

# A Amphiglycemic?

\*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	27.5
<i>Actaea racemosa</i> Black Snakeroot; Black Cohosh	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Agathosma betulina</i> Mountain Buchu; Buchu; Honey Buchu	1	58.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	16.5
<i>Allium cepa</i> Onion; Shallot	1	17.6
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	16.5
<i>Amorphophallus konjac</i> Snake Palm; Leopard Palm; Umbrella Arum; Devil's Tongue; Elephant Yam; Konjac	1	
<i>Anacardium occidentale</i> Cashew	1	0.6
<i>Anethum graveolens</i> Garden Dill; Dill	1	0.58
<i>Angelica sinensis</i> Dang Quai; Chinese Angelica; Dong Quai; Dong Gui; Dang Gui; Dang Qui	1	9.9
<i>Apium graveolens</i> Celery	1	0.09
<i>Arachis hypogaea</i> Peanut; Groundnut	1	0.16
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	22.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	13.2
<i>Armoracia rusticana</i> Horseradish	1	3.65
<i>Artemisia vulgaris</i> Mugwort	1	44.0
<i>Asparagus officinalis</i> Asparagus	1	1.4
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	42.9
<i>Barosma betulina</i> Buchu	1	58.0
<i>Berberis vulgaris</i> Barberry	1	13.2
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut; Brazilnut-Tree	1	1.2
<i>Beta vulgaris</i> Beet; Sugar Beet; Garden Beet; Beetroot	1	0.66
<i>Boehmeria nivea</i> Ramie	1	32.0
<i>Brassica rapa</i> Turnip; Seven-Top Turnip; Rapini	1	5.699999999999999
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.63
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Winter Broccoli; Calabrese; Heading Broccoli; Cape Broccoli; Sprouting Broccoli; Purple Cauliflower; Asparagus Broccoli	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	17.4
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	0.61
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Swedish Turnip; Rutabaga	1	0.2
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Capsicum frutescens</i> Red Chili; Cayenne; Chili; Spur Pepper; Tabasco; Hot Pepper	1	7.0
<i>Capsicum annuum</i> Green Pepper; Paprika; Cone Pepper; Bell Pepper; Sweet Pepper; Cherry Pepper	1	0.546
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	34.1

Plant	# Chemicals	Total PPM
<i>Carum carvi</i> Kummel (Ger.); Comino de prado (Sp.); Caraway; Comino (Sp.); Carum	1	31.0
<i>Carya ovata</i> Shagbark Hickory	1	8.600000000000001
<i>Carya illinoensis</i> Pecan	1	0.6
<i>Carya glabra</i> Pignut Hickory	1	11.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	13.2
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	11.0
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	12.0
<i>Chondrus crispus</i> Irish Moss	1	24.0
<i>Chrysanthemum parthenium</i> Feverfew	1	34.0
<i>Cichorium endivia</i> Escarole; Endive	1	0.96
<i>Cimicifuga racemosa</i> Black Snakeroot; Black Cohosh	1	19.8
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	48.8
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	5.0
<i>Cinnamomum burmannii</i> Padang Cassia; Java Cinnamon	1	
<i>Cinnamomum aromaticum</i> Chinese Cinnamon; Canelle de Cochinchine (Fr.); China Junk Cassia; Saigon Cinnamon; Kashia-Keihi (Jap.); Cassia Bark; Cassia Lignea; Chinese Cassia; Canelero chino (Sp.); Cannelier de Chine (Fr.); Chinazimt (Ger.); Cassia; Canela de la China (Sp.); Chinesischer Zimtbaum (Ger.); Zimtcassie (Ger.); Cannelier Casse (Fr.)	1	2.0
<i>Citrus sinensis</i> Orange	1	0.77
<i>Citrus reticulata</i> Tangerine; Mandarin	1	0.16
<i>Citrus paradisi</i> Grapefruit	1	1.1
<i>Cnicus benedictus</i> Blessed Thistle	1	17.8
<i>Cocos nucifera</i> Copra; Nariyal; Coconut Palm; Coconut; Cocotero (Sp.); Kokospalme (Ger.)	1	0.4
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	57.6
<i>Corylus avellana</i> European Filbert; English Filbert; Hazel; European Hazel; Cobnut	1	1.4
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; Whitethorn; Woodland Hawthorn; English Hawthorn	1	18.7
<i>Cucumis sativus</i> Cucumber	1	1.96
<i>Cucumis melo</i> Nutmeg Melon; Muskmelon; Melon; Cantaloupe; Persian Melon; Netted Melon	1	0.33
<i>Cucurbita pepo</i> Pumpkin	1	34.0
<i>Cuminum cyminum</i> Cumin	1	16.8
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	12.0
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	74.0
<i>Cypripedium pubescens</i> Ladyslipper	1	20.0
<i>Daucus carota</i> Carrot	1	3.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	52.0
<i>Diospyros virginiana</i> American Persimmon	1	7.4
<i>Echinacea</i> spp Coneflower; Echinacea	1	38.0
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Echinacea; Purple-Coneflower	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elettaria cardamomum</i> Cardamom	1	59.0
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Spiny Ginseng; Ci wu jia (Pinyin); Siberian Ginseng; Wu jia	1	
<i>Elytrigia repens</i> Couchgrass; Twitchgrass; Quackgrass; Wheatgrass; Doggrass	1	74.0

