

A Antiserotonin

*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 moschatus</i> Tropical Jewel Hibiscus; Muskmallow; Ambrette; Musk Okra	1	
<i>Abutilon theophrasti</i> Butterprint; Velvet Leaf; Indian-Mallow; Abutilon-Hemp	1	
<i>Acacia senegal</i> Gum Arabic; Kher; Senegal Gum; Gum Arabic Tree; Sudan Gum Arabic	1	
<i>Acacia farnesiana</i> Sweet Acacia; Cassie; Opopanax; Popinac; Huisache	1	
<i>Acacia catechu</i> Black Cutch; Catechu	1	
<i>Acalypha indica</i> Cancer Herb; Three-Seeded-Mercury; Indian Nettle; Copperleaf; Indian Acalypha	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Acinos suaveolens</i>	1	
<i>Actaea dahurica</i> Xing an sheng ma; Sheng ma	1	
<i>Actaea cimicifuga</i> Foetid Bugbane; Sheng ma; Bugbane	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Ageratum conyzoides</i> Mexican ageratum	1	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	2	
<i>Ajuga iva</i> Ivy Bugle	1	
<i>Albizia lebeck</i> Siris Tree; Koko; Frywood; East Indian Walnut; Lebbek Tree; Women's-Tongue Tree; Lebbek	1	
<i>Alchornea floribunda</i> Niando	1	
<i>Allium schoenoprasum</i> Chives	2	110.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	54.0
<i>Allium cepa</i> Shallot; Onion	2	
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Alpinia officinarum</i> Chinese Ginger; Lesser Galangal	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	2	
<i>Ammi visnaga</i> Visnaga	1	
<i>Ananas comosus</i> Pineapple	1	1520.0
<i>Anemone pulsatilla</i> Pasque Flower	1	
<i>Anethum graveolens</i> Garden Dill; Dill	2	
<i>Angelica sinensis</i> Dong Gui; Dong Quai; Dang Gui; Dang Quai; Chinese Angelica; Dang Qui	1	
<i>Apium graveolens</i> Celery	2	
<i>Arachis hypogaea</i> Peanut; Groundnut	1	90.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	76.0
<i>Artemisia annua</i> Sweet Wormwood (GRIN); Sweet Annie; Annual Wormwood (GRIN); Qinghao; Annual Mugwort (GRIN)	1	
<i>Aspalathus linearis</i> Kaffree Tea; Rooibos; Red Bush Tea	1	
<i>Asparagus officinalis</i> Asparagus	1	
<i>Aspidosperma quebracho-blanco</i> Quebracho	1	
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	2	
<i>Avena sativa</i> Oats	1	
<i>Azadirachta indica</i> Neem	1	4000.0

