

A Antiscoliotic

*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	3420.0
<i>Acacia farnesiana</i> Opopanax; Cassie; Popinac; Huisache; Sweet Acacia	1	900.0
<i>Allium schoenoprasum</i> Chives	1	7830.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	3168.0
<i>Allium cepa</i> Onion; Shallot	1	3706.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Alpinia galanga</i> Languas; Greater Galangal; Siamese Ginger	1	
<i>Amaranthus</i> sp. Pigweed	1	7458.0
<i>Anacardium occidentale</i> Cashew	1	4822.0
<i>Ananas comosus</i> Pineapple	1	120.0
<i>Angelica sinensis</i> Dang Qui; Dong Gui; Dang Gui; Dong Quai; Dang Quai; Chinese Angelica	1	
<i>Angelica archangelica</i> Wild Parsnip; Garden Angelica; Angelica	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	750.0
<i>Annona reticulata</i> Custard Apple	1	490.0
<i>Annona muricata</i> Soursop	1	1170.0
<i>Apium graveolens</i> Celery	1	3730.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	6642.0
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	600.0
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	1072.0
<i>Asparagus officinalis</i> Asparagus	1	7742.0
<i>Avena sativa</i> Oats	1	10000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Basella alba</i> Vinespinach	1	8120.0
<i>Benincasa hispida</i> Waxgourd	1	1030.0
<i>Bertholletia excelsa</i> Paranut; Brazilnut-Tree; Brazilnut; Creamnut	1	5380.0
<i>Beta vulgaris</i> Beetroot; Garden Beet; Sugar Beet; Beet	1	2682.0
<i>Bixa orellana</i> Annato; Annoto; Arnato; Annatto; Achiote; Bija; Lipsticktree; Lipstick Pod	1	3360.0
<i>Brassica rapa</i> Celery Mustard; Chinese Mustard; Pak-Choi; Chinese Cabbage; Bok-Choy; Chinese White Cabbage; Celery Cabbage	1	2200.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Tree Kale; Tall Kale; Spring-Heading Cabbage; Cow Cabbage	1	6556.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kale; Curly Kale; Kitchen Kale; Scotch Kale	1	5150.0
<i>Brassica oleracea</i> var. <i>italica</i> Winter Broccoli; Cape Broccoli; Asparagus Broccoli; Heading Broccoli; Sprouting Broccoli; Calabrese; Broccoli; Purple Cauliflower	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	5284.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage	1	3208.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	12950.0
<i>Brassica oleracea</i> Kohlrabi	1	2220.0
<i>Brassica nigra</i> Black Mustard	1	7952.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	1	2510.0

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<i>Brassica chinensis</i> Celery Mustard; Celery Cabbage; Chinese White Cabbage; Pak-Choi; Bok-Choy; Chinese Cabbage; Chinese Mustard	1	6412.0
<i>Cajanus cajan</i> Pigeonpea	1	4740.0
<i>Cannabis sativa</i> Hemp; Marijuana; Indian Hemp; Marihuana	1	
<i>Capsicum frutescens</i> Red Chili; Tabasco; Hot Pepper; Spur Pepper; Chili; Cayenne	1	4244.0
<i>Capsicum annuum</i> Cherry Pepper; Green Pepper; Bell Pepper; Paprika; Cone Pepper; Sweet Pepper	1	3000.0
<i>Carica papaya</i> Papaya	1	1432.0
<i>Carum carvi</i> Kummel (Ger.); Caraway; Carum; Comino (Sp.); Comino de prado (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	970.0
<i>Castanea mollissima</i> Chinese Chestnut	1	1748.0
<i>Castanea dentata</i> American Chestnut	1	1914.0
<i>Chenopodium album</i> Lambsquarter	1	4842.0
<i>Chrysophyllum cainito</i> Star Apple; Caimito	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	9940.0
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	7344.0
<i>Cichorium endivia</i> Escarole; Endive	1	1610.0
<i>Citrullus lanatus</i> Watermelon	1	1650.0
<i>Citrus sinensis</i> Orange	1	1360.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	968.0
<i>Citrus paradisi</i> Grapefruit	1	440.0
<i>Citrus aurantiifolia</i> Lime	1	510.0
<i>Cocos nucifera</i> Coconut Palm; Coconut; Copra; Kokospalme (Ger.); Cocotero (Sp.); Nariyal	1	
<i>Colocasia esculenta</i> Taro	1	8260.0
<i>Corchorus olitorius</i> Nalta Jute; Mulukiya; Jew's Mallow	1	8000.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Cucumis sativus</i> Cucumber	1	2024.0
<i>Cucurbita</i> spp Summer Squash	1	3480.0
<i>Cucurbita pepo</i> Pumpkin	1	12860.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	1800.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	1190.0
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Eryngium creticus</i> Cretan culantro	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	4130.0
<i>Ficus carica</i> Figuiet Commun (Fr.); Higuera Comun (Sp.); Feigenbaum (Ger.); Fico (Ital.); Echte Feige (Ger.); Fig; Figueira (Port.); Higo (Sp.)	1	574.0
<i>Foeniculum vulgare</i> Fennel	1	5550.0
<i>Fragaria</i> spp Strawberry	1	1660.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	3523.0
<i>Glycine max</i> Soybean	1	
<i>Gossypium</i> sp Cotton	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	3622.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	31800.0

