

A Antiosteoporotic?

*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> Yarrow; Milfoil	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	
<i>Annona muricata</i> Soursop	1	
<i>Arctium lappa</i> Gobo; Great Burdock; Burdock	1	1000000.0
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	1	240000.0
<i>Artemisia vulgaris</i> Mugwort	1	200000.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Chondrus crispus</i> Irish Moss	1	
<i>Cichorium intybus</i> Succory; Witloof; Chicory	1	1430000.0
<i>Cichorium endivia</i> Endive; Escarole	1	
<i>Citrullus lanatus</i> Watermelon	1	5332.0
<i>Citrullus colocynthis</i> Colocynth	1	
<i>Coccinia grandis</i> Tindori; Tindora; Kanduri; Ivy Gourd; Pepasan; Little Gourd; Kundree	1	
<i>Cucumis sativus</i> Cucumber	1	292.0
<i>Cucumis melo</i> Melon; Persian Melon; Nutmeg Melon; Muskmelon; Netted Melon; Cantaloupe	1	482.0
<i>Cynara cardunculus</i> Artichoke	1	
<i>Echinacea</i> spp Echinacea; Coneflower	1	400000.0
<i>Echinacea purpurea</i> Purple-Coneflower; Echinacea; Eastern Purple-Coneflower	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Galega officinalis</i> Goat's Rue; Galega	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Inula helenium</i> Elecampane	1	890000.0
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Menyanthes trifoliata</i> Bogbean; Marsh Trefoil; Bog Myrtle; Marsh Clover; Buckbean; Water Trefoil	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	2	
<i>Parthenium integrifolium</i> Wild Quinine; American Feverfew; Missouri Snakeroot; Prairie-Dock; Feverfew	1	
<i>Petasites japonicus</i> Butterbur	1	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Platycodon grandiflorum</i> Balloon Flower; Chieh-Keng; Jie-Geng	1	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Zakuro (Jap.); Pomegranate; Romanzeiro (Port.); Grenadier (Fr.); Granado (Sp.); Mangrano (Sp.); Granatapfelbaum (Ger.)	1	20000.0
<i>Saussurea lappa</i> Costus; Kuth	1	360000.0
<i>Sechium edule</i> Chayote	1	
<i>Solidago virgaurea</i> Woundwort; European Goldenrod	1	

Plant	# Chemicals	Total PPM
Taraxacum officinale Dandelion	1	700000.0
Taraxacum mongolicum Mongoloid Dandelion	1	
Tragopogon porrifolius Salsify	1	
Trifolium pratense Purple Clover; Cowgrass; Red Clover; Peavine Clover	1	
Tulipa gesneriana Tulip	1	
Tussilago farfara Coltsfoot	1	