

A Antidiabetic?

*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	16900.0
<i>Acacia farnesiana</i> Popinac; Sweet Acacia; Huisache; Opopanax; Cassie	1	78960.0
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Aconitum napellus</i> Queen's Fettle; Turk's Cap; Helmet Flower; Blue Rocket; European Aconite; Aconite; Bear's-Foot; Soldier's Cap; Monkshood; Friar's Cap; Garden Monkshood; Garden Wolfsbane	1	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	1	240000.0
<i>Albizia lebeck</i> Lebbek Tree; Lebbek; Women's-Tongue Tree; Siris Tree; Koko; East Indian Walnut; Frywood	1	
<i>Allium schoenoprasum</i> Chives	1	50600.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	45532.0
<i>Allium cepa</i> Onion; Shallot	1	34444.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Alpinia galanga</i> Languas; Greater Galangal; Siamese Ginger	1	
<i>Amaranthus</i> sp. Pigweed	1	29112.0
<i>Anacardium occidentale</i> Cashew	1	35422.0
<i>Ananas comosus</i> Pineapple	1	2666.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anethum graveolens</i> Dill; Garden Dill	1	27356.0
<i>Angelica sinensis</i> Dong Gui; Chinese Angelica; Dong Quai; Dang Qui; Dang Gui; Dang Quai	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	
<i>Apium graveolens</i> Celery	2	8210.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	74044.0
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	10500.0
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	4672.0
<i>Asparagus officinalis</i> Asparagus	2	36904.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	2	26000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Basella alba</i> Vinespinach	1	20290.0
<i>Bertholletia excelsa</i> Brazilnut-Tree; Creamnut; Paranut; Brazilnut	1	49454.0
<i>Beta vulgaris</i> Sugar Beet; Garden Beet; Beetroot; Beet	1	5994.0
<i>Bixa orellana</i> Achiote; Annatto; Annato; Annoto; Lipstick Pod; Bija; Arnato; Lipsticktree	1	28520.0
<i>Borago officinalis</i> Talewort; Beeplant; Beebread; Borage	1	44000.0
<i>Brassica rapa</i> Chinese Mustard; Bok-Choy; Celery Cabbage; Celery Mustard; Pak-Choi; Chinese Cabbage; Chinese White Cabbage	1	5900.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Spring-Heading Cabbage; Collards; Cow Cabbage; Tall Kale; Tree Kale	1	26224.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Kale; Scotch Kale; Curly Kale	1	23680.0

Plant	# Chemicals	Total PPM
<i>Brassica oleracea</i> var. <i>italica</i> Sprouting Broccoli; Purple Cauliflower; Asparagus Broccoli; Calabrese; Broccoli; Cape Broccoli; Winter Broccoli; Heading Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	28988.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Red Cabbage; Cabbage	1	18450.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	55946.0
<i>Brassica oleracea</i> Kohlrabi	1	23334.0
<i>Brassica nigra</i> Black Mustard	1	53314.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	28620.0
<i>Brassica chinensis</i> Celery Mustard; Chinese White Cabbage; Bok-Choy; Chinese Cabbage; Chinese Mustard; Celery Cabbage; Pak-Choi	1	35902.0
<i>Cajanus cajan</i> Pigeonpea	1	29060.0
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Camellia sinensis</i> Tea	2	
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Cannabis sativa</i> Indian Hemp; Hemp; Marijuana; Marihuana	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	2	600.0
<i>Capsicum frutescens</i> Red Chili; Hot Pepper; Chili; Tabasco; Spur Pepper; Cayenne	1	15668.0
<i>Capsicum annuum</i> Paprika; Bell Pepper; Cone Pepper; Green Pepper; Cherry Pepper; Sweet Pepper	1	11184.0
<i>Carica papaya</i> Papaya	1	1790.0
<i>Carum carvi</i> Comino (Sp.); Kummel (Ger.); Caraway; Carum; Comino de prado (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	6384.0
<i>Castanea mollissima</i> Chinese Chestnut	1	15704.0
<i>Castanea dentata</i> American Chestnut	1	13556.0
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> St.John's-Bread; Carob; Locust Bean	1	110920.0
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	
<i>Chenopodium album</i> Lambsquarter	1	32232.0
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	41120.0
<i>Cichorium intybus</i> Chicory; Succory; Witloof	2	29784.0
<i>Cichorium endivia</i> Escarole; Endive	1	19968.0
<i>Citrullus lanatus</i> Watermelon	1	107098.0
<i>Citrus sinensis</i> Orange	1	9816.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	7092.0
<i>Citrus paradisi</i> Grapefruit	1	1520.0
<i>Cnidioscolus chayamansa</i> Chaya	1	69440.0
<i>Coccinia grandis</i> Little Gourd; Kanduri; Ivy Gourd; Tindora; Pepasan; Kundree; Tindori	1	
<i>Cocos nucifera</i> Coconut Palm; Coconut; Nariyal; Copra; Cocotero (Sp.); Kokospalme (Ger.)	2	1380.0
<i>Colocasia esculenta</i> Taro	1	37700.0
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	1	40370.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	
<i>Cornus florida</i> American Dogwood	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Stone Parsley; Mitsuba; Ya Er Qin; Japanese Cryptotaenia; Japanese Honewort	1	

