

# A Antihomocystinuric

\*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	3800.0
<i>Acacia farnesiana</i> Popinac; Cassie; Huisache; Sweet Acacia; Opopanax	1	1500.0
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Achyranthes bidentata</i> Chaff Flower	1	
<i>Achyranthes aspera</i> Chaff Flower	1	
<i>Alisma plantago-aquatica</i> Ze-Xie; Tse-Hsieh; Water Plantain; Mud Plantain	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	3120.0
<i>Allium cepa</i> Onion; Shallot	1	4578.0
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	80000.0
<i>Amaranthus</i> sp. Pigweed	1	6978.0
<i>Anacardium occidentale</i> Cashew	1	5758.0
<i>Ananas comosus</i> Pineapple	1	296.0
<i>Angelica sinensis</i> Dang Quai; Dong Quai; Dong Gui; Dang Gui; Chinese Angelica; Dang Qui	1	
<i>Apium graveolens</i> Celery	1	1510.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	7160.0
<i>Arctium lappa</i> Gobo; Great Burdock; Burdock	1	600.0
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	
<i>Artemisia cina</i> Levant Wormseed	1	
<i>Artocarpus altilis</i> Breadfruit	1	610.0
<i>Asparagus officinalis</i> Asparagus	1	9290.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	3	10258.759999999998
<i>Basella alba</i> Vinespinach	1	7830.0
<i>Bertholletia excelsa</i> Brazilnut; Creamnut; Brazilnut-Tree; Paranut	1	7222.0
<i>Beta vulgaris</i> Beet; Garden Beet; Beetroot; Sugar Beet	2	2840.0
<i>Brassica rapa</i> Chinese Mustard; Bok-Choy; Celery Cabbage; Celery Mustard; Chinese Cabbage; Pak-Choi; Chinese White Cabbage	1	1230.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Cow Cabbage; Collards; Tree Kale; Spring-Heading Cabbage; Tall Kale	1	5248.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Curly Kale; Scotch Kale; Kale	1	5660.0
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Purple Cauliflower; Sprouting Broccoli; Asparagus Broccoli; Heading Broccoli; Winter Broccoli; Cape Broccoli; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	3142.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	2674.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	10236.0
<i>Brassica oleracea</i> Kohlrabi	1	1556.0
<i>Brassica nigra</i> Black Mustard	1	10898.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	2130.0
<i>Brassica chinensis</i> Bok-Choy; Chinese Cabbage; Chinese White Cabbage; Pak-Choi; Chinese Mustard; Celery Cabbage; Celery Mustard	1	7266.0
<i>Cajanus cajan</i> Pigeonpea	1	5600.0

