

A Antiglycosuric

*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> Milfoil; Yarrow	1	27.5
<i>Actaea racemosa</i> Black Snakeroot; Black Cohosh	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Agathosma betulina</i> Mountain Buchu; Buchu; Honey Buchu	1	58.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	16.5
<i>Allium cepa</i> Shallot; Onion	1	17.6
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	16.5
<i>Amorphophallus konjac</i> Konjac; Umbrella Arum; Leopard Palm; Elephant Yam; Snake Palm; Devil's Tongue	1	
<i>Anacardium occidentale</i> Cashew	1	0.6
<i>Anethum graveolens</i> Dill; Garden Dill	1	0.58
<i>Angelica sinensis</i> Dang Qui; Dong Gui; Dang Quai; Dang Gui; Dong Quai; Chinese Angelica	1	9.9
<i>Apium graveolens</i> Celery	1	0.09
<i>Arachis hypogaea</i> Groundnut; Peanut	1	0.16
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	22.0
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	13.2
<i>Armoracia rusticana</i> Horseradish	1	3.65
<i>Artemisia vulgaris</i> Mugwort	1	44.0
<i>Asparagus officinalis</i> Asparagus	1	1.4
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	1	42.9
<i>Barosma betulina</i> Buchu	1	58.0
<i>Berberis vulgaris</i> Barberry	1	13.2
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut; Brazilnut-Tree	1	1.2
<i>Beta vulgaris</i> Beetroot; Beet; Sugar Beet; Garden Beet	1	0.66
<i>Boehmeria nivea</i> Ramie	1	32.0
<i>Brassica rapa</i> Seven-Top Turnip; Rapini; Turnip	1	5.699999999999999
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.63
<i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Sprouting Broccoli; Broccoli; Asparagus Broccoli; Calabrese; Purple Cauliflower; Cape Broccoli; Winter Broccoli	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	1	17.4
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	0.61
<i>Brassica napus</i> var. <i>napobrassica</i> Swedish Turnip; Rutabaga; Swede	1	0.2
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Capsicum frutescens</i> Hot Pepper; Red Chili; Chili; Cayenne; Spur Pepper; Tabasco	1	7.0
<i>Capsicum annuum</i> Sweet Pepper; Cone Pepper; Paprika; Green Pepper; Bell Pepper; Cherry Pepper	1	0.546
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	34.1

Plant	# Chemicals	Total PPM
<i>Carum carvi</i> Kummel (Ger.); Carum; Comino (Sp.); Caraway; Comino de prado (Sp.)	1	31.0
<i>Carya ovata</i> Shagbark Hickory	1	8.600000000000001
<i>Carya illinoensis</i> Pecan	1	0.6
<i>Carya glabra</i> Pignut Hickory	1	11.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	13.2
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	11.0
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	12.0
<i>Chondrus crispus</i> Irish Moss	1	24.0
<i>Chrysanthemum parthenium</i> Feverfew	1	34.0
<i>Cichorium endivia</i> Endive; Escarole	1	0.96
<i>Cimicifuga racemosa</i> Black Snakeroot; Black Cohosh	1	19.8
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	48.8
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	5.0
<i>Cinnamomum burmannii</i> Padang Cassia; Java Cinnamon	1	
<i>Cinnamomum aromaticum</i> Cannelier de Chine (Fr.); Chinazimt (Ger.); Chinese Cassia; China Junk Cassia; Cassia Bark; Cannelier Casse (Fr.); Cassia Lignea; Zimtcassie (Ger.); Cassia; Chinesischer Zimtbaum (Ger.); Canelero chino (Sp.); Chinese Cinnamon; Saigon Cinnamon; Canelle de Cochinchine (Fr.); Kashia-Keihi (Jap.); Canela de la China (Sp.)	1	2.0
<i>Citrus sinensis</i> Orange	1	0.77
<i>Citrus reticulata</i> Mandarin; Tangerine	1	0.16
<i>Citrus paradisi</i> Grapefruit	1	1.1
<i>Cnicus benedictus</i> Blessed Thistle	1	17.8
<i>Cocos nucifera</i> Nariyal; Coconut; Copra; Kokospalme (Ger.); Coconut Palm; Cocotero (Sp.)	1	0.4
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	1	57.6
<i>Corylus avellana</i> English Filbert; Cobnut; European Hazel; European Filbert; Hazel	1	1.4
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Whitethorn; Hawthorn; Woodland Hawthorn	1	18.7
<i>Cucumis sativus</i> Cucumber	1	1.96
<i>Cucumis melo</i> Netted Melon; Nutmeg Melon; Muskmelon; Persian Melon; Cantaloupe; Melon	1	0.33
<i>Cucurbita pepo</i> Pumpkin	1	34.0
<i>Cuminum cyminum</i> Cumin	1	16.8
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	12.0
<i>Cymbopogon citratus</i> West Indian Lemongrass; Lemongrass	1	74.0
<i>Cypripedium pubescens</i> Ladyslipper	1	20.0
<i>Daucus carota</i> Carrot	1	3.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	52.0
<i>Diospyros virginiana</i> American Persimmon	1	7.4
<i>Echinacea</i> spp Coneflower; Echinacea	1	38.0
<i>Echinacea purpurea</i> Echinacea; Eastern Purple-Coneflower; Purple-Coneflower	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elettaria cardamomum</i> Cardamom	1	59.0
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng; Siberian Ginseng; Wu jia	1	
<i>Elytrigia repens</i> Twitchgrass; Couchgrass; Doggrass; Wheatgrass; Quackgrass	1	74.0

