

A Antiinsomnic

*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	200.0
<i>Acacia farnesiana</i> Popinac; Cassie; Huisache; Sweet Acacia; Opopanax	1	914.0
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Actinidia chinensis</i> Kiwi	1	60.0
<i>Aegle marmelos</i> Bael de India; Bael fruit	1	
<i>Agathosma betulina</i> Mountain Buchu; Honey Buchu; Buchu	1	84.0
<i>Albizia lebbek</i> Koko; Lebbek; Women's-Tongue Tree; Siris Tree; Lebbek Tree; East Indian Walnut; Frywood	1	
<i>Allium schoenoprasum</i> Chives	1	176.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	234.0
<i>Allium cepa</i> Shallot; Onion	1	330.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	220.0
<i>Alocasia macrorrhiza</i> Giant Taro	1	32.0
<i>Aloe vera</i> Bitter Aloes; Aloe	1	128.0
<i>Aloe</i> spp. Aloe	1	
<i>Alpinia galanga</i> Greater Galangal; Languas; Siamese Ginger	1	142.0
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	62.0
<i>Amaranthus spinosus</i> Spiny pigweed	1	
<i>Amaranthus</i> sp. Pigweed	1	236.0
<i>Amorphophallus konjac</i> Snake Palm; Devil's Tongue; Umbrella Arum; Konjac; Leopard Palm; Elephant Yam	1	
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	158.0
<i>Anacardium occidentale</i> Cashew	1	136.0
<i>Ananas comosus</i> Pineapple	2	66.0
<i>Anethum graveolens</i> Garden Dill; Dill	1	120.0
<i>Angelica sinensis</i> Dang Gui; Dang Quai; Dong Quai; Dong Gui; Chinese Angelica; Dang Qui	2	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	72.0
<i>Annona reticulata</i> Custard Apple	1	76.0
<i>Annona muricata</i> Soursop	1	154.0
<i>Annona glabra</i> Pondapple	1	
<i>Annona diversifolia</i> Llama	1	
<i>Annona cherimola</i> Cherimoya	1	100.0
<i>Apium graveolens</i> Celery	1	114.0
<i>Arachis hypogaea</i> Peanut; Groundnut	2	512.0
<i>Aralia cordata</i> Udo	1	340.0
<i>Arctium lappa</i> Gobo; Great Burdock; Burdock	1	28.0
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	24.0
<i>Areca catechu</i> Pin-Lang; Betel Nut	1	13.6
<i>Armoracia rusticana</i> Horseradish	1	110.0
<i>Arracacia xanthorrhiza</i> Arracacha; Peruvian Carrot	1	250.0

Plant	# Chemicals	Total PPM
<i>Artemisia vulgaris</i> Mugwort	1	470.0
<i>Artemisia dracunculus</i> Tarragon	2	180.0
<i>Artocarpus heterophyllus</i> Jackfruit	1	30.0
<i>Artocarpus altilis</i> Breadfruit	1	60.0
<i>Asparagus officinalis</i> Asparagus	1	732.0
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	1	262.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Averrhoa bilimbi</i> Bilimbi; Limon chino	1	
<i>Bactris gasipaes</i> Pejibaye; Peach palm	1	
<i>Barosma betulina</i> Buchu	1	
<i>Basella alba</i> Vinespinach	1	140.0
<i>Benincasa hispida</i> Waxgourd	1	204.0
<i>Berberis vulgaris</i> Barberry	1	162.0
<i>Bertholletia excelsa</i> Paranut; Creamnut; Brazilnut-Tree; Brazilnut	1	34.0
<i>Beta vulgaris</i> Beetroot; Garden Beet; Beet; Sugar Beet	1	200.0
<i>Bixa orellana</i> Lipstick Pod; Lipsticktree; Annoto; Arnato; Annatto; Bija; Achiote; Annato	1	38.0
<i>Blighia sapida</i> Akee; Seso Vegetal	1	344.0
<i>Boehmeria nivea</i> Ramie	1	242.0
<i>Borago officinalis</i> Beebread; Talewort; Beeplant; Borage	1	258.0
<i>Brassica rapa</i> Turnip; Rapini; Seven-Top Turnip	1	98.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Tall Kale; Spring-Heading Cabbage; Cow Cabbage; Tree Kale	1	122.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Kale; Curly Kale; Scotch Kale	1	130.0
