

# A Antifibrositic

\*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>Achillea millefolium</i> Yarrow; Milfoil	1	4660.0
<i>Acinos alpinus</i> Te de Sierra Nevada	1	
<i>Acorus calamus</i> Sweetroot; Flagroot; Myrtle Flag; Sweet Calamus; Calamus; Sweetflag	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Alpinia officinarum</i> Chinese Ginger; Lesser Galangal	1	
<i>Alpinia galanga</i> Languas; Siamese Ginger; Greater Galangal	1	
<i>Amomum compactum</i> Java Cardamom; Siam Cardamom; Round Cardamom; Chester Cardamom	1	
<i>Anacardium occidentale</i> Cashew	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Angelica sinensis</i> Dang Quai; Dong Gui; Dang Qui; Dong Quai; Dang Gui; Chinese Angelica	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia salsoloides</i>	1	
<i>Artemisia herba-alba</i> Desert Wormwood	1	1546.0
<i>Artemisia dracunculus</i> Tarragon	1	400.0
<i>Artemisia annua</i> Annual Mugwort (GRIN); Qinghao; Annual Wormwood (GRIN); Sweet Annie; Sweet Wormwood (GRIN)	1	15180.0
<i>Asparagus officinalis</i> Asparagus	1	512.0
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut; Brazilnut-Tree	1	
<i>Calamintha nepeta</i> Turkish Calamint	1	
<i>Cannabis sativa</i> Hemp; Marihuana; Indian Hemp; Marijuana	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Capsicum frutescens</i> Spur Pepper; Hot Pepper; Red Chili; Cayenne; Tabasco; Chili	2	48.0
<i>Capsicum annum</i> Cone Pepper; Paprika; Bell Pepper; Cherry Pepper; Green Pepper; Sweet Pepper	1	48.0
<i>Ceratonia siliqua</i> St.John's-Bread; Locust Bean; Carob	1	
<i>Chrysanthemum x morifolium</i> Florist's Chrysanthemum; Ju Hua (Pinyin); Mum; Chrysanthemum	1	
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	440000.0
<i>Cleonia lusitanica</i> Spanish Heal-All	1	
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	2600.0
<i>Crocus sativus</i> Saffron	1	
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	
<i>Cymbopogon nardus</i> Citronella; Ceylon Citronella	1	120.0
<i>Daucus carota</i> Carrot	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	1	
<i>Elettaria cardamomum</i> Cardamom	1	40.0
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Spiny Ginseng; Siberian Ginseng; Wu jia; Ci wu jia (Pinyin)	1	
<i>Elsholtzia cristata</i> Furan Chemotype	1	

Plant	# Chemicals	Total PPM
<i>Fagopyrum esculentum</i> Buckwheat	1	84.0
<i>Ficus carica</i> Higo (Sp.); Fig; Fico (Ital.); Feigenbaum (Ger.); Higuera Comun (Sp.); Echte Feige (Ger.); Figuier Commun (Fr.); Figueira (Port.)	1	
<i>Foeniculum vulgare</i> Fennel	2	360.0
<i>Frangula alnus</i> Buckthorn	1	400.0
<i>Glycine max</i> Soybean	1	
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Commom Licorice; Licorice-Root	1	
<i>Hedeoma reverchonii</i> Reverchon's Pennyroyal	1	62.0
<i>Hedeoma drummondii</i> Drummond's Pennyroyal	1	1572.0
<i>Helianthus annuus</i> Girasol; Sunflower	2	68000.0
<i>Hibiscus sabdariffa</i> Kharkadi; Acedera de Guinea (Sp.); Indian Sorrel; Rosella (Ger.); Sereni (Sp.); Red Sorrel; Malventee (Ger.); Rosa de Jamaica (Sp.); Sorrel; Jamaica Sorrel; Roselle	1	
<i>Hippomane mancinella</i> Manchineel	1	400.0
<i>Hyptis suaveolens</i> Wild Hops	1	
<i>Hyssopus officinalis</i> Hyssop	1	9040.0
<i>Ipomoea batatas</i> Sweet Potato	1	242.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	2360.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	14.0
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lantana camara</i> Lantana; Wild Sage	1	
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	
<i>Laurus nobilis</i> Bay Laurel; Bayleaf; Grecian Laurel; Bay; Laurel; Sweet Bay	1	
<i>Lavandula x intermedia</i> Dutch Lavender; Lavandin	1	3240.0
<i>Lavandula x hybrida</i> Hybrid Lavender	1	
<i>Lavandula sp</i> Lavender	1	
<i>Lavandula latifolia</i> Broad-Leaved Lavender; Spike Lavender; Aspic	1	6600.0
<i>Lavandula angustifolia</i> English Lavender	1	
<i>Lens culinaris</i> Lentil	1	40.0
<i>Lepechinia calycina</i> Epling's Lepechinia	1	1750.0
<i>Levisticum officinale</i> Lovage	1	20.0
<i>Linum usitatissimum</i> Flax; Linseed	1	94.0
<i>Lippia dulcis</i> Sweet Herb	1	
<i>Lippia alba</i> White Lippia	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	
<i>Magnolia fargesii</i> Xin-Yi; Hsin-I	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melaleuca alternifolia</i> Teatree	1	
<i>Micromeria thymifolia</i>	1	
<i>Micromeria myrtifolia</i> Haydarotu; Dagcayi; Topukcayi	1	
<i>Micromeria juliana</i>	1	
<i>Micromeria croatica</i>	1	
<i>Moringa oleifera</i> Horseradish Tree; Benzolive Tree; Jacinto (Sp.); Ben Nut; Drumstick Tree; Moringa; West Indian Ben	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	22.0

