

# A Antidysphagic

\*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	200.0
<i>Acacia farnesiana</i> Huisache; Cassie; Sweet Acacia; Popinac; Opopanax	1	914.0
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Actinidia chinensis</i> Kiwi	1	60.0
<i>Aegle marmelos</i> Bael de India; Bael fruit	1	
<i>Agathosma betulina</i> Honey Buchu; Mountain Buchu; Buchu	1	84.0
<i>Albizia lebecke</i> East Indian Walnut; Koko; Women's-Tongue Tree; Frywood; Lebbek; Siris Tree; Lebbek Tree	1	
<i>Allium schoenoprasum</i> Chives	1	176.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	234.0
<i>Allium cepa</i> Shallot; Onion	1	330.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	220.0
<i>Alocasia macrorrhiza</i> Giant Taro	1	32.0
<i>Aloe vera</i> Aloe; Bitter Aloes	1	128.0
<i>Aloe</i> spp. Aloe	1	
<i>Alpinia galanga</i> Siamese Ginger; Greater Galangal; Languas	1	142.0
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	62.0
<i>Amaranthus spinosus</i> Spiny pigweed	1	
<i>Amaranthus</i> sp. Pigweed	1	236.0
<i>Amorphophallus konjac</i> Umbrella Arum; Snake Palm; Devil's Tongue; Elephant Yam; Konjac; Leopard Palm	1	
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	158.0
<i>Anacardium occidentale</i> Cashew	1	136.0
<i>Ananas comosus</i> Pineapple	1	66.0
<i>Anethum graveolens</i> Garden Dill; Dill	1	120.0
<i>Angelica sinensis</i> Dong Gui; Dang Quai; Dang Qui; Dong Quai; Dang Gui; Chinese Angelica	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	72.0
<i>Annona reticulata</i> Custard Apple	1	76.0
<i>Annona muricata</i> Soursop	1	154.0
<i>Annona glabra</i> Pondapple	1	
<i>Annona diversifolia</i> Llama	1	
<i>Annona cherimola</i> Cherimoya	1	100.0
<i>Apium graveolens</i> Celery	1	114.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	512.0
<i>Aralia cordata</i> Udo	1	340.0
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	1	28.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	24.0
<i>Areca catechu</i> Betel Nut; Pin-Lang	1	13.6
<i>Armoracia rusticana</i> Horseradish	1	110.0
<i>Arracacia xanthorrhiza</i> Peruvian Carrot; Arracacha	1	250.0

Plant	# Chemicals	Total PPM
<i>Artemisia vulgaris</i> Mugwort	1	470.0
<i>Artemisia dracunculus</i> Tarragon	1	180.0
<i>Artocarpus heterophyllus</i> Jackfruit	1	30.0
<i>Artocarpus altilis</i> Breadfruit	1	60.0
<i>Asparagus officinalis</i> Asparagus	1	732.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	262.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Averrhoa bilimbi</i> Limon chino; Bilimbi	1	
<i>Bactris gasipaes</i> Peach palm; Pejibaye	1	
<i>Barosma betulina</i> Buchu	1	
<i>Basella alba</i> Vinespinach	1	140.0
<i>Benincasa hispida</i> Waxgourd	1	204.0
<i>Berberis vulgaris</i> Barberry	1	162.0
<i>Bertholletia excelsa</i> Creamnut; Brazilnut-Tree; Paranut; Brazilnut	1	34.0
<i>Beta vulgaris</i> Garden Beet; Beetroot; Sugar Beet; Beet	1	200.0
<i>Bixa orellana</i> Achiote; Annoto; Annato; Lipstick Pod; Lipsticktree; Arnato; Bija; Annatto	1	38.0
<i>Blighia sapida</i> Akee; Seso Vegetal	1	344.0
<i>Boehmeria nivea</i> Ramie	1	242.0
<i>Borago officinalis</i> Borage; Beebread; Beeplant; Talewort	1	258.0