<i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Cape Broccoli; Asparagus Broccoli; Purple Cauliflower; Winter Broccoli; Sprouting Broccoli; Calabrese; Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	128.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	1	80.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	170.0
<i>Brassica oleracea</i> Kohlrabi	1	88.0
<i>Brassica nigra</i> Black Mustard	1	95.74
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	136.0
<i>Brassica chinensis</i> Celery Mustard; Chinese Mustard; Chinese Cabbage; Chinese White Cabbage; Celery Cabbage; Pak-Choi; Bok-Choy	1	214.0
<i>Bromelia pinguin</i> Wild Pineapple	1	114.0
<i>Brosimum alicastrum</i> Breadnut; Tamamuri	1	
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Byrsonima crassifolia</i> Nance	1	
<i>Cajanus cajan</i> Pigeonpea	1	304.0
<i>Calathea macrosepala</i> Chufle	1	
<i>Camellia sinensis</i> Tea	1	152.0
<i>Canavalia ensiformis</i> Jack Bean	1	256.0
<i>Canna indica</i> Achira; Queensland Arrowroot	1	26.0
<i>Cannabis sativa</i> Marihuana; Indian Hemp; Marijuana; Hemp	1	48.0

Plant	# Chemicals	Total PPM
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	68.0
<i>Capsicum frutescens</i> Hot Pepper; Spur Pepper; Red Chili; Cayenne; Chili; Tabasco	1	316.0
<i>Capsicum annuum</i> Cherry Pepper; Sweet Pepper; Bell Pepper; Green Pepper; Paprika; Cone Pepper	1	252.0
<i>Carica pentagona</i> Mountain papaya; Babaco	1	
<i>Carica papaya</i> Papaya	1	249.0
<i>Carthamus tinctorius</i> Safflower	1	10.6
<i>Carum carvi</i> Kummel (Ger.); Caraway; Carum; Comino de prado (Sp.); Comino (Sp.)	1	112.0
<i>Carya illinoensis</i> Pecan	1	18.6
<i>Casimiroa edulis</i> Matasano; White sapote	1	
<i>Catha edulis</i> Khat	1	296.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	25.0
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	224.0
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	
<i>Chenopodium ambrosioides</i> Wormseed; Epazote	1	80.0
<i>Chenopodium album</i> Lambsquarter	1	222.0
<i>Chondrus crispus</i> Irish Moss	1	166.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Chrysanthemum coronarium</i> Garland Chrysanthemum	1	414.0
<i>Chrysophyllum cainito</i> Star Apple; Caimito	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	36.0
<i>Cichorium intybus</i> Chicory; Succory; Witloof	1	244.0
<i>Cichorium endivia</i> Escarole; Endive	1	128.0
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	63.0
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	16.0
<i>Citrullus lanatus</i> Watermelon	1	54.0
<i>Citrus sinensis</i> Orange	2	1522.0
<i>Citrus reticulata</i> Mandarin; Tangerine	2	430.0
<i>Citrus paradisi</i> Grapefruit	1	88.0
<i>Citrus limon</i> Lemon	1	38.0
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	48.0
<i>Citrus aurantiifolia</i> Lime	1	58.0
<i>Cnicus benedictus</i> Blessed Thistle	1	6.2
<i>Cnidioscolus chayamansa</i> Chaya	1	170.0
<i>Cocos nucifera</i> Nariyal; Copra; Coconut Palm; Kokospalme (Ger.); Cocotero (Sp.); Coconut	1	20.0
<i>Coffea arabica</i> Coffee	1	140.0
<i>Coix lacryma-jobi</i> Adlay Millet; Yi-Yi-Ren; Adlay; Job'S-Tears	1	96.0
<i>Colocasia esculenta</i> Taro	1	290.0
<i>Corchorus olitorius</i> Jew's Mallow; Nalta Jute; Mulukiya	1	204.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	318.0
