

A Antisilicotic

*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>Acacia nilotica</i> Babul	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	68.0
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Agathosma betulina</i> Honey Buchu; Buchu; Mountain Buchu	1	2720.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	104.0
<i>Allium cepa</i> Shallot; Onion	1	770.0
<i>Alocasia macrorrhiza</i> Giant Taro	1	24.0
<i>Aloe vera</i> Bitter Aloes; Aloe	1	44.0
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	1360.0
<i>Amorphophallus konjac</i> Leopard Palm; Elephant Yam; Umbrella Arum; Konjac; Devil's Tongue; Snake Palm	1	
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	36.0
<i>Anacardium occidentale</i> Cashew	1	4.0
<i>Anethum graveolens</i> Dill; Garden Dill	1	420.0
<i>Angelica sinensis</i> Dang Qui; Chinese Angelica; Dang Quai; Dang Gui; Dong Gui; Dong Quai	1	844.0
<i>Annona muricata</i> Soursop	1	10.0
<i>Apium graveolens</i> Celery	1	18.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	28.0
<i>Arctium lappa</i> Gobo; Great Burdock; Burdock	1	462.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	1438.0
<i>Armoracia rusticana</i> Horseradish	1	60.0
<i>Aspalathus linearis</i> Red Bush Tea; Rooibos; Kaffree Tea	1	
<i>Asparagus officinalis</i> Asparagus	1	1400.0
<i>Avena sativa</i> Oats	1	
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Barosma betulina</i> Buchu	1	2720.0
<i>Berberis vulgaris</i> Barberry	2	978.0
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut-Tree; Brazilnut	1	10.0
<i>Beta vulgaris</i> Garden Beet; Sugar Beet; Beetroot; Beet	1	840.0
<i>Brassica rapa</i> Turnip; Rapini; Seven-Top Turnip	1	20.0
<i>Brassica pekinensis</i> Chinese Cabbage	1	84.0
<i>Brassica oleracea</i> var. <i>italica</i> Broccoli; Sprouting Broccoli; Asparagus Broccoli; Winter Broccoli; Cape Broccoli; Calabrese; Purple Cauliflower; Heading Broccoli	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Red Cabbage; White Cabbage; Cabbage	1	
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	354.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	1	2.0
<i>Camellia sinensis</i> Tea	1	
<i>Capsicum frutescens</i> Red Chili; Hot Pepper; Spur Pepper; Cayenne; Chili; Tabasco	1	
<i>Capsicum annuum</i> Green Pepper; Bell Pepper; Sweet Pepper; Cherry Pepper; Cone Pepper; Paprika	1	

Plant	# Chemicals	Total PPM
<i>Carthamus tinctorius</i> Safflower	1	168.0
<i>Carya ovata</i> Shagbark Hickory	1	5.2
<i>Carya illinoensis</i> Pecan	1	22.0
<i>Carya glabra</i> Pignut Hickory	1	15400.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	1524.0
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	1	
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	4120.0
<i>Chamaemelum nobile</i> Garden Camomile; Roman Camomile; Perennial Camomile	1	54.0
<i>Chondrodendron tomentosum</i> Curare	1	
<i>Chondrus crispus</i> Irish Moss	1	710.0
<i>Chrysanthemum parthenium</i> Feverfew	1	12.0
<i>Cichorium intybus</i> Chicory; Witloof; Succory	1	
<i>Cichorium endivia</i> Endive; Escarole	1	336.0
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	452.0
<i>Cissampelos pareira</i> Butua; False Pareira; Pareira	3	5000.0
<i>Citrus sinensis</i> Orange	1	330.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	30.0
<i>Citrus paradisi</i> Grapefruit	1	660.0
<i>Cnicus benedictus</i> Blessed Thistle	1	170.0
<i>Cocos nucifera</i> Cocotero (Sp.); Coconut Palm; Nariyal; Coconut; Kokospalme (Ger.); Copra	1	14.4
<i>Colocasia esculenta</i> Taro	1	43.8
<i>Commiphora wightii</i> Indian Bdellium-Tree; Guggul	1	
<i>Corydalis</i> spp Fumewort	1	
<i>Corylus avellana</i> European Hazel; Hazel; English Filbert; European Filbert; Cobnut	1	5.2
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; Woodland Hawthorn; English Hawthorn; Whitethorn	1	58.0
<i>Cucumis sativus</i> Cucumber	1	42000.0
<i>Cucumis melo</i> Netted Melon; Cantaloupe; Nutmeg Melon; Muskmelon; Melon; Persian Melon	1	154.0
<i>Cucurbita pepo</i> Pumpkin	1	22.0
<i>Cymbopogon citratus</i> West Indian Lemongrass; Lemongrass	1	1030.0
<i>Cypripedium pubescens</i> Ladyslipper	1	476.0
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	126.0
<i>Daucus carota</i> Carrot	1	2100.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	420.0
<i>Dioscorea alata</i> Winged Yam; Greater Yam	1	24.0
<i>Diospyros virginiana</i> American Persimmon	1	756.0
<i>Echinacea</i> spp Coneflower; Echinacea	1	25800.0
<i>Echinacea purpurea</i> Purple-Coneflower; Eastern Purple-Coneflower; Echinacea	1	
<i>Elytrigia repens</i> Twitchgrass; Wheatgrass; Quackgrass; Doggrass; Couchgrass	1	662.0
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	126.0
<i>Equisetum arvense</i> Field Horsetail; Horsetail	1	756.0