Plant	# Chemicals	Total PPM
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	24.2
<i>Eriodictyon californicum</i> Bear's Weed; Gum Bush; Yerba Santa; California Yerba Santa; Mountain Balm; Consumptive's Weed; Tarweed; Holy Herb; Hierba Santa	1	
<i>Erythroxylum coca</i> Coca	1	7.6
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	7.7
<i>Fallopia japonica</i> Giant Knotweed; Japanese Knotweed; Hu-Zhang; Mexican Bamboo	1	28.0
<i>Foeniculum vulgare</i> Fennel	1	10.0
<i>Fragaria</i> spp Strawberry	1	0.36
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	1	6.6
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	1	7.7
<i>Galega officinalis</i> Galega; Goat's Rue	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	14.3
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Glechoma hederacea</i> Alehoof	1	8.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice-Root; Smooth Licorice; Licorice	1	18.7
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	13.2
<i>Hibiscus sabdariffa</i> Kharkadi; Roselle; Malventee (Ger.); Jamaica Sorrel; Red Sorrel; Indian Sorrel; Sorrel; Acedera de Guinea (Sp.); Sereni (Sp.); Rosella (Ger.); Rosa de Jamaica (Sp.)	1	59.4
<i>Hordeum vulgare</i> Barleygrass; Barley	1	62.0
<i>Humulus lupulus</i> Hops	1	7.7
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	27.5
<i>Hydrastis canadensis</i> Goldenseal	1	9.9
<i>Inula helenium</i> Elecampane	1	
<i>Juglans nigra</i> Black Walnut	1	20.0
<i>Juglans cinerea</i> Butternut	1	2.8
<i>Juniperus virginiana</i> Red Cedar	1	5.28
<i>Juniperus communis</i> Common Juniper; Juniper	1	35.2
<i>Lactuca sativa</i> Lettuce	1	40.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	8.8
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styra	1	23.599999999999998
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	6.0
<i>Malus domestica</i> Apple	1	0.6
<i>Medicago sativa</i> Alfalfa; Lucerne	1	9.9
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha pulegium</i> European Pennyroyal	1	34.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	0.3
<i>Myrica cerifera</i> Candle-Berry; Southern Bayberry; Bayberry; Wax Myrtle	1	16.5
<i>Myristica fragrans</i> Nutmeg; Muskatnussbaum (Ger.); Mace; nuez moscada (Sp.); nogal moscado (Sp.)	1	59.199999999999996

Plant	# Chemicals	Total PPM
<i>Nepeta cataria</i> Catnip	1	29.7
<i>Nyssa sylvatica</i> Black Tupelo; Black Gum	1	21.54
<i>Panax ginseng</i> Chinese Ginseng; Korean Ginseng; Ginseng; Oriental Ginseng	1	12.1
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	26.8
<i>Parthenium integrifolium</i> Wild Quinine; Missouri Snakeroot; Prairie-Dock; American Feverfew; Feverfew	1	
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	1	
<i>Pastinaca sativa</i> Parsnip	1	0.2
<i>Petasites japonicus</i> Butterbur	1	46.0
<i>Petroselinum crispum</i> Parsley	1	1.2999999999999998
<i>Peucedanum decursivum</i> Qian Hu	1	32.0
<i>Phaseolus vulgaris</i> Field Bean; Wax Bean; Haricot; Snap Bean; Haricot Bean; Navy Bean; French Bean; Popping Bean; Kidney Bean; Garden Bean; Dwarf Bean; Flageolet Bean; Black Bean; String Bean; Green Bean; Pop Bean; Haricot Vert	1	12.8
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	10.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	0.44
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Pimenta dioica</i> Clover-Pepper; Pimento; Allspice; Jamaica-Pepper; Pimenta	1	10.0
<i>Pinus echinata</i> Shortleaf Pine	1	2.52
<i>Piper nigrum</i> Pepper; Black Pepper; White Pepper	1	7.0
<i>Pistacia vera</i> Pistachio	1	1.2
<i>Pisum sativum</i> Pea	1	0.34
<i>Plantago psyllium</i> Psyllium	1	8.8
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> Fo Ti; He Shou Wu; Chinese Knotweed; Fleeceflower; Chinese Cornbind	1	
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	40.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	7.38
<i>Prunus persica</i> Peach	1	74.5
<i>Prunus dulcis</i> Almond	1	3.4
<i>Prunus domestica</i> Plum	1	2.38
<i>Ptychopetalum olacoides</i> Muira Puama	1	
<i>Pyrus communis</i> Pear	1	1.11
<i>Quercus velutina</i> Black Oak	1	3.46
<i>Quercus stellata</i> Post Oak	1	3.36
<i>Quercus rubra</i> Northern Red Oak	1	8.4
<i>Quercus phellos</i> Willow Oak	1	0.168
<i>Quercus alba</i> White Oak	1	13.940000000000001
<i>Raphanus sativus</i> Radish	1	0.28
<i>Rheum rhabarbarum</i> Rhubarb	1	0.2
<i>Rhodymenia palmata</i> Dulse	1	54.0
<i>Rhus glabra</i> Smooth Sumac	1	20.1
<i>Rhus copallina</i> Dwarf Sumac; Winged Sumac	1	6.279999999999999
<i>Ribes uva-crispa</i> Gooseberry	1	0.16
<i>Ribes rubrum</i> White Currant; Red Currant	1	0.25
<i>Ribes nigrum</i> Black Currant	1	0.54

