

A Antiretardation

*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	54200.0
<i>Acacia farnesiana</i> Cassie; Opopanax; Sweet Acacia; Huisache; Popinac	1	108140.0
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Allium schoenoprasum</i> Chives	1	144785.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	38640.0
<i>Allium cepa</i> Onion; Shallot	1	
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Alpinia galanga</i> Greater Galangal; Languas; Siamese Ginger	1	
<i>Amaranthus</i> sp. Pigweed	1	70256.0
<i>Anabasis aphylla</i> Anabasis	1	
<i>Anacardium occidentale</i> Cashew	1	73734.0
<i>Ananas comosus</i> Pineapple	1	6666.0
<i>Angelica sinensis</i> Dong Gui; Dong Quai; Dang Qui; Dang Quai; Dang Gui; Chinese Angelica	1	
<i>Apium graveolens</i> Celery	1	36570.0
<i>Arachis hypogaea</i> Peanut; Groundnut	1	130562.0
<i>Arctium lappa</i> Great Burdock; Burdock; Gobo	1	15700.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Asimina triloba</i> Pawpaw	1	14664.0
<i>Asparagus officinalis</i> Asparagus	1	129290.0
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	1	100000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Bacopa monnieri</i> Brahmi; Water Hyssop	1	
<i>Basella alba</i> Vinespinach	1	82030.0
<i>Bertholletia excelsa</i> Paranut; Brazilnut; Creamnut; Brazilnut-Tree	1	65200.0
<i>Beta vulgaris</i> Sugar Beet; Beet; Beetroot; Garden Beet	1	61988.0
<i>Brassica rapa</i> Turnip; Seven-Top Turnip; Rapini	1	31980.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Collards; Tree Kale; Cow Cabbage; Spring-Heading Cabbage; Tall Kale	1	42942.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kitchen Kale; Kale; Curly Kale	1	48130.0
<i>Brassica oleracea</i> var. <i>italica</i> Asparagus Broccoli; Broccoli; Winter Broccoli; Sprouting Broccoli; Purple Cauliflower; Heading Broccoli; Calabrese; Cape Broccoli	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	1	72198.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	149030.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swede; Swedish Turnip	1	27460.0
<i>Brassica chinensis</i> Chinese Mustard; Chinese White Cabbage; Chinese Cabbage; Bok-Choy; Pak-Choi; Celery Cabbage; Celery Mustard	1	153864.0
<i>Cajanus cajan</i> Pigeonpea	1	112540.0
<i>Calathea allouia</i> Lleren; Leren	1	

Plant	# Chemicals	Total PPM
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Red Chili; Tabasco; Cayenne; Hot Pepper; Chili; Spur Pepper	1	43084.0
<i>Capsicum annuum</i> Green Pepper; Paprika; Bell Pepper; Cherry Pepper; Cone Pepper; Sweet Pepper	1	30554.0
<i>Carica papaya</i> Papaya	1	
<i>Carum carvi</i> Comino (Sp.); Kummel (Ger.); Caraway; Carum; Comino de prado (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	11256.0
<i>Castanea mollissima</i> Chinese Chestnut	1	19200.0
<i>Castanea dentata</i> American Chestnut	1	22086.0
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	
<i>Ceratonia siliqua</i> Locust Bean; St.John's-Bread; Carob	1	263200.0
<i>Chenopodium album</i> Lambsquarter	1	66376.0
<i>Chondrus crispus</i> Irish Moss	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	76300.0
<i>Cichorium endivia</i> Escarole; Endive	1	53462.0
<i>Citrullus lanatus</i> Watermelon	1	120840.0
<i>Citrus sinensis</i> Orange	1	14194.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	10316.0
<i>Citrus paradisi</i> Grapefruit	1	5600.0
<i>Citrus limon</i> Lemon	1	
<i>Cnidioscolus chayamansa</i> Chaya	1	117800.0
<i>Coccinia grandis</i> Kundree; Pepasan; Tindora; Little Gourd; Kanduri; Tindori; Ivy Gourd	1	
<i>Cocos nucifera</i> Kokospalme (Ger.); Cocotero (Sp.); Copra; Coconut; Coconut Palm; Nariyal	1	
<i>Coffea arabica</i> Coffee	1	
<i>Colocasia esculenta</i> Taro	1	11850.0
<i>Corchorus olitorius</i> Nalta Jute; Mulukiya; Jew's Mallow	1	80260.0
<i>Coriandrum sativum</i> Coriander; Cilantro; Chinese Parsley	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Ya Er Qin; Stone Parsley; Japanese Honewort; Mitsuba; Japanese Cryptotaenia	1	
<i>Cucumis sativus</i> Cucumber	1	77974.0
<i>Cucurbita</i> spp Summer Squash	1	39870.0
<i>Cucurbita pepo</i> Pumpkin	1	218178.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	33090.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	17130.0
<i>Dryopteris marginalis</i> Marginal Wood Fern; Marginal Fern	1	
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	46600.0
<i>Ficus carica</i> Fig; Feigenbaum (Ger.); Figuier Commun (Fr.); Fico (Ital.); Higuera Comun (Sp.); Echte Feige (Ger.); Figueira (Port.); Higo (Sp.)	1	6894.0
<i>Foeniculum vulgare</i> Fennel	1	64854.0
<i>Fragaria</i> spp Strawberry	1	21352.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	41483.0
<i>Glechoma hederacea</i> Alehoof	1	

