

# A Aphrodisiac

\*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	16900.0
<i>Acacia farnesiana</i> Sweet Acacia; Popinac; Cassie; Opopanax; Huisache	1	78960.0
<i>Albizia lebbek</i> Lebbek Tree; Siris Tree; Frywood; Koko; East Indian Walnut; Women's-Tongue Tree; Lebbek	1	
<i>Alchornea floribunda</i> Niando	1	
<i>Allium schoenoprasum</i> Chives	1	50600.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	45532.0
<i>Allium cepa</i> Shallot; Onion	2	34444.0
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	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	29112.0
<i>Anacardium occidentale</i> Cashew	1	35422.0
<i>Anadenanthera peregrina</i> Cohoba; Niopo	1	
<i>Anadenanthera colubrina</i> Cohoba; Niopo	1	
<i>Ananas comosus</i> Pineapple	1	2666.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	27356.0
<i>Angelica sinensis</i> Dong Quai; Dang Gui; Dang Quai; Dong Gui; Chinese Angelica; Dang Qui	1	
<i>Annona squamosa</i> Sweetsop; Sugar-Apple	1	
<i>Apium graveolens</i> Celery	1	8210.0
<i>Apocynum cannabinum</i> Spreading Dogbane; Bitterroot	1	
<i>Arachis hypogaea</i> Peanut; Groundnut	1	74044.0
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	10500.0
<i>Armoracia rusticana</i> Horseradish	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artocarpus altilis</i> Breadfruit	1	
<i>Arundo donax</i> Giant Reed	1	
<i>Asimina triloba</i> Pawpaw	1	4672.0
<i>Asparagus officinalis</i> Asparagus	1	36904.0
<i>Aspidosperma quebracho-blanco</i> Quebracho	1	
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	2	26000.0
<i>Averrhoa carambola</i> Star Fruit; Carambola	1	
<i>Banisteriopsis caapi</i> Soul Vine; Ayahuasca; Spirit Vine; Yage; Caapi	2	
<i>Basella alba</i> Vinespinach	1	20290.0
<i>Bertholletia excelsa</i> Brazilnut-Tree; Creamnut; Paranut; Brazilnut	1	49454.0
<i>Beta vulgaris</i> Beet; Sugar Beet; Beetroot; Garden Beet	1	5994.0
<i>Bixa orellana</i> Lipstick Pod; Achiote; Annato; Lipsticktree; Annoto; Annatto; Bija; Arnato	1	28520.0
<i>Brassica rapa</i> Celery Mustard; Celery Cabbage; Chinese White Cabbage; Pak-Choi; Chinese Mustard; Chinese Cabbage; Bok-Choy	1	5900.0

Plant	# Chemicals	Total PPM
<i>Brassica oleracea</i> var. <i>viridis</i> I. Tree Kale; Tall Kale; Collards; Cow Cabbage; Spring-Heading Cabbage	1	26224.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kale; Curly Kale; Scotch Kale; Kitchen Kale	1	23680.0
<i>Brassica oleracea</i> var. <i>italica</i> Sprouting Broccoli; Broccoli; Cape Broccoli; Purple Cauliflower; Calabrese; Heading Broccoli; Asparagus Broccoli; Winter Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	28988.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	1	18450.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	55946.0
<i>Brassica oleracea</i> Kohlrabi	1	23334.0
<i>Brassica nigra</i> Black Mustard	1	53314.0
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	28620.0
<i>Brassica chinensis</i> Bok-Choy; Chinese Cabbage; Pak-Choi; Celery Cabbage; Chinese White Cabbage; Celery Mustard; Chinese Mustard	1	35902.0
<i>Cajanus cajan</i> Pigeonpea	1	29060.0
<i>Calathea allouia</i> Lleren; Leren	1	
<i>Camellia sinensis</i> Tea	1	
<i>Canavalia ensiformis</i> Jack Bean	1	
<i>Cannabis sativa</i> Marihuana; Hemp; Marijuana; Indian Hemp	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Chili; Tabasco; Cayenne; Hot Pepper; Spur Pepper; Red Chili	1	15668.0
<i>Capsicum annum</i> Paprika; Bell Pepper; Green Pepper; Cone Pepper; Cherry Pepper; Sweet Pepper	1	11184.0
<i>Carica papaya</i> Papaya	1	1790.0
<i>Carum carvi</i> Carum; Comino de prado (Sp.); Kummel (Ger.); Caraway; Comino (Sp.)	1	
<i>Castanea sativa</i> European Chestnut	1	6384.0
<i>Castanea mollissima</i> Chinese Chestnut	1	15704.0
<i>Castanea dentata</i> American Chestnut	1	13556.0
<i>Catharanthus roseus</i> Rosy Periwinkle; Madagascar Periwinkle	1	
<i>Catharanthus lanceus</i> Lanceleaf Periwinkle	1	100000.0
<i>Ceratonia siliqua</i> St.John's-Bread; Locust Bean; Carob	1	110920.0
<i>Chenopodium album</i> Lambsquarter	1	32232.0
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	41120.0
<i>Cichorium intybus</i> Succory; Witloof; Chicory	1	29784.0
<i>Cichorium endivia</i> Escarole; Endive	1	19968.0
<i>Citrullus lanatus</i> Watermelon	1	107098.0
<i>Citrus sinensis</i> Orange	1	9816.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	7092.0
<i>Citrus paradisi</i> Grapefruit	1	1520.0
<i>Cnidioscolus chayamansa</i> Chaya	1	69440.0
<i>Coccinia grandis</i> Ivy Gourd; Tindora; Pepasan; Kundree; Kanduri; Tindori; Little Gourd	1	
<i>Cocos nucifera</i> Cocotero (Sp.); Coconut; Kokospalme (Ger.); Coconut Palm; Copra; Nariyal	1	
<i>Colocasia esculenta</i> Taro	1	37700.0
<i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute	1	40370.0
<i>Coriandrum sativum</i> Chinese Parsley; Cilantro; Coriander	1	
<i>Crocus sativus</i> Saffron	1	

Plant	# Chemