| <i>Sinapis alba</i> White Mustard   | 1           | 12454.0   |

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|---|-------------|-----------|
| <i>Solanum tuberosum</i> Potato   | 1           | 2470.0    |
| <i>Solanum melongena</i> Eggplant; Aubergine  | 1           | 1486.0    |
| <i>Sophora pachycarpa</i> Siberian Pachycarpa   | 1           |           |
| <i>Spinacia oleracea</i> Spinach  | 1           | 8314.0    |
| <i>Thymus vulgaris</i> Garden Thyme; Common Thyme; Thyme  | 1           | 3960.0    |
| <i>Tilia</i> sp. Linden; Lime; Basswood   | 1           |           |
| <i>Trigonella foenum-graecum</i> Greek Hay; Alholva (Sp.); Fenugreek; Greek Clover; Bockshornklee (Ger.)                          | 1           | 8118.0    |
| <i>Triticum aestivum</i> Wheat  | 1           | 8000.0    |
| <i>Vaccinium corymbosum</i> Blueberry   | 1           | 910.0     |
| <i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad  | 1           | 5550.0    |
| <i>Vicia faba</i> Faba Bean; Broadbean; Habas   | 1           | 8100.0    |
| <i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean  | 1           | 12790.0   |
| <i>Vigna radiata</i> Mungbean; Green Gram   | 1           | 8190.0    |
| <i>Vigna angularis</i> Adzuki Bean  | 1           | 4252.0    |
| <i>Vigna aconitifolia</i> Moth Bean; Mat Bean   | 1           | 2590.0    |
| <i>Vitellaria paradoxa</i> Shea-Butter-Tree; Sheatree; Shea Nut; Shea; Butterseed   | 1           |           |
| <i>Vitis vinifera</i> European Grape; Wine Grape; Grapevine; Vigne Vinifere (Fr.); Grape; Parra (Sp.); Vid (Sp.); Weinrebe (Ger.) | 1           | 1132.0    |
| <i>Withania somnifera</i> Ashwagandha   | 1           |           |
| <i>Zea mays</i> Corn  | 1           | 2164.0    |
| <i>Zingiber officinale</i> Ginger   | 1           | 924.0     |