Plant	# Chemicals	Total PPM
<i>Glycine max</i> Soybean	1	154560.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	52986.0
<i>Hordeum vulgare</i> Barley; Barleygrass	1	76000.0
<i>Huperzia</i> spp Cutleaf Clubmoss	1	
<i>Ipomoea batatas</i> Sweet Potato	1	12720.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	66930.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	125884.0
<i>Lablab purpureus</i> Lablab Bean; Bonavist Bean; Hyacinth Bean	1	85630.0
<i>Lactuca sativa</i> Lettuce	1	60666.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	27200.0
<i>Lens culinaris</i> Lentil	1	181870.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	193970.0
<i>Lycium barbarum</i> Common Matrimony Vine; Duke of Argyll's Eta Tree; Barbary Matrimony Vine; Matrimony Vine; Ning Xia Gou Qi (Chin.)	1	
<i>Lycopersicon esculentum</i> Tomato	1	108106.0
<i>Macadamia</i> spp Macadamia	1	36660.0
<i>Malus domestica</i> Apple	1	2488.0
<i>Mangifera indica</i> Mango	1	13600.0
<i>Manihot esculenta</i> Tapioca; Yuca; Cassava	1	29850.0
<i>Melia azedarach</i> Chinaberry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Hortela da Folha Miuda; Spearmint	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	
<i>Moringa oleifera</i> Jacinto (Sp.); Ben Nut; Drumstick Tree; West Indian Ben; Benzolive Tree; Horseradish Tree; Moringa	1	
<i>Morus alba</i> White Mulberry; Sang-Pai-Pi	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	80880.0
<i>Murraya</i> sp None	1	6682.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	7653.0
<i>Myrica cerifera</i> Wax Myrtle; Southern Bayberry; Candle-Berry; Bayberry	1	
<i>Nasturtium officinale</i> Watercress; Berro	1	76000.0
<i>Nelumbo nucifera</i> Water Lotus	1	71300.0
<i>Nigella sativa</i> Black Caraway; Black Cumin; Nutmeg-Flower; Roman Coriander; Fennel-Flower	1	71800.0
<i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil	1	31300.0
<i>Oenothera biennis</i> Evening-Primrose	1	56136.0
<i>Opuntia ficus-indica</i> Nopalito; Indian Fig; Prickly Pear; Nopal	1	107000.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	15120.0

Plant	# Chemicals	Total PPM
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	8900.0
<i>Panax ginseng</i> Chinese Ginseng; Ginseng; Korean Ginseng; Oriental Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	97426.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	86400.0
<i>Perideridia gairdneri</i> Squaw Root	1	24638.0
<i>Persea americana</i> Avocado	1	16090.0
<i>Phaseolus vulgaris</i> Haricot Bean; Dwarf Bean; Navy Bean; Haricot Vert; String Bean; Pop Bean; Wax Bean; Kidney Bean; Flageolet Bean; Field Bean; Snap Bean; Popping Bean; Haricot; French Bean; Green Bean; Black Bean; Garden Bean	1	222584.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	67640.0
<i>Phoenix dactylifera</i> Date Palm	1	12320.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	13070.0
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	
<i>Pinus pinea</i> Pignolia; Italian Stone Pine	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	102278.0
<i>Pisum sativum</i> Pea	1	158776.0
<i>Plantago ovata</i> Indian Plantago; Spogel Seeds; Psyllium; Ispaghula; Blond Psyllium	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	67584.0
<i>Prunus persica</i> Peach	1	17172.0
<i>Prunus dulcis</i> Almond	1	124140.0
<i>Prunus domestica</i> Plum	1	5000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	23000.0
<i>Psidium guajava</i> Guava	1	15408.0
<i>Psidium cattleianum</i> Strawberry Guava	1	7860.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Asparagus Pea; Winged Bean	1	158662.0
<i>Psoralea esculenta</i> Prairie Potato; Prairie Apple; Breadroot; Indian Bread-Root; Indian Turnip; Prairie Turnip	1	24638.0
<i>Pyrus communis</i> Pear	1	3458.0
<i>Raphanus sativus</i> Radish	1	51160.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	106000.0
<i>Ribes nigrum</i> Black Currant	1	420.0
<i>Ricinus communis</i> Castorbean	1	
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> American Elderberry; American Elder; Sweet Elder; Elderberry	1	9504.0
<i>Scutellaria baicalensis</i> Huang Qin; Baikal Skullcap; Chinese Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	39140.0
<i>Sesamum indicum</i> Beni; Ajonjoli (Sp.); Sesamo (Sp.); Benneseed; Sesame	1	103854.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	1	106550.0
<i>Solanum tuberosum</i> Potato	1	48300.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	49814.0

Plant	# Chemicals	Total PPM
<i>Spinacia oleracea</i> Spinach	1	81470.0
<i>Stachys officinalis</i> Bishop's-Wort; Wood Betony; Purple Betony; Betony	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Theobroma cacao</i> Cacao	1	20400.0
<i>Tilia</i> sp. Lime; Linden; Basswood	1	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trifolium pratense</i> Cowgrass; Red Clover; Purple Clover; Peavine Clover	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Greek Clover; Bockshornklee (Ger.); Fenugreek; Alholva (Sp.)	1	87740.0
<i>Triticum aestivum</i> Wheat	1	126000.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	10786.0
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	56390.0
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	1	90000.0
<i>Vigna unguiculata</i> Pea Bean; Asparagus Bean; Yardlong Bean	1	86380.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	127590.0
<i>Vigna angularis</i> Adzuki Bean	1	71604.0
<i>Vitis vinifera</i> European Grape; Parra (Sp.); Grape; Grapevine; Vid (Sp.); Vigne Vinifere (Fr.); Weinrebe (Ger.); Wine Grape	1	14198.0
<i>Zea mays</i> Corn	1	52914.0
<i>Zingiber officinale</i> Ginger	1	18656.0