<i>Brassica rapa</i> Turnip; Seven-Top Turnip; Rapini	1	98.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Tall Kale; Cow Cabbage; Collards; Spring-Heading Cabbage; Tree Kale	1	122.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kale; Curly Kale; Kitchen Kale; Scotch Kale	1	130.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Asparagus Broccoli; Sprouting Broccoli; Heading Broccoli; Broccoli; Winter Broccoli; Purple Cauliflower; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	128.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	1	80.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	170.0
<i>Brassica oleracea</i> Kohlrabi	1	88.0
<i>Brassica nigra</i> Black Mustard	1	95.74
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Swedish Turnip; Rutabaga	1	136.0
<i>Brassica chinensis</i> Celery Cabbage; Bok-Choy; Chinese Mustard; Chinese White Cabbage; Chinese Cabbage; Celery Mustard; Pak-Choi	1	214.0
<i>Bromelia pinguin</i> Wild Pineapple	1	114.0
<i>Brosimum alicastrum</i> Tamamuri; Breadnut	1	
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Byrsonima crassifolia</i> Nance	1	
<i>Cajanus cajan</i> Pigeonpea	1	304.0
<i>Calathea macrosepala</i> Chufle	1	
<i>Camellia sinensis</i> Tea	1	152.0
<i>Canavalia ensiformis</i> Jack Bean	1	256.0
<i>Canna indica</i> Achira; Queensland Arrowroot	1	26.0
<i>Cannabis sativa</i> Hemp; Marijuana; Marihuana; Indian Hemp	1	48.0

Plant	# Chemicals	Total PPM
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	68.0
<i>Capsicum frutescens</i> Spur Pepper; Red Chili; Cayenne; Tabasco; Chili; Hot Pepper	1	316.0
<i>Capsicum annuum</i> Cherry Pepper; Bell Pepper; Green Pepper; Sweet Pepper; Paprika; Cone Pepper	1	252.0
<i>Carica pentagona</i> Mountain papaya; Babaco	1	
<i>Carica papaya</i> Papaya	1	249.0
<i>Carthamus tinctorius</i> Safflower	1	10.6
<i>Carum carvi</i> Comino (Sp.); Caraway; Kummel (Ger.); Carum; Comino de prado (Sp.)	1	112.0
<i>Carya illinoensis</i> Pecan	1	18.6
<i>Casimiroa edulis</i> Matasano; White sapote	1	
<i>Catha edulis</i> Khat	1	296.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	25.0
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	224.0
<i>Chamaemelum nobile</i> Roman Camomile; Garden Camomile; Perennial Camomile	1	
<i>Chenopodium ambrosioides</i> Epazote; Wormseed	1	80.0
<i>Chenopodium album</i> Lambsquarter	1	222.0
<i>Chondrus crispus</i> Irish Moss	1	166.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Chrysanthemum coronarium</i> Garland Chrysanthemum	1	414.0
<i>Chrysophyllum cainito</i> Caimito; Star Apple	1	
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	36.0
<i>Cichorium intybus</i> Succory; Witloof; Chicory	1	244.0
<i>Cichorium endivia</i> Endive; Escarole	1	128.0
<i>Cimicifuga racemosa</i> Black Snakeroot; Black Cohosh	1	63.0
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	16.0
<i>Citrullus lanatus</i> Watermelon	1	54.0
<i>Citrus sinensis</i> Orange	1	62.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	70.0
<i>Citrus paradisi</i> Grapefruit	1	88.0
<i>Citrus limon</i> Lemon	1	38.0
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	48.0
<i>Citrus aurantiifolia</i> Lime	1	58.0
<i>Cnicus benedictus</i> Blessed Thistle	1	6.2
<i>Cnidioscolus chayamansa</i> Chaya	1	170.0
<i>Cocos nucifera</i> Coconut Palm; Copra; Nariyal; Kokospalme (Ger.); Cocotero (Sp.); Coconut	1	20.0
<i>Coffea arabica</i> Coffee	1	140.0
<i>Coix lacryma-jobi</i> Adlay Millet; Adlay; Job'S-Tears; Yi-Yi-Ren	1	96.0
<i>Colocasia esculenta</i> Taro	1	290.0