Plant	# Chemicals	Total PPM
<i>Cucumis sativus</i> Cucumber	1	17216.0
<i>Cucurbita</i> spp Summer Squash	1	15820.0
<i>Cucurbita pepo</i> Pumpkin	1	137466.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	7040.0
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Dioscorea pentaphylla</i> Mountain Yam	1	12070.0
<i>Dryopteris marginalis</i> Marginal Wood Fern; Marginal Fern	1	
<i>Elytrigia repens</i> Quackgrass; Doggrass; Twitchgrass; Couchgrass; Wheatgrass	2	45000.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	2	160000.0
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	23820.0
<i>Ficus carica</i> Fig; Feigenbaum (Ger.); Fico (Ital.); Figuier Commun (Fr.); Figueira (Port.); Higo (Sp.); Echte Feige (Ger.); Higuera Comun (Sp.)	1	1628.0
<i>Foeniculum vulgare</i> Fennel	1	14920.0
<i>Fragaria</i> spp Strawberry	1	6168.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	20841.0
<i>Glycine max</i> Soybean	2	61900.0
<i>Gossypium</i> sp Cotton	1	6800.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	23254.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	164000.0
<i>Humulus lupulus</i> Hops	1	
<i>Hura crepitans</i> Sandbox Tree	1	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Ilex paraguariensis</i> Mate; South American Holly; Paraguay Tea	1	
<i>Inonotus obliquus</i>	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	5670.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	39310.0
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	100600.0
<i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean	1	38730.0
<i>Lactuca sativa</i> Lettuce	1	23666.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	6280.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	6200.0
<i>Lens culinaris</i> Lentil	2	92130.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Leonotis nepetaefolia</i> Catnipleaf Lion's-Ear	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	18000.554

Plant	# Chemicals	Total PPM
<i>Lippia javanica</i> Lemon Bush; Umsuzwane (Zulu)	1	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Lupinus albus</i> White Lupine	1	88800.0
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Duke of Argyll's Eta Tree; Matrimony Vine; Common Matrimony Vine; Barbary Matrimony Vine	1	
<i>Lycopersicon esculentum</i> Tomato	1	7274.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Macadamia</i> spp Macadamia	1	18500.0
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	2	
<i>Malus domestica</i> Apple	2	746.0
<i>Mangifera indica</i> Mango	1	6800.0
<i>Manihot esculenta</i> Cassava; Yuca; Tapioca	1	19940.0
<i>Medicago sativa</i> Alfalfa; Lucerne	2	
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	
<i>Moringa oleifera</i> Benzolive Tree; Drumstick Tree; West Indian Ben; Ben Nut; Jacinto (Sp.); Horseradish Tree; Moringa	1	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	52360.0
<i>Murraya</i> sp None	1	6222.0
<i>Musa x paradisiaca</i> Banana; Plantain	2	5617.0
<i>Nasturtium officinale</i> Watercress; Berro	1	60000.0
<i>Nelumbo nucifera</i> Water Lotus	1	28904.0
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Nigella sativa</i> Black Cumin; Roman Coriander; Nutmeg-Flower; Fennel-Flower; Black Caraway	1	106100.0
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	13240.0
<i>Oenothera biennis</i> Evening-Primrose	1	30096.0
<i>Opuntia ficus-indica</i> Prickly Pear; Nopal; Indian Fig; Nopalito	1	64110.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	13270.0
<i>Paeonia officinalis</i> Double Peony	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	35230.0
<i>Panax ginseng</i> Oriental Ginseng; Chinese Ginseng; Ginseng; Korean Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	42802.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	43300.0
<i>Perideridia gairdneri</i> Squaw Root	1	17908.0
<i>Persea americana</i> Avocado	1	4586.0
<i>Petroselinum crispum</i> Parsley	1	
<i>Phaseolus vulgaris</i> Dwarf Bean; Flageolet Bean; Black Bean; Garden Bean; Green Bean; Wax Bean; Navy Bean; Snap Bean; Haricot Vert; Field Bean; Popping Bean; Pop Bean; Haricot Bean; String Bean; Kidney Bean; Haricot; French Bean	3	94090.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	30780.0
<i>Phoenix dactylifera</i> Date Palm	1	4180.0
<i>Phragmites australis</i> Common Reed; Ditch Reed; Giant Reed; Reed Grass	1	