Plant	# Chemicals	Total PPM
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	1.87
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	14.3
<i>Rubus chamaemorus</i> Cloudberry	1	0.76
<i>Rumex crispus</i> Yellow Dock; Sour Dock; Lengua De Vaca; Curly Dock	1	
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	27.5
<i>Salix alba</i> White Willow	1	
<i>Salvia officinalis</i> Sage	1	3.3
<i>Sassafras albidum</i> Sassafras	1	9.26
<i>Schisandra chinensis</i> Schizandra; Wu Wei Zi; Wu Wei Zu; Magnolia Vine; Chinese Magnolia Vine; Five-Flavor-Fruit	1	19.8
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	7.7
<i>Senna alexandrina</i> True Senna; Alexandran senna; Indian Senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Ajonjoli (Sp.); Sesamo (Sp.); Sesame; Benneseed; Beni	1	2.8
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	24.2
<i>Sinapis alba</i> White Mustard	1	37.2
<i>Smilax spp</i> Sarsaparilla	1	18.7
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	2.8
<i>Solanum melongena</i> Aubergine; Eggplant	1	0.24
<i>Sorbus aucubaria</i> Rowan Berry	1	0.38
<i>Spinacia oleracea</i> Spinach	1	0.84
<i>Spirulina spp.</i> Spirulina	1	
<i>Stachys officinalis</i> Purple Betony; Bishop's-Wort; Betony; Wood Betony	1	
<i>Stellaria media</i> Chickweed; Common Chickweed	1	12.1
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	78.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	12.32
<i>Symphytum officinale</i> Comfrey	1	16.0
<i>Syzygium aromaticum</i> Clovetree; Clove	1	10.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	9.9
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	109.9
<i>Thymus vulgaris</i> Garden Thyme; Thyme; Common Thyme	1	22.0
<i>Trachyspermum ammi</i> Ajwan	1	62.0
<i>Trifolium pratense</i> Purple Clover; Peavine Clover; Red Clover; Cowgrass	1	35.2
<i>Trigonella foenum-graecum</i> Fenugreek; Greek Clover; Greek Hay; Bockshornklee (Ger.); Alholva (Sp.)	1	4.4
<i>Turnera diffusa</i> Damiana	1	34.1
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	11.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	4.9
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	0.26
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	0.7799999999999999
<i>Vaccinium macrocarpon</i> Cranberry; American Cranberry; Large Cranberry	1	
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	19.8

Plant	# Chemicals	Total PPM
<i>Verbascum thapsus</i> Great Mullein; Velvetplant; Flannelleaf; Mullein; Flannelplant	1	15.4
<i>Viburnum opulus</i> Crampbark; European Cranberry Bush; Guelder Rose; Snowballbush	1	42.0
<i>Vigna unguiculata</i> Cowpea; Southern Pea; Crowder Pea; Black-eyed Pea	1	7.2
<i>Viscum album</i> European Mistletoe	1	38.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Wine Grape; Grapevine; Parra (Sp.); European Grape; Grape; Vid (Sp.); Weinrebe (Ger.)	1	18.77
<i>Yucca baccata</i> Spanish Bayonet; Banana Yucca; Blue Yucca; Yucca	1	
<i>Zea mays</i> Corn	1	29.3
<i>Zingiber officinale</i> Ginger	1	40.0