Plant	# Chemicals	Total PPM
<i>Hippophae rhamnoides</i> Yellow Spine; Sallow Thorn; Sea Buckthorn	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	6000.0
<i>Humulus lupulus</i> Hops	1	
<i>Ipomoea batatas</i> Sweet Potato	1	1600.0
<i>Juglans regia</i> English Walnut	2	190.0
<i>Juglans nigra</i> Black Walnut	2	
<i>Juglans cinerea</i> Butternut	1	7572.0
<i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean	1	14510.0
<i>Lactuca sativa</i> Lettuce	1	3000.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	1350.0
<i>Lens culinaris</i> Lentil	1	5652.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	6450.0
<i>Lycopersicon esculentum</i> Tomato	1	2314.0
<i>Malus domestica</i> Apple	1	248.0
<i>Mangifera indica</i> Mango	1	1400.0
<i>Manihot esculenta</i> Yuca; Cassava; Tapioca	1	2730.0
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melicoccus bijugatas</i> Genip; Mamoncillo; Honey berry; Pitomba	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Moringa oleifera</i> Drumstick Tree; Jacinto (Sp.); Ben Nut; West Indian Ben; Horseradish Tree; Moringa; Benzolive Tree	1	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	
<i>Murraya</i> sp None	1	864.0
<i>Musa x paradisiaca</i> Plantain; Banana	2	1118.0
<i>Nasturtium officinale</i> Watercress; Berro	1	12000.0
<i>Nelumbo nucifera</i> Water Lotus	1	5486.0
<i>Nigella sativa</i> Black Cumin; Roman Coriander; Nutmeg-Flower; Fennel-Flower; Black Caraway	1	
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	1	4420.0
<i>Oenothera biennis</i> Evening-Primrose	1	32000.0
<i>Opuntia ficus-indica</i> Indian Fig; Prickly Pear; Nopal; Nopalito	1	3330.0
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	5470.0
<i>Perideridia gairdneri</i> Squaw Root	1	1524.0
<i>Persea americana</i> Avocado	2	1632.0
<i>Phaseolus vulgaris</i> Popping Bean; Kidney Bean; Wax Bean; Haricot Vert; String Bean; Haricot Bean; Flageolet Bean; Garden Bean; Dwarf Bean; Haricot; Field Bean; Black Bean; Pop Bean; French Bean; Navy Bean; Snap Bean; Green Bean	1	19122.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	6048.0
<i>Phoenix dactylifera</i> Date Palm	2	1308.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	262.0
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	

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<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	5888.0
<i>Pisum sativum</i> Pea	1	8842.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	6800.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Prunus persica</i> Peach	1	324.0
<i>Prunus dulcis</i> Almond	1	7490.0
<i>Prunus domestica</i> Plum	1	
<i>Prunus armeniaca</i> Apricot	1	2200.0
<i>Psidium guajava</i> Guava	1	1008.0
<i>Psidium cattleianum</i> Strawberry Guava	1	520.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Winged Bean; Asparagus Pea	1	38478.0
<i>Psoralea esculenta</i> Breadroot; Prairie Apple; Prairie Potato; Indian Bread-Root; Prairie Turnip; Indian Turnip	1	1266.0
<i>Punica granatum</i> Pomegranate; Granado (Sp.); Granatapfelbaum (Ger.); Grenadier (Fr.); Romanzeiro (Port.); Granatapfelstrauch (Ger.); Mangrano (Sp.); Zakuro (Jap.)	1	
<i>Raphanus sativus</i> Radish	1	1550.0
<i>Rivea corymbosa</i> Snakeplant	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> American Elderberry; American Elder; Sweet Elder; Elderberry	1	1118.0
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	3430.0
<i>Senna obtusifolia</i> Sicklepod	1	4360.0
<i>Sesamum indicum</i> Beni; Sesame; Sesamo (Sp.); Benneseed; Ajonjoli (Sp.)	1	9938.0
<i>Sinapis alba</i> White Mustard	1	11256.0
<i>Solanum tuberosum</i> Potato	1	4500.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	2478.0
<i>Spinacia oleracea</i> Spinach	1	9264.0
<i>Stellaria media</i> Common Chickweed; Chickweed	1	
<i>Tamarindus indica</i> Kilytree; Tamarind; Indian Tamarind	1	524.0
<i>Tecoma stans</i> Yellow Elder	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	4018.0
<i>Trifolium pratense</i> Purple Clover; Red Clover; Peavine Clover; Cowgrass	1	
<i>Trigonella foenum-graecum</i> Greek Clover; Bockshornklee (Ger.); Alholva (Sp.); Greek Hay; Fenugreek	1	8600.0
<i>Triticum aestivum</i> Wheat	1	6000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	400.0
<i>Vaccinium corymbosum</i> Blueberry	1	390.0
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	7220.0
<i>Vicia faba</i> Habas; Faba Bean; Broadbean	1	5900.0
<i>Vigna unguiculata</i> Southern Pea; Crowder Pea; Black-eyed Pea; Cowpea	1	11820.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	13490.0
<i>Vigna angularis</i> Adzuki Bean	1	4414.0

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<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	1	3256.0
<i>Vitellaria paradoxa</i> Butterseed; Shea-Butter-Tree; Shea Nut; Sheatree; Shea	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Parra (Sp.); Vid (Sp.); Grapevine; Wine Grape; European Grape; Grape; Weinrebe (Ger.)	1	308.0
<i>Zea mays</i> Corn	1	1914.0
<i>Zingiber officinale</i> Ginger	1	1386.0