

A Antihyperinsulinemic

*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> Weatherplant; Lucky Bean; Minnie-Minnies; Coral Beadplant; Jequirity Bean; Jequerity; Crab's Eye; Indian Licorice; Red Beadvine; Rosary Pea; Weathervine; Love Bean; Precatory Bean; Prayer Beads; Licorice Vine	1	
<i>Allium cepa</i> Onion; Shallot	1	
<i>Cyphomandra betacea</i> Tamarillo; Tree Tomato	1	
<i>Dianthus caryophyllus</i> Clove Pink; Oeillet (Fr.); Carnation; Nelke (Ger.); Clavel (Sp.)	1	
<i>Ficus carica</i> Fico (Ital.); Higo (Sp.); Fiquier Commun (Fr.); Feigenbaum (Ger.); Fig; Echte Feige (Ger.); Figueira (Port.); Higuera Comun (Sp.)	1	
<i>Hibiscus sabdariffa</i> Malventee (Ger.); Roselle; Acedera de Guinea (Sp.); Kharkadi; Indian Sorrel; Sorrel; Rosa de Jamaica (Sp.); Jamaica Sorrel; Red Sorrel; Sereni (Sp.); Rosella (Ger.)	1	35000.0
<i>Kalanchoe gastonis-bonnieri</i> Mala madre	1	
<i>Lythrum salicaria</i> Purple Loosestrife	1	20000.0
<i>Malva sylvestris</i> High Mallow	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Myrciaria dubia</i> Camu-camu Negro (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.); Araza de Agua (Sp.); Camo Camo (Peru); Rumberry (Eng.); Guapuro Blanco (Bol.)	1	
<i>Ocimum basilicum</i> Cuban Basil; Basil; Sweet Basil	1	
<i>Perilla frutescens</i> Perilla	1	
<i>Phaseolus vulgaris</i> Popping Bean; Navy Bean; Dwarf Bean; Pop Bean; Wax Bean; Snap Bean; String Bean; Kidney Bean; Garden Bean; Haricot Vert; Flageolet Bean; Haricot; Field Bean; French Bean; Black Bean; Green Bean; Haricot Bean	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Punica granatum</i> Granado (Sp.); Pomegranate; Granatapfelbaum (Ger.); Zakuro (Jap.); Granatapfelstrauch (Ger.); Mangrano (Sp.); Romanzeiro (Port.); Grenadier (Fr.)	2	
<i>Rhoeo spathacea</i> Cordoban	1	
<i>Ribes nigrum</i> Black Currant	1	80000.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Sauvagesia erecta</i> Yerba de san martin	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Bilberry; Whortleberry	2	1368.0
<i>Vaccinium macrocarpon</i> American Cranberry; Cranberry; Large Cranberry	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Weinrebe (Ger.); Parra (Sp.); Grape; European Grape; Grapevine; Wine Grape; Vid (Sp.)	2	