

A Antihypercholesterolemic

*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	48.0
<i>Acacia nilotica</i> Babul	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	2	
<i>Aconitum napellus</i> Aconite; Turk's Cap; Queen's Fettle; Soldier's Cap; Helmet Flower; Blue Rocket; Garden Wolfsbane; Garden Monkshood; European Aconite; Monkshood; Friar's Cap; Bear's-Foot	2	
<i>Actaea dahurica</i> Xing an sheng ma; Sheng ma	1	
<i>Actaea cimicifuga</i> Bugbane; Sheng ma; Foetid Bugbane	1	
<i>Adonis vernalis</i> Spring Adonis	2	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	2	
<i>Albizia lebeck</i> Siris Tree; Women's-Tongue Tree; Lebbek; Koko; Frywood; Lebbek Tree; East Indian Walnut	1	
<i>Alisma plantago-aquatica</i> Water Plantain; Mud Plantain; Tse-Hsieh; Ze-Xie	5	
<i>Allium schoenoprasum</i> Chives	2	62.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	4	40.0
<i>Allium cepa</i> Shallot; Onion	3	32.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	2	
<i>Althaea officinalis</i> White Mallow; Marshmallow	2	
<i>Anacardium occidentale</i> Cashew	1	26.0
<i>Ananas comosus</i> Pineapple	2	22.0
<i>Anemarrhena asphodeloides</i> Chih-Mu; Zhi-Mu	1	
<i>Anethum graveolens</i> Dill; Garden Dill	2	
<i>Angelica sinensis</i> Dang Qui; Dang Quai; Dong Quai; Dang Gui; Dong Gui; Chinese Angelica	1	
<i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip	2	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	16.0
<i>Annona reticulata</i> Custard Apple	1	34.0
<i>Annona muricata</i> Soursop	2	26.0
<i>Apium graveolens</i> Celery	3	72.0
<i>Arachis hypogaea</i> Groundnut; Peanut	3	106.0
<i>Arctium lappa</i> Burdock; Great Burdock; Gobo	2	5000.0
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	2	
<i>Artemisia dracunculus</i> Tarragon	2	
<i>Artemisia capillaris</i> Capillary Wormwood	1	
<i>Artemisia absinthium</i> Wormwood	1	
<i>Artemisia abrotanum</i> Southernwood	2	
<i>Artocarpus altilis</i> Breadfruit	1	31.0
<i>Asimina triloba</i> Pawpaw	1	
<i>Aspalathus linearis</i> Kaffree Tea; Red Bush Tea; Rooibos	1	
<i>Asparagus officinalis</i> Asparagus	1	44.8

Plant	# Chemicals	Total PPM
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	2	
<i>Avena sativa</i> Oats	2	147.2
<i>Ballota nigra</i> Black Horehound	2	
<i>Berberis vulgaris</i> Barberry	2	
<i>Bertholletia excelsa</i> Paranut; Creamnut; Brazilnut-Tree; Brazilnut	1	6.0
<i>Beta vulgaris</i> Beetroot; Beet; Sugar Beet; Garden Beet	3	23.6
<i>Boehmeria nivea</i> Ramie	1	
<i>Borago officinalis</i> Beebread; Borage; Talewort; Beeplant	1	
<i>Brassica rapa</i> Turnip; Rapini; Seven-Top Turnip	1	50.0
<i>Brassica pekinensis</i> Chinese Cabbage	1	22.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Tree Kale; Collards; Cow Cabbage; Tall Kale; Spring-Heading Cabbage	1	21.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Kitchen Kale; Scotch Kale; Kale	1	12.0
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Purple Cauliflower; Broccoli; Calabrese; Heading Broccoli; Sprouting Broccoli; Cape Broccoli; Winter Broccoli	3	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	2	112.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	4	192.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	3	178.0
<i>Brassica oleracea</i> Kohlrabi	1	36.0
<i>Brassica nigra</i> Black Mustard	4	5.58
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	1	30.0
<i>Cajanus cajan</i> Pigeonpea	1	40.0
<i>Calendula officinalis</i> Pot-Marigold; Calendula	2	
<i>Camellia sinensis</i> Tea	3	
<i>Capsicum frutescens</i> Chili; Tabasco; Spur Pepper; Cayenne; Hot Pepper; Red Chili	3	74.0
<i>Capsicum annum</i> Bell Pepper; Cone Pepper; Sweet Pepper; Paprika; Green Pepper; Cherry Pepper	3	32.0
<i>Carica papaya</i> Papaya	2	38.0
<i>Carum carvi</i> Comino (Sp.); Caraway; Comino de prado (Sp.); Carum; Kummel (Ger.)	1	
<i>Carya illinoensis</i> Pecan	1	36.0
<i>Castanea sativa</i> European Chestnut	1	
<i>Catalpa bignonioides</i> Indian bean	1	
<i>Ceiba pentandra</i> Kapok; Silk-Cotton Tree	1	
<i>Centaurea cyanus</i> Bachelor's Button; Cornflower	2	
<i>Centaurium erythraea</i> Centaury	1	
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	36.0
<i>Cichorium intybus</i> Chicory; Witloof; Succory	2	1534.0
<i>Cichorium endivia</i> Escarole; Endive	2	290.0
<i>Cimicifuga dahurica</i> Sheng Ma	1	
<i>Cinchona</i> spp Quinine	1	
<i>Cinchona pubescens</i> Red Cinchona; Quinine; Red Peruvian-Bark; Redbark	2	
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	
<i>Cinnamomum camphora</i> Camphor; Ho Leaf	1	
<i>Citrullus lanatus</i> Watermelon	2	50.0

Plant	# Chemicals	Total PPM
<i>Citrullus colocynthis</i> Colocynth	2	
<i>Citrus sinensis</i> Orange	2	138.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	32.0
<i>Citrus paradisi</i> Grapefruit	2	164.0
<i>Citrus limon</i> Lemon	1	70.0
<i>Citrus aurantiifolia</i> Lime	1	36.0
<i>Clematis vitalba</i> Traveler's Joy	2	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Coccinia grandis</i> Pepasan; Tindori; Ivy Gourd; Tindora; Little Gourd; Kundree; Kanduri	1	
<i>Coffea arabica</i> Coffee	2	180000.0
<i>Cola acuminata</i> Abata Cola	1	
<i>Coleus barbatus</i> Forskohl's Coleus	1	
<i>Conium maculatum</i> Hemlock; Fool's Parsley; Poison Hemlock; Spotted Parsley; Carrot Fern; Spotted Hemlock	2	
<i>Convallaria majalis</i> Lily-Of-The-Valley	2	
<i>Conyza canadensis</i> Hogweed; Horseweed; Butterweed	1	
<i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute	1	
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	2	640.0
<i>Corylus avellana</i> Hazel; English Filbert; European Hazel; Cobnut; European Filbert	1	24.0
<i>Corylus americana</i> American Filbert; American Hazel	1	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus pentagyna</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	2	
<i>Crataegus laevigata</i> English Hawthorn; Whitethorn; Woodland Hawthorn; Hawthorn	2	
<i>Crataegus cuneata</i> Hawthorn	1	
<i>Cucumis sativus</i> Cucumber	3	126.0
<i>Cucumis melo</i> Muskmelon; Netted Melon; Nutmeg Melon; Melon; Persian Melon; Cantaloupe	2	28.0
<i>Cucurbita</i> spp Summer Squash	1	36.0
<i>Cucurbita pepo</i> Pumpkin	1	
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	10.0
<i>Cyamopsis tetragonoloba</i> Cluster-Bean; Guar; Siam-Bean	2	
<i>Cydonia oblonga</i> Quince	1	
<i>Cynara cardunculus</i> Artichoke	3	46.0
<i>Datura stramonium</i> Jimsonweed	2	
<i>Daucus carota</i> Carrot	4	3774.0
<i>Digitalis purpurea</i> Purple Foxglove	2	
<i>Dipsacus fullonum</i>	2	
<i>Dodonaea viscosa</i> Hopwood	1	
<i>Echinacea</i> spp Echinacea; Coneflower	2	
<i>Echinacea pallida</i> Pale-Flower Echinacea; Pale Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower; Echinacea	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	2	
<i>Elettaria cardamomum</i> Cardamom	1	

