

# A Antivitaligic

\*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	
<i>Acacia farnesiana</i> Sweet Acacia; Huisache; Opopanax; Popinac; Cassie	1	33040.0
<i>Albizia lebeck</i> Frywood; Koko; Lebbek; Lebbek Tree; Siris Tree; Women's-Tongue Tree; East Indian Walnut	1	
<i>Allium schoenoprasum</i> Chives	1	22500.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	8784.0
<i>Allium cepa</i> Onion; Shallot	1	6540.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Alpinia galanga</i> Siamese Ginger; Greater Galangal; Languas	1	
<i>Amaranthus</i> sp. Pigweed	1	32000.0
<i>Ammi visnaga</i> Visnaga	2	
<i>Ammi majus</i> Bishop's Weed	4	56000.0
<i>Anacardium occidentale</i> Cashew	1	16092.0
<i>Ananas comosus</i> Pineapple	1	1778.0
<i>Anethum graveolens</i> Dill; Garden Dill	3	14512.0
<i>Angelica sinensis</i> Dong Quai; Chinese Angelica; Dang Gui; Dang Qui; Dang Quai; Dong Gui	1	
<i>Angelica dahurica</i> Bai Zhi	2	
<i>Angelica archangelica</i> Wild Parsnip; Garden Angelica; Angelica	5	6952.0
<i>Apium graveolens</i> Celery	5	8598.21
<i>Arachis hypogaea</i> Peanut; Groundnut	1	31430.0
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	3300.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	1770.0
<i>Asimina triloba</i> Pawpaw	1	6002.0
<i>Asparagus officinalis</i> Asparagus	1	18580.0
<i>Avena sativa</i> Oats	1	20000.0
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Basella alba</i> Vinespinach	1	24640.0
<i>Bertholletia excelsa</i> Brazilnut-Tree; Creamnut; Paranut; Brazilnut	1	15436.0
<i>Beta vulgaris</i> Beet; Garden Beet; Beetroot; Sugar Beet	1	6624.0
<i>Bixa orellana</i> Lipstick Pod; Achiote; Lipsticktree; Bija; Annatto; Annoto; Arnato; Annato	1	9300.0
<i>Brassica rapa</i> Seven-Top Turnip; Turnip; Rapini	1	4180.0
<i>Brassica oleracea</i> var. <i>viridis</i> l. Collards; Spring-Heading Cabbage; Cow Cabbage; Tree Kale; Tall Kale	1	18356.0
<i>Brassica oleracea</i> var. <i>italica</i> Purple Cauliflower; Cape Broccoli; Sprouting Broccoli; Calabrese; Broccoli; Asparagus Broccoli; Winter Broccoli; Heading Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	13994.0
<i>Brassica oleracea</i> var. <i>capitata</i> l. Cabbage; White Cabbage; Red Cabbage	1	10428.0
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	1	36394.0
<i>Brassica oleracea</i> Kohlrabi	1	8666.0
<i>Brassica nigra</i> Black Mustard	1	19440.0