Plant	# Chemicals	Total PPM
<i>Erythroxylum coca</i> Coca	1	840.0
<i>Euphrasia officinalis</i> Eyebright	1	198.0
<i>Foeniculum vulgare</i> Fennel	1	112.0
<i>Fragaria</i> spp Strawberry	1	140.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	198.0
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	1262.0
<i>Genipa americana</i> Genipap; Jagua	1	80.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	582.0
<i>Glycine max</i> Soybean	1	120.0
<i>Glycyrrhiza glabra</i> Licorice; Smooth Licorice; Licorice-Root; Commom Licorice	1	364.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	1878.0
<i>Hibiscus sabdariffa</i> Indian Sorrel; Jamaica Sorrel; Sorrel; Roselle; Rosa de Jamaica (Sp.); Rosella (Ger.); Red Sorrel; Malventee (Ger.); Kharkadi; Acedera de Guinea (Sp.); Sereni (Sp.)	1	250.0
<i>Hordeum vulgare</i> Barleygrass; Barley	1	438.0
<i>Humulus lupulus</i> Hops	1	9.4
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	1	442.0
<i>Hydrastis canadensis</i> Goldenseal	1	650.0
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	16.0
<i>Juglans nigra</i> Black Walnut	1	467.8
<i>Juglans cinerea</i> Butternut	1	5.2
<i>Juniperus virginiana</i> Red Cedar	1	17600.0
<i>Juniperus communis</i> Common Juniper; Juniper	1	122.0
<i>Lactuca sativa</i> Lettuce	1	252.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	580.0
<i>Liquidambar styraciflua</i> American Styrax; Sweetgum	1	6060.0
<i>Lobelia inflata</i> Indian Tobacco; Lobelia	1	502.0
<i>Lycopersicon esculentum</i> Tomato	1	3400.0
<i>Mahonia aquifolium</i> Holly Barberry; Mountain Grape; Holly Mahonia; Oregon Grape; Blue Barberry	1	
<i>Malus domestica</i> Apple	1	258.0
<i>Manihot esculenta</i> Tapioca; Cassava; Yuca	1	154.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	270.0
<i>Menispermum canadense</i> Moonseed	1	
<i>Mentha x piperita</i> Peppermint	1	124.0
<i>Mentha pulegium</i> European Pennyroyal	1	3700.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	70.0
<i>Myrica cerifera</i> Southern Bayberry; Candle-Berry; Bayberry; Wax Myrtle	1	302.0
<i>Nepeta cataria</i> Catnip	1	500.0
<i>Nyssa sylvatica</i> Black Tupelo; Black Gum	1	6780.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	1	570.0
<i>Panax ginseng</i> Oriental Ginseng; Korean Ginseng; Ginseng; Chinese Ginseng	1	44.0
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	