Plant	# Chemicals	Total PPM
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Spiny Ginseng; Wu jia; Siberian Ginseng; Ci wu jia (Pinyin)	2	
<i>Equisetum hyemale</i> Scouring Rush; Horsetail	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	2	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Erythroxylum coca</i> Coca	3	14.0
<i>Eucalyptus globulus</i> Blue Gum; Eucalypt; Tasmanian Bluegum	2	
<i>Eucommia ulmoides</i> Tu Chung; Du Zhong; Gutta-Percha Tree	1	
<i>Euphorbia pulcherrima</i> Poinsettia	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Fagopyrum esculentum</i> Buckwheat	3	28.0
<i>Ficus carica</i> Echte Feige (Ger.); Fig; Figueira (Port.); Higuera Comun (Sp.); Figuier Commun (Fr.); Feigenbaum (Ger.); Higo (Sp.); Fico (Ital.)	2	28.0
<i>Foeniculum vulgare</i> Fennel	2	
<i>Fragaria</i> spp Strawberry	3	148.0
<i>Gaultheria procumbens</i> Wintergreen; Wintergrun (Ger.); Creeping Wintergreen; Mountain Tea; Teaberry; Checkerberry	1	
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	8.0
<i>Glechoma hederacea</i> Alehoof	2	
<i>Glycine max</i> Soybean	3	32.0
<i>Gossypium</i> sp Cotton	1	22.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	2	
<i>Hedera helix</i> Ivy	1	
<i>Helianthus annuus</i> Sunflower; Girasol	2	59608.0
<i>Helichrysum angustifolium</i> Immortelle; Everlasting	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	3	24.0
<i>Houttuynia cordata</i> Yu Xing Cao; Dokudami; Fishwort	1	
<i>Humulus lupulus</i> Hops	3	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Common St. Johnswort; Goatweed; Klamath Weed; St. John's-wort; Hypericum	2	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Ilex paraguariensis</i> Paraguay Tea; South American Holly; Mate	2	
<i>Inonotus obliquus</i>	1	
<i>Ipomoea purga</i> Jalap	1	80000.0
<i>Ipomoea batatas</i> Sweet Potato	3	48.0
<i>Juglans regia</i> English Walnut	3	20.0
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	2	
<i>Kalanchoe pinnata</i> Air Plant; Siempre Viva	1	
<i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean	1	
<i>Lactuca sativa</i> Lettuce	2	66.0

Plant	# Chemicals	Total PPM
<i>Laurus nobilis</i> Bay Laurel; Laurel; Grecian Laurel; Sweet Bay; Bayleaf; Bay	1	
<i>Lens culinaris</i> Lentil	1	84.0
<i>Levisticum officinale</i> Lovage	1	
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Linseed; Flax	3	
<i>Lonicera japonica</i> Japanese Honeysuckle	1	
<i>Lycopersicon esculentum</i> Tomato	3	170.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycopus virginicus</i> Bugle	2	
<i>Lycopus europeus</i> European Bugle	2	
<i>Lythrum salicaria</i> Purple Loosestrife	1	
<i>Magnolia officinalis</i> Magnolia-Bark; Chinese Magnolia; Hou Pu	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	
<i>Mahonia repens</i> Oregon Grape-Holly; Oregon Grape; Creeping Barberry; Oregon Barberry	1	
<i>Malpighia glabra</i> Acerola	1	72.0
<i>Malus domestica</i> Apple	3	2548.0
<i>Mangifera indica</i> Mango	1	17.6
<i>Maranta arundinacea</i> Bermuda Arrowroot; Arrowroot	1	
<i>Marrubium vulgare</i> Horehound; White Horehound	2	
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	2	
<i>Medicago sativa</i> Alfalfa; Lucerne	2	
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Melissa officinalis</i> Bee Balm; Lemonbalm; Melissa; Balm	2	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Mentha x piperita</i> Peppermint	3	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Menyanthes trifoliata</i> Bogbean; Water Trefoil; Marsh Trefoil; Marsh Clover; Buckbean; Bog Myrtle	2	
<i>Moringa oleifera</i> Jacinto (Sp.); Ben Nut; Benzolive Tree; Moringa; West Indian Ben; Drumstick Tree; Horseradish Tree	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	2	
<i>Murraya</i> sp None	1	15.4
<i>Musa x paradisiaca</i> Banana; Plantain	1	20.2
<i>Myristica fragrans</i> nuez moscada (Sp.); Muskatnussbaum (Ger.); Nutmeg; nogal moscado (Sp.); Mace	1	
<i>Nasturtium officinale</i> Berro; Watercress	1	124.0
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	38100.0
<i>Oenothera biennis</i> Evening-Primrose	2	97200.0
<i>Olea europaea</i> Olive	1	
<i>Origanum vulgare</i> Pot Marjoram; Wild Oregano; European Oregano; Common Turkish Oregano; Oregano; Wild Marjoram	2	14120.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	2	
<i>Oryza sativa</i> Rice	1	34.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	20.0