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	1	204.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	318.0
<i>Corylus avellana</i> Hazel; English Filbert; European Hazel; European Filbert; Cobnut	1	108.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; Whitethorn; Woodland Hawthorn; English Hawthorn	1	

Plant	# Chemicals	Total PPM
<i>Crescentia alata</i> Jicaro	1	18.0
<i>Cucumis sativus</i> Cucumber	1	152.0
<i>Cucumis melo</i> Muskmelon; Melon; Cantaloupe; Persian Melon; Nutmeg Melon; Netted Melon	1	136.0
<i>Cucurbita</i> spp Summer Squash	1	170.0
<i>Cucurbita pepo</i> Pumpkin	1	405.0
<i>Cuminum cyminum</i> Cumin	1	98.0
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	124.0
<i>Cyclanthera pedata</i> Achocha	1	150.0
<i>Cydonia oblonga</i> Quince	1	44.0
<i>Cynara cardunculus</i> Artichoke	1	164.0
<i>Cyphomandra betacea</i> Tree Tomato; Tamarillo	1	170.0
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	44.0
<i>Daucus carota</i> Carrot	1	
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	
<i>Dioscorea pentaphylla</i> Mountain Yam	1	58.0
<i>Dioscorea alata</i> Greater Yam; Winged Yam	1	34.0
<i>Diospyros digyna</i> Black Sapote; Sapote Negro	1	
<i>Durio zibethinus</i> Durian	1	
<i>Echinacea</i> spp Echinacea; Coneflower	1	85.0
<i>Echinacea purpurea</i> Echinacea; Eastern Purple-Coneflower; Purple-Coneflower	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus commutata</i> Silver Berry	1	
<i>Elaeis guineensis</i> African Oil Palm	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Elettaria cardamomum</i> Cardamom	1	24.0
<i>Eleutherococcus senticosus</i> Wu jia; Spiny Ginseng; Eleuthero Ginseng; Siberian Ginseng; Ci wu jia (Pinyin)	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	180.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	931.0
<i>Eriobotrya japonica</i> Loquat	1	50.0
<i>Eriodictyon californicum</i> Tarweed; Bear's Weed; Gum Bush; Holy Herb; Yerba Santa; Hierba Santa; Consumptive's Weed; California Yerba Santa; Mountain Balm	1	
<i>Eryngium floridanum</i> Florida Eryngium	1	140.0
<i>Erythrina fusca</i> Gallito; Coral Bean	1	130.0
<i>Erythrina berteroana</i> Pito	1	150.0
<i>Erythroxylum coca</i> Coca	1	122.0
<i>Eugenia uniflora</i> Pitanga; Surinam Cherry	1	
<i>Eugenia floribunda</i> Camu-camu negro; Camu-camu arbol; Black rumberry	1	
<i>Eugenia brasiliensis</i> Brazil Cherry; Grumichama	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	674.0
<i>Fagopyrum esculentum</i> Buckwheat	1	88.0

Plant	# Chemicals	Total PPM
<i>Ficus carica</i> Figueira (Port.); Higo (Sp.); Higuera Comun (Sp.); Fig; Figuier Commun (Fr.); Echte Feige (Ger.); Fico (Ital.); Feigenbaum (Ger.)	1	64.0
<i>Foeniculum vulgare</i> Fennel	1	262.0
<i>Fragaria</i> spp Strawberry	1	54.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	58.0
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	94.0
<i>Garcinia mangostana</i> Mangosteen; Mangostin	1	
<i>Genipa americana</i> Genipap; Jagua	1	30.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	122.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	268.0
<i>Gliricidia sepium</i> Mata Raton	1	216.0
<i>Glycine max</i> Soybean	1	272.0
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Commom Licorice; Licorice-Root	1	140.0
<i>Gossypium</i> sp Cotton	1	32.0
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	128.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	96.0