Plant	# Chemicals	Total PPM
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Camellia sinensis</i> Tea	1	
<i>Capsicum frutescens</i> Chili; Hot Pepper; Red Chili; Tabasco; Spur Pepper; Cayenne	2	6202.0
<i>Capsicum annuum</i> Green Pepper; Paprika; Bell Pepper; Cherry Pepper; Sweet Pepper; Cone Pepper	2	4364.0
<i>Carum carvi</i> Caraway; Comino de prado (Sp.); Carum; Comino (Sp.); Kummel (Ger.)	1	
<i>Castanea sativa</i> European Chestnut	1	2764.0
<i>Castanea mollissima</i> Chinese Chestnut	1	3920.0
<i>Castanea dentata</i> American Chestnut	1	3826.0
<i>Chenopodium album</i> Lambsquarter	2	35738.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	5860.0
<i>Cichorium intybus</i> Succory; Witloof; Chicory	1	
<i>Cichorium endivia</i> Escarole; Endive	1	3220.0
<i>Citrus sinensis</i> Orange	2	2770.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	1128.0
<i>Citrus paradisi</i> Grapefruit	1	4.0
<i>Cnidioscolus chayamansa</i> Chaya	1	10540.0
<i>Cocos nucifera</i> Coconut; Cocotero (Sp.); Copra; Nariyal; Kokospalme (Ger.); Coconut Palm	1	
<i>Coffea arabica</i> Coffee	1	
<i>Cola acuminata</i> Abata Cola	1	5000.0
<i>Colocasia esculenta</i> Taro	1	11110.0
<i>Corchorus olitorius</i> Jew's Mallow; Nalta Jute; Mulukiya	1	6500.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Crocus sativus</i> Saffron	1	
<i>Croton lechleri</i> Sangre de Dragon; Sangre de Grado; Sangre de Drago; Dragons Blood	1	
<i>Croton eluteria</i> Cascarilla	1	
<i>Cryptotaenia japonica</i> Mitsuba; Japanese Cryptotaenia; Ya Er Qin; Stone Parsley; Japanese Honewort	1	
<i>Cucumis sativus</i> Cucumber	1	1518.0
<i>Cucurbita</i> spp Summer Squash	1	3800.0
<i>Cucurbita pepo</i> Pumpkin	1	7868.0
<i>Daucus carota</i> Carrot	2	1380.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	1720.0
<i>Echinacea</i> spp Coneflower; Echinacea	1	
<i>Echinacea purpurea</i> Echinacea; Eastern Purple-Coneflower; Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower; Echinacea	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	5504.0
<i>Ferula sumbul</i> Sumbul	1	
<i>Ficus carica</i> Figuiet Commun (Fr.); Figueira (Port.); Fico (Ital.); Echte Feige (Ger.); Fig; Higuera Comun (Sp.); Higo (Sp.); Feigenbaum (Ger.)	1	1148.0
<i>Foeniculum vulgare</i> Fennel	1	4870.0
<i>Fragaria</i> spp Strawberry	1	1186.0
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	1143.0

Plant	# Chemicals	Total PPM
<i>Glycine max</i> Soybean	3	12.8
<i>Glycyrrhiza glabra</i> Smooth Licorice; Commom Licorice; Licorice-Root; Licorice	1	
<i>Gossypium sp</i> Cotton	2	1.8
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	3	4493.6
<i>Ilex paraguariensis</i> Paraguay Tea; Mate; South American Holly	1	
<i>Ipomoea batatas</i> Sweet Potato	1	1520.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	7440.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	10014.0
<i>Justicia pectoralis</i> Bolek Hena; Angel Of Death; Curia	1	
<i>Justicia adhatoda</i> Malabar Nut	1	
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	1	7584.0
<i>Lactuca sativa</i> Lettuce	1	5334.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	2000.0
<i>Lens culinaris</i> Lentil	2	14979.8
<i>Lentinus edodes</i> Shiitake	1	
<i>Lupinus albus</i> White Lupine	1	9960.0
<i>Lycium chinense</i> Wolfberry; Gou Qi (Chin.); Spina Santa Chinese (Ital.); Kuko (Jap.); Daun Koki (Indones.); Chinese Boxthorn; Kaukichai (Malays.); Chinesischer Bocksdoorn (Ger.); Chinese Wolfberry; Lyciet de Chine (Fr.); Chinese Matrimony Vine	1	2000.0
<i>Lycium chilense</i> Chilean Wolfberry	1	
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Matrimony Vine; Common Matrimony Vine; Barbary Matrimony Vine; Duke of Argyll's Eta Tree	1	
<i>Lycopersicon esculentum</i> Tomato	2	4152.0
<i>Macadamia spp</i> Macadamia	1	1970.0
<i>Malus domestica</i> Apple	1	374.0
<i>Mangifera indica</i> Mango	1	700.0
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	1	4130.0
<i>Medicago sativa</i> Alfalfa; Lucerne	3	
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	2	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Moringa oleifera</i> Horseradish Tree; Moringa; Benzolive Tree; Drumstick Tree; Ben Nut; Jacinto (Sp.); West Indian Ben	1	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	5930.0
<i>Murraya sp</i> None	1	1152.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	1236.0
<i>Nasturtium officinale</i> Watercress; Berro	1	2800.0
<i>Nelumbo nucifera</i> Water Lotus	1	5382.0
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Nigella sativa</i> Roman Coriander; Fennel-Flower; Black Cumin; Black Caraway; Nutmeg-Flower	1	