Plant	# Chemicals	Total PPM
<i>Bacopa monnieri</i> Brahmi; Water Hyssop	1	
<i>Ballota nigra</i> Black Horehound	1	
<i>Basella alba</i> Vinespinach	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Sugar Beet; Beet; Beetroot; Garden Beet	2	
<i>Borago officinalis</i> Beeplant; Borage; Beebread; Talewort	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	12.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Scotch Kale; Kitchen Kale; Curly Kale; Kale	1	26.0
<i>Brassica oleracea</i> var. <i>italica</i> Cape Broccoli; Purple Cauliflower; Winter Broccoli; Heading Broccoli; Sprouting Broccoli; Broccoli; Asparagus Broccoli; Calabrese	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	20.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	2	640.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	86.0
<i>Brassica oleracea</i> Kohlrabi	1	160.0
<i>Brassica nigra</i> Black Mustard	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	
<i>Camellia sinensis</i> Tea	1	
<i>Capsicum frutescens</i> Chili; Hot Pepper; Spur Pepper; Red Chili; Cayenne; Tabasco	2	
<i>Carum carvi</i> Kummel (Ger.); Comino de Prado (Sp.); Comino (Sp.); Caraway; Carum	1	
<i>Castanea sativa</i> European Chestnut	1	
<i>Catalpa ovata</i> Hsin-Pa-Pi; Kisasage	1	
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	2	
<i>Catharanthus lanceus</i> Lanceleaf Periwinkle	1	100000.0
<i>Ceiba pentandra</i> Kapok; Silk-Cotton Tree	1	
<i>Celosia cristata</i> Cockscomb	1	
<i>Centaurea cyanus</i> Bachelor's Button; Cornflower	2	
<i>Centaurium erythraea</i> Centaury	1	
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> Carob; St.John's-Bread; Locust Bean	1	
<i>Chamaemelum nobile</i> Garden Camomile; Perennial Camomile; Roman Camomile	1	
<i>Chenopodium ambrosioides</i> Epazote; Wormseed	1	
<i>Chenopodium album</i> Lambsquarter	1	
<i>Chimaphila umbellata</i> Pipsissewa; King's Cure	1	
<i>Cichorium intybus</i> Witloof; Chicory; Succory	2	
<i>Cimicifuga dahurica</i> Sheng Ma	1	
<i>Cinnamomum camphora</i> Ho Leaf; Camphor	1	
<i>Citrullus colocynthis</i> Colocynth	1	
<i>Citrus sinensis</i> Orange	1	49.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	
<i>Citrus paradisi</i> Grapefruit	2	69.0
<i>Citrus limon</i> Lemon	1	80.0
<i>Cnicus benedictus</i> Blessed Thistle	1	

Plant	# Chemicals	Total PPM
<i>Cocos nucifera</i> Kokospalme (Ger.); Copra; Cocotero (Sp.); Coconut; Nariyal; Coconut Palm		1
<i>Coix lacryma-jobi</i> Adlay; Adlay Millet; Job'S-Tears; Yi-Yi-Ren		1
<i>Cola acuminata</i> Abata Cola		1
<i>Commiphora wightii</i> Indian Bdellium-Tree; Guggul		1
<i>Consolida ajacis</i> Larkspur		1
<i>Convallaria majalis</i> Lily-Of-The-Valley		1
<i>Coptis</i> spp Generic Goldthread		1
<i>Coptis japonica</i> Huang-Lian; Huang-Lien; Huang-Lia; Japanese Goldthread		1
<i>Coptis chinensis</i> Huang-Lien; Huang-Lian; Chinese Goldthread		1
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander		1
<i>Cornus mas</i> Cornelian Cherry; Sorbet		1
<i>Cornus florida</i> American Dogwood		1
<i>Corylus avellana</i> European Filbert; Hazel; English Filbert; European Hazel; Cobnut		1
<i>Crataegus monogyna</i> Hawthorn; English Hawthorn		1
<i>Crocus sativus</i> Saffron		1
<i>Cucumis sativus</i> Cucumber		1
<i>Cucumis melo</i> Cantaloupe; Muskmelon; Nutmeg Melon; Netted Melon; Persian Melon; Melon		1
<i>Cucurbita pepo</i> Pumpkin		2
<i>Cuscuta reflexa</i> Amarbel		1
<i>Cyamopsis tetragonoloba</i> Guar; Siam-Bean; Cluster-Bean		1
<i>Cydonia oblonga</i> Quince		1
<i>Cynara cardunculus</i> Artichoke		1
<i>Datura stramonium</i> Jimsonweed		1
<i>Daucus carota</i> Carrot		2
<i>Digitalis purpurea</i> Purple Foxglove		1
<i>Dioscorea alata</i> Greater Yam; Winged Yam		1
<i>Diospyros virginiana</i> American Persimmon		1
<i>Dipteryx odorata</i> Dutch Tonka Bean; Tonka Bean		1
<i>Dodonaea viscosa</i> Hopwood		1
<i>Drimys winteri</i> Winter's Bark		1
<i>Echinacea</i> spp Echinacea; Coneflower		2
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower		1
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry		2
<i>Eleutherococcus senticosus</i> Siberian Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng; Wu jia; Spiny Ginseng		1
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang		1
<i>Equisetum hyemale</i> Horsetail; Scouring Rush		1
<i>Equisetum arvense</i> Horsetail; Field Horsetail		2
<i>Eriobotrya japonica</i> Loquat		1
<i>Erythroxylum coca</i> Coca		1
<i>Eucalyptus globulus</i> Blue Gum; Tasmanian Bluegum; Eucalypt		1
<i>Eucalyptus citriodora</i> Lemon Eucalyptus; Lemon-Scented Gum; Spotted Gum; Citron-Scented Gum		1
<i>Eupatorium perfoliatum</i> Boneset		1

