

# A Antihomocysteine

\*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> Prayer Beads; Indian Licorice; Jequirity Bean; Weathervine; Jequirity; Love Bean; Lucky Bean; Coral Beadplant; Red Beadvine; Minnie-Minnies; Precatory Bean; Crab's Eye; Licorice Vine; Weatherplant; Rosary Pea | 1           |           |
| <i>Achillea millefolium</i> Milfoil; Yarrow   | 1           |           |
| <i>Acorus calamus</i> Sweetflag; Sweet Calamus; Flagroot; Calamus; Sweetroot; Myrtle Flag   | 1           |           |
| <i>Adonis vernalis</i> Spring Adonis  | 1           |           |
| <i>Aesculus hippocastanum</i> Horse Chestnut  | 1           |           |
| <i>Alisma plantago-aquatica</i> Tse-Hsieh; Ze-Xie; Water Plantain; Mud 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> Bitter Aloes; Aloe   | 1           |           |
| <i>Althaea officinalis</i> White Mallow; Marshmallow  | 1           |           |
| <i>Amorphophallus konjac</i> Elephant Yam; Umbrella Arum; Leopard Palm; Snake Palm; Devil's Tongue; Konjac  | 1           |           |
| <i>Anastatica hierochuntica</i> Jericho Rose  | 1           |           |
| <i>Angelica sinensis</i> Dang Quai; Dang Gui; Chinese Angelica; Dang Qui; Dong Quai; Dong Gui   | 1           | 4940.0    |
| <i>Apium graveolens</i> Celery  | 1           |           |
| <i>Arachis hypogaea</i> Peanut; Groundnut   | 1           |           |
| <i>Areca catechu</i> Betel Nut; Pin-Lang  | 1           |           |
| <i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane  | 1           |           |
| <i>Artemisia vulgaris</i> Mugwort   | 1           |           |
| <i>Artemisia cina</i> Levant Wormseed   | 1           |           |
| <i>Artemisia abrotanum</i> Southernwood   | 1           |           |
| <i>Asparagus officinalis</i> Asparagus  | 1           |           |
| <i>Astragalus membranaceus</i> Huang Qi; Huang-Chi  | 1           |           |
| <i>Atropa bella-donna</i> Belladonna  | 1           |           |
| <i>Avena sativa</i> Oats  | 1           | 3485.5    |
| <i>Ballota nigra</i> Black Horehound  | 1           |           |
| <i>Borago officinalis</i> Beebread; Beeplant; Borage; Talewort  | 1           |           |
| <i>Brassica oleracea</i> var. <i>capitata</i> l. Cabbage; White Cabbage; Red Cabbage  | 1           |           |
| <i>Canavalia ensiformis</i> Jack Bean   | 1           |           |
| <i>Capparis spinosa</i> Caper; Caperbush  | 1           | 940.0     |
| <i>Capsella bursa-pastoris</i> Shepherd's Purse   | 1           | 20000.0   |
| <i>Capsicum annuum</i> Green Pepper; Sweet Pepper; Bell Pepper; Cherry Pepper; Paprika; Cone Pepper   | 1           | 1314.0    |
| <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> Raicilla; Ipecac   | 1           |           |
| <i>Chamaemelum nobile</i> Roman Camomile; Perennial Camomile; Garden Camomile   | 1           |           |
| <i>Chelidonium majus</i> Celandine  | 1           |           |
| <i>Chrysanthemum x morifolium</i> Florist's Chrysanthemum; Chrysanthemum; Ju Hua (Pinyin); Mum  | 1           |           |