Plant	# Chemicals	Total PPM
<i>Ocimum basilicum</i> Cuban Basil; Basil; Sweet Basil	1	3180.0
<i>Oenothera biennis</i> Evening-Primrose	1	7258.0
<i>Oryza sativa</i> Rice	1	20.0
<i>Pachyrhizus erosus</i> Yambean	1	2030.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	216.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Ginseng; Korean Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	9718.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	9900.0
<i>Persea americana</i> Avocado	2	1678.0
<i>Phaseolus vulgaris</i> Haricot Bean; String Bean; Navy Bean; Field Bean; Wax Bean; Dwarf Bean; French Bean; Pop Bean; Popping Bean; Kidney Bean; Flageolet Bean; Haricot; Garden Bean; Snap Bean; Haricot Vert; Green Bean; Black Bean	1	19304.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	5578.0
<i>Phoenix dactylifera</i> Date Palm	1	1160.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	10672.0
<i>Pisum sativum</i> Pea	3	9666.8
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	8400.0
<i>Prunus persica</i> Peach	1	972.0
<i>Prunus dulcis</i> Almond	1	7490.0
<i>Prunus domestica</i> Plum	1	540.0
<i>Prunus armeniaca</i> Apricot	1	440.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Goa Bean; Asparagus Pea	1	27620.0
<i>Psoralea esculenta</i> Prairie Potato; Breadroot; Indian Bread-Root; Prairie Turnip; Indian Turnip; Prairie Apple	1	
<i>Pyrus communis</i> Pear	1	494.0
<i>Raphanus sativus</i> Radish	1	1940.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> American Elderberry; American Elder; Sweet Elder; Elderberry	1	1484.0
<i>Secale cereale</i> Rye	1	
<i>Sesamum indicum</i> Sesame; Benneseed; Beni; Ajonjoli (Sp.); Sesamo (Sp.)	2	11004.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	1	12454.0
<i>Solanum tuberosum</i> Potato	1	2470.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	1486.0
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Spinacia oleracea</i> Spinach	1	8314.0
<i>Stachys officinalis</i> Purple Betony; Wood Betony; Bishop's-Wort; Betony	1	10000.0
<i>Tamarindus indica</i> Tamarind; Indian Tamarind; Kilytree	1	4.0
<i>Theobroma cacao</i> Cacao	1	2.0
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	1	3960.0
<i>Tilia</i> sp. Lime; Linden; Basswood	1	
<i>Trigonella foenum-graecum</i> Greek Clover; Fenugreek; Bockshornklee (Ger.); Greek Hay; Alholva (Sp.)	2	8118.0

Plant	# Chemicals	Total PPM
<i>Triticum aestivum</i> Wheat	3	11470.0
<i>Ulex europaeus</i> Gorse	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	910.0
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	5550.0
<i>Vicia faba</i> Habas; Faba Bean; Broadbean	1	8100.0
<i>Vigna unguiculata</i> Crowder Pea; Black-eyed Pea; Southern Pea; Cowpea	1	12790.0
<i>Vigna radiata</i> Mungbean; Green Gram	2	8190.0
<i>Vigna angularis</i> Adzuki Bean	1	4252.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	2590.0
<i>Vitellaria paradoxa</i> Shea Nut; Shea; Sheatree; Butterseed; Shea-Butter-Tree	1	
<i>Vitis vinifera</i> Vid (Sp.); Vigne Vinifere (Fr.); European Grape; Wine Grape; Grape; Parra (Sp.); Grapevine; Weinrebe (Ger.)	2	1132.0
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	3	2756.0
<i>Zingiber officinale</i> Ginger	1	924.0