<i>Corylus avellana</i> Cobnut; English Filbert; European Filbert; Hazel; European Hazel	1	108.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Whitethorn; Woodland Hawthorn; Hawthorn	1	

Plant	# Chemicals	Total PPM
<i>Crescentia alata</i> Jicaro	1	18.0
<i>Cucumis sativus</i> Cucumber	1	152.0
<i>Cucumis melo</i> Cantaloupe; Muskmelon; Netted Melon; Melon; Persian Melon; Nutmeg Melon	1	136.0
<i>Cucurbita</i> spp Summer Squash	1	170.0
<i>Cucurbita pepo</i> Pumpkin	2	405.0
<i>Cuminum cyminum</i> Cumin	1	98.0
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	124.0
<i>Cyclanthera pedata</i> Achocha	1	150.0
<i>Cydonia oblonga</i> Quince	1	44.0
<i>Cynara cardunculus</i> Artichoke	1	164.0
<i>Cyphomandra betacea</i> Tree Tomato; Tamarillo	1	170.0
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	44.0
<i>Daucus carota</i> Carrot	1	
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	
<i>Dioscorea pentaphylla</i> Mountain Yam	1	58.0
<i>Dioscorea alata</i> Greater Yam; Winged Yam	1	34.0
<i>Diospyros digyna</i> Sapote Negro; Black Sapote	1	
<i>Dryopteris marginalis</i> Marginal Fern; Marginal Wood Fern	1	
<i>Durio zibethinus</i> Durian	1	
<i>Echinacea</i> spp Echinacea; Coneflower	1	85.0
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus commutata</i> Silver Berry	1	
<i>Elaeis guineensis</i> African Oil Palm	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Elettaria cardamomum</i> Cardamom	1	24.0
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Siberian Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng; Wu jia	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	180.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	931.0
<i>Eriobotrya japonica</i> Loquat	1	50.0
<i>Eriodictyon californicum</i> Tarweed; Holy Herb; Gum Bush; California Yerba Santa; Mountain Balm; Bear's Weed; Consumptive's Weed; Hierba Santa; Yerba Santa	1	
<i>Eryngium floridanum</i> Florida Eryngium	1	140.0
<i>Erythrina fusca</i> Gallito; Coral Bean	1	130.0
<i>Erythrina berteroana</i> Pito	1	150.0
<i>Erythroxylum coca</i> Coca	1	122.0
<i>Eugenia uniflora</i> Surinam Cherry; Pitanga	1	
<i>Eugenia floribunda</i> Camu-camu arbol; Camu-camu negro; Black rumberry	1	
<i>Eugenia brasiliensis</i> Grumichama; Brazil Cherry	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	674.0
<i>Fagopyrum esculentum</i> Buckwheat	1	88.0

Plant	# Chemicals	Total PPM
<i>Ficus carica</i> Figuier Commun (Fr.); Feigenbaum (Ger.); Higo (Sp.); Higuera Comun (Sp.); Echte Feige (Ger.); Fico (Ital.); Fig; Figueira (Port.)	1	64.0
<i>Foeniculum vulgare</i> Fennel	1	262.0
<i>Fragaria</i> spp Strawberry	2	54.0
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	1	58.0
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	94.0
<i>Garcinia mangostana</i> Mangostin; Mangosteen	1	
<i>Genipa americana</i> Genipap; Jagua	1	30.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	122.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	2	268.0
<i>Gliricidia sepium</i> Mata Raton	1	216.0
<i>Glycine max</i> Soybean	1	272.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Smooth Licorice; Licorice-Root; Licorice	1	140.0
<i>Gossypium</i> sp Cotton	1	32.0
<i>Gymnema sylvestre</i> Miracle Fruit; Gymnema	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	128.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	96.0