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Roselle; Kharkadi; Red Sorrel; Rosella (Ger.); Rosa de Jamaica (Sp.); Sereni (Sp.); Malventee (Ger.); Indian Sorrel; Acedera de Guinea (Sp.); Sorrel	1	347.0
<i>Hibiscus rosa-sinensis</i> Chinese hibiscus; Shoe-flower	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	230.0
<i>Humulus lupulus</i> Hops	1	870.0
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hydrastis canadensis</i> Goldenseal	1	124.0
<i>Hylocereus undatus</i> Belle-of-the-Night; Nopalito De Noche; Queen-of-the-Night; Night-Blooming Cereus; Strawberry Pear	1	
<i>Hylocereus guatemalensis</i> Nopalito De Guatemala; Guatemala Cereus	1	
<i>Inga edulis</i> Icecream Bean; Guaba	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	188.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	240.0
<i>Juglans regia</i> English Walnut	1	62.0
<i>Juglans nigra</i> Black Walnut	1	14.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	24.0
<i>Justicia pectoralis</i> Curia; Bolek Hena; Angel Of Death	1	330.0
<i>Lablab purpureus</i> Lablab Bean; Hyacinth Bean; Bonavist Bean	1	175.74
<i>Lactuca sativa</i> Lettuce	1	134.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	144.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	
<i>Lens culinaris</i> Lentil	1	140.0
<i>Lepidium sativum</i> Garden Cress	1	190.0
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Licania platypus</i> Sansapote	1	

Plant	# Chemicals	Total PPM
<i>Linum usitatissimum</i> Flax; Linseed	1	29.9
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	66.0
<i>Luffa aegyptiaca</i> Vegetable Sponge; Luffa; Smooth Loofah	1	160.0
<i>Lupinus mutabilis</i> Andean Lupine; Chocho; Tarhui	1	114.0
<i>Lupinus albus</i> White Lupine	1	48.0
<i>Lycium chinense</i> Kaukichai (Malays.); Chinesischer Bocksdom (Ger.); Chinese Matrimony Vine; Chinese Wolfberry; Wolfberry; Chinese Boxthorn; Gou Qi (Chin.); Daun Koki (Indones.); Kuko (Jap.); Lyciet de Chine (Fr.); Spina Santa Cinese (Ital.)	1	154.0
<i>Lycopersicon esculentum</i> Tomato	1	198.0
<i>Macadamia</i> spp Macadamia	1	44.0
<i>Malpighia glabra</i> Acerola	1	94.0
<i>Malus domestica</i> Apple	1	14.0
<i>Malva sylvestris</i> High Mallow	1	120.0
<i>Malva parviflora</i> Cheeseweed	1	18.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	326.0
<i>Manihot esculenta</i> Tapioca; Cassava; Yuca	1	238.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Maranta arundinacea</i> Bermuda Arrowroot; Arrowroot	1	32.0
<i>Matricaria recutita</i> German Camomile; Wild Camomile; Annual Camomile	1	
<i>Mauritia flexuosa</i> Morichi palm; Buruti; Aguaje	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	194.0
<i>Melicoccus bijugatas</i> Honey berry; Mamoncillo; Pitomba; Genip	1	
<i>Mentha x piperita</i> Peppermint	1	228.0
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	89.0
<i>Mimulus glabratus</i> Huaca-Mullo	1	184.0
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	306.0
<i>Morinda citrifolia</i> Noni; Indian Mulberry	1	642.0
<i>Moringa oleifera</i> Jacinto (Sp.); Benzolive Tree; Moringa; West Indian Ben; Drumstick Tree; Horseradish Tree; Ben Nut	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	108.0
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	68.0
<i>Muntingia calabura</i> Yumansa; Jamaica cherry; Cereso	1	
