

# A Antioxidant?

\*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	2	29900.0
<i>Acacia farnesiana</i> Popinac; Cassie; Sweet Acacia; Opopanax; Huisache	2	102620.0
<i>Albizia lebbek</i> Siris Tree; Frywood; Koko; Women's-Tongue Tree; East Indian Walnut; Lebbek; Lebbek Tree	2	
<i>Allium schoenoprasum</i> Chives	2	78350.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	59300.0
<i>Allium cepa</i> Onion; Shallot	2	40548.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	2	
<i>Aloe vera</i> Aloe; Bitter Aloes	2	
<i>Alpinia galanga</i> Languas; Greater Galangal; Siamese Ginger	2	
<i>Amaranthus</i> sp. Pigweed	2	52932.0
<i>Anacardium occidentale</i> Cashew	2	47466.0
<i>Ananas comosus</i> Pineapple	2	4384.0
<i>Anastatica hierochuntica</i> Jericho Rose	2	
<i>Anethum graveolens</i> Dill; Garden Dill	2	39810.0
<i>Angelica sinensis</i> Chinese Angelica; Dong Gui; Dang Gui; Dong Quai; Dang Qui; Dang Quai	2	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	
<i>Apium graveolens</i> Celery	2	16420.0
<i>Arachis hypogaea</i> Peanut; Groundnut	2	93184.0
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	2	13100.0
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracuncululus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	2	3540.0
<i>Asimina triloba</i> Pawpaw	2	10296.0
<i>Asparagus officinalis</i> Asparagus	2	58840.0
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	2	72000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	2	
<i>Basella alba</i> Vinespinach	2	36230.0
<i>Bertholletia excelsa</i> Brazilnut-Tree; Creamnut; Brazilnut; Paranut	2	58972.0
<i>Beta vulgaris</i> Garden Beet; Beet; Sugar Beet; Beetroot	2	12934.0
<i>Bixa orellana</i> Arnato; Annato; Achiote; Lipstick Pod; Lipsticktree; Bija; Annoto; Annatto	2	43720.0
<i>Brassica rapa</i> Celery Mustard; Celery Cabbage; Bok-Choy; Chinese Mustard; Pak-Choi; Chinese Cabbage; Chinese White Cabbage	2	12050.0
<i>Brassica oleracea</i> var. <i>viridis</i> l. Cow Cabbage; Spring-Heading Cabbage; Tree Kale; Tall Kale; Collards	2	44252.0
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Kale; Kitchen Kale; Scotch Kale; Curly Kale	2	42600.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Asparagus Broccoli; Sprouting Broccoli; Broccoli; Calabrese; Heading Broccoli; Purple Cauliflower; Winter Broccoli	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	2	46124.0
<i>Brassica oleracea</i> var. <i>capitata</i> l. Cabbage; Red Cabbage; White Cabbage	2	29680.0
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	2	94092.0
<i>Brassica oleracea</i> Kohlrabi	2	34224.0

Plant	# Chemicals	Total PPM
<i>Brassica nigra</i> Black Mustard	2	72754.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	2	37510.0
<i>Brassica chinensis</i> Celery Cabbage; Chinese Mustard; Chinese White Cabbage; Bok-Choy; Pak-Choi; Celery Mustard; Chinese Cabbage	2	56844.0
<i>Cajanus cajan</i> Pigeonpea	2	46220.0
<i>Calathea allouia</i> Leren; Lleren	2	
<i>Camellia sinensis</i> Tea	2	
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Cannabis sativa</i> Indian Hemp; Hemp; Marihuana; Marijuana	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Cayenne; Red Chili; Tabasco; Hot Pepper; Spur Pepper; Chili	2	27744.0
<i>Capsicum annuum</i> Cone Pepper; Cherry Pepper; Bell Pepper; Green Pepper; Sweet Pepper; Paprika	2	19640.0
<i>Carica papaya</i> Papaya	2	3760.0
<i>Carum carvi</i> Comino de prado (Sp.); Caraway; Kummel (Ger.); Comino (Sp.); Carum	2	
<i>Castanea sativa</i> European Chestnut	2	9592.0
<i>Castanea mollissima</i> Chinese Chestnut	2	22132.0
<i>Castanea dentata</i> American Chestnut	2	20334.0
<i>Ceratonia siliqua</i> St.John's-Bread; Locust Bean; Carob	2	144760.0
<i>Chenopodium album</i> Lambsquarter	2	52998.0
<i>Cicer arietinum</i> Garbanzo; Chickpea	2	57300.0
<i>Cichorium intybus</i> Witloof; Succory; Chicory	2	41208.0
<i>Cichorium endivia</i> Escarole; Endive	2	36070.0
<i>Citrullus lanatus</i> Watermelon	2	144058.0
<i>Citrus sinensis</i> Orange	2	12080.0
<i>Citrus reticulata</i> Mandarin; Tangerine	2	8704.0
<i>Citrus paradisi</i> Grapefruit	2	1720.0
<i>Cnidioscolus chayamansa</i> Chaya	2	89900.0
<i>Coccinia grandis</i> Kanduri; Ivy Gourd; Pepasan; Little Gourd; Kundree; Tindora; Tindori	2	
<i>Cocos nucifera</i> Coconut Palm; Nariyal; Coconut; Kokospalme (Ger.); Copra; Cocotero (Sp.)	2	
<i>Colocasia esculenta</i> Taro	2	65690.0
<i>Corchorus olitorius</i> Mulukiya; Nalta Jute; Jew's Mallow	2	67070.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	2	
<i>Crocus sativus</i> Saffron	2	
<i>Cryptotaenia japonica</i> Japanese Honewort; Mitsuba; Japanese Cryptotaenia; Stone Parsley; Ya Er Qin	2	
<i>Cucumis sativus</i> Cucumber	2	24810.0
<i>Cucurbita</i> spp Summer Squash	2	24680.0
<i>Cucurbita pepo</i> Pumpkin	2	163772.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	2	
<i>Daucus carota</i> Carrot	2	13260.0
<i>Dioscorea pentaphylla</i> Mountain Yam	2	17130.0
<i>Dryopteris marginalis</i> Marginal Wood Fern; Marginal Fern	1	
<i>Eryngium creticus</i> Cretan culantro	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	35520.0