<i>Hibiscus sabdariffa</i> Kharkadi; Indian Sorrel; Roselle; Sereni (Sp.); Rosa de Jamaica (Sp.); Red Sorrel; Rosella (Ger.); Sorrel; Malventee (Ger.); Acedera de Guinea (Sp.); Jamaica Sorrel	1	347.0
<i>Hibiscus rosa-sinensis</i> Chinese hibiscus; Shoe-flower	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	230.0
<i>Humulus lupulus</i> Hops	2	870.0
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hydrastis canadensis</i> Goldenseal	1	124.0
<i>Hylocereus undatus</i> Queen-of-the-Night; Strawberry Pear; Nopalito De Noche; Belle-of-the-Night; Night-Blooming Cereus	1	
<i>Hylocereus guatemalensis</i> Guatemala Cereus; Nopalito De Guatemala	1	
<i>Inga edulis</i> Guaba; Icecream Bean	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	188.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	240.0
<i>Juglans regia</i> English Walnut	1	62.0
<i>Juglans nigra</i> Black Walnut	1	14.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	24.0
<i>Justicia pectoralis</i> Angel Of Death; Curia; Bolek Hena	1	330.0
<i>Lablab purpureus</i> Hyacinth Bean; Lablab Bean; Bonavist Bean	1	175.74
<i>Lactuca sativa</i> Lettuce	1	134.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	144.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	
<i>Lens culinaris</i> Lentil	1	140.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium sativum</i> Garden Cress	1	190.0
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	

Plant	# Chemicals	Total PPM
<i>Licania platypus</i> Sansapote	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	29.9
<i>Lobelia inflata</i> Indian Tobacco; Lobelia	1	66.0
<i>Luffa aegyptiaca</i> Smooth Loofah; Vegetable Sponge; Luffa	1	160.0
<i>Lupinus mutabilis</i> Chocho; Andean Lupine; Tarhui	1	114.0
<i>Lupinus albus</i> White Lupine	1	48.0
<i>Lycium chinense</i> Gou Qi (Chin.); Daun Koki (Indones.); Kuko (Jap.); Chinese Wolfberry; Chinesischer Bocksdorn (Ger.); Kaukichai (Malays.); Spina Santa Cinese (Ital.); Wolfberry; Chinese Matrimony Vine; Chinese Boxthorn; Lyciet de Chine (Fr.)	1	154.0
<i>Lycopersicon esculentum</i> Tomato	1	198.0
<i>Macadamia</i> spp Macadamia	1	44.0
<i>Malpighia glabra</i> Acerola	1	94.0
<i>Malus domestica</i> Apple	1	14.0
<i>Malva sylvestris</i> High Mallow	1	120.0
<i>Malva parviflora</i> Cheeseweed	1	18.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	326.0
<i>Manihot esculenta</i> Cassava; Yuca; Tapioca	1	238.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Maranta arundinacea</i> Bermuda Arrowroot; Arrowroot	1	32.0
<i>Matricaria recutita</i> Wild Camomile; German Camomile; Annual Camomile	1	
<i>Mauritia flexuosa</i> Aguaje; Buruti; Morichi palm	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	194.0
<i>Melicoccus bijugatas</i> Honey berry; Pitomba; Genip; Mamoncillo	1	
<i>Mentha x piperita</i> Peppermint	1	228.0
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	89.0
<i>Mimulus glabratus</i> Huaca-Mullo	1	184.0
<i>Momordica charantia</i> Bitter Melon; Sorosi	2	306.0
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	642.0
<i>Moringa oleifera</i> Ben Nut; Jacinto (Sp.); Drumstick Tree; Benzolive Tree; West Indian Ben; Moringa; Horseradish Tree	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	108.0
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	68.0
