

A Alpha-Amylase-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
<i>Aconitum napellus</i> Turk's Cap; Friar's Cap; Garden Wolfsbane; Aconite; European Aconite; Bear's-Foot; Soldier's Cap; Garden Monkshood; Queen's Fettle; Monkshood; Blue Rocket; Helmet Flower	1	
<i>Adonis vernalis</i> Spring Adonis	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium cepa</i> Onion; Shallot	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Anabasis aphylla</i> Anabasis	1	
<i>Ananas comosus</i> Pineapple	1	172000.0
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	1	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Avena sativa</i> Oats	1	
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Garden Beet; Beetroot; Beet; Sugar Beet	1	
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Curly Kale; Kale; Scotch Kale	1	
<i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Asparagus Broccoli; Calabrese; Sprouting Broccoli; Cape Broccoli; Broccoli; Purple Cauliflower; Winter Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	1	
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	
<i>Brassica oleracea</i> Kohlrabi	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Tabasco; Chili; Hot Pepper; Cayenne; Red Chili; Spur Pepper	1	
<i>Capsicum annuum</i> Paprika; Cone Pepper; Green Pepper; Sweet Pepper; Bell Pepper; Cherry Pepper	1	
<i>Carica papaya</i> Papaya	1	
<i>Catalpa ovata</i> Hsin-Pa-Pi; Kisasage	1	
<i>Cephaelis ipecacuanha</i> Ipecac; Raicilla	1	
<i>Chaenomeles lagenaria</i> Mu-Kua; Chinese Quince	1	
<i>Chelidonium majus</i> Celandine	1	
<i>Cichorium intybus</i> Chicory; Succory; Witloof	1	
<i>Citrus sinensis</i> Orange	1	19600.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	24400.0
<i>Citrus paradisi</i> Grapefruit	1	42000.0
<i>Citrus mitis</i> Calamondin; Calamansi	1	
<i>Citrus limon</i> Lemon	1	119000.0
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	

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<i>Citrus aurantiifolia</i> Lime	1	1600.0
<i>Cocos nucifera</i> Nariyal; Kokospalme (Ger.); Coconut; Cocotero (Sp.); Coconut Palm; Copra	1	
<i>Coffea arabica</i> Coffee	1	
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; Woodland Hawthorn; English Hawthorn; Whitethorn	1	
<i>Cryptostegia grandifolia</i> Rubber Vine	1	
<i>Cucumis melo</i> Melon; Netted Melon; Nutmeg Melon; Persian Melon; Cantaloupe; Muskmelon	1	
<i>Datura stramonium</i> Jimsonweed	1	1500.0
<i>Daucus carota</i> Carrot	1	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Euonymus atropurpureus</i> Burning Bush; Wahoo	1	
<i>Euphorbia tirucalli</i> Aveloz	1	148000.0
<i>Fagopyrum esculentum</i> Buckwheat	1	16400.0
<i>Ficus carica</i> Fig; Figuier Commun (Fr.); Echte Feige (Ger.); Feigenbaum (Ger.); Figueira (Port.); Fico (Ital.); Higo (Sp.); Higuera Comun (Sp.)	1	8800.0
<i>Filipendula ulmaria</i> Meadowsweet; Queen Of The Meadow	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria spp</i> Strawberry	1	16000.0
<i>Galium odoratum</i> Waldmeister; Woodruff	1	
<i>Garcinia mangostana</i> Mangosteen; Mangostin	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glycine max</i> Soybean	1	26000.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	3800.0
<i>Hibiscus sabdariffa</i> Red Sorrel; Sereni (Sp.); Kharkadi; Sorrel; Malventee (Ger.); Rosa de Jamaica (Sp.); Indian Sorrel; Acedera de Guinea (Sp.); Roselle; Rosella (Ger.); Jamaica Sorrel	2	340000.0
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	1	
<i>Juglans regia</i> English Walnut	1	
<i>Juniperus communis</i> Common Juniper; Juniper	1	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	1	
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Lactuca sativa</i> Lettuce	1	1000.0
<i>Ledum palustre</i> Marsh Tea; Wild Rosemary	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Lupinus albus</i> White Lupine	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	1	
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	

Plant	# Chemicals	Total PPM
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	
<i>Myrciaria dubia</i> Camu-camu Negro (Peru); Rumberry (Eng.); Camu-camu (Eng.,Peru,Scn.,Sp.); Camo Camo (Peru); Araza de Agua (Sp.); Guapuro Blanco (Bol.)	1	
<i>Myrtus communis</i> Arrayan (Sp.); Myrtle; Mirto (Sp.); Myrte (Ger.)	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Nopal; Indian Fig; Nopalito	1	9120.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	6000.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Ginseng; Korean Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	
<i>Paris quadrifolia</i> Herb Paris	1	
<i>Passiflora edulis</i> Passionfruit; Maracuya	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	44000.0
<i>Physalis ixocarpa</i> Tomatillo	1	23380.0
<i>Piscidia piscipula</i> Jamaica Dogwood	1	
<i>Pisum sativum</i> Pea	1	
<i>Plantago major</i> Common Plantain	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	10200.0
<i>Prunus persica</i> Peach	1	
<i>Prunus domestica</i> Plum	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	
<i>Psidium guajava</i> Guava	1	
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	
<i>Pueraria montana</i> Kudzu; Kudsu	1	
<i>Punica granatum</i> Pomegranate; Granado (Sp.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Grenadier (Fr.); Granatapfelbaum (Ger.); Zakuro (Jap.); Romanzeiro (Port.)	1	24600.0
<i>Pyrus communis</i> Pear	1	
<i>Quisqualis indica</i> Rangoon Creeper	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rhododendron ferrugineum</i> Rusty-Leaved Alpenrose	1	
<i>Ribes uva-crispa</i> Gooseberry	1	17600.0
<i>Ribes rubrum</i> White Currant; Red Currant	1	40400.0
<i>Ribes nigrum</i> Black Currant	1	70000.0
<i>Rosa spp</i> Rose Hips	1	
<i>Rosa laevigata</i> Cherokee Rose	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	30000.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus chingii</i> Chinese Raspberry	1	
<i>Sambucus nigra</i> European Alder; European Elderberry; Elder; European Elder; Black Elder	1	
<i>Schisandra chinensis</i> Magnolia Vine; Five-Flavor-Fruit; Chinese Magnolia Vine; Wu Wei Zu; Wu Wei Zi; Schizandra	1	

Plant	# Chemicals	Total PPM
<i>Sclerocarya caffra</i> Marula	1	
<i>Solanum tuberosum</i> Potato	1	4000.0
<i>Solanum sessiliflorum</i> Cocona	1	
<i>Solanum nigrum</i> Black Nightshade	1	100000.0
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spinacia oleracea</i> Spinach	1	
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Ca-A-E; Stevia	1	
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	
<i>Theobroma cacao</i> Cacao	1	15000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium vitis-idaea</i> Cowberry; Lingonberry; Lingen	1	
<i>Vaccinium myrtillus</i> Whortleberry; Dwarf Bilberry; Bilberry	1	
<i>Vaccinium macrocarpon</i> Large Cranberry; American Cranberry; Cranberry	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Snowballbush; European Cranberry Bush; Guelder Rose; Crampbark	1	
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	1	
<i>Vitis vinifera</i> Parra (Sp.); European Grape; Weinrebe (Ger.); Wine Grape; Grapevine; Vid (Sp.); Vigne Vinifere (Fr.); Grape	1	
<i>Zizyphus jujuba</i> Ta-Tsao; Jujube; Da-Zao	1	24000.0