

# A Antiinsomniac?

\*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>Alisma plantago-aquatica</i> Tse-Hsieh; Ze-Xie; Mud Plantain; Water Plantain	1	
<i>Allium schoenoprasum</i> Chives	1	62.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Onion; Shallot	1	32.0
<i>Anacardium occidentale</i> Cashew	1	26.0
<i>Ananas comosus</i> Pineapple	1	22.0
<i>Anemarrhena asphodeloides</i> Zhi-Mu; Chih-Mu	1	
<i>Angelica sinensis</i> Dang Quai; Dang Gui; Dang Qui; Dong Gui; Chinese Angelica; Dong Quai	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	16.0
<i>Annona reticulata</i> Custard Apple	1	34.0
<i>Annona muricata</i> Soursop	1	26.0
<i>Apium graveolens</i> Celery	1	72.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	60.0
<i>Artocarpus altilis</i> Breadfruit	1	31.0
<i>Asparagus officinalis</i> Asparagus	1	44.8
<i>Avena sativa</i> Oats	1	147.2
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut; Brazilnut-Tree	1	6.0
<i>Beta vulgaris</i> Beet; Sugar Beet; Garden Beet; Beetroot	1	23.6
<i>Brassica rapa</i> Seven-Top Turnip; Turnip; Rapini	1	50.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Cow Cabbage; Tall Kale; Spring-Heading Cabbage; Tree Kale	1	21.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kale; Kitchen Kale; Curly Kale	1	12.0
<i>Brassica oleracea</i> var. <i>italica</i> Calabrese; Cape Broccoli; Sprouting Broccoli; Heading Broccoli; Broccoli; Asparagus Broccoli; Purple Cauliflower; Winter Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	44.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; Cabbage; White Cabbage	1	38.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	162.0
<i>Brassica oleracea</i> Kohlrabi	1	36.0
<i>Brassica nigra</i> Black Mustard	1	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>Camellia sinensis</i> Tea	1	
<i>Capsicum frutescens</i> Red Chili; Hot Pepper; Tabasco; Cayenne; Chili; Spur Pepper	1	10.0
<i>Capsicum annuum</i> Green Pepper; Bell Pepper; Sweet Pepper; Cherry Pepper; Paprika; Cone Pepper	1	10.0
<i>Carica papaya</i> Papaya	1	38.0
<i>Carya illinoensis</i> Pecan	1	36.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	36.0
<i>Cichorium endivia</i> Endive; Escarole	1	290.0
<i>Citrullus lanatus</i> Watermelon	1	50.0

Plant	# Chemicals	Total PPM
<i>Citrus sinensis</i> Orange	1	38.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	32.0
<i>Citrus paradisi</i> Grapefruit	1	62.0
<i>Citrus aurantiifolia</i> Lime	1	36.0
<i>Corylus avellana</i> European Filbert; Cobnut; European Hazel; English Filbert; Hazel	1	24.0
<i>Cucumis sativus</i> Cucumber	1	126.0
<i>Cucumis melo</i> Melon; Netted Melon; Muskmelon; Nutmeg Melon; Persian Melon; Cantaloupe	1	28.0
<i>Cucurbita</i> spp Summer Squash	1	36.0
<i>Cynara cardunculus</i> Artichoke	1	46.0
<i>Daucus carota</i> Carrot	1	34.0
<i>Erythroxylum coca</i> Coca	1	14.0
<i>Fagopyrum esculentum</i> Buckwheat	1	28.0
<i>Ficus carica</i> Fig; Higo (Sp.); Fico (Ital.); Echte Feige (Ger.); Feigenbaum (Ger.); Figuier Commun (Fr.); Figueira (Port.); Higuera Comun (Sp.)	1	28.0
<i>Fragaria</i> spp Strawberry	1	80.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	8.0
<i>Glycine max</i> Soybean	1	24.0
<i>Gossypium</i> sp Cotton	1	22.0
<i>Hordeum vulgare</i> Barley; Barleygrass	1	24.0
<i>Ilex paraguariensis</i> Paraguay Tea; South American Holly; Mate	1	
<i>Ipomoea batatas</i> Sweet Potato	1	48.0
<i>Juglans regia</i> English Walnut	1	20.0
<i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean	1	
<i>Lactuca sativa</i> Lettuce	1	66.0
<i>Lens culinaris</i> Lentil	1	84.0
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lycopersicon esculentum</i> Tomato	1	122.0
<i>Malpighia glabra</i> Acerola	1	72.0
<i>Malus domestica</i> Apple	1	8.0
<i>Mangifera indica</i> Mango	1	17.6
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Murraya</i> sp None	1	15.4
<i>Musa x paradisiaca</i> Plantain; Banana	1	20.2
<i>Nasturtium officinale</i> Watercress; Berro	1	124.0
<i>Oryza sativa</i> Rice	1	34.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	20.0
<i>Panax ginseng</i> Ginseng; Korean Ginseng; Oriental Ginseng; Chinese Ginseng	1	13.2
<i>Pastinaca sativa</i> Parsnip	1	58.0
<i>Persea americana</i> Avocado	1	75.4
<i>Petroselinum crispum</i> Parsley	1	52.0