Plant	# Chemicals	Total PPM
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	24.2
<i>Eriodictyon californicum</i> Tarweed; Hierba Santa; Consumptive's Weed; Gum Bush; Holy Herb; California Yerba Santa; Mountain Balm; Bear's Weed; Yerba Santa	1	
<i>Erythroxylum coca</i> Coca	1	7.6
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	7.7
<i>Fallopia japonica</i> Giant Knotweed; Mexican Bamboo; Hu-Zhang; Japanese Knotweed	1	28.0
<i>Foeniculum vulgare</i> Fennel	1	10.0
<i>Fragaria</i> spp Strawberry	1	0.36
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	6.6
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	7.7
<i>Galega officinalis</i> Goat's Rue; Galega	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	14.3
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glechoma hederacea</i> Alehoof	1	8.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Smooth Licorice; Licorice-Root; Licorice	1	18.7
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	13.2
<i>Hibiscus sabdariffa</i> Rosella (Ger.); Indian Sorrel; Jamaica Sorrel; Kharkadi; Sorrel; Red Sorrel; Rosa de Jamaica (Sp.); Malventee (Ger.); Acedera de Guinea (Sp.); Roselle; Sereni (Sp.)	1	59.4
<i>Hordeum vulgare</i> Barley; Barleygrass	1	62.0
<i>Humulus lupulus</i> Hops	1	7.7
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	27.5
<i>Hydrastis canadensis</i> Goldenseal	1	9.9
<i>Inula helenium</i> Elecampane	1	
<i>Juglans nigra</i> Black Walnut	1	20.0
<i>Juglans cinerea</i> Butternut	1	2.8
<i>Juniperus virginiana</i> Red Cedar	1	5.28
<i>Juniperus communis</i> Juniper; Common Juniper	1	35.2
<i>Lactuca sativa</i> Lettuce	1	40.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	8.8
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styra	1	23.599999999999998
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	6.0
<i>Malus domestica</i> Apple	1	0.6
<i>Medicago sativa</i> Lucerne; Alfalfa	1	9.9
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha pulegium</i> European Pennyroyal	1	34.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	0.3
<i>Myrica cerifera</i> Candle-Berry; Wax Myrtle; Southern Bayberry; Bayberry	1	16.5
<i>Myristica fragrans</i> Mace; Muskatnussbaum (Ger.); nuez moscada (Sp.); Nutmeg; nogal moscado (Sp.)	1	59.199999999999996

Plant	# Chemicals	Total PPM
<i>Nepeta cataria</i> Catnip	1	29.7
<i>Nyssa sylvatica</i> Black Gum; Black Tupelo	1	21.54
<i>Panax ginseng</i> Oriental Ginseng; Ginseng; Korean Ginseng; Chinese Ginseng	1	12.1
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	26.8
<i>Parthenium integrifolium</i> Prairie-Dock; American Feverfew; Wild Quinine; Feverfew; Missouri Snakeroot	1	
<i>Passiflora incarnata</i> Mayapple; Manzana de Mayo; Passionflower	1	
<i>Pastinaca sativa</i> Parsnip	1	0.2
<i>Petasites japonicus</i> Butterbur	1	46.0
<i>Petroselinum crispum</i> Parsley	1	1.2999999999999998
<i>Peucedanum decursivum</i> Qian Hu	1	32.0
<i>Phaseolus vulgaris</i> Flageolet Bean; Wax Bean; Field Bean; Popping Bean; String Bean; Snap Bean; Pop Bean; Green Bean; Haricot; Garden Bean; Navy Bean; Dwarf Bean; French Bean; Haricot Bean; Kidney Bean; Black Bean; Haricot Vert	1	12.8
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	10.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	0.44
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Pimenta dioica</i> Allspice; Jamaica-Pepper; Pimenta; Pimento; Clover-Pepper	1	10.0
<i>Pinus echinata</i> Shortleaf Pine	1	2.52
<i>Piper nigrum</i> White Pepper; Pepper; Black Pepper	1	7.0
<i>Pistacia vera</i> Pistachio	1	1.2
<i>Pisum sativum</i> Pea	1	0.34
<i>Plantago psyllium</i> Psyllium	1	8.8
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> Fleeceflower; Chinese Cornbind; Fo Ti; He Shou Wu; Chinese Knotweed	1	
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	40.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	7.38
<i>Prunus persica</i> Peach	1	74.5
<i>Prunus dulcis</i> Almond	1	3.4
<i>Prunus domestica</i> Plum	1	2.38
<i>Ptychopetalum olacoides</i> Muira Puama	1	
<i>Pyrus communis</i> Pear	1	1.11
<i>Quercus velutina</i> Black Oak	1	3.46
<i>Quercus stellata</i> Post Oak	1	3.36
<i>Quercus rubra</i> Northern Red Oak	1	8.4
<i>Quercus phellos</i> Willow Oak	1	0.168
<i>Quercus alba</i> White Oak	1	13.940000000000001
<i>Raphanus sativus</i> Radish	1	0.28
<i>Rheum rhabarbarum</i> Rhubarb	1	0.2
<i>Rhodymenia palmata</i> Dulse	1	54.0
<i>Rhus glabra</i> Smooth Sumac	1	20.1
<i>Rhus copallina</i> Dwarf Sumac; Winged Sumac	1	6.279999999999999
<i>Ribes uva-crispa</i> Gooseberry	1	0.16
<i>Ribes rubrum</i> White Currant; Red Currant	1	0.25
<i>Ribes nigrum</i> Black Currant	1	0.54