Plant	# Chemicals	Total PPM
<i>Pastinaca sativa</i> Parsnip	1	70.0
<i>Petroselinum crispum</i> Parsley	1	412.0
<i>Phaseolus vulgaris</i> Navy Bean; French Bean; Kidney Bean; Snap Bean; Haricot Bean; Pop Bean; Dwarf Bean; Garden Bean; Flageolet Bean; String Bean; Black Bean; Haricot Vert; Green Bean; Haricot; Popping Bean; Field Bean; Wax Bean	1	2246.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	6000.0
<i>Phoenix dactylifera</i> Date Palm	1	128.0
<i>Pimenta dioica</i> Pimenta; Allspice; Clover-Pepper; Jamaica-Pepper; Pimento	1	220.0
<i>Pinus echinata</i> Shortleaf Pine	1	8400.0
<i>Pistacia vera</i> Pistachio	1	18.0
<i>Pisum sativum</i> Pea	1	48.0
<i>Plantago psyllium</i> Psyllium	1	68.0
<i>Polygonum multiflorum</i> Fleeceflower; Chinese Knotweed; Fo Ti; Chinese Cornbind; He Shou Wu	1	304.0
<i>Prunus serotina</i> Black Cherry; Wild Cherry	1	3960.0
<i>Prunus persica</i> Peach	1	2186.0
<i>Prunus dulcis</i> Almond	1	20.0
<i>Prunus domestica</i> Plum	1	510.0
<i>Pyrus communis</i> Pear	1	210.0
<i>Quercus velutina</i> Black Oak	1	868.0
<i>Quercus stellata</i> Post Oak	1	1680.0
<i>Quercus rubra</i> Northern Red Oak	1	1336.4
<i>Quercus phellos</i> Willow Oak	1	840.0
<i>Quercus alba</i> White Oak	1	2170.0
<i>Raphanus sativus</i> Radish	1	370.0
<i>Rheum rhabarbarum</i> Rhubarb	1	160.0
<i>Rhodymenia palmata</i> Dulse	1	1230.0
<i>Rhus glabra</i> Smooth Sumac	1	2010.0
<i>Rhus copallina</i> Winged Sumac; Dwarf Sumac	1	5060.0
<i>Ribes uva-crispa</i> Gooseberry	1	66.0
<i>Ribes rubrum</i> White Currant; Red Currant	1	200.0
<i>Ribes nigrum</i> Black Currant	1	130.0
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	784.0
<i>Rubus chamaemorus</i> Cloudberry	1	50.0
<i>Rumex crispus</i> Lengua De Vaca; Yellow Dock; Sour Dock; Curly Dock	1	780.0
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	2620.0
<i>Salix alba</i> White Willow	1	134.0
<i>Salvia officinalis</i> Sage	1	230.0
<i>Sassafras albidum</i> Sassafras	1	4200.0
<i>Schisandra chinensis</i> Chinese Magnolia Vine; Five-Flavor-Fruit; Magnolia Vine; Wu Wei Zu; Schizandra; Wu Wei Zi	1	348.0
<i>Scutellaria lateriflora</i> Mad-Dog Skullcap; Scullcap	1	516.0
<i>Senna alexandrina</i> Alexandran senna; Indian Senna; True Senna	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	534.0

Plant	# Chemicals	Total PPM
<i>Sinomenium acutum</i> Ching-Feng-Teng	1	
<i>Smilax</i> spp Sarsaparilla	1	1490.0
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	510.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	32.0
<i>Sorbus aucubaria</i> Rowan Berry	1	150.0
<i>Spinacia oleracea</i> Spinach	1	540.0
<i>Spondias tuberosa</i> Umbu; Imbu	1	15.76
<i>Spondias dulcis</i> Ambarella	1	22.0
<i>Stellaria media</i> Common Chickweed; Chickweed	1	3920.0
<i>Stephania tetrandra</i> Stephania	2	
<i>Stephania japonica</i> Japanese Tape-Vine	1	
<i>Stephania glabra</i> Indian Tape-Vine	2	
<i>Stevia rebaudiana</i> Stevia; Sweet Leaf of Paraguay; Ca-A-E	1	144.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	8800.0
<i>Symphytum officinale</i> Comfrey	1	474.0
<i>Syzygium aromaticum</i> Clove; Clovetree	1	320.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	1312.0
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	1840.0
<i>Tragopogon porrifolius</i> Salsify	1	112.0
<i>Trifolium pratense</i> Peavine Clover; Cowgrass; Red Clover; Purple Clover	1	274.0
<i>Trigonella foenum-graecum</i> Greek Hay; Fenugreek; Greek Clover; Bockshornklee (Ger.); Alholva (Sp.)	1	700.0
<i>Turnera diffusa</i> Damiana	1	1210.0
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	44.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	483.0
<i>Vaccinium vitis-idaea</i> Lingonberry; Cowberry; Lingen	1	106.0
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	356.0
<i>Vaccinium macrocarpon</i> American Cranberry; Cranberry; Large Cranberry	1	30.0
<i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian	1	844.0
<i>Verbascum thapsus</i> Mullein; Great Mullein; Flannelleaf; Flannelplant; Velvetplant	1	2180.0
<i>Viburnum opulus</i> Snowballbush; Guelder Rose; Crampbark; European Cranberry Bush	1	1404.0
<i>Vigna unguiculata</i> Asparagus Bean; Pea Bean; Yardlong Bean	1	1680.0
<i>Viscum album</i> European Mistletoe	1	566.0
<i>Vitis vinifera</i> Parra (Sp.); Wine Grape; European Grape; Vigne Vinifere (Fr.); Grapevine; Grape; Weinrebe (Ger.); Vid (Sp.)	1	2368.0
<i>Xanthosoma sagittifolium</i> Tannia; Malanga; Yautia	1	33.2
<i>Yucca baccata</i> Blue Yucca; Banana Yucca; Yucca; Spanish Bayonet	1	102.0
<i>Zea mays</i> Corn	1	976.0
<i>Zingiber officinale</i> Ginger	1	1326.0