

# A Antimyalgic

\*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>Achillea millefolium</i> Milfoil; Yarrow	1	17.6
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Adonis vernalis</i> Spring Adonis	1	
<i>Agathosma betulina</i> Honey Buchu; Mountain Buchu; Buchu	1	140.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	17.6
<i>Allium cepa</i> Onion; Shallot	1	0.006
<i>Aloe vera</i> Aloe; Bitter Aloes	1	25.3
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	36.3
<i>Amorphophallus konjac</i> Umbrella Arum; Snake Palm; Devil's Tongue; Elephant Yam; Leopard Palm; Konjac	1	
<i>Anacardium occidentale</i> Cashew	1	0.4
<i>Andira inermis</i> Cabbage Bark	1	
<i>Anethum graveolens</i> Dill; Garden Dill	1	0.024
<i>Angelica sinensis</i> Dang Quai; Dang Gui; Chinese Angelica; Dong Gui; Dang Qui; Dong Quai	1	3.9
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Groundnut; Peanut	1	0.04
<i>Arctium lappa</i> Burdock; Great Burdock; Gobo	1	15.4
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	17.6
<i>Argemone mexicana</i> Prickly Poppy	1	820.0
<i>Armoracia rusticana</i> Horseradish	1	
<i>Asparagus officinalis</i> Asparagus	1	0.156
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	1	14.3
<i>Barosma betulina</i> Buchu	1	
<i>Berberis vulgaris</i> Barberry	2	37.4
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut; Brazilnut-Tree	1	994.0
<i>Beta vulgaris</i> Sugar Beet; Garden Beet; Beet; Beetroot	1	
<i>Brassica rapa</i> Seven-Top Turnip; Turnip; Rapini	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.004
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Heading Broccoli; Cape Broccoli; Broccoli; Winter Broccoli; Sprouting Broccoli; Purple Cauliflower; Calabrese	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	0.07200000000000001
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	0.5
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	0.078
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	0.096
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Capsicum annuum</i> Bell Pepper; Paprika; Cone Pepper; Green Pepper; Sweet Pepper; Cherry Pepper	1	0.004
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	22.0

Plant	# Chemicals	Total PPM
<i>Carya ovata</i> Shagbark Hickory	1	0.04
<i>Carya illinoensis</i> Pecan	1	0.04
<i>Caulophyllum thalictroides</i> Blue Cohosh	2	38.5
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	13.2
<i>Chamaemelum nobile</i> Roman Camomile; Garden Camomile; Perennial Camomile	1	
<i>Chelidonium majus</i> Celandine	1	
<i>Chondrus crispus</i> Irish Moss	1	36.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cichorium endivia</i> Endive; Escarole	1	0.048
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	35.2
<i>Citrus sinensis</i> Orange	1	0.004
<i>Citrus reticulata</i> Tangerine; Mandarin	1	
<i>Citrus paradisi</i> Grapefruit	1	0.054
<i>Cnicus benedictus</i> Blessed Thistle	1	37.4
<i>Cocos nucifera</i> Coconut; Copra; Nariyal; Kokospalme (Ger.); Cocotero (Sp.); Coconut Palm	1	0.04
<i>Coptis</i> spp Generic Goldthread	2	180000.0
<i>Coptis japonica</i> Huang-Lia; Huang-Lian; Huang-Lien; Japanese Goldthread	1	140000.0
<i>Coptis chinensis</i> Chinese Goldthread; Huang-Lian; Huang-Lien	1	180000.0
<i>Corydalis</i> spp Fumewort	1	
<i>Corylus avellana</i> European Hazel; Hazel; English Filbert; European Filbert; Cobnut	1	0.16
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; English Hawthorn; Whitethorn; Woodland Hawthorn	1	22.0
<i>Cucumis sativus</i> Cucumber	1	5.6
<i>Cucumis melo</i> Persian Melon; Nutmeg Melon; Cantaloupe; Netted Melon; Muskmelon; Melon	1	0.008
<i>Cucurbita pepo</i> Pumpkin	1	32.4
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	124.0
<i>Cypripedium pubescens</i> Ladyslipper	1	98.0
<i>Daucus carota</i> Carrot	1	0.04
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	
<i>Echinacea</i> spp Echinacea; Coneflower	1	21.5
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Echinacea; Purple-Coneflower	1	
<i>Eleutherococcus senticosus</i> Siberian Ginseng; Eleuthero Ginseng; Spiny Ginseng; Wu jia; Ci wu jia (Pinyin)	1	
<i>Elytrigia repens</i> Wheatgrass; Couchgrass; Doggrass; Twitchgrass; Quackgrass	1	204.0
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	13.2
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	14.3
<i>Eriodictyon californicum</i> California Yerba Santa; Hierba Santa; Tarweed; Mountain Balm; Gum Bush; Bear's Weed; Consumptive's Weed; Holy Herb; Yerba Santa	1	
<i>Eschscholzia californica</i> California Poppy	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	5.2