Plant	# Chemicals	Total PPM
<i>Brassica napus</i> var. <i>napobrassica</i> Swedish Turnip; Swede; Rutabaga	1	6000.0
<i>Brassica chinensis</i> Bok-Choy; Celery Cabbage; Celery Mustard; Chinese Mustard; Chinese White Cabbage; Pak-Choi; Chinese Cabbage	1	18804.0
<i>Cajanus cajan</i> Pigeonpea	1	41560.0
<i>Calathea allouia</i> Lleren; Leren	1	
<i>Cannabis sativa</i> Marihuana; Marijuana; Hemp; Indian Hemp	1	
<i>Capsicum frutescens</i> Tabasco; Hot Pepper; Red Chili; Spur Pepper; Chili; Cayenne	1	10118.0
<i>Capsicum annuum</i> Sweet Pepper; Paprika; Cherry Pepper; Cone Pepper; Green Pepper; Bell Pepper	1	7092.0
<i>Carica papaya</i> Papaya	1	1612.0
<i>Carum carvi</i> Kummel (Ger.); Comino (Sp.); Comino de prado (Sp.); Carum; Caraway	4	
<i>Castanea sativa</i> European Chestnut	1	3702.0
<i>Castanea mollissima</i> Chinese Chestnut	1	7758.0
<i>Castanea dentata</i> American Chestnut	1	7492.0
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	1	30080.0
<i>Chenopodium album</i> Lambsquarter	3	21148.0
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	24580.0
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	9792.0
<i>Cichorium endivia</i> Endive; Escarole	1	17070.0
<i>Citrullus lanatus</i> Watermelon	1	36734.0
<i>Citrus sinensis</i> Orange	1	4680.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	3386.0
<i>Citrus paradisi</i> Grapefruit	1	
<i>Citrus meyerii</i> Meyer lemon	1	
<i>Citrus limon</i> Lemon	1	
<i>Citrus aurantiifolia</i> Lime	2	
<i>Cnidioscolus chayamansa</i> Chaya	1	37200.0
<i>Coccinia grandis</i> Ivy Gourd; Kanduri; Kundree; Tindora; Little Gourd; Pepasan; Tindori	1	
<i>Cocos nucifera</i> Coconut; Copra; Kokospalme (Ger.); Coconut Palm; Cocotero (Sp.); Nariyal	1	
<i>Colocasia esculenta</i> Taro	1	32790.0
<i>Corchorus olitorius</i> Nalta Jute; Jew's Mallow; Mulukiya	1	34500.0
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	3	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Mitsuba; Ya Er Qin; Stone Parsley; Japanese Cryptotaenia; Japanese Honewort	1	
<i>Cucurbita</i> spp Summer Squash	1	12970.0
<i>Cucurbita pepo</i> Pumpkin	1	43593.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	3	5243.8
<i>Dictamnus albus</i> Gas Plant; Gazelotu; Burning Bush; Dittany; Akgiritotu	1	
<i>Dioscorea pentaphylla</i> Mountain Yam	1	6680.0
<i>Fagopyrum esculentum</i> Buckwheat	1	10090.0
<i>Ficus carica</i> Higuera Comun (Sp.); Fig; Echte Feige (Ger.); Feigenbaum (Ger.); Fico (Ital.); Higo (Sp.); Figuier Commun (Fr.); Figueira (Port.)	2	1724.0
<i>Foeniculum vulgare</i> Fennel	5	14214.0

Plant	# Chemicals	Total PPM
<i>Fragaria</i> spp Strawberry	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	8473.0
<i>Glehnia littoralis</i> Bei Sha Shen	2	
<i>Glycine max</i> Soybean	1	41660.0
<i>Glycyrrhiza glabra</i> Licorice; Commom Licorice; Smooth Licorice; Licorice-Root	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	5336.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	96000.0
<i>Heracleum sphondylium</i> Meadow Parsnip; Cow Parsnip; Hogweed	1	
<i>Humulus lupulus</i> Hops	1	
<i>Ipomoea batatas</i> Sweet Potato	1	7290.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	33730.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	29836.0
<i>Lablab purpureus</i> Hyacinth Bean; Bonavist Bean; Lablab Bean	1	26570.0
<i>Lactuca sativa</i> Lettuce	1	18334.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	6730.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	8400.0
<i>Lens culinaris</i> Lentil	1	60620.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Levisticum officinale</i> Lovage	3	40.0
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	32050.0
<i>Lycopersicon esculentum</i> Tomato	1	7602.0
<i>Macadamia</i> spp Macadamia	1	5350.0
<i>Malus domestica</i> Apple	1	622.0
<i>Mangifera indica</i> Mango	1	7400.0
<i>Manihot esculenta</i> Cassava; Yuca; Tapioca	1	3800.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	
<i>Moringa oleifera</i> Moringa; West Indian Ben; Horseradish Tree; Ben Nut; Jacinto (Sp.); Benzolive Tree; Drumstick Tree	1	
<i>Murraya</i> sp None	1	2534.0
<i>Musa x paradisiaca</i> Plantain; Banana	1	2952.0
<i>Myrciaria dubia</i> Rumberry (Eng.); Araza de Agua (Sp.); Camu-camu Negro (Peru); Guapuro Blanco (Bol.); Camo Camo (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.)	1	
<i>Nasturtium officinale</i> Berro; Watercress	1	45600.0
<i>Nelumbo nucifera</i> Water Lotus	1	16984.0
<i>Nigella sativa</i> Black Cumin; Roman Coriander; Nutmeg-Flower; Fennel-Flower; Black Caraway	1	43120.0