<i>Muntingia calabura</i> Jamaica cherry; Cereso; Yumansa	1	
<i>Murraya</i> sp None	1	40.0
<i>Murraya koenigii</i> Indian Curry Tree; Curry Leaf; Curry Leaf Tree	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	168.0
<i>Myrciaria dubia</i> Araza de Agua (Sp.); Rumbery (Eng.); Camo Camo (Peru); Guapuro Blanco (Bol.); Camu-camu (Eng.,Peru,Scn.,Sp.); Camu-camu Negro (Peru)	1	
<i>Myrciaria cauliflora</i> Jaboticaba	1	
<i>Myrica cerifera</i> Southern Bayberry; Bayberry; Candle-Berry; Wax Myrtle	1	56.0
<i>Nasturtium officinale</i> Watercress; Berro	1	226.0
<i>Nelumbo nucifera</i> Water Lotus	1	416.0
<i>Nepeta cataria</i> Catnip	1	
<i>Ocimum basilicum</i> Cuban Basil; Basil; Sweet Basil	1	138.0

Plant	# Chemicals	Total PPM
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Prickly Pear; Nopalito	1	63.2
<i>Origanum vulgare</i> Wild Oregano; Wild Marjoram; Pot Marjoram; Common Turkish Oregano; European Oregano; Oregano	1	134.0
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	88.0
<i>Oryza sativa</i> Rice	1	130.0
<i>Oxalis tuberosa</i> Papa Roja; Oca; Quiba	1	50.0
<i>Pachira macrocarpa</i> Large-Fruited Provision Tree	1	80.0
<i>Pachyrhizus erosus</i> Yambean	1	56.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	120.0
<i>Panax ginseng</i> Oriental Ginseng; Chinese Ginseng; Korean Ginseng; Ginseng	2	160.0
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	22.0
<i>Parthenium integrifolium</i> American Feverfew; Feverfew; Wild Quinine; Prairie-Dock; Missouri Snakeroot	1	
<i>Passiflora quadrangularis</i> Granadilla	1	1536.0
<i>Passiflora mollissima</i> Banana Passionfruit; Granadilla De Guineo	1	
<i>Passiflora ligularis</i> Sweet Granadilla; Granadilla	1	
<i>Passiflora incarnata</i> Passionflower; Mayapple; Manzana de Mayo	1	
<i>Passiflora foetida</i> Granadilla Cimarrona; Stinking Granadilla	1	
<i>Passiflora edulis</i> Maracuya; Passionfruit	1	
<i>Pastinaca sativa</i> Parsnip	1	68.0
<i>Peperomia pereskiaifolia</i> Perejil	1	
<i>Peperomia pelucida</i> Pepper elder; Yerba de la plata	1	
<i>Pereskia aculeata</i> Grosela Americana; Barbados Gooseberry	1	
<i>Perilla frutescens</i> Perilla	1	198.0
<i>Persea schiedeana</i> Wild Pear; Wild Avocado; Palta De Monte	1	
<i>Persea americana</i> Avocado	1	202.0
<i>Petasites japonicus</i> Butterbur	1	72.0
<i>Petroselinum crispum</i> Parsley	1	174.0
<i>Phaseolus vulgaris</i> Black Bean; Navy Bean; Snap Bean; Haricot; Kidney Bean; Pop Bean; Dwarf Bean; Flageolet Bean; Field Bean; Wax Bean; Haricot Bean; Garden Bean; French Bean; Haricot Vert; Green Bean; String Bean; Popping Bean	2	1050.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	211.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	98.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	2	270.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	24.0
<i>Phyllanthus acidus</i> Indian Gooseberry; Otaheite Gooseberry	1	116.0
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	162.0
<i>Physalis ixocarpa</i> Tomatillo	1	506.0
<i>Phytolacca americana</i> Pokeweed	1	286.0
<i>Pimenta dioica</i> Pimenta; Jamaica-Pepper; Pimento; Allspice; Clover-Pepper	1	3.6
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pinus cembroides</i> Mexican Pinyon	1	
<i>Piper nigrum</i> Black Pepper; Pepper; White Pepper	1	29.041
<i>Piper betel</i> Betel Pepper	1	96.0

Plant	# Chemicals	Total PPM
