

# A Antiphenylketonuric

\*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	20820.0
<i>Abrus precatorius</i> Rosary Pea; Jequirity Bean; Precatory Bean; Red Beadvine; Crab's Eye; Love Bean; Minnie-Minnies; Lucky Bean; Indian Licorice; Jequerity; Coral Beadplant; Licorice Vine; Prayer Beads; Weatherplant; Weathervine	1	
<i>Acacia farnesiana</i> Popinac; Huisache; Opopanax; Cassie; Sweet Acacia	2	24920.0
<i>Albizia lebbek</i> Lebbek; Frywood; East Indian Walnut; Women's-Tongue Tree; Koko; Siris Tree; Lebbek Tree	1	
<i>Allium schoenoprasum</i> Chives	2	28115.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	11312.0
<i>Allium cepa</i> Shallot; Onion	2	10028.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	2	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Alpinia galanga</i> Greater Galangal; Siamese Ginger; Languas	2	
<i>Amaranthus</i> sp. Pigweed	2	26706.0
<i>Anacardium occidentale</i> Cashew	2	14812.0
<i>Ananas comosus</i> Pineapple	1	1778.0
<i>Angelica sinensis</i> Dang Gui; Dang Quai; Dang Qui; Dong Quai; Chinese Angelica; Dong Gui	2	
<i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip	2	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	750.0
<i>Annona reticulata</i> Custard Apple	1	490.0
<i>Annona muricata</i> Soursop	1	1170.0
<i>Apium graveolens</i> Celery	2	7460.0
<i>Arachis hypogaea</i> Groundnut; Peanut	2	33038.0
<i>Arctium lappa</i> Burdock; Great Burdock; Gobo	2	2400.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	2	1290.0
<i>Asimina triloba</i> Pawpaw	2	4074.0
<i>Asparagus officinalis</i> Asparagus	2	20130.0
<i>Avena sativa</i> Oats	2	38000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	2	
<i>Basella alba</i> Vinespinach	2	22030.0
<i>Benincasa hispida</i> Waxgourd	1	1030.0
<i>Bertholletia excelsa</i> Paranut; Brazilnut-Tree; Creamnut; Brazilnut	2	14836.0
<i>Beta vulgaris</i> Sugar Beet; Beet; Beetroot; Garden Beet	2	8202.0
<i>Bixa orellana</i> Achiote; Lipstick Pod; Annato; Annatto; Arnato; Lipsticktree; Annoto; Bija	1	3360.0
<i>Brassica rapa</i> Turnip; Seven-Top Turnip; Rapini	2	5400.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Spring-Heading Cabbage; Collards; Tree Kale; Cow Cabbage; Tall Kale	2	20324.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Curly Kale; Kale; Kitchen Kale	2	20210.0
<i>Brassica oleracea</i> var. <i>italica</i> Winter Broccoli; Asparagus Broccoli; Broccoli; Calabrese; Cape Broccoli; Heading Broccoli; Purple Cauliflower; Sprouting Broccoli	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	5284.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Red Cabbage; Cabbage	2	8822.0