Plant	# Chemicals	Total PPM
<i>Ficus carica</i> Echte Feige (Ger.); Figueira (Port.); Higo (Sp.); Figuier Commun (Fr.); Fico (Ital.); Feigenbaum (Ger.); Fig; Higuera Comun (Sp.)	2	3926.0
<i>Foeniculum vulgare</i> Fennel	2	28128.0
<i>Fragaria</i> spp Strawberry	2	10676.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	34117.0
<i>Glycine max</i> Soybean	2	96560.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	2	30116.0
<i>Helianthus annuus</i> Sunflower; Girasol	2	183611.0
<i>Humulus lupulus</i> Hops	2	
<i>Hypericum perforatum</i> Klamath Weed; St. John's-wort; Common St. Johnswort; Hypericum; Goatweed	1	
<i>Ipomoea batatas</i> Sweet Potato	2	11708.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	2	76490.0
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	2	
<i>Juglans cinerea</i> Butternut	2	120050.0
<i>Lablab purpureus</i> Bonavist Bean; Lablab Bean; Hyacinth Bean	2	62308.0
<i>Lactuca sativa</i> Lettuce	2	43332.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	2	14350.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	6200.0
<i>Lens culinaris</i> Lentil	2	134050.0
<i>Lentinus edodes</i> Shiitake	2	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	2	
<i>Linum usitatissimum</i> Linseed; Flax	2	18000.554
<i>Lippia javanica</i> Lemon Bush; Umsuzwane (Zulu)	1	
<i>Lupinus albus</i> White Lupine	2	118520.0
<i>Lycium barbarum</i> Common Matrimony Vine; Barbary Matrimony Vine; Ning Xia Gou Qi (Chin.); Duke of Argyll's Eta Tree; Matrimony Vine	1	
<i>Lycopersicon esculentum</i> Tomato	2	14548.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Macadamia</i> spp Macadamia	2	23910.0
<i>Malus domestica</i> Apple	2	1616.0
<i>Mangifera indica</i> Mango	2	11300.0
<i>Manihot esculenta</i> Tapioca; Yuca; Cassava	2	24070.0
<i>Medicago sativa</i> Lucerne; Alfalfa	2	
<i>Melia azedarach</i> Chinaberry	2	
<i>Mentha x piperita</i> Peppermint	2	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	2	
<i>Momordica charantia</i> Bitter Melon; Sorosi	2	
<i>Moringa oleifera</i> West Indian Ben; Drumstick Tree; Benzolive Tree; Ben Nut; Horseradish Tree; Moringa; Jacinto (Sp.)	2	
<i>Mucuna pruriens</i> Cowage; Velvetbean	2	78860.0
<i>Murraya</i> sp None	2	8180.0
<i>Musa x paradisiaca</i> Banana; Plantain	2	7579.0