<i>Murraya</i> sp None	1	40.0
<i>Murraya koenigii</i> Curry Leaf; Indian Curry Tree; Curry Leaf Tree	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	168.0
<i>Myrciaria dubia</i> Rumberry (Eng.); Guapuro Blanco (Bol.); Camo Camo (Peru); Camu-camu Negro (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.); Araza de Agua (Sp.)	1	
<i>Myrciaria cauliflora</i> Jaboticaba	1	
<i>Myrica cerifera</i> Bayberry; Southern Bayberry; Candle-Berry; Wax Myrtle	1	56.0
<i>Nasturtium officinale</i> Watercress; Berro	1	226.0
<i>Nelumbo nucifera</i> Water Lotus	1	416.0
<i>Nepeta cataria</i> Catnip	1	
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	1	138.0
<i>Opuntia ficus-indica</i> Nopalito; Prickly Pear; Indian Fig; Nopal	1	63.2

Plant	# Chemicals	Total PPM
<i>Origanum vulgare</i> Common Turkish Oregano; Pot Marjoram; European Oregano; Oregano; Wild Marjoram; Wild Oregano	1	134.0
<i>Origanum majorana</i> Marjoram; Sweet Marjoram	1	88.0
<i>Oryza sativa</i> Rice	1	130.0
<i>Oxalis tuberosa</i> Quiba; Oca; Papa Roja	1	50.0
<i>Pachira macrocarpa</i> Large-Fruited Provision Tree	1	80.0
<i>Pachyrhizus erosus</i> Yambean	1	56.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	120.0
<i>Panax ginseng</i> Ginseng; Oriental Ginseng; Chinese Ginseng; Korean Ginseng	1	160.0
<i>Papaver somniferum</i> Opium Poppy; Poppypseed Poppy	1	22.0
<i>Parthenium integrifolium</i> Feverfew; Prairie-Dock; Missouri Snakeroot; American Feverfew; Wild Quinine	1	
<i>Passiflora quadrangularis</i> Granadilla	1	1536.0
<i>Passiflora mollissima</i> Banana Passionfruit; Granadilla De Guineo	1	
<i>Passiflora ligularis</i> Granadilla; Sweet Granadilla	1	
<i>Passiflora incarnata</i> Passionflower; Mayapple; Manzana de Mayo	1	
<i>Passiflora foetida</i> Stinking Granadilla; Granadilla Cimarrona	1	
<i>Passiflora edulis</i> Passionfruit; Maracuya	1	
<i>Pastinaca sativa</i> Parsnip	1	68.0
<i>Peperomia pereskiiifolia</i> Perejil	1	
<i>Peperomia pelucida</i> Yerba de la plata; Pepper elder	1	
<i>Pereskia aculeata</i> Grosela Americana; Barbados Gooseberry	1	
<i>Perilla frutescens</i> Perilla	1	198.0
<i>Persea schiedeana</i> Palta De Monte; Wild Pear; Wild Avocado	1	
<i>Persea americana</i> Avocado	1	202.0
<i>Petasites japonicus</i> Butterbur	1	72.0
<i>Petroselinum crispum</i> Parsley	1	174.0
<i>Phaseolus vulgaris</i> French Bean; Navy Bean; Black Bean; Haricot Vert; String Bean; Flageolet Bean; Snap Bean; Kidney Bean; Haricot; Wax Bean; Green Bean; Pop Bean; Field Bean; Garden Bean; Popping Bean; Haricot Bean; Dwarf Bean	1	1050.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	211.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	98.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	270.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	24.0
<i>Phyllanthus acidus</i> Indian Gooseberry; Otaheite Gooseberry	1	116.0
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	162.0
<i>Physalis ixocarpa</i> Tomatillo	1	506.0
<i>Phytolacca americana</i> Pokeweed	1	286.0
<i>Pimenta dioica</i> Clover-Pepper; Pimento; Pimenta; Jamaica-Pepper; Allspice	1	3.6
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pinus cembroides</i> Mexican Pinyon	1	
<i>Piper nigrum</i> Black Pepper; Pepper; White Pepper	1	29.041
<i>Piper betel</i> Betel Pepper	1	96.0
<i>Piper auritum</i> Hierba Santa; Cordoncillo; Hoja Santa	1	200.0

