

# A Antidiuretic

\*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
Acacia farnesiana Opopanax; Popinac; Sweet Acacia; Huisache; Cassie	1	
Achillea millefolium Milfoil; Yarrow	1	
Acinos suaveolens	1	
Aegle marmelos Bael fruit; Bael de India	1	
Aesculus hippocastanum Horse Chestnut	1	
Ageratum conyzoides Mexican ageratum	1	
Alchornea floribunda Niando	1	
Allium sativum var. sativum Garlic	1	
Allium cepa Onion; Shallot	1	
Aloe vera Bitter Aloes; Aloe	1	
Althaea officinalis Marshmallow; White Mallow	1	
Ammi visnaga Visnaga	1	
Anethum graveolens Garden Dill; Dill	1	
Angelica sinensis Dang Quai; Dong Quai; Dong Gui; Dang Gui; Chinese Angelica; Dang Qui	1	
Angelica archangelica Angelica; Wild Parsnip; Garden Angelica	1	
Apium graveolens Celery	2	
Argemone mexicana Prickly Poppy	1	
Artemisia vulgaris Mugwort	1	
Artemisia dracunculus Tarragon	1	
Artemisia cina Levant Wormseed	1	
Artemisia capillaris Capillary Wormwood	1	
Artemisia annua Annual Mugwort (GRIN); Sweet Annie; Qinghao; Annual Wormwood (GRIN); Sweet Wormwood (GRIN)	2	
Artemisia abrotanum Southernwood	1	
Artocarpus heterophyllus Jackfruit	1	
Aspidosperma quebracho-blanco Quebracho	1	
Astragalus membranaceus Huang-Chi; Huang Qi	1	
Brassica oleracea var. sabellica I. Curly Kale; Kitchen Kale; Kale; Scotch Kale	1	
Calamintha nepeta Turkish Calamint	1	
Camellia sinensis Tea	1	
Capparis spinosa Caperbush; Caper	1	
Capsella bursa-pastoris Shepherd's Purse	1	
Capsicum annum Cherry Pepper; Sweet Pepper; Green Pepper; Cone Pepper; Paprika; Bell Pepper	1	
Carum carvi Caraway; Comino de prado (Sp.); Kummel (Ger.); Carum; Comino (Sp.)	1	
Casimiroa edulis White sapote; Matasano	1	
Catharanthus roseus Madagascar Periwinkle; Rosy Periwinkle	3	
Catharanthus lanceus Lanceleaf Periwinkle	2	100000.0
Chrysanthemum x morifolium Ju Hua (Pinyin); Mum; Chrysanthemum; Florist's Chrysanthemum	1	
Chrysanthemum parthenium Feverfew	1	
Cichorium intybus Succory; Chicory; Witloof	1	

Plant	# Chemicals	Total PPM
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	
<i>Cinnamomum aromaticum</i> Cassia Bark; Chinazimt (Ger.); Chinesischer Zimtbaum (Ger.); Canela de la China (Sp.); Zimtcassie (Ger.); Chinese Cinnamon; Saigon Cinnamon; Cannelier de Chine (Fr.); Cassia; Cassia Lignea; Canelle de Cochinchine (Fr.); Canelero chino (Sp.); China Junk Cassia; Kashia-Keihi (Jap.); Chinese Cassia; Cannelier Casse (Fr.)	1	
<i>Citrus limon</i> Lemon	1	
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	
<i>Coix lacryma-jobi</i> Adlay; Adlay Millet; Job'S-Tears; Yi-Yi-Ren	1	
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Coridothymus capitatus</i> Spanish Oregano	1	
<i>Crataegus</i> sp.	1	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn	2	
<i>Crataegus laevigata</i> Whitethorn; English Hawthorn; Hawthorn; Woodland Hawthorn	2	
<i>Cucumis melo</i> Persian Melon; Netted Melon; Muskmelon; Cantaloupe; Nutmeg Melon; Melon	1	
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Cuminum cyminum</i> Cumin	1	
<i>Cunila origanoides</i> Frost Flower; Dittany; Mountain Dittany; American Dittany; Maryland Dittany; Stone Mint; Frost Mint	1	1008.0
<i>Daucus carota</i> Carrot	2	
<i>Dictamnus albus</i> Burning Bush; Gas Plant; Dittany; Akgiritotu; Gazelotu	2	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Digitalis lanata</i> Grecian Foxglove	1	
<i>Dipteryx odorata</i> Dutch Tonka Bean; Tonka Bean	1	70000.0
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Elytrigia repens</i> Quackgrass; Couchgrass; Doggrass; Twitchgrass; Wheatgrass	1	
<i>Eschscholzia californica</i> California Poppy	1	
<i>Eupatorium triplinerve</i> Triplinerved eupatorium	1	
<i>Ferula alliacea</i> Garlic Ferula	1	
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Galium odoratum</i> Waldmeister; Woodruff	1	26000.0
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	1	
<i>Glycine max</i> Soybean	1	
<i>Glycyrrhiza uralensis</i> Gan-Cao; Kan-Tsao; Chinese Licorice	2	
<i>Glycyrrhiza glabra</i> Licorice-Root; Smooth Licorice; Commom Licorice; Licorice	3	44800.0
<i>Hierochloe odorata</i> Vanilla Grass; Sweet Grass; Seneca Grass; Holy Grass; Vanilla-Scented Grass; Manna Grass	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	
<i>Houttuynia cordata</i> Yu Xing Cao; Dokudami; Fishwort	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hyssopus officinalis</i> Hyssop	1	2.0
<i>Juniperus sabina</i> Sabine	1	
<i>Justicia pectoralis</i> Angel Of Death; Bolek Hena; Curia	1	
<i>Lavandula x intermedia</i> Dutch Lavender; Lavandin	1	