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<i>Panax ginseng</i> Korean Ginseng; Chinese Ginseng; Oriental Ginseng; Ginseng	2	13.2
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	
<i>Pastinaca sativa</i> Parsnip	1	58.0
<i>Perilla frutescens</i> Perilla	1	
<i>Persea americana</i> Avocado	3	75.4
<i>Petroselinum crispum</i> Parsley	3	52.0
<i>Peucedanum ostruthium</i> Masterwort	2	
<i>Phaseolus vulgaris</i> Haricot Vert; Navy Bean; Pop Bean; Field Bean; Haricot Bean; String Bean; French Bean; Popping Bean; Black Bean; Kidney Bean; Dwarf Bean; Haricot; Snap Bean; Green Bean; Garden Bean; Flageolet Bean; Wax Bean	2	40.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	32.0
<i>Phoenix dactylifera</i> Date Palm	2	20.0
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Pimpinella anisum</i> Anise; Sweet Cumin	2	
<i>Pinus sylvestris</i> Scotch Pine	2	
<i>Piper nigrum</i> White Pepper; Pepper; Black Pepper	1	
<i>Pisum sativum</i> Pea	2	158.0
<i>Plantago major</i> Common Plantain	2	
<i>Pluchea carolinensis</i> Pito sico; Santa maria	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	2	
<i>Prunus spinosa</i> Sloe; Blackthorn	1	
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	
<i>Prunus persica</i> Peach	3	28.0
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus dulcis</i> Almond	2	10.0
<i>Prunus domestica</i> Plum	3	26.0
<i>Prunus cerasus</i> Sour Cherry	3	20.0
<i>Prunus armeniaca</i> Apricot	4	35.2
<i>Psidium guajava</i> Guava	1	22.0
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Punica granatum</i> Grenadier (Fr.); Romanzeiro (Port.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Pomegranate; Granatapfelbaum (Ger.); Zakuro (Jap.); Granado (Sp.)	3	62.0
<i>Pyrus communis</i> Pear	2	39408.0
<i>Raphanus sativus</i> Radish	2	218.0
<i>Rheum rhabarbarum</i> Rhubarb	2	42.6
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Rhizophora mangle</i> Red Mangrove	1	106.0
<i>Rhododendron ponticum</i> Pontic Alpenrose	2	
<i>Ribes uva-crispa</i> Gooseberry	3	48.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	8.0
<i>Ribes nigrum</i> Black Currant	4	115944.0
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa damascena</i> Damask Rose	1	30000.0

