

A Antigoiter

*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>Allium sativum</i> var. <i>sativum</i> Garlic | 1 | |
| <i>Anacardium occidentale</i> Cashew | 1 | 0.2 |
| <i>Ananas comosus</i> Pineapple | 1 | 2.0 |
| <i>Artemisia vulgaris</i> Mugwort | 1 | |
| <i>Avena sativa</i> Oats | 1 | 0.308 |
| <i>Bertholletia excelsa</i> Brazilnut; Creamnut; Brazilnut-Tree; Paranut | 1 | 0.4 |
| <i>Boehmeria nivea</i> Ramie | 1 | |
| <i>Capparis spinosa</i> Caper; Caperbush | 1 | |
| <i>Carya ovata</i> Shagbark Hickory | 1 | 10.2 |
| <i>Carya illinoensis</i> Pecan | 1 | 0.2 |
| <i>Carya glabra</i> Pignut Hickory | 1 | 10.0 |
| <i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon | 1 | 6.0 |
| <i>Cinnamomum sieboldii</i> Japanese Cinnamon | 1 | 8.0 |
| <i>Cinnamomum burmannii</i> Java Cinnamon; Padang Cassia | 1 | |
| <i>Cinnamomum aromaticum</i> Cassia Bark; Canelero chino (Sp.); Saigon Cinnamon; Chinazimt (Ger.); China Junk Cassia; Cannelier Casse (Fr.); Chinese Cinnamon; Canela de la China (Sp.); Cannelier de Chine (Fr.); Chinese Cassia; Cassia; Zimtcassie (Ger.); Canelle de Cochinchine (Fr.); Cassia Ligneae; Chinesischer Zimtbaum (Ger.); Kashia-Keihi (Jap.) | 1 | 2.0 |
| <i>Cocos nucifera</i> Kokospalme (Ger.); Nariyal; Cocotero (Sp.); Coconut; Copra; Coconut Palm | 1 | 0.6 |
| <i>Corylus avellana</i> Hazel; European Filbert; European Hazel; Cobnut; English Filbert | 1 | 0.06 |
| <i>Erythroxylum coca</i> Coca | 1 | 0.1 |
| <i>Fagopyrum esculentum</i> Buckwheat | 1 | 0.31 |
| <i>Fallopia japonica</i> Giant Knotweed; Hu-Zhang; Japanese Knotweed; Mexican Bamboo | 1 | |
| <i>Foeniculum vulgare</i> Fennel | 1 | 0.004 |
| <i>Fragaria</i> spp Strawberry | 1 | 0.46 |
| <i>Fucus vesiculosus</i> Bladderwrack; Kelp | 1 | 5940.0 |
| <i>Glechoma hederacea</i> Alehoof | 1 | |
| <i>Glycine max</i> Soybean | 1 | 32.0 |
| <i>Helianthus tuberosus</i> Jerusalem Artichoke | 1 | 0.024 |
| <i>Helianthus annuus</i> Sunflower; Girasol | 1 | 0.084 |
| <i>Hyssopus officinalis</i> Hyssop | 1 | 0.028 |
| <i>Ipomoea batatas</i> Sweet Potato | 1 | 0.09 |
| <i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach | 1 | 3.0 |
| <i>Juglans nigra</i> Black Walnut | 1 | 0.2 |
| <i>Juglans cinerea</i> Butternut | 1 | 0.2 |
| <i>Juniperus virginiana</i> Red Cedar | 1 | 20.0 |
| <i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd | 1 | 2.24 |
| <i>Lens culinaris</i> Lentil | 1 | 0.06 |
| <i>Lepidium sativum</i> Garden Cress | 1 | 0.22 |
| <i>Lepidium meyenii</i> Peruvian Ginseng; Maca | 1 | |
| <i>Liquidambar styraciflua</i> American Styrax; Sweetgum | 1 | 12.0 |

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|--|-------------|-----------|
| <i>Lycopersicon esculentum</i> Tomato | 1 | |
| <i>Malus domestica</i> Apple | 1 | |
| <i>Mangifera indica</i> Mango | 1 | 0.032 |
| <i>Momordica charantia</i> Sorosi; Bitter Melon | 1 | 0.82 |
| <i>Moringa oleifera</i> West Indian Ben; Drumstick Tree; Jacinto (Sp.); Moringa; Benzolive Tree; Horseradish Tree; Ben Nut | 1 | |
| <i>Panax quinquefolius</i> Ginseng; American Ginseng | 1 | |
| <i>Panicum maximum</i> Guinea grass | 1 | |
| <i>Papaver somniferum</i> Opium Poppy; Poppypeed Poppy | 1 | 0.012 |
| <i>Petasites japonicus</i> Butterbur | 1 | |
| <i>Peucedanum decursivum</i> Qian Hu | 1 | |
| <i>Phoenix dactylifera</i> Date Palm | 1 | 0.12 |
| <i>Pinus echinata</i> Shortleaf Pine | 1 | 12.0 |
| <i>Piper nigrum</i> Black Pepper; Pepper; White Pepper | 1 | 0.18 |
| <i>Pistacia vera</i> Pistachio | 1 | 102.0 |
| <i>Pisum sativum</i> Pea | 1 | 0.018 |
| <i>Polystichum polyblepharum</i> Chinese Polystichum | 1 | |
| <i>Prunus dulcis</i> Almond | 1 | 0.4 |
| <i>Prunus armeniaca</i> Apricot | 1 | 0.1 |
| <i>Pteridium aquilinum</i> Bracken Fern; Bracken | 1 | 1.8 |
| <i>Quercus velutina</i> Black Oak | 1 | 10.0 |
| <i>Quercus stellata</i> Post Oak | 1 | 10.0 |
| <i>Quercus rubra</i> Northern Red Oak | 1 | 10.2 |
| <i>Quercus phellos</i> Willow Oak | 1 | 12.0 |
| <i>Quercus alba</i> White Oak | 1 | 12.0 |
| <i>Rhizophora mangle</i> Red Mangrove | 1 | |
| <i>Rhus glabra</i> Smooth Sumac | 1 | 12.0 |
| <i>Rumex acetosa</i> Garden Sorrel | 1 | 4.0 |
| <i>Secale cereale</i> Rye | 1 | |
| <i>Sesamum indicum</i> Sesame; Benneseed; Beni; Ajonjoli (Sp.); Sesamo (Sp.) | 1 | 0.046 |
| <i>Solanum tuberosum</i> Potato | 1 | 0.022 |
| <i>Spinacia oleracea</i> Spinach | 1 | 0.4 |
| <i>Spondias pinnata</i> Yellow Mombin; Yellow Plum | 1 | 1.22 |
| <i>Symphoricarpos orbiculatus</i> Buckbush | 1 | 12.0 |
| <i>Taraxacum officinale</i> Dandelion | 1 | |
| <i>Trachyspermum ammi</i> Ajwan | 1 | 0.9 |
| <i>Trichosanthes anguina</i> Snakegourd | 1 | 0.4 |
| <i>Vicia faba</i> Habas; Faba Bean; Broadbean | 1 | 1.2 |
| <i>Vigna radiata</i> Green Gram; Mungbean | 1 | 0.074 |
| <i>Vigna mungo</i> Black Gram | 1 | 0.068 |
| <i>Zea mays</i> Corn | 1 | 0.024 |