Plant	# Chemicals	Total PPM
<i>Rosa canina</i> Dogbrier; Dog Rose; Rose	1	1.87
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	14.3
<i>Rubus chamaemorus</i> Cloudberry	1	0.76
<i>Rumex crispus</i> Curly Dock; Lengua De Vaca; Yellow Dock; Sour Dock	1	
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	27.5
<i>Salix alba</i> White Willow	1	
<i>Salvia officinalis</i> Sage	1	3.3
<i>Sassafras albidum</i> Sassafras	1	9.26
<i>Schisandra chinensis</i> Magnolia Vine; Wu Wei Zi; Schizandra; Wu Wei Zu; Five-Flavor-Fruit; Chinese Magnolia Vine	1	19.8
<i>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	1	7.7
<i>Senna alexandrina</i> Alexandran senna; Indian Senna; True Senna	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Sesame; Benneseed; Beni; Ajonjoli (Sp.); Sesamo (Sp.)	1	2.8
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	24.2
<i>Sinapis alba</i> White Mustard	1	37.2
<i>Smilax spp</i> Sarsaparilla	1	18.7
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	2.8
<i>Solanum melongena</i> Eggplant; Aubergine	1	0.24
<i>Sorbus aucubaria</i> Rowan Berry	1	0.38
<i>Spinacia oleracea</i> Spinach	1	0.84
<i>Spirulina spp.</i> Spirulina	1	
<i>Stachys officinalis</i> Purple Betony; Betony; Bishop's-Wort; Wood Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	12.1
<i>Stevia rebaudiana</i> Ca-A-E; Stevia; Sweet Leaf of Paraguay	1	78.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	12.32
<i>Symphytum officinale</i> Comfrey	1	16.0
<i>Syzygium aromaticum</i> Clove; Clovetree	1	10.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	9.9
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	109.9
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	1	22.0
<i>Trachyspermum ammi</i> Ajwan	1	62.0
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	35.2
<i>Trigonella foenum-graecum</i> Fenugreek; Greek Clover; Greek Hay; Bockshornklee (Ger.); Alholva (Sp.)	1	4.4
<i>Turnera diffusa</i> Damiana	1	34.1
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	11.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	4.9
<i>Vaccinium vitis-idaea</i> Lingonberry; Cowberry; Lingen	1	0.26
<i>Vaccinium myrtillus</i> Bilberry; Whortleberry; Dwarf Bilberry	1	0.7799999999999999
<i>Vaccinium macrocarpon</i> Cranberry; American Cranberry; Large Cranberry	1	
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	1	19.8

Plant	# Chemicals	Total PPM
<i>Verbascum thapsus</i> Great Mullein; Mullein; Flannelleaf; Velvetplant; Flannelplant	1	15.4
<i>Viburnum opulus</i> Crampbark; Guelder Rose; European Cranberry Bush; Snowballbush	1	42.0
<i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean	1	7.2
<i>Viscum album</i> European Mistletoe	1	38.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Vid (Sp.); Grape; Grapevine; Weinrebe (Ger.); European Grape; Wine Grape; Parra (Sp.)	1	18.77
<i>Yucca baccata</i> Spanish Bayonet; Banana Yucca; Blue Yucca; Yucca	1	
<i>Zea mays</i> Corn	1	29.3
<i>Zingiber officinale</i> Ginger	1	40.0