Plant	# Chemicals	Total PPM
<i>Myrciaria dubia</i> Guapuro Blanco (Bol.); Camu-camu Negro (Peru); Rumberry (Eng.); Camu-camu (Eng.,Peru,Scn.,Sp.); Araza de Agua (Sp.); Camo Camo (Peru)	1	
<i>Nasturtium officinale</i> Berro; Watercress	2	113200.0
<i>Nelumbo nucifera</i> Water Lotus	2	45904.0
<i>Nigella sativa</i> Roman Coriander; Black Caraway; Nutmeg-Flower; Black Cumin; Fennel-Flower	2	112790.0
<i>Ocimum basilicum</i> Sweet Basil; Cuban Basil; Basil	2	25000.0
<i>Oenothera biennis</i> Evening-Primrose	2	39296.0
<i>Opuntia ficus-indica</i> Prickly Pear; Nopal; Nopalito; Indian Fig	2	86460.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	2	19720.0
<i>Paeonia officinalis</i> Double Peony	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	37370.0
<i>Panax ginseng</i> Chinese Ginseng; Ginseng; Oriental Ginseng; Korean Ginseng	2	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	2	62218.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	2	58900.0
<i>Perideridia gairdneri</i> Squaw Root	2	22734.0
<i>Persea americana</i> Avocado	2	9716.0
<i>Phaseolus vulgaris</i> Haricot Bean; String Bean; French Bean; Dwarf Bean; Green Bean; Popping Bean; Flageolet Bean; Kidney Bean; Haricot Vert; Navy Bean; Pop Bean; Haricot; Snap Bean; Black Bean; Garden Bean; Field Bean; Wax Bean	2	168610.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	2	51420.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	2	6140.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	2	3078.0
<i>Pinellia ternata</i> Ban-Xia; Pan-Hsia	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	2	
<i>Pinus edulis</i> Pinyon Pine	2	
<i>Pistacia vera</i> Pistachio	2	60502.0
<i>Pisum sativum</i> Pea	2	105790.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	2	39600.0
<i>Pouteria caimito</i> Abiu; Caimito	1	
<i>Prunus persica</i> Peach	2	7290.0
<i>Prunus dulcis</i> Almond	2	67656.0
<i>Prunus domestica</i> Plum	2	3918.0
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	2	13490.0
<i>Psidium guajava</i> Guava	2	7488.0
<i>Psidium cattleianum</i> Strawberry Guava	2	3830.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Goa Bean; Winged Bean	2	138496.0
<i>Psoralea esculenta</i> Prairie Turnip; Prairie Potato; Prairie Apple; Indian Turnip; Indian Bread-Root; Breadroot	2	18906.0
<i>Pyrus communis</i> Pear	2	2100.0
<i>Raphanus sativus</i> Radish	2	11240.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	2	206000.0
<i>Ribes nigrum</i> Black Currant	2	104.0

Plant	# Chemicals	Total PPM
<i>Rosmarinus officinalis</i> Rosemary	2	
<i>Sambucus canadensis</i> Elderberry; Sweet Elder; American Elderberry; American Elder	2	7324.0
<i>Scutellaria baicalensis</i> Chinese Skullcap; Baikal Skullcap; Huang Qin	2	
<i>Secale cereale</i> Rye	2	
<i>Sechium edule</i> Chayote	2	23430.0
<i>Senna obtusifolia</i> Sicklepod	2	32280.0
<i>Sesamum indicum</i> Sesamo (Sp.); Beni; Ajonjoli (Sp.); Sesame; Benneseed	2	98722.0
<i>Sinapis alba</i> White Mustard	2	60890.0
<i>Solanum tuberosum</i> Potato	2	22300.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	25032.0
<i>Spinacia oleracea</i> Spinach	2	67456.0
<i>Stachys officinalis</i> Purple Betony; Bishop's-Wort; Betony; Wood Betony	2	
<i>Terminalia chebula</i> Myrobalan; Black Myrobalan; Ink Nut; Chebulic Myrobalan	1	
<i>Theobroma cacao</i> Cacao	2	4400.0
<i>Thymus vulgaris</i> Garden Thyme; Common Thyme; Thyme	1	5444.0
<i>Trifolium pratense</i> Red Clover; Cowgrass; Peavine Clover; Purple Clover	2	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Clover; Greek Hay; Fenugreek; Bockshornklee (Ger.)	2	73990.0
<i>Triticum aestivum</i> Wheat	2	36000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium corymbosum</i> Blueberry	2	6760.0
<i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian	1	
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	2	46110.0
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	2	70640.0
<i>Vigna unguiculata</i> Yardlong Bean; Pea Bean; Asparagus Bean	2	106408.0
<i>Vigna radiata</i> Mungbean; Green Gram	2	111732.0
<i>Vigna angularis</i> Adzuki Bean	2	45242.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitellaria paradoxa</i> Shea-Butter-Tree; Sheatree; Butterseed; Shea; Shea Nut	1	
<i>Vitis vinifera</i> European Grape; Parra (Sp.); Vigne Vinifere (Fr.); Wine Grape; Weinrebe (Ger.); Grape; Vid (Sp.); Grapevine	2	6892.0
<i>Zea mays</i> Corn	2	21632.0
<i>Zingiber officinale</i> Ginger	2	9086.0