Plant	# Chemicals	Total PPM
<i>Euphorbia lathyris</i> Caper Spurge; Mole Plant	2	
<i>Euphorbia hirta</i> Queensland Asthma Herb	2	
<i>Euphrasia officinalis</i> Eyebright	2	
<i>Ferula assa-foetida</i> Asafetida; Asafoetida; Stinkasant (Ger.); test; Devil's Dung; Assa-foetida; Asafetida (Sp.)	1	
<i>Ficus carica</i> Higo (Sp.); Echte Feige (Ger.); Fig; Fico (Ital.); Figuier Commun (Fr.); Feigenbaum (Ger.); Figueira (Port.); Higuera Comun (Sp.)	2	
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	1	
<i>Foeniculum vulgare</i> Fennel	2	
<i>Fragaria</i> spp Strawberry	1	
<i>Frangula alnus</i> Buckthorn	1	
<i>Galega officinalis</i> Goat's Rue; Galega	1	
<i>Gaultheria procumbens</i> Teaberry; Wintergrun (Ger.); Wintergreen; Mountain Tea; Creeping Wintergreen; Checkerberry	1	
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	2	16.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice; Licorice-Root; Smooth Licorice	2	
<i>Gossypium</i> sp Cotton	1	
<i>Guazuma tomentosa</i>	1	
<i>Hamamelis virginiana</i> Witch Hazel	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthemum glomeratum</i>	1	
<i>Helianthus annuus</i> Girasol; Sunflower	1	6.0
<i>Hierochloe odorata</i> Vanilla Grass; Holy Grass; Seneca Grass; Manna Grass; Sweet Grass; Vanilla-Scented Grass	1	
<i>Hippophae rhamnoides</i> Yellow Spine; Sea Buckthorn; Sallow Thorn	1	
<i>Holarrhena pubescens</i> Zhi Xie Mu; Tellicherry Bark; Conessi; Kurchi	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	
<i>Humulus lupulus</i> Hops	2	
<i>Huperzia</i> spp Cutleaf Clubmoss	1	
<i>Hura crepitans</i> Sandbox Tree	2	
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hypericum perforatum</i> Goatweed; Klamath Weed; Hypericum; Common St. Johnswort; St. John's-wort	2	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Isatis tinctoria</i> Dyer's Woad	1	
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Kalanchoe spathulata</i> Beach Bells	1	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	2	
<i>Lactuca sativa</i> Lettuce	2	
<i>Laurus nobilis</i> Laurel; Sweet Bay; Bayleaf; Grecian Laurel; Bay Laurel; Bay	1	
<i>Lens culinaris</i> Lentil	1	
<i>Levisticum officinale</i> Lovage	1	