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|--|-------------|-----------|
| <i>Chrysanthemum cinerariifolium</i> Pyrethrum   | 1           |           |
| <i>Cichorium intybus</i> Witloof; Chicory; Succory   | 1           |           |
| <i>Citrus sinensis</i> Orange  | 1           | 320.0     |
| <i>Coffea arabica</i> Coffee   | 1           | 600.0     |
| <i>Convallaria majalis</i> Lily-Of-The-Valley  | 1           |           |
| <i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley                                       | 1           |           |
| <i>Crataegus</i> sp.   | 1           |           |
| <i>Crataegus rhipidophylla</i> Hawthorn  | 1           |           |
| <i>Crataegus monogyna</i> Hawthorn; English Hawthorn   | 1           |           |
| <i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; English Hawthorn; Hawthorn                 | 1           |           |
| <i>Cuminum cyminum</i> Cumin   | 1           |           |
| <i>Daucus carota</i> Carrot  | 1           | 218.0     |
| <i>Dictamnus albus</i> Akgiritotu; Gas Plant; Dittany; Gazelotu; Burning Bush                        | 1           |           |
| <i>Digitalis purpurea</i> Purple Foxglove  | 1           |           |
| <i>Digitalis lanata</i> Grecian Foxglove   | 1           | 2000.0    |
| <i>Elettaria cardamomum</i> Cardamom   | 1           |           |
| <i>Euphorbia hirta</i> Queensland Asthma Herb  | 1           |           |
| <i>Euphrasia officinalis</i> Eyebright   | 1           |           |
| <i>Foeniculum vulgare</i> Fennel   | 1           |           |
| <i>Ganoderma lucidum</i> Reishi; Ling Zhi  | 1           |           |
| <i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree   | 1           |           |
| <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; Licorice-Root; Commom Licorice; Licorice                  | 1           |           |
| <i>Gossypium</i> sp Cotton   | 1           |           |
| <i>Gymnema sylvestre</i> Gymnema; Miracle Fruit  | 1           |           |
| <i>Hamamelis virginiana</i> Witch Hazel  | 1           | 4000.0    |
| <i>Helianthus tuberosus</i> Jerusalem Artichoke  | 1           |           |
| <i>Helianthus annuus</i> Girasol; Sunflower  | 1           | 2400.0    |
| <i>Hordeum vulgare</i> Barleygrass; Barley   | 1           | 3234.0    |
| <i>Humulus lupulus</i> Hops  | 1           |           |
| <i>Hyoscyamus niger</i> Henbane  | 1           |           |
| <i>Hypericum perforatum</i> St. John's-wort; Goatweed; Common St. Johnswort; Hypericum; Klamath Weed | 1           |           |
| <i>Hyssopus officinalis</i> Hyssop   | 1           |           |
| <i>Ilex paraguariensis</i> Mate; Paraguay Tea; South American Holly                                  | 1           |           |
| <i>Lactuca sativa</i> Lettuce  | 1           |           |
| <i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd                                      | 1           | 32040.0   |
| <i>Lens culinaris</i> Lentil   | 1           | 4460.0    |
| <i>Leonurus cardiaca</i> Motherwort  | 1           |           |
| <i>Linum usitatissimum</i> Linseed; Flax   | 1           | 2360.0    |
| <i>Lippia javanica</i> Umsuzwane (Zulu); Lemon Bush  | 1           |           |

