

A Antipolyneuritic

*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	1	5400.0
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium cepa</i> Onion; Shallot	1	12010.0
<i>Anacardium occidentale</i> Cashew	1	163270.0
<i>Ananas comosus</i> Pineapple	1	21630.0
<i>Apium graveolens</i> Celery	1	25750.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	367570.0
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asparagus officinalis</i> Asparagus	1	24774.0
<i>Benincasa hispida</i> Waxgourd	1	44610.0
<i>Bertholletia excelsa</i> Brazilnut; Brazilnut-Tree; Paranut; Creamnut	1	
<i>Beta vulgaris</i> Sugar Beet; Garden Beet; Beetroot; Beet	1	7886.0
<i>Borago officinalis</i> Talewort; Beeplant; Borage; Beebread	1	
<i>Brassica rapa</i> Seven-Top Turnip; Rapini; Turnip	1	13040.0
<i>Brassica oleracea</i> var. <i>sabellica</i> l. Kitchen Kale; Curly Kale; Kale; Scotch Kale	1	43500.0
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	1	21450.0
<i>Brassica oleracea</i> Kohlrabi	1	8670.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	1	17600.0
<i>Cajanus cajan</i> Pigeonpea	1	18200.0
<i>Carica papaya</i> Papaya	1	5550.0
<i>Carum carvi</i> Comino (Sp.); Kummel (Ger.); Comino de Prado (Sp.); Carum; Caraway	1	
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	60900.0
<i>Cichorium intybus</i> Witloof; Succory; Chicory	1	
<i>Cichorium endivia</i> Endive; Escarole	1	28020.0
<i>Cocos nucifera</i> Copra; Nariyal; Coconut Palm; Cocotero (Sp.); Coconut; Kokospalme (Ger.)	1	
<i>Colocasia esculenta</i> Taro	1	48470.0
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	1	19500.0
<i>Cucumis sativus</i> Cucumber	1	25822.0
<i>Cucurbita</i> spp Summer Squash	1	28160.0
<i>Cucurbita pepo</i> Pumpkin	1	452002.0
<i>Cynara cardunculus</i> Artichoke	1	8370.0
<i>Daucus carota</i> Carrot	1	12600.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	4850.0
<i>Elettaria cardamomum</i> Cardamom	1	
<i>Ficus carica</i> Fig; Figueira (Port.); Higo (Sp.); Echte Feige (Ger.); Feigenbaum (Ger.); Fico (Ital.); Figuier Commun (Fr.); Higuera Comun (Sp.)	1	13786.0
<i>Fragaria</i> spp Strawberry	1	44128.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glycine max</i> Soybean	1	246120.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	691800.0

Plant	# Chemicals	Total PPM
<i>Ipomoea batatas</i> Sweet Potato	1	9720.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	884358.0
<i>Lactuca sativa</i> Lettuce	1	53000.0
<i>Lens culinaris</i> Lentil	1	24670.0
<i>Lepidium sativum</i> Garden Cress	1	43000.0
<i>Luffa aegyptiaca</i> Luffa; Vegetable Sponge; Smooth Loofah	1	34800.0
<i>Lupinus albus</i> White Lupine	1	54470.0
<i>Macadamia</i> spp Macadamia	1	26150.0
<i>Malus domestica</i> Apple	1	13070.0
<i>Mangifera indica</i> Mango	1	5576.0
<i>Manihot esculenta</i> Yuca; Tapioca; Cassava	1	4260.0
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	6916.0
<i>Nelumbo nucifera</i> Water Lotus	1	20818.0
<i>Pastinaca sativa</i> Parsnip	1	4600.0
<i>Persea americana</i> Avocado	1	152000.0
<i>Phaseolus vulgaris</i> Pop Bean; String Bean; Flageolet Bean; Haricot; Garden Bean; Dwarf Bean; French Bean; Kidney Bean; Haricot Bean; Green Bean; Black Bean; Snap Bean; Wax Bean; Navy Bean; Field Bean; Popping Bean; Haricot Vert	1	85192.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	28158.0
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	152210.0
<i>Pisum sativum</i> Pea	1	35298.0
<i>Prunus persica</i> Peach	1	7290.0
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	1	18108.0
<i>Prunus armeniaca</i> Apricot	1	11280.0
<i>Psidium guajava</i> Guava	1	36400.0
<i>Psidium cattleianum</i> Strawberry Guava	1	26160.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Winged Bean; Asparagus Pea	1	121052.0
<i>Pyrus communis</i> Pear	1	11612.0
<i>Raphanus sativus</i> Radish	1	17440.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Secale cereale</i> Rye	1	
<i>Solanum tuberosum</i> Potato	1	4086.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	10408.0
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	1720.0
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	28000.0
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	32630.0

Plant	# Chemicals	Total PPM
<i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean	1	60902.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	20628.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	16608.0
<i>Vitis vinifera</i> Weinrebe (Ger.); Vigne Vinifere (Fr.); European Grape; Grape; Parra (Sp.); Wine Grape; Vid (Sp.); Grapevine	1	17386.0
<i>Zingiber officinale</i> Ginger	1	16800.0