Plant	# Chemicals	Total PPM
<i>Myrtus communis</i> Myrtle; Arrayan (Sp.); Myrte (Ger.); Mirto (Sp.)	1	36.0
<i>Nepeta racemosa</i> Catmint	1	
<i>Nepeta cataria</i> Catnip	1	160.0
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum kilimandscharicum</i> African Blue Basil; Kenyan Perennial Basil	1	
<i>Ocimum gratissimum</i> Agbo; Shrubby Basil	1	
<i>Ocimum canum</i> Hoary Basil	1	
<i>Ocimum basilicum</i> Cuban Basil; Basil; Sweet Basil	1	62.0
<i>Opuntia ficus-indica</i> Nopal; Prickly Pear; Nopalito; Indian Fig	1	5.0
<i>Origanum vulgare</i> Oregano; European Oregano; Pot Marjoram; Wild Oregano; Common Turkish Oregano; Wild Marjoram	1	80.0
<i>Origanum syriacum</i> Za'Atar	1	
<i>Origanum sipyleum</i> Bayircayi; Guveyoto	1	
<i>Origanum onites</i> Pot Marjoram; Oregano	1	
<i>Origanum creticum</i> Dittany Of Crete	1	
<i>Panicum maximum</i> Guinea grass	1	
<i>Peumus boldus</i> Boldo	1	300.0
<i>Pimenta racemosa</i> Bayrum Tree; West Indian Bay	1	
<i>Piper nigrum</i> White Pepper; Pepper; Black Pepper	1	
<i>Piper auritum</i> Hierba Santa; Cordoncillo; Hoja Santa	1	
<i>Pisum sativum</i> Pea	1	44.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	4618.0
<i>Pycnanthemum tenuifolium</i> Slenderleaf Mountain Mint	1	80.0
<i>Pycnanthemum pycnanthemoides</i> Typical Mountain Mint	1	232.0
<i>Pycnanthemum montanum</i> Montane Mountain Mint	1	7760.0
<i>Pycnanthemum clinopodioides</i> Clinopod Mountain Mint	1	88.0
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Ribes uva-crispa</i> Gooseberry	1	112.0
<i>Rosmarinus x mendizabalii</i> Mendizabali's Rosemary	1	
<i>Rosmarinus x lavandulaceus</i> Lavender Rosemary	1	
<i>Rosmarinus tomentosus</i> Hairy Rosemary	1	
<i>Rosmarinus officinalis</i> Rosemary	1	11600.0
<i>Rosmarinus eriocalyx</i> Rosemary	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Salvia triloba</i> Greek Sage	1	10080.0
<i>Salvia sclarea</i> Clary Sage	1	
<i>Salvia officinalis</i> Sage	1	18648.0
<i>Salvia gilliesii</i> 'Cordoba' Sage	1	
<i>Salvia canariensis</i> Canary Island Sage	1	
<i>Sassafras albidum</i> Sassafras	1	
<i>Satureja obovata</i> Iberian Savory; Savory	1	
<i>Satureja montana</i> Winter Savory; Savory	1	

Plant	# Chemicals	Total PPM
<i>Satureja hortensis</i> Summer Savory	1	
<i>Satureja douglasii</i> Douglas' Savory	1	11882.0
<i>Sideritis scardica</i> Balkan Sideritis	1	
<i>Sideritis pauli</i> El Molinillo Sideritis	1	
<i>Sideritis athoa</i> Kedi Kuyrugu Cayi	1	
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Ca-A-E; Stevia	1	
<i>Tanacetum vulgare</i> Tansy	1	3600.0
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Teucrium scorodonia</i> Germander; Wood Germander	1	
<i>Teucrium salviastrum</i>	1	
<i>Teucrium pseudoscorodonia</i>	1	
<i>Teucrium polium</i> Iberian Golden Germander; Golden Germander	1	
<i>Teucrium oxylepis</i>	1	
<i>Teucrium gnaphalodes</i> Iberian Germander	1	
<i>Teucrium asiaticum</i>	1	
<i>Thuja occidentalis</i> Arbor-Vitae; Northern White-Cedar	1	
<i>Thymus zygis</i> Spanish Thyme	1	
<i>Thymus x citriodorus</i> Funk's thyme; Lemon Thyme	1	
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	
<i>Thymus saturejoides</i> Moroccan Savory Thyme	1	
<i>Thymus riatarum</i> 'Moroccan' Thyme	1	
<i>Thymus orospedanus</i> Orosped Thyme	1	1436.0
<i>Thymus mastichina</i> Spanish Marjoram	1	900.0
<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	
<i>Thymus broussonettii</i> Moroccan Thyme	1	
<i>Tilia</i> sp. Basswood; Lime; Linden	1	
<i>Triticum aestivum</i> Wheat	1	3794.0
<i>Viola tricolor</i> Pansy; Wild Violet	1	604.0
<i>Vitex agnus-castus</i> Chaste-Tree	1	
<i>Zingiber officinale</i> Ginger	1	120.0