Plant	# Chemicals	Total PPM
<i>Fagopyrum esculentum</i> Buckwheat	1	0.4
<i>Filipendula ulmaria</i> Meadowsweet; Queen Of The Meadow	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria</i> spp Strawberry	1	0.004
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	12.1
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	1	18.7
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	19.8
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glycine max</i> Soybean	1	3.85
<i>Glycyrrhiza glabra</i> Licorice-Root; Commom Licorice; Smooth Licorice; Licorice	1	1.1
<i>Gymnema sylvestre</i> Miracle Fruit; Gymnema	1	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	16.5
<i>Hibiscus sabdariffa</i> Sorrel; Jamaica Sorrel; Kharkadi; Rosella (Ger.); Rosa de Jamaica (Sp.); Malventee (Ger.); Red Sorrel; Indian Sorrel; Sereni (Sp.); Acedera de Guinea (Sp.); Roselle	1	157.3
<i>Hordeum vulgare</i> Barleygrass; Barley	1	48.0
<i>Humulus lupulus</i> Hops	1	18.7
<i>Hyacinthus orientalis</i> Hyacinth	1	0.92
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	17.6
<i>Hydrastis canadensis</i> Goldenseal	3	180011.0
<i>Inula helenium</i> Elecampane	1	
<i>Juglans nigra</i> Black Walnut	1	0.04
<i>Juglans cinerea</i> Butternut	1	0.2
<i>Juniperus virginiana</i> Red Cedar	1	0.08
<i>Juniperus communis</i> Common Juniper; Juniper	1	2.6
<i>Lactuca sativa</i> Lettuce	1	0.116
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	20.9
<i>Liquidambar styraciflua</i> Sweetgum; American Styra	1	0.8
<i>Lobelia inflata</i> Indian Tobacco; Lobelia	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	0.068
<i>Macleaya cordata</i> Plume Poppy	1	
<i>Mahonia siamensis</i>	1	
<i>Mahonia repens</i> Oregon Grape-Holly; Oregon Grape; Oregon Barberry; Creeping Barberry	1	
<i>Mahonia philipinensis</i>	1	
<i>Mahonia nervosa</i> Oregon Grape; Oregon Grape-Holly; Water Holly; Oregon Barberry	1	
<i>Mahonia japonica</i> Hiiragi-Nanten; Japanese Ashberry	1	
<i>Mahonia gracilipes</i>	1	
<i>Mahonia fortunei</i>	1	
<i>Mahonia fargesii</i>	1	
<i>Mahonia aquifolium</i> Holly Mahonia; Oregon Grape; Holly Barberry; Mountain Grape; Blue Barberry	1	
<i>Malus domestica</i> Apple	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	0.08199999999999999
<i>Menispermum canadense</i> Moonseed	1	

Plant	# Chemicals	Total PPM
<i>Mentha x piperita</i> Peppermint	1	12.1
<i>Mentha pulegium</i> European Pennyroyal	1	50.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	0.08
<i>Myrica cerifera</i> Candle-Berry; Southern Bayberry; Bayberry; Wax Myrtle	1	37.4
<i>Nandina domestica</i> Heavenly Bamboo; Southern Heaven Bamboo; Sacred Bamboo; Nanten (Jap.)	1	
<i>Nepeta cataria</i> Catnip	1	135.3
<i>Panax ginseng</i> Ginseng; Korean Ginseng; Chinese Ginseng; Oriental Ginseng	1	27.5
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	
<i>Parthenium integrifolium</i> Prairie-Dock; Wild Quinine; Missouri Snakeroot; American Feverfew; Feverfew	1	
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	1	
<i>Petroselinum crispum</i> Parsley	1	0.042
<i>Phaseolus vulgaris</i> Green Bean; Navy Bean; Haricot Vert; String Bean; Wax Bean; Dwarf Bean; Black Bean; Haricot Bean; Flageolet Bean; Pop Bean; Haricot; Field Bean; Kidney Bean; French Bean; Popping Bean; Garden Bean; Snap Bean	1	0.036000000000000004
<i>Phellodendron amurense</i> Amur Cork Tree; Huang Po; Po Mu; Huang Bai	1	20000.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	24.0
<i>Pimenta dioica</i> Jamaica-Pepper; Clover-Pepper; Allspice; Pimenta; Pimento	1	0.08
<i>Pinus echinata</i> Shortleaf Pine	1	0.4
<i>Pistacia vera</i> Pistachio	1	0.2
<i>Pisum sativum</i> Pea	1	0.004
<i>Plantago psyllium</i> Psyllium	1	15.4
<i>Plantago major</i> Common Plantain	1	
<i>Podophyllum peltatum</i> Mayapple	1	
<i>Podophyllum hexandrum</i> Himalayan Mayapple	1	
<i>Polygonum multiflorum</i> Chinese Cornbind; Chinese Knotweed; Fo Ti; Fleeceflower; He Shou Wu	1	148.0
<i>Prunus persica</i> Peach	1	0.006
<i>Prunus dulcis</i> Almond	1	6.06
<i>Prunus domestica</i> Plum	1	0.026
<i>Pyrus communis</i> Pear	1	0.002
<i>Quercus stellata</i> Post Oak	1	0.08
<i>Quercus rubra</i> Northern Red Oak	1	0.04
<i>Quercus phellos</i> Willow Oak	1	0.6
<i>Quercus alba</i> White Oak	1	16.58
<i>Raphanus sativus</i> Radish	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rhodymenia palmata</i> Dulse	1	
<i>Rhus glabra</i> Smooth Sumac	1	0.5
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes rubrum</i> White Currant; Red Currant	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rosa canina</i> Dogbrier; Dog Rose; Rose	1	2.105
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	27.5
<i>Rubus chamaemorus</i> Cloudberry	1	