Plant	# Chemicals	Total PPM
<i>Oenothera biennis</i> Evening-Primrose	1	14728.0
<i>Opuntia ficus-indica</i> Nopalito; Nopal; Prickly Pear; Indian Fig	1	25010.0
<i>Pachyrhizus erosus</i> Yambean	1	5900.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Ginseng; Korean Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	18922.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	16300.0
<i>Passiflora incarnata</i> Manzana de Mayo; Passionflower; Mayapple	1	
<i>Pastinaca sativa</i> Parsnip	3	7014.6
<i>Perideridia gairdneri</i> Squaw Root	1	3428.0
<i>Persea americana</i> Avocado	1	5286.0
<i>Petroselinum crispum</i> Parsley	4	645.06
<i>Peucedanum ostruthium</i> Masterwort	1	
<i>Phaseolus vulgaris</i> Haricot; String Bean; Popping Bean; Wax Bean; Haricot Bean; French Bean; Green Bean; Haricot Vert; Dwarf Bean; Snap Bean; Kidney Bean; Field Bean; Pop Bean; Black Bean; Garden Bean; Flageolet Bean; Navy Bean	1	85618.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	27520.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	1480.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	1316.0
<i>Pimpinella anisum</i> Anise; Sweet Cumin	3	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	24634.0
<i>Pisum sativum</i> Pea	1	36724.0
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	23000.0
<i>Prunus persica</i> Peach	1	3564.0
<i>Prunus dulcis</i> Almond	1	23284.0
<i>Prunus domestica</i> Plum	1	2298.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	7620.0
<i>Psidium guajava</i> Guava	1	288.0
<i>Psidium cattleianum</i> Strawberry Guava	1	100.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Asparagus Pea; Goa Bean	1	68596.0
<i>Psoralea esculenta</i> Indian Bread-Root; Indian Turnip; Prairie Apple; Breadroot; Prairie Turnip; Prairie Potato	1	2448.0
<i>Psoralea corylifolia</i> Malaya Tea; Black Dot; Babchi	1	
<i>Raphanus sativus</i> Radish	1	8910.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	12000.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Ruta graveolens</i> Rue	1	
<i>Sambucus canadensis</i> American Elder; Elderberry; American Elderberry; Sweet Elder	1	3960.0
<i>Scutellaria baicalensis</i> Huang Qin; Chinese Skullcap; Baikal Skullcap	1	
<i>Secale cereale</i> Rye	1	

Plant	# Chemicals	Total PPM
<i>Sechium edule</i> Chayote	1	14860.0
<i>Senna obtusifolia</i> Sicklepod	1	13060.0
<i>Sesamum indicum</i> Sesamo (Sp.); Beni; Benneseed; Ajonjoli (Sp.); Sesame	1	19726.0
<i>Sinapis alba</i> White Mustard	1	22832.0
<i>Solanum tuberosum</i> Potato	1	11100.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	11400.0
<i>Spinacia oleracea</i> Spinach	1	30640.0
<i>Stachys officinalis</i> Bishop's-Wort; Betony; Wood Betony; Purple Betony	1	
<i>Theobroma cacao</i> Cacao	1	11200.0
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	1	5206.0
<i>Tilia</i> sp. Linden; Basswood; Lime	1	
<i>Trifolium pratense</i> Red Clover; Peavine Clover; Purple Clover; Cowgrass	1	
<i>Trigonella foenum-graecum</i> Fenugreek; Alholva (Sp.); Bockshornklee (Ger.); Greek Clover; Greek Hay	1	23960.0
<i>Triticum aestivum</i> Wheat	1	39388.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	3120.0
<i>Valeriana officinalis</i> Common Valerian; Valerian; Garden-Heliotrope	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	25280.0
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	24000.0
<i>Vigna unguiculata</i> Pea Bean; Asparagus Bean; Yardlong Bean	1	56386.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	56310.0
<i>Vigna mungo</i> Black Gram	1	
<i>Vigna angularis</i> Adzuki Bean	1	24306.0
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	22764.0
<i>Vitellaria paradoxa</i> Shea Nut; Butterseed; Shea; Shea-Butter-Tree; Sheatree	1	
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); European Grape; Wine Grape; Parra (Sp.); Vid (Sp.); Grape; Grapevine; Weinrebe (Ger.)	1	1440.0
<i>Zanthoxylum americanum</i> Northern Prickly Ash	2	
<i>Zea mays</i> Corn	2	12480.0
<i>Zingiber officinale</i> Ginger	1	4910.0