Plant	# Chemicals	Total PPM
<i>Lavandula latifolia</i> Aspic; Broad-Leaved Lavender; Spike Lavender	1	44.0
<i>Lavandula angustifolia</i> English Lavender	1	3000.0
<i>Levisticum officinale</i> Lovage	2	
<i>Lippia graveolens</i> Oregano	1	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycopus europeus</i> European Bugle	1	2400.0
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	4000.0
<i>Mentha x piperita</i> Peppermint	1	0.4
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Mentha pulegium</i> European Pennyroyal	1	800.0
<i>Micromeria myrtifolia</i> Dagcayi; Haydarotu; Topukcayi	1	
<i>Micromeria juliana</i>	1	
<i>Micromeria fruticosa</i> Zuta; Zopha; Tea Hyssop	1	
<i>Micromeria congesta</i> Kaya Yarpuzu	1	
<i>Mitragyna speciosa</i> Kratum	1	
<i>Monarda russeliana</i> Russel's Monarda	1	1056.0
<i>Monarda punctata</i> Horsemint	1	25014.0
<i>Monarda media</i> Mean Monarda	1	5472.0
<i>Monarda lindheimeri</i> Lindheimer's Monarda	1	14048.0
<i>Monarda fistulosa</i> Wild Bergamot	1	39804.0
<i>Monarda didyma</i> Oswego Tea; Beebalm	1	
<i>Monarda citriodora</i> Lemon Mint	1	632.0
<i>Murraya</i> sp None	1	
<i>Murraya koenigii</i> Curry Leaf; Indian Curry Tree; Curry Leaf Tree	1	
<i>Myroxylon balsamum</i> Peru Balsam; Tolu Balsam	1	8000.0
<i>Myrtus communis</i> Mirto (Sp.); Arrayan (Sp.); Myrtle; Myrte (Ger.)	1	6.0
<i>Nepeta racemosa</i> Catmint	1	
<i>Nepeta cataria</i> Catnip	1	
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum sanctum</i> Holy Basil; Tulsi	1	
<i>Ocimum gratissimum</i> Agbo; Shrubby Basil	1	
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	
<i>Oenanthe javanica</i> Javan Water Dropwort	1	
<i>Origanum vulgare</i> Wild Marjoram; Wild Oregano; Pot Marjoram; Common Turkish Oregano; Oregano; European Oregano	1	1280.0
<i>Origanum syriacum</i> Za'Atar	1	
<i>Origanum sipyleum</i> Guveyoto; Bayircayi	1	
<i>Origanum onites</i> Oregano; Pot Marjoram	1	16620.0
<i>Origanum minutiflorum</i> Small-Flowered Oregano	1	
<i>Origanum majorana</i> Marjoram; Sweet Marjoram	1	17181.0
<i>Origanum creticum</i> Dittany Of Crete	1	