Plant	# Chemicals	Total PPM
<i>Phaseolus vulgaris</i> Kidney Bean; Navy Bean; Popping Bean; Black Bean; String Bean; Flageolet Bean; Snap Bean; French Bean; Green Bean; Haricot Bean; Garden Bean; Pop Bean; Dwarf Bean; Haricot Vert; Wax Bean; Haricot; Field Bean	1	40.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	32.0
<i>Phoenix dactylifera</i> Date Palm	1	20.0
<i>Pisum sativum</i> Pea	1	158.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	
<i>Prunus persica</i> Peach	1	28.0
<i>Prunus dulcis</i> Almond	1	10.0
<i>Prunus domestica</i> Plum	1	26.0
<i>Prunus cerasus</i> Sour Cherry	1	20.0
<i>Prunus armeniaca</i> Apricot	1	35.2
<i>Psidium guajava</i> Guava	1	22.0
<i>Punica granatum</i> Granatapfelbaum (Ger.); Granado (Sp.); Pomegranate; Grenadier (Fr.); Granatapfelstrauch (Ger.); Mangrano (Sp.); Zakuro (Jap.); Romanzeiro (Port.)	1	62.0
<i>Pyrus communis</i> Pear	1	8.0
<i>Raphanus sativus</i> Radish	1	36.0
<i>Rheum rhabarbarum</i> Rhubarb	1	26.6
<i>Rhizophora mangle</i> Red Mangrove	1	106.0
<i>Ribes uva-crispa</i> Gooseberry	1	48.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	8.0
<i>Ribes nigrum</i> Black Currant	1	44.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus canadensis</i> American Elder; Elderberry; American Elderberry; Sweet Elder	1	14.0
<i>Secale cereale</i> Rye	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Beni; Benneseed; Sesame; Sesamo (Sp.)	1	20.0
<i>Solanum tuberosum</i> Potato	1	36.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	20.0
<i>Spinacia oleracea</i> Spinach	1	17.4
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	4.0
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	100.0
<i>Theobroma cacao</i> Cacao	1	33.0
<i>Triticum aestivum</i> Wheat	1	114.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	20.0
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	32.0
<i>Vaccinium corymbosum</i> Blueberry	1	12.0
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	1	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>Vitis vinifera</i> Wine Grape; Parra (Sp.); Grape; Vigne Vinifere (Fr.); European Grape; Weinrebe (Ger.); Vid (Sp.); Grapevine	1	2.6
<i>Zea mays</i> Corn	1	82.0
<i>Zingiber officinale</i> Ginger	1	22.0