Plant	# Chemicals	Total PPM
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	2	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lycium chinense</i> Gou Qi (Chin.); Chinesischer Bocksdorn (Ger.); Chinese Wolfberry; Lyciet de Chine (Fr.); Kaukichai (Malays.); <i>Spina Santa</i> Chinese (Ital.); Chinese Boxthorn; Wolfberry; Kuko (Jap.); Chinese Matrimony Vine; Daun Koki (Indones.)	1	
<i>Lycopersicon esculentum</i> Tomato	2	
<i>Lycopodium selago</i> Clubmoss	1	
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	
<i>Lycopus europeus</i> European Bugle	1	
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Magnolia officinalis</i> Magnolia-Bark; Chinese Magnolia; Hou Pu	1	
<i>Magnolia kobus</i> Xin-Yi; Hsin-I	1	
<i>Magnolia denudata</i> Hsin-I; Xin-Yi	1	
<i>Malus domestica</i> Apple	2	190.0
<i>Mangifera indica</i> Mango	1	
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	2	
<i>Melaleuca leucadendra</i> Cajeput	1	
<i>Melia azedarach</i> Chinaberry	2	
<i>Melilotus officinalis</i> Yellow Sweetclover	2	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Menyanthes trifoliata</i> Water Trefoil; Buckbean; Marsh Clover; Bog Myrtle; Bogbean; Marsh Trefoil	2	
<i>Moringa oleifera</i> Moringa; Ben Nut; Horseradish Tree; West Indian Ben; Benzolive Tree; Drumstick Tree; Jacinto (Sp.)	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	
<i>Myristica fragrans</i> nogal moscado (Sp.); nuez moscada (Sp.); Nutmeg; Muskatnussbaum (Ger.); Mace	1	
<i>Myroxylon balsamum</i> Tolu Balsam; Peru Balsam	1	
<i>Nelumbo nucifera</i> Water Lotus	1	
<i>Nicotiana tabacum</i> Tobacco	2	
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	
<i>Oenothera biennis</i> Evening-Primrose	2	
<i>Olea europaea</i> Olive	1	
<i>Ononis spinosa</i> Spiny Restharrow; Restharrow; Hauhechel (Ger.)	2	
<i>Opopanax chironium</i> Hercules All Heal; Opopanax	1	
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Prickly Pear; Nopalito	1	
<i>Origanum vulgare</i> Wild Oregano; Oregano; Common Turkish Oregano; Pot Marjoram; European Oregano; Wild Marjoram	1	
<i>Oryza sativa</i> Rice	1	
<i>Paeonia suffruticosa</i> Tree Peony; Moutan Peony; Moutan	1	
<i>Paeonia officinalis</i> Double Peony	1	
<i>Paeonia moutan</i> Moutan; Tree Peony	1	
<i>Paeonia lactiflora</i> Bai Shao (Chinese); Chih-Shao; Common Garden Peony; White Peony; Peony	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	
<i>Panax ginseng</i> Oriental Ginseng; Ginseng; Korean Ginseng; Chinese Ginseng	2	

Plant	# Chemicals	Total PPM
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Pastinaca sativa</i> Parsnip	1	
<i>Pausinystalia johimbe</i> Yohimbe	1	
<i>Petasites japonicus</i> Butterbur	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Phaseolus vulgaris</i> Green Bean; Haricot Bean; Garden Bean; Flageolet Bean; Popping Bean; Haricot; Dwarf Bean; Wax Bean; Black Bean; Field Bean; Kidney Bean; Snap Bean; Haricot Vert; French Bean; String Bean; Navy Bean; Pop Bean	1	
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus mugo</i> Swiss Mountain Pine; Dwarf Pine	1	
<i>Piper nigrum</i> White Pepper; Black Pepper; Pepper	1	
<i>Pistacia lentiscus</i> Chios Mastictree; Mastixbaum (Ger.); Mastictree; Mastic; Lentisco (Sp.)	1	
<i>Pisum sativum</i> Pea	2	1000.0
<i>Plantago major</i> Common Plantain	1	
<i>Plumeria acutifolia</i> Frangipani	1	
<i>Podophyllum pleianthum</i> Chinese Mayapple	1	
<i>Podophyllum peltatum</i> Mayapple	1	
<i>Podophyllum hexandrum</i> Himalayan Mayapple	1	
<i>Polygala senega</i> Senega; Seneca Snakeroot	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Populus tacamahacca</i> Balm Of Gilead	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus spinosa</i> Sloe; Blackthorn	2	
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	
<i>Prunus persica</i> Peach	2	
<i>Prunus laurocerasus</i> Cherry Laurel	1	
<i>Prunus dulcis</i> Almond	2	
<i>Prunus domestica</i> Plum	2	
<i>Prunus cerasus</i> Sour Cherry	2	
<i>Prunus armeniaca</i> Apricot	1	
<i>Psidium cattleianum</i> Strawberry Guava	1	
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Granado (Sp.); Grenadier (Fr.); Mangrano (Sp.); Granatapfelbaum (Ger.); Pomegranate; Romanzeiro (Port.); Zakuro (Jap.)	2	
<i>Raphanus sativus</i> Radish	1	32.0
<i>Rauvolfia vomitoria</i> African Snakeroot	1	
<i>Rauvolfia serpentina</i> Serpentine Wood; Indian Snakeroot	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	16.0
<i>Rheum officinale</i> Chinese Rhubarb	1	