Plant	# Chemicals	Total PPM
<i>Pistacia vera</i> Pistachio	1	30.0
<i>Pisum sativum</i> Pea	1	328.0
<i>Plantago psyllium</i> Psyllium	1	
<i>Plantago major</i> Common Plantain	1	
<i>Platonia insignis</i> Bakuri; Pacouri	1	
<i>Platycodon grandiflorum</i> Jie-Geng; Balloon Flower; Chieh-Keng	1	206.0
<i>Plectranthus amboinicus</i> French Thyme; Amboini Coleus; Mexican Mint; Cuban Oregano; Soup Mint; Indian Borage; Country Borage; Spanish Thyme	1	
<i>Polymnia edulis</i> Andean Jicama	1	164.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	158.0
<i>Pourouma cecropiaefolia</i> Tree Grape; Uvilla	1	
<i>Pouteria viridis</i> Green Sapote; Sapote Verde	1	
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Caimito; Abiu	1	
<i>Prunus salicifolia</i> Capulin; Wild Cherry	1	
<i>Prunus persica</i> Peach	1	164.0
<i>Prunus dulcis</i> Almond	1	126.0
<i>Prunus domestica</i> Plum	1	68.0
<i>Prunus cerasus</i> Sour Cherry	1	64.0
<i>Prunus armeniaca</i> Apricot	1	156.0
<i>Psidium guajava</i> Guava	1	172.0
<i>Psidium cattleianum</i> Strawberry Guava	1	76.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Winged Bean; Goa Bean	1	138.0
<i>Punica granatum</i> Mangrano (Sp.); Granado (Sp.); Pomegranate; Grenadier (Fr.); Granatapfelstrauch (Ger.); Granatapfelbaum (Ger.); Zakuro (Jap.); Romanzeiro (Port.)	1	100.0
<i>Pyrus communis</i> Pear	1	12.0
<i>Quararibea cordata</i> Chupa-Chupa; Sapote	1	
<i>Quercus alba</i> White Oak	1	
<i>Raphanus sativus</i> Radish	1	950.0
<i>Rheum rhabarbarum</i> Rhubarb	1	180.0
<i>Rhizophora mangle</i> Red Mangrove	1	
<i>Rhodymenia palmata</i> Dulse	1	
<i>Ribes uva-crispa</i> Gooseberry	1	50.0
<i>Ribes rubrum</i> White Currant; Red Currant	1	12.0
<i>Ribes nigrum</i> Black Currant	1	34.0
<i>Ricinus communis</i> Castorbean	1	26.0
<i>Rollinia mucosa</i> Biriba; Lancewood	1	
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	136.0
<i>Rosmarinus officinalis</i> Rosemary	1	22.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	764.0
<i>Rumex crispus</i> Curly Dock; Lengua De Vaca; Sour Dock; Yellow Dock	1	216.0
<i>Rumex acetosa</i> Garden Sorrel	1	100.0
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	162.4



Plant	# Chemicals	Total PPM
<i>Salix alba</i> White Willow	1	198.0
<i>Salvia officinalis</i> Sage	1	124.0
<i>Sambucus nigra</i> European Elderberry; Elder; European Elder; European Alder; Black Elder	1	14.0
<i>Sambucus canadensis</i> Elderberry; Sweet Elder; American Elder; American Elderberry	1	50.0
<i>Satureja hortensis</i> Summer Savory	1	90.0
<i>Schisandra chinensis</i> Wu Wei Zi; Schizandra; Five-Flavor-Fruit; Magnolia Vine; Chinese Magnolia Vine; Wu Wei Zu	1	
<i>Sclerocarya caffra</i> Marula	1	62.0
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	70.0
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	360.0
<i>Senna alexandrina</i> Alexandran senna; Indian Senna; True Senna	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Beni; Sesame; Sesamo (Sp.); Benneseed	1	114.0
<i>Sicana odorifera</i> Cassabanana	1	
<i>Sida rhombifolia</i> Teaplant; Broomweed	1	210.0
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Sinapis alba</i> White Mustard	1	168.0
<i>Smilax</i> spp Sarsaparilla	1	
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	148.0
<i>Solanum torvum</i> Susumba; Wild Eggplant	1	356.0
<i>Solanum sessiliflorum</i> Cocona	1	