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<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	37592.0
<i>Brassica oleracea</i> Kohlrabi	1	2220.0
<i>Brassica nigra</i> Black Mustard	2	46832.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	2	6960.0
<i>Brassica chinensis</i> Chinese Cabbage; Bok-Choy; Celery Mustard; Pak-Choi; Chinese White Cabbage; Celery Cabbage; Chinese Mustard	2	18806.0
<i>Cajanus cajan</i> Pigeonpea	2	16770.0
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Cannabis sativa</i> Indian Hemp; Hemp; Marihuana; Marijuana	1	
<i>Capsicum frutescens</i> Chili; Spur Pepper; Cayenne; Red Chili; Tabasco; Hot Pepper	2	11098.0
<i>Capsicum annuum</i> Cone Pepper; Bell Pepper; Paprika; Cherry Pepper; Green Pepper; Sweet Pepper	2	7910.0
<i>Carica papaya</i> Papaya	2	2328.0
<i>Carum carvi</i> Caraway; Comino de prado (Sp.); Comino (Sp.); Carum; Kummel (Ger.)	2	
<i>Castanea sativa</i> European Chestnut	2	3472.0
<i>Castanea mollissima</i> Chinese Chestnut	2	7218.0
<i>Castanea dentata</i> American Chestnut	2	7558.0
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	1	32900.0
<i>Chenopodium album</i> Lambsquarter	2	27138.0
<i>Chrysophyllum cainito</i> Star Apple; Caimito	1	
<i>Cicer arietinum</i> Chickpea; Garbanzo	2	20770.0
<i>Cichorium intybus</i> Witloof; Chicory; Succory	1	7344.0
<i>Cichorium endivia</i> Escarole; Endive	2	14492.0
<i>Citrullus lanatus</i> Watermelon	2	24876.0
<i>Citrus sinensis</i> Orange	2	3776.0
<i>Citrus reticulata</i> Tangerine; Mandarin	2	2742.0
<i>Citrus paradisi</i> Grapefruit	2	562.0
<i>Citrus aurantiifolia</i> Lime	1	510.0
<i>Cnidioscolus chayamansa</i> Chaya	1	21700.0
<i>Coccinia grandis</i> Little Gourd; Kanduri; Tindora; Tindori; Ivy Gourd; Kundree; Pepasan	1	
<i>Cocos nucifera</i> Copra; Nariyal; Cocotero (Sp.); Kokospalme (Ger.); Coconut; Coconut Palm	2	
<i>Colocasia esculenta</i> Taro	2	36840.0
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	2	31930.0
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	2	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Japanese Honewort; Stone Parsley; Ya Er Qin; Japanese <i>Cryptotaenia</i> ; Mitsuba	1	
<i>Cucumis sativus</i> Cucumber	2	6580.0
<i>Cucurbita</i> spp Summer Squash	2	13290.0
<i>Cucurbita pepo</i> Pumpkin	2	46043.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	2	
<i>Daucus carota</i> Carrot	2	5080.0
<i>Dioscorea pentaphylla</i> Mountain Yam	2	4960.0
<i>Elaeagnus umbellatus</i> Russian Olive	1	

Plant	# Chemicals	Total PPM
<i>Eryngium creticus</i> Cretan culantro	1	
<i>Fagopyrum esculentum</i> Buckwheat	2	9630.0
<i>Ficus carica</i> Higuera Comun (Sp.); Feigenbaum (Ger.); Figuier Commun (Fr.); Higo (Sp.); Figueira (Port.); Echte Feige (Ger.); Fig; Fico (Ital.)	2	3638.0
<i>Foeniculum vulgare</i> Fennel	2	14546.0
<i>Fragaria</i> spp Strawberry	1	1660.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	6548.0
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	2	30180.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	2	7052.0
<i>Helianthus annuus</i> Girasol; Sunflower	2	45872.0
<i>Hordeum vulgare</i> Barley; Barleygrass	2	18000.0
<i>Humulus lupulus</i> Hops	2	
<i>Ipomoea batatas</i> Sweet Potato	2	6608.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	21250.0
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	2	
<i>Juglans cinerea</i> Butternut	2	27788.0
<i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean	2	40086.0
<i>Lactuca sativa</i> Lettuce	2	13666.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	1350.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	6200.0
<i>Lens culinaris</i> Lentil	2	39342.0
<i>Lentinus edodes</i> Shiitake	2	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	2	
<i>Linum usitatissimum</i> Linseed; Flax	2	
<i>Lupinus albus</i> White Lupine	2	36820.0
<i>Lycopersicon esculentum</i> Tomato	2	7272.0
<i>Macadamia</i> spp Macadamia	1	6930.0
<i>Malus domestica</i> Apple	2	746.0
<i>Mangifera indica</i> Mango	2	4600.0
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	2	5270.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Melicoccus bijugatas</i> Honey berry; Genip; Mamoncillo; Pitomba	1	
<i>Mentha x piperita</i> Peppermint	2	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	2	
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	
<i>Moringa oleifera</i> Horseradish Tree; Ben Nut; Drumstick Tree; Benzolive Tree; Moringa; Jacinto (Sp.); West Indian Ben	2	
<i>Mucuna pruriens</i> Velvetbean; Cowage	1	33814.0
<i>Murraya</i> sp None	2	2708.0
<i>Musa x paradisiaca</i> Plantain; Banana	2	2796.0
<i>Nasturtium officinale</i> Watercress; Berro	2	37200.0
<i>Nelumbo nucifera</i> Water Lotus	2	2914326.0