<i>Piper auritum</i> Hierba Santa; Cordoncillo; Hoja Santa	1	200.0
<i>Pistacia vera</i> Pistachio	1	30.0
<i>Pisum sativum</i> Pea	1	328.0
<i>Plantago psyllium</i> Psyllium	1	
<i>Plantago major</i> Common Plantain	1	
<i>Platonia insignis</i> Bakuri; Pacouri	1	
<i>Platycodon grandiflorum</i> Balloon Flower; Chieh-Keng; Jie-Geng	1	206.0
<i>Plectranthus amboinicus</i> French Thyme; Mexican Mint; Indian Borage; Amboini Coleus; Cuban Oregano; Soup Mint; Country Borage; Spanish Thyme	1	
<i>Polymnia edulis</i> Andean Jicama	1	164.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	158.0
<i>Pourouma cecropiaefolia</i> Uvilla; Tree Grape	1	
<i>Pouteria viridis</i> Sapote Verde; Green Sapote	1	
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Abiu; Caimito	1	
<i>Prunus salicifolia</i> Wild Cherry; Capulin	1	
<i>Prunus persica</i> Peach	1	164.0
<i>Prunus dulcis</i> Almond	1	126.0
<i>Prunus domestica</i> Plum	1	68.0
<i>Prunus cerasus</i> Sour Cherry	2	64.0
<i>Prunus armeniaca</i> Apricot	1	156.0
<i>Psidium guajava</i> Guava	1	172.0
<i>Psidium cattleianum</i> Strawberry Guava	1	76.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Winged Bean; Asparagus Pea	1	138.0
<i>Punica granatum</i> Granatapfelbaum (Ger.); Zakuro (Jap.); Granado (Sp.); Romanzeiro (Port.); Grenadier (Fr.); Granatapfelstrauch (Ger.); Mangrano (Sp.); Pomegranate	1	100.0
<i>Pyrus communis</i> Pear	1	12.0
<i>Quararibea cordata</i> Sapote; Chupa-Chupa	1	
<i>Quercus alba</i> White Oak	1	
<i>Raphanus sativus</i> Radish	1	950.0
<i>Rheum rhabarbarum</i> Rhubarb	1	180.0
<i>Rhizophora mangle</i> Red Mangrove	1	
<i>Rhodomenia palmata</i> Dulse	1	
<i>Ribes uva-crispa</i> Gooseberry	1	50.0
<i>Ribes rubrum</i> White Currant; Red Currant	1	12.0
<i>Ribes nigrum</i> Black Currant	1	34.0
<i>Ricinus communis</i> Castorbean	1	26.0
<i>Rollinia mucosa</i> Lancewood; Biriba	1	
<i>Rosa canina</i> Dog Rose; Rose; Dogbrier	1	136.0
<i>Rosmarinus officinalis</i> Rosemary	1	22.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	764.0
<i>Rumex crispus</i> Sour Dock; Lengua De Vaca; Yellow Dock; Curly Dock	1	216.0
<i>Rumex acetosa</i> Garden Sorrel	1	100.0

Plant	# Chemicals	Total PPM
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	162.4
<i>Salix alba</i> White Willow	1	198.0
<i>Salvia officinalis</i> Sage	1	124.0
<i>Sambucus nigra</i> European Elder; European Alder; European Elderberry; Elder; Black Elder	1	14.0
<i>Sambucus canadensis</i> American Elder; Sweet Elder; American Elderberry; Elderberry	1	50.0
<i>Satureja hortensis</i> Summer Savory	1	90.0
<i>Schisandra chinensis</i> Wu Wei Zi; Five-Flavor-Fruit; Wu Wei Zu; Schizandra; Magnolia Vine; Chinese Magnolia Vine	1	
<i>Sclerocarya caffra</i> Marula	1	62.0
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	70.0
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	360.0
<i>Senna alexandrina</i> True Senna; Indian Senna; Alexandran senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Sesamo (Sp.); Sesame; Ajonjoli (Sp.); Benneseed; Beni	1	114.0
<i>Sicana odorifera</i> Cassabanana	1	
<i>Sida rhombifolia</i> Teaplant; Broomweed	1	210.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	2	
<i>Sinapis alba</i> White Mustard	1	168.0
<i>Smilax spp</i> Sarsaparilla	1	
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	2	148.0