Plant	# Chemicals	Total PPM
<i>Paeonia suffruticosa</i> Moutan; Moutan Peony; Tree Peony	1	
<i>Paeonia officinalis</i> Double Peony	1	
<i>Paeonia moutan</i> Moutan; Tree Peony	1	
<i>Paeonia lactiflora</i> Bai Shao (Chinese); Peony; White Peony; Common Garden Peony; Chih-Shao	1	36000.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	
<i>Panax notoginseng</i> Sanchi Ginseng	1	174000.0
<i>Panax ginseng</i> Oriental Ginseng; Chinese Ginseng; Korean Ginseng; Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppypeed Poppy	1	386880.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	
<i>Pausinystalia johimbe</i> Yohimbe	1	
<i>Petiveria alliacea</i> Anamu; Guinea Hen Leaf; Mucura	1	
<i>Peumus boldus</i> Boldo	2	5125.0
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	2	
<i>Piper betel</i> Betel Pepper	1	4700.0
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Plectranthus amboinicus</i> Mexican Mint; Soup Mint; French Thyme; Amboini Coleus; Spanish Thyme; Cuban Oregano; Indian Borage; Country Borage	1	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Psoralea corylifolia</i> Black Dot; Babchi; Malaya Tea	1	
<i>Ptychopetalum olacoides</i> Muira Puama	1	
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	
<i>Pueraria montana</i> Kudzu; Kudzu	1	
<i>Pycnanthemum virginianum</i> Virginia Mountain Mint	1	
<i>Pycnanthemum nudum</i> Nude Mountain Mint	1	1820.0
<i>Rauvolfia vomitoria</i> African Snakeroot	2	
<i>Rauvolfia tetraphylla</i> Pinque-Pinque; Four-Leaf Devilpepper	1	
<i>Rauvolfia serpentina</i> Serpentine Wood; Indian Snakeroot	2	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rumex acetosella</i> Sheep Sorrel	1	
<i>Ruta graveolens</i> Rue	1	
<i>Satureja thymbra</i> Goat Oregano	1	
<i>Satureja subspicata</i> Yugoslav Savory	1	
<i>Satureja obovata</i> Iberian Savory; Savory	1	
<i>Satureja montana</i> Winter Savory; Savory	1	34500.0
<i>Satureja hortensis</i> Summer Savory	1	14800.0
<i>Satureja cuneifolia</i> Cuneate Turkish Savory	1	
<i>Satureja cilicica</i> Turkish Savory	1	
<i>Schinus molle</i> California Peppertree; Peruvian Peppertree; Mastic-Tree	1	
<i>Skimmia japonica</i> Japanese Skimmia	1	

Plant	# Chemicals	Total PPM
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum tuberosum</i> Potato	1	
<i>Spinacia oleracea</i> Spinach	1	
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Tecoma stans</i> Yellow Elder	1	160.0
<i>Terminalia ivorensis</i> Idigbo; Black Afara; Shinglewood; Brimstonewood; Satinwood; Emire; Blackbark	1	
<i>Teucrium polium</i> Golden Germander; Iberian Golden Germander	1	
<i>Teucrium micropodioides</i> Small 'Cyprus' Germander	1	
<i>Teucrium kotschyianum</i> Stavros Kotschy's Germander	1	
<i>Teucrium gnaphalodes</i> Iberian Germander	1	
<i>Teucrium divaricatum</i> Hoary Divaricate Germander	1	
<i>Teucrium cyprium</i> 'Cyprus' Germander	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Thymus zygis</i> 'Portuguese' Thyme	1	
<i>Thymus vulgaris</i> Common Thyme; Thyme; Garden Thyme	1	37440.0
<i>Thymus serpyllum</i> Creeping Thyme	1	21010.0
<i>Thymus saturejoides</i> Moroccan Savory Thyme	1	
<i>Thymus riatarum</i> 'Moroccan' Thyme	1	
<i>Thymus orospedanus</i> Orosped Thyme	1	5460.0
<i>Thymus longicaulis</i> Tas Kekik; Kekik	1	
<i>Thymus funkii</i> Funk's Thyme	1	
<i>Thymus cilicicus</i> 'Anatolian' Thyme	1	
<i>Thymus capitatus</i> 'Sicilian' Thyme; Spanish Origanum; Spanish Thyme	1	15800.0
<i>Thymus broussonettii</i> Moroccan Thyme	1	
<i>Trachyspermum ammi</i> Ajwan	1	5440.0
<i>Trifolium pratense</i> Purple Clover; Cowgrass; Peavine Clover; Red Clover	1	
<i>Trigonella foenum-graecum</i> Fenugreek; Greek Hay; Alholva (Sp.); Greek Clover; Bockshornklee (Ger.)	2	
<i>Trilisa odoratissima</i> Deer's Tongue; Carolina Vanilla; Vanilla Plant; Hound's Tongue	1	
<i>Triticum aestivum</i> Wheat	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	3	
<i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian	1	
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	
<i>Verbascum thapsus</i> Mullein; Velvetplant; Flannelleaf; Great Mullein; Flannelplant	1	
<i>Verbena officinalis</i> Vervain	1	
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Grapevine; Vid (Sp.); Vigne Vinifere (Fr.); Wine Grape; Weinrebe (Ger.); Grape; Parra (Sp.); European Grape	1	
<i>Zanthoxylum americanum</i> Northern Prickly Ash	1	
<i>Zanthoxylum alatum</i> Wartara Oil Tree; Indian Prickly Ash	1	
<i>Zea mays</i> Corn	3	432.0
<i>Zizyphus jujuba</i> Da-Zao; Ta-Tsao; Jujube	1	6000.0