<i>Solanum quitoensis</i> Naranjillo	1	
<i>Solanum melongena</i> Aubergine; Eggplant	1	196.0
<i>Sonchus oleraceus</i> Sow Thistle; Cerraja	1	236.0
<i>Spinacia oleracea</i> Spinach	1	179.6
<i>Spirulina</i> spp. Spirulina	1	
<i>Spirulina pratensis</i> Spirulina	1	320.0
<i>Spondias purpurea</i> Purple Jobo; Purple Plum	1	84.0
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	62.0
<i>Spondias mombin</i> Yellow Plum; Yellow Mombin	1	234.0
<i>Spondias dulcis</i> Ambarella	1	210.0
<i>Stachys officinalis</i> Purple Betony; Wood Betony; Bishop's-Wort; Betony	1	
<i>Stellaria media</i> Chickweed; Common Chickweed	1	94.0
<i>Stevia rebaudiana</i> Ca-A-E; Stevia; Sweet Leaf of Paraguay	1	
<i>Symphytum officinale</i> Comfrey	1	134.0
<i>Syzygium malaccense</i> Malay Apple; Mammey Pomorrosa; Ohia	1	
<i>Syzygium jambos</i> Pomarrosa; Rose Apple	1	
<i>Syzygium cumini</i> Aceituna Dulce; Java Plum; Jambolan	1	
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	11.4
<i>Tamarindus indica</i> Indian Tamarind; Tamarind; Kilytree	1	318.0
<i>Tanacetum parthenium</i> Feverfew	1	

Plant	# Chemicals	Total PPM
<i>Taraxacum officinale</i> Dandelion	1	66.1
<i>Terminalia catappa</i> Indian Almond; Tropical Almond; Malabar Almond	1	14.0
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	170.0
<i>Theobroma speciosum</i> Macambo	1	
<i>Theobroma cacao</i> Cacao	1	68.0
<i>Theobroma bicolor</i> Pataste; Nicaraguan Cacao	1	
<i>Thymus vulgaris</i> Common Thyme; Thyme; Garden Thyme	1	108.0
<i>Tragopogon porrifolius</i> Salsify	1	44.0
<i>Trichosanthes anguina</i> Snakegourd	1	112.0
<i>Trifolium pratense</i> Red Clover; Cowgrass; Purple Clover; Peavine Clover	1	250.0
<i>Trigonella foenum-graecum</i> Fenugreek; Bockshornklee (Ger.); Greek Hay; Alholva (Sp.); Greek Clover	1	36.0
<i>Triticum aestivum</i> Wheat	1	380.0
<i>Tropaeolum tuberosum</i> Mashua; Anu	1	100.0
<i>Tropaeolum majus</i> Nasturtium	1	150.0
<i>Turnera diffusa</i> Damiana	1	204.0
<i>Ullucus tuberosus</i> Ulluco; Melloco	1	78.0
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	400.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	104.0
<i>Vaccinium myrtillus</i> Bilberry; Whortleberry; Dwarf Bilberry	1	130.0
<i>Vaccinium macrocarpon</i> American Cranberry; Cranberry; Large Cranberry	1	88.3
<i>Vaccinium corymbosum</i> Blueberry	1	48.0
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	104.0
<i>Verbascum thapsus</i> Flannelleaf; Great Mullein; Mullein; Velvetplant; Flannelplant	1	190.0
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	1	110.0
<i>Vigna unguiculata</i> Pea Bean; Asparagus Bean; Yardlong Bean	1	386.0
<i>Vigna subterranea</i> Groundbean; Bambarra Groundnut	1	40.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	224.0
<i>Vigna mungo</i> Black Gram	1	52.0
<i>Vigna angularis</i> Adzuki Bean	1	72.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	62.0
<i>Vitis vinifera</i> Weinrebe (Ger.); European Grape; Vigne Vinifere (Fr.); Wine Grape; Grape; Parra (Sp.); Vid (Sp.); Grapevine	1	30.8
<i>Xanthosoma sagittifolium</i> Malanga; Tannia; Yautia	1	40.0
<i>Yucca baccata</i> Yucca; Spanish Bayonet; Blue Yucca; Banana Yucca	1	
<i>Zea mays</i> Corn	1	224.0
<i>Zingiber officinale</i> Ginger	1	270.0
<i>Zizyphus spina-christi</i> Syrian Christ-Thorn	1	82.0
<i>Zizyphus jujuba</i> Da-Zao; Jujube; Ta-Tsao	1	106.0