Plant	# Chemicals	Total PPM
<i>Nigella sativa</i> Nutmeg-Flower; Black Cumin; Fennel-Flower; Roman Coriander; Black Caraway	2	33060.0
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	2	13060.0
<i>Oenothera biennis</i> Evening-Primrose	2	39258.0
<i>Opuntia ficus-indica</i> Nopal; Nopalito; Prickly Pear; Indian Fig	2	22950.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	4240.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	
<i>Panax ginseng</i> Korean Ginseng; Oriental Ginseng; Chinese Ginseng; Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppypseed Poppy	2	20080.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	16200.0
<i>Passiflora incarnata</i> Manzana de Mayo; Mayapple; Passionflower	1	
<i>Perideridia gairdneri</i> Squaw Root	2	5334.0
<i>Persea americana</i> Avocado	2	5440.0
<i>Phaseolus vulgaris</i> Dwarf Bean; Black Bean; Haricot Bean; Wax Bean; Green Bean; Haricot Vert; Field Bean; Snap Bean; Popping Bean; Haricot; French Bean; Navy Bean; Flageolet Bean; String Bean; Kidney Bean; Garden Bean; Pop Bean	2	72390.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	2	22948.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	2	4750.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	2	1412.0
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	2	
<i>Pinus edulis</i> Pinyon Pine	2	
<i>Pistacia vera</i> Pistachio	2	20742.0
<i>Pisum sativum</i> Pea	2	39116.0
<i>Plantago ovata</i> Ispaghula; Spogel Seeds; Indian Plantago; Blond Psyllium; Psyllium	1	
<i>Plantago major</i> Common Plantain	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	2	15600.0
<i>Pouteria campechiana</i> Canistel	1	
<i>Prunus persica</i> Peach	2	3240.0
<i>Prunus dulcis</i> Almond	2	22238.0
<i>Prunus domestica</i> Plum	1	810.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	2	6450.0
<i>Psidium guajava</i> Guava	2	2448.0
<i>Psidium cattleianum</i> Strawberry Guava	2	1240.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Goa Bean; Winged Bean	2	97728.0
<i>Psoralea esculenta</i> Prairie Potato; Prairie Turnip; Indian Bread-Root; Breadroot; Prairie Apple; Indian Turnip	2	5064.0
<i>Pyrus communis</i> Pear	1	370.0
<i>Raphanus sativus</i> Radish	2	6590.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	6000.0
<i>Rivea corymbosa</i> Snakeplant	1	
<i>Rosmarinus officinalis</i> Rosemary	2	
<i>Salvia officinalis</i> Sage	1	

Plant	# Chemicals	Total PPM
<i>Sambucus nigra</i> European Alder; European Elderberry; European Elder; Black Elder; Elder	1	5800.0
<i>Sambucus canadensis</i> American Elderberry; Elderberry; American Elder; Sweet Elder	2	6166.0
<i>Secale cereale</i> Rye	2	
<i>Sechium edule</i> Chayote	2	13430.0
<i>Senna obtusifolia</i> Sicklepod	2	13200.0
<i>Sesamum indicum</i> Sesame; Ajonjoli (Sp.); Beni; Benneseed; Sesamo (Sp.)	2	33574.0
<i>Sinapis alba</i> White Mustard	2	27178.0
<i>Solanum tuberosum</i> Potato	2	12300.0
<i>Solanum melongena</i> Eggplant; Aubergine	2	9664.0
<i>Spinacia oleracea</i> Spinach	2	34916.0
<i>Stachys officinalis</i> Purple Betony; Betony; Bishop's-Wort; Wood Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	524.0
<i>Tecoma stans</i> Yellow Elder	1	
<i>Theobroma cacao</i> Cacao	1	11400.0
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	2	9224.0
<i>Tilia sp.</i> Linden; Lime; Basswood	1	
<i>Trifolium pratense</i> Peavine Clover; Purple Clover; Red Clover; Cowgrass	2	
<i>Trigonella foenum-graecum</i> Fenugreek; Alholva (Sp.); Bockshornklee (Ger.); Greek Hay; Greek Clover	2	25400.0
<i>Triticum aestivum</i> Wheat	2	24000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	2	1430.0
<i>Valeriana officinalis</i> Valerian; Garden-Helliotrope; Common Valerian	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	2	17220.0
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	2	26530.0
<i>Vigna unguiculata</i> Southern Pea; Black-eyed Pea; Crowder Pea; Cowpea	2	47918.0
<i>Vigna radiata</i> Mungbean; Green Gram	2	40114.0
<i>Vigna angularis</i> Adzuki Bean	2	18070.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	3256.0
<i>Vitellaria paradoxa</i> Sheatree; Shea-Butter-Tree; Butterseed; Shea Nut; Shea	1	
<i>Vitis vinifera</i> Weinrebe (Ger.); Grape; Vigne Vinifere (Fr.); Grapevine; European Grape; Wine Grape; Parra (Sp.); Vid (Sp.)	2	1542.0
<i>Zea mays</i> Corn	2	12148.0
<i>Zingiber officinale</i> Ginger	2	3630.0