Plant	# Chemicals	Total PPM
<i>Rumex crispus</i> Yellow Dock; Sour Dock; Lengua De Vaca; Curly Dock	1	27.5
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	25.4
<i>Salix alba</i> White Willow	1	12.1
<i>Salvia officinalis</i> Sage	1	
<i>Sanguinaria canadensis</i> Bloodroot	1	
<i>Schisandra chinensis</i> Magnolia Vine; Schizandra; Chinese Magnolia Vine; Wu Wei Zi; Wu Wei Zu; Five-Flavor-Fruit	1	8.1
<i>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	1	9.100000000000001
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Senna alexandrina</i> Indian Senna; True Senna; Alexandran senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	178.1
<i>Smilax spp</i> Sarsaparilla	1	34.1
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	0.02
<i>Solanum melongena</i> Eggplant; Aubergine	1	0.004
<i>Sorbus aucubaria</i> Rowan Berry	1	0.022
<i>Spinacia oleracea</i> Spinach	1	0.114
<i>Spirulina spp.</i> Spirulina	1	
<i>Stachys officinalis</i> Betony; Wood Betony; Purple Betony; Bishop's-Wort	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	4.7
<i>Stevia rebaudiana</i> Stevia; Sweet Leaf of Paraguay; Ca-A-E	1	50.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	0.16
<i>Symphytum officinale</i> Comfrey	1	11.4
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	2.2
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	9.5
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	1	32.0
<i>Trifolium pratense</i> Cowgrass; Red Clover; Purple Clover; Peavine Clover	1	8.584
<i>Trigonella foenum-graecum</i> Greek Clover; Greek Hay; Fenugreek; Alholva (Sp.); Bockshornklee (Ger.)	1	17.6
<i>Turnera diffusa</i> Damiana	1	7.4
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	16.5
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	24.2
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	0.026
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	
<i>Vaccinium macrocarpon</i> Large Cranberry; American Cranberry; Cranberry	1	
<i>Valeriana officinalis</i> Valerian; Common Valerian; Garden-Heliotrope	1	48.4
<i>Verbascum thapsus</i> Flannelleaf; Flannelplant; Mullein; Velvetplant; Great Mullein	1	5.5
<i>Viburnum opulus</i> Crampbark; European Cranberry Bush; Snowballbush; Guelder Rose	1	46.0
<i>Vigna unguiculata</i> Black-eyed Pea; Crowder Pea; Southern Pea; Cowpea	1	0.28
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Wine Grape; Vid (Sp.); Grape; European Grape; Grapevine; Vigne Vinifere (Fr.); Parra (Sp.); Weinrebe (Ger.)	1	36.024

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<i>Xanthorrhiza simplicissima</i> Yellowroot	2	
<i>Yucca baccata</i> Spanish Bayonet; Yucca; Banana Yucca; Blue Yucca	1	9.9
<i>Zanthoxylum clava-herculis</i> West Indian Yellowwood; Southern Prickly Ash; Pepperbark; Hercules'-Club	1	
<i>Zanthoxylum americanum</i> Northern Prickly Ash	1	
<i>Zanthoxylum alatum</i> Indian Prickly Ash; Wartara Oil Tree	1	
<i>Zea mays</i> Corn	1	12.4
<i>Zingiber officinale</i> Ginger	1	