Plant	# Chemicals	Total PPM
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Rhus toxicodendron</i> Poison Ivy	1	
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes nigrum</i> Black Currant	2	
<i>Ricinus communis</i> Castorbean	2	
<i>Robinia pseudoacacia</i> Black Locust	1	
<i>Rosa damascena</i> Damask Rose	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Salvia</i> sp. Chia	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus nigra</i> European Elder; European Elderberry; Elder; Black Elder; European Alder	2	
<i>Sanguisorba officinalis</i> Greater Burnet	1	
<i>Sanguisorba minor</i> Small Burnet	1	
<i>Schinus terebinthifolius</i> Brazilian Peppertree	1	
<i>Schinus molle</i> Peruvian Peppertree; Mastic-Tree; California Peppertree	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	2	
<i>Sesamum indicum</i> Beni; Ajonjoli (Sp.); Benneseed; Sesame; Sesamo (Sp.)	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Solanum tuberosum</i> Potato	2	253.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	
<i>Solidago gigantea</i> Early Goldenrod	2	
<i>Sophora japonica</i> Japanese Pagoda Tree	2	
<i>Spinacia oleracea</i> Spinach	2	32.0
<i>Stellaria media</i> Chickweed; Common Chickweed	1	
<i>Syzygium aromaticum</i> Clove; Clovetree	1	
<i>Tagetes patula</i> French Marigold	1	
<i>Tagetes erecta</i> Aztec Marigold; Marigold	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Taxus baccata</i> Common Yew	1	
<i>Tecoma stans</i> Yellow Elder	1	
<i>Terminalia catappa</i> Tropical Almond; Malabar Almond; Indian Almond	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Theobroma cacao</i> Cacao	2	
<i>Thespesia populnea</i> Indian tulip tree	1	
<i>Thevetia peruviana</i> Luckynut; Oleandre Jaune (Fr.); Loandro-Amarelo (Port.); Yellow Oleander; Chirca (Sp.); Peruvian Yellow Oleander; Thevetie (Ger.); Adelfa Amarilla (Sp.); Cabalonga (Sp.)	1	
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	2	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trifolium pratense</i> Red Clover; Purple Clover; Peavine Clover; Cowgrass	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Hay; Bockshornklee (Ger.); Greek Clover; Fenugreek	1	

Plant	# Chemicals	Total PPM
<i>Triticum aestivum</i> Wheat	1	64.0
<i>Tsuga canadensis</i> Eastern Hemlock	1	
<i>Uncaria guianensis</i> Ungunagi; Garabato Colorado; Cat's Claw; Una de Gato; Tambor Huasca	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium vitis-idaea</i> Lingen; Cowberry; Lingonberry	1	
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Vaccinium macrocarpon</i> American Cranberry; Large Cranberry; Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Valeriana officinalis</i> Garden-Heliotrope; Common Valerian; Valerian	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Viburnum opulus</i> European Cranberry Bush; Guelder Rose; Snowballbush; Crampbark	1	
<i>Vicia faba</i> Broadbean; Faba Bean; Habas	2	
<i>Vigna radiata</i> Mungbean; Green Gram	1	
<i>Viola odorata</i> Common Violet; Sweet Violet	2	
<i>Vitex agnus-castus</i> Chaste-Tree	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); European Grape; Grape; Parra (Sp.); Weinrebe (Ger.); Vid (Sp.); Grapevine; Wine Grape	2	
<i>Zea mays</i> Corn	1	54.0
<i>Zingiber officinale</i> Ginger	2	