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<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	1742.0
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	45480.0
<i>Pisum sativum</i> Pea	2	70000.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	20800.0
<i>Prunus persica</i> Peach	1	2916.0
<i>Prunus dulcis</i> Almond	1	52196.0
<i>Prunus domestica</i> Plum	1	1756.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	6600.0
<i>Psidium guajava</i> Guava	1	3024.0
<i>Psidium cattleianum</i> Strawberry Guava	1	1550.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Asparagus Pea; Winged Bean	1	75872.0
<i>Psoralea esculenta</i> Indian Bread-Root; Prairie Potato; Indian Turnip; Breadroot; Prairie Turnip; Prairie Apple	1	15952.0
<i>Pyrus communis</i> Pear	1	864.0
<i>Raphanus sativus</i> Radish	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	174000.0
<i>Ribes nigrum</i> Black Currant	1	70.0
<i>Rosa gallica</i> French Rose	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Sambucus canadensis</i> American Elderberry; Sweet Elder; Elderberry; American Elder	1	4652.0
<i>Scutellaria baicalensis</i> Chinese Skullcap; Baikal Skullcap; Huang Qin	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	10860.0
<i>Senna obtusifolia</i> Sicklepod	1	20400.0
<i>Sesamum indicum</i> Benneseed; Beni; Sesamo (Sp.); Ajonjoli (Sp.); Sesame	2	75410.0
<i>Sinapis alba</i> White Mustard	1	37450.0
<i>Solanum tuberosum</i> Potato	1	13700.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	15118.0
<i>Spinacia oleracea</i> Spinach	1	38478.0
<i>Stachys officinalis</i> Betony; Purple Betony; Wood Betony; Bishop's-Wort	1	
<i>Symphytum officinale</i> Comfrey	1	80000.0
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia chebula</i> Myrobalan; Ink Nut; Black Myrobalan; Chebulic Myrobalan	1	
<i>Theobroma cacao</i> Cacao	1	1600.0
<i>Thuja occidentalis</i> Arbor-Vitae; Northern White-Cedar	1	
<i>Trifolium pratense</i> Cowgrass; Peavine Clover; Red Clover; Purple Clover	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Greek Clover; Alholva (Sp.); Fenugreek; Greek Hay	1	54230.0
<i>Triticum aestivum</i> Wheat	2	24000.0

Plant	# Chemicals	Total PPM
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	4420.0
<i>Valeriana officinalis</i> Garden-Heliotrope; Valerian; Common Valerian	1	
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	25280.0
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	48740.0
<i>Vigna unguiculata</i> Yardlong Bean; Asparagus Bean; Pea Bean	1	69064.0
<i>Vigna radiata</i> Green Gram; Mungbean	2	78152.0
<i>Vigna angularis</i> Adzuki Bean	1	29668.0
<i>Viscum album</i> European Mistletoe	2	8000.0
<i>Vitellaria paradoxa</i> Shea-Butter-Tree; Butterseed; Shea; Shea Nut; Sheatree	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Wine Grape; Weinrebe (Ger.); Vid (Sp.); Parra (Sp.); European Grape; Grapevine; Grape	2	5040.0
<i>Zea mays</i> Corn	2	10900.0
<i>Zingiber officinale</i> Ginger	1	4972.0