Plant	# Chemicals	Total PPM
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	
<i>Rosmarinus officinalis</i> Rosemary	3	
<i>Rubus phoenicolasius</i> Japanese Wineberry; Wineberry; Wine Raspberry	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	2	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Salvia</i> sp. Chia	1	
<i>Salvia officinalis</i> Sage	3	
<i>Sambucus simpsonii</i> Simpson's elderberry	2	
<i>Sambucus nigra</i> European Alder; European Elder; European Elderberry; Elder; Black Elder	2	
<i>Sambucus canadensis</i> Sweet Elder; Elderberry; American Elderberry; American Elder	1	14.0
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Santolina chamaecyparissus</i> Lavender Cotton	1	
<i>Satureja montana</i> Savory; Winter Savory	2	
<i>Scopolia carniolica</i> Scopolia	2	
<i>Secale cereale</i> Rye	1	
<i>Senna obtusifolia</i> Sicklepod	2	
<i>Sesamum indicum</i> Sesamo (Sp.); Beni; Sesame; Benneseed; Ajonjoli (Sp.)	3	20.0
<i>Solanum tuberosum</i> Potato	3	5737.0
<i>Solanum torvum</i> Wild Eggplant; Susumba	2	
<i>Solanum melongena</i> Eggplant; Aubergine	3	20.0
<i>Solidago virgaurea</i> European Goldenrod; Woundwort	2	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	
<i>Sorbus aucubaria</i> Rowan Berry	2	
<i>Spartium junceum</i> Spanish Broom; Weaver's Broom; Genet	1	
<i>Spinacia oleracea</i> Spinach	3	17.4
<i>Stachys officinalis</i> Purple Betony; Wood Betony; Betony; Bishop's-Wort	2	10000.0
<i>Stachytarpheta jamaicensis</i> Brazilian Tea	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	3	
<i>Strychnos nux-vomica</i> Strychnine; Nux-Vomica	1	
<i>Symphytum officinale</i> Comfrey	2	
<i>Tagetes patula</i> French Marigold	1	
<i>Tamarindus indica</i> Tamarind; Indian Tamarind; Kilytree	1	4.0
<i>Tanacetum vulgare</i> Tansy	2	
<i>Taraxacum officinale</i> Dandelion	2	
<i>Taxus baccata</i> Common Yew	1	
<i>Tecoma stans</i> Yellow Elder	1	
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	100.0
<i>Teucrium scorodonia</i> Wood Germander; Germander	1	
<i>Teucrium scordium</i> Water Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	2	400.0
<i>Theobroma cacao</i> Cacao	3	33.0

Plant	# Chemicals	Total PPM
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	2	33800.0
<i>Thymus serpyllum</i> Creeping Thyme	1	12400.0
<i>Tilia</i> sp. Basswood; Lime; Linden	2	
<i>Trifolium pratense</i> Red Clover; Peavine Clover; Purple Clover; Cowgrass	2	
<i>Triticum aestivum</i> Wheat	3	132.0
<i>Tropaeolum majus</i> Nasturtium	1	
<i>Uncaria tomentosa</i> Una de Gato; Cat's Claw; Garabato Amarillo	1	
<i>Uncaria guianensis</i> Una de Gato; Tambor Huasca; Ungunagi; Garabato Colorado; Cat's Claw	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	3	20.0
<i>Vaccinium vitis-idaea</i> Cowberry; Lingen; Lingonberry	1	
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	2	
<i>Vaccinium macrocarpon</i> Cranberry; Large Cranberry; American Cranberry	2	32.0
<i>Vaccinium corymbosum</i> Blueberry	3	6012.0
<i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian	3	
<i>Verbena officinalis</i> Vervain	1	20000.0
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> European Cranberry Bush; Crampbark; Guelder Rose; Snowballbush	2	
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	2	100.0
<i>Vigna unguiculata</i> Pea Bean; Asparagus Bean; Yardlong Bean	1	34.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	140.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> European Grape; Grapevine; Vid (Sp.); Grape; Wine Grape; Parra (Sp.); Weinrebe (Ger.); Vigne Vinifere (Fr.)	3	2.6
<i>Withania somnifera</i> Ashwagandha	1	
<i>Zea mays</i> Corn	3	83.4
<i>Zingiber officinale</i> Ginger	3	22.0