<i>Solanum torvum</i> Susumba; Wild Eggplant	1	356.0
<i>Solanum sessiliflorum</i> Cocona	1	
<i>Solanum quitoensis</i> Naranjillo	1	
<i>Solanum melongena</i> Eggplant; Aubergine	1	196.0
<i>Sonchus oleraceus</i> Sow Thistle; Cerraja	1	236.0
<i>Spinacia oleracea</i> Spinach	1	179.6
<i>Spirulina spp.</i> Spirulina	1	
<i>Spirulina pratensis</i> Spirulina	1	320.0
<i>Spondias purpurea</i> Purple Jobo; Purple Plum	1	84.0
<i>Spondias pinnata</i> Yellow Mombin; Yellow Plum	1	62.0
<i>Spondias mombin</i> Yellow Mombin; Yellow Plum	1	234.0
<i>Spondias dulcis</i> Ambarella	1	210.0
<i>Stachys officinalis</i> Purple Betony; Betony; Wood Betony; Bishop's-Wort	1	
<i>Stellaria media</i> Chickweed; Common Chickweed	1	94.0
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	
<i>Symphytum officinale</i> Comfrey	1	134.0
<i>Syzygium malaccense</i> Ohia; Malay Apple; Mammey Pomorrosa	1	
<i>Syzygium jambos</i> Pomarrosa; Rose Apple	1	
<i>Syzygium cumini</i> Java Plum; Aceituna Dulce; Jambolan	1	
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	11.4
<i>Tamarindus indica</i> Indian Tamarind; Tamarind; Kilytree	1	318.0

Plant	# Chemicals	Total PPM
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	66.1
<i>Terminalia catappa</i> Tropical Almond; Malabar Almond; Indian Almond	1	14.0
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	170.0
<i>Theobroma speciosum</i> Macambo	1	
<i>Theobroma cacao</i> Cacao	1	68.0
<i>Theobroma bicolor</i> Pataste; Nicaraguan Cacao	1	
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	108.0
<i>Tragopogon porrifolius</i> Salsify	1	44.0
<i>Trichosanthes anguina</i> Snakegourd	1	112.0
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	250.0
<i>Trigonella foenum-graecum</i> Greek Hay; Greek Clover; Bockshornklee (Ger.); Alholva (Sp.); Fenugreek	2	36.0
<i>Triticum aestivum</i> Wheat	1	380.0
<i>Tropaeolum tuberosum</i> Anu; Mashua	1	100.0
<i>Tropaeolum majus</i> Nasturtium	1	150.0
<i>Turnera diffusa</i> Damiana	1	204.0
<i>Ullucus tuberosus</i> Melloco; Ulluco	1	78.0
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	400.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	104.0
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	130.0
<i>Vaccinium macrocarpon</i> Cranberry; Large Cranberry; American Cranberry	1	88.3
<i>Vaccinium corymbosum</i> Blueberry	1	48.0
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	2	104.0
<i>Verbascum thapsus</i> Velvetplant; Flannelplant; Mullein; Great Mullein; Flannelleaf	1	190.0
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	110.0
<i>Vigna unguiculata</i> Black-eyed Pea; Crowder Pea; Cowpea; Southern Pea	1	386.0
<i>Vigna subterranea</i> Bambarra Groundnut; Groundbean	1	40.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	224.0
<i>Vigna mungo</i> Black Gram	1	52.0
<i>Vigna angularis</i> Adzuki Bean	1	72.0
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	1	62.0
<i>Vitis vinifera</i> Grape; Weinrebe (Ger.); Wine Grape; Vid (Sp.); Vigne Vinifere (Fr.); Grapevine; European Grape; Parra (Sp.)	1	30.8
<i>Xanthosoma sagittifolium</i> Malanga; Yautia; Tannia	1	40.0
<i>Yucca baccata</i> Blue Yucca; Spanish Bayonet; Yucca; Banana Yucca	1	
<i>Zea mays</i> Corn	1	224.0
<i>Zingiber officinale</i> Ginger	2	270.0
<i>Zizyphus spina-christi</i> Syrian Christ-Thorn	1	82.0
<i>Zizyphus jujuba</i> Da-Zao; Jujube; Ta-Tsao	1	106.0