| Plant   | # Chemicals | Total PPM |
|---|-------------|-----------|
| <i>Luffa aegyptiaca</i> Luffa; Vegetable Sponge; Smooth Loofah  | 1           | 4180.0    |
| <i>Lycium chinense</i> Kuko (Jap.); Daun Koki (Indones.); Chinese Wolfberry; Lyciet de Chine (Fr.); Chinesischer Bocksdorn (Ger.); Chinese Boxthorn; Gou Qi (Chin.); Kawkichai (Malays.); Chinese Matrimony Vine; Wolfberry; Spina Santa Cinese (Ital.) | 1           |           |
| <i>Lycium chilense</i> Chilean Wolfberry  | 1           |           |
| <i>Lycium barbarum</i> Common Matrimony Vine; Matrimony Vine; Ning Xia Gou Qi (Chin.); Duke of Argyll's Eta Tree; Barbary Matrimony Vine  | 1           |           |
| <i>Lycopersicon esculentum</i> Tomato   | 1           | 168.0     |
| <i>Malva neglecta</i> Common Mallow; Cheeses  | 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> Bog Myrtle; Buckbean; Marsh Clover; Water Trefoil; Marsh Trefoil; Bogbean  | 1           |           |
| <i>Moringa oleifera</i> Moringa; West Indian Ben; Drumstick Tree; Horseradish Tree; Benzolive Tree; Jacinto (Sp.); Ben Nut  | 1           |           |
| <i>Morus alba</i> Sang-Pai-Pi; White Mulberry   | 1           |           |
| <i>Mucuna pruriens</i> Velvetbean; Cowage   | 1           |           |
| <i>Nerium oleander</i> Oleander   | 1           |           |
| <i>Olea europaea</i> Olive  | 1           |           |
| <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; Oriental Ginseng; Ginseng; Chinese Ginseng   | 1           | 4000.0    |
| <i>Papaver somniferum</i> Opium Poppy; Poppysseed Poppy   | 1           |           |
| <i>Paullinia cupana</i> Guarana   | 1           |           |
| <i>Petasites hybridus</i> European Butterbur  | 1           |           |
| <i>Peumus boldus</i> Boldo  | 1           |           |
| <i>Phaseolus vulgaris</i> Green Bean; Dwarf Bean; Pop Bean; Haricot Bean; Garden Bean; Snap Bean; Flageolet Bean; Black Bean; Popping Bean; Kidney Bean; Wax Bean; Haricot; String Bean; Navy Bean; Haricot Vert; Field Bean; French Bean               | 1           |           |
| <i>Pimpinella anisum</i> Sweet Cumin; Anise   | 1           |           |
| <i>Pinellia ternata</i> Pan-Hsia; Ban-Xia   | 1           |           |
| <i>Pinus sylvestris</i> Scotch Pine   | 1           | 6800.0    |
| <i>Piper nigrum</i> Black Pepper; White Pepper; Pepper  | 1           |           |
| <i>Pistacia lentiscus</i> Mastic; Mastixbaum (Ger.); Chios Mastictree; Lentisco (Sp.); Mastictree   | 1           |           |
| <i>Pisum sativum</i> Pea  | 1           | 10084.0   |
| <i>Plantago major</i> Common Plantain   | 1           |           |
| <i>Plantago asiatica</i> Asian Plantain   | 1           |           |
| <i>Prunus serotina</i> Wild Cherry; Black Cherry  | 1           |           |
| <i>Pueraria montana</i> Kudzu; Kudsu  | 1           |           |
| <i>Rhizophora mangle</i> Red Mangrove   | 1           |           |
| <i>Sambucus nigra</i> Elder; European Elderberry; Black Elder; European Alder; European Elder   | 1           |           |
| <i>Satureja montana</i> Winter Savory; Savory   | 1           |           |
| <i>Sesamum indicum</i> Beni; Benneseed; Ajonjoli (Sp.); Sesame; Sesamo (Sp.)  | 1           | 2640.0    |
| <i>Sinapis alba</i> White Mustard   | 1           |           |

| Plant  | # Chemicals | Total PPM |
|--|-------------|-----------|
| <i>Solanum tuberosum</i> Potato  | 1           | 2000.0    |
| <i>Solanum melongena</i> Eggplant; Aubergine   | 1           | 1040.0    |
| <i>Stachys officinalis</i> Wood Betony; Betony; Bishop's-Wort; Purple Betony                             | 1           |           |
| <i>Strophanthus hispidus</i> Hispid Ouabain  | 1           |           |
| <i>Strophanthus gratus</i> Ouabain   | 1           |           |
| <i>Strychnos nux-vomica</i> Nux-Vomica; Strychnine   | 1           |           |
| <i>Symphytum officinale</i> Comfrey  | 1           |           |
| <i>Syzygium cumini</i> Aceituna Dulce; Jambolan; Java Plum   | 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>Trifolium pratense</i> Red Clover; Peavine Clover; Cowgrass; Purple Clover                            | 1           |           |
| <i>Trigonella foenum-graecum</i> Greek Clover; Bockshornklee (Ger.); Alholva (Sp.); Greek Hay; Fenugreek | 1           | 28000.0   |
| <i>Triticum aestivum</i> Wheat   | 1           | 3938.0    |
| <i>Tussilago farfara</i> Coltsfoot   | 1           |           |
| <i>Urtica dioica</i> Stinging Nettle; European Nettle  | 1           |           |
| <i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian                                | 1           |           |
| <i>Vicia faba</i> Faba Bean; Habas; Broadbean  | 1           | 680.0     |
| <i>Vigna unguiculata</i> Southern Pea; Cowpea; Crowder Pea; Black-eyed Pea                               | 1           | 4040.0    |
| <i>Vigna radiata</i> Mungbean; Green Gram  | 1           | 3712.0    |
| <i>Vigna mungo</i> Black Gram  | 1           | 4120.0    |
| <i>Withania somnifera</i> Ashwagandha  | 1           |           |
| <i>Zea mays</i> Corn   | 1           | 1102.0    |