

A Antithyrototoxic

*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>Alisma plantago-aquatica</i> Water Plantain; Ze-Xie; Mud Plantain; Tse-Hsieh	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	9.6
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Amaranthus spinosus</i> Spiny pigweed	1	
<i>Anacardium occidentale</i> Cashew	1	0.2
<i>Ananas comosus</i> Pineapple	1	2.0
<i>Anemarrhena asphodeloides</i> Chih-Mu; Zhi-Mu	1	
<i>Angelica sinensis</i> Dang Gui; Dang Quai; Chinese Angelica; Dong Gui; Dang Qui; Dong Quai	1	
<i>Annona reticulata</i> Custard Apple	1	5.0
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia absinthium</i> Wormwood	1	
<i>Avena sativa</i> Oats	1	0.308
<i>Bacopa monnieri</i> Water Hyssop; Brahmi	1	
<i>Bertholletia excelsa</i> Brazilnut; Brazilnut-Tree; Creamnut; Paranut	1	0.4
<i>Boehmeria nivea</i> Ramie	1	
<i>Camellia sinensis</i> Tea	2	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Carya ovata</i> Shagbark Hickory	1	10.2
<i>Carya illinoensis</i> Pecan	1	0.2
<i>Carya glabra</i> Pignut Hickory	1	10.0
<i>Chelidonium majus</i> Celandine	1	680.0
<i>Cinnamomum verum</i> Ceylon Cinnamon; Cinnamon	1	6.0
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	8.0
<i>Cinnamomum burmannii</i> Java Cinnamon; Padang Cassia	1	
<i>Cinnamomum aromaticum</i> Cassia; Saigon Cinnamon; Cannelier de Chine (Fr.); Chinese Cinnamon; Chinazimt (Ger.); Cassia Ligneá; Canela de la China (Sp.); Cannelier Casse (Fr.); Zimtcassie (Ger.); Kasha-Keihi (Jap.); Chinese Cassia; Cassia Bark; China Junk Cassia; Canelle de Cochinchine (Fr.); Chinesischer Zimtbaum (Ger.); Canelero chino (Sp.)	1	2.0
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Cocos nucifera</i> Coconut; Cocotero (Sp.); Coconut Palm; Copra; Kokospalme (Ger.); Nariyal	1	0.6
<i>Corylus avellana</i> English Filbert; Hazel; European Hazel; European Filbert; Cobnut	1	0.06
<i>Croton lechleri</i> Sangre de Drago; Sangre de Grado; Sangre de Dragon; Dragons Blood	1	
<i>Erythroxylum coca</i> Coca	1	0.1
<i>Fagopyrum esculentum</i> Buckwheat	1	0.31
<i>Fallopia japonica</i> Giant Knotweed; Japanese Knotweed; Mexican Bamboo; Hu-Zhang	1	
<i>Foeniculum vulgare</i> Fennel	1	0.004
<i>Fragaria</i> spp Strawberry	2	4.46
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	5940.0
<i>Galium odoratum</i> Woodruff; Waldmeister	1	
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	

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<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	1	32.0
<i>Glycyrrhiza glabra</i> Smooth Licorice; Licorice; Commom Licorice; Licorice-Root	1	2000.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	0.024
<i>Helianthus annuus</i> Girasol; Sunflower	1	0.084
<i>Hypericum perforatum</i> Hypericum; Common St. Johnswort; Klamath Weed; Goatweed; St. John's-wort	1	
<i>Hyssopus officinalis</i> Hyssop	1	0.028
<i>Ilex paraguariensis</i> Paraguay Tea; Mate; South American Holly	1	
<i>Ipomoea batatas</i> Sweet Potato	1	0.09
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	3.0
<i>Juglans nigra</i> Black Walnut	1	0.2
<i>Juglans cinerea</i> Butternut	1	0.2
<i>Juniperus virginiana</i> Red Cedar	1	20.0
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	2.24
<i>Laurus nobilis</i> Laurel; Sweet Bay; Bay; Bayleaf; Grecian Laurel; Bay Laurel	1	
<i>Lens culinaris</i> Lentil	1	0.06
<i>Lepidium sativum</i> Garden Cress	1	0.22
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styrax	1	12.0
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	1	
<i>Mangifera indica</i> Mango	1	0.032
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	0.82
<i>Moringa oleifera</i> Moringa; Drumstick Tree; Horseradish Tree; Jacinto (Sp.); West Indian Ben; Benzolive Tree; Ben Nut	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	2	32.0
<i>Panax ginseng</i> Chinese Ginseng; Ginseng; Oriental Ginseng; Korean Ginseng	1	
<i>Panicum maximum</i> Guinea grass	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	2	0.012
<i>Petasites japonicus</i> Butterbur	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Peucedanum decursivum</i> Qian Hu	1	
<i>Phoenix dactylifera</i> Date Palm	1	0.12
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pinus echinata</i> Shortleaf Pine	1	12.0
<i>Piper nigrum</i> Black Pepper; White Pepper; Pepper	1	0.18
<i>Pistacia vera</i> Pistachio	1	102.0
<i>Pisum sativum</i> Pea	2	72.018
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	
<i>Prunus dulcis</i> Almond	1	0.4
<i>Prunus armeniaca</i> Apricot	1	0.1

Plant	# Chemicals	Total PPM
<i>Psidium guajava</i> Guava	1	
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	1	1.8
<i>Quercus velutina</i> Black Oak	1	10.0
<i>Quercus stellata</i> Post Oak	1	10.0
<i>Quercus rubra</i> Northern Red Oak	1	10.2
<i>Quercus phellos</i> Willow Oak	1	12.0
<i>Quercus alba</i> White Oak	1	12.0
<i>Rhizophora mangle</i> Red Mangrove	1	
<i>Rhododendron ponticum</i> Pontic Alpenrose	1	
<i>Rhus glabra</i> Smooth Sumac	1	12.0
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rumex acetosa</i> Garden Sorrel	1	4.0
<i>Salix alba</i> White Willow	1	
<i>Sambucus nigra</i> European Alder; European Elder; Elder; Black Elder; European Elderberry	1	
<i>Sanguisorba officinalis</i> Greater Burnet	1	
<i>Secale cereale</i> Rye	1	
<i>Sesamum indicum</i> Beni; Sesame; Benneseed; Sesamo (Sp.); Ajonjoli (Sp.)	1	0.046
<i>Solanum tuberosum</i> Potato	2	0.022
<i>Spinacia oleracea</i> Spinach	1	0.4
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	1.22
<i>Symphoricarpos orbiculatus</i> Buckbush	1	12.0
<i>Taraxacum officinale</i> Dandelion	2	
<i>Theobroma cacao</i> Cacao	1	
<i>Trachyspermum ammi</i> Ajwan	2	46.9
<i>Trichosanthes anguina</i> Snakegourd	1	0.4
<i>Trigonella foenum-graecum</i> Greek Clover; Bockshornklee (Ger.); Fenugreek; Greek Hay; Alholva (Sp.)	1	70.0
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	1.2
<i>Vigna radiata</i> Mungbean; Green Gram	1	0.074
<i>Vigna mungo</i> Black Gram	1	0.068
<i>Vitis vinifera</i> Grape; Vigne Vinifere (Fr.); Weinrebe (Ger.); Parra (Sp.); Wine Grape; Grapevine; Vid (Sp.); European Grape	1	
<i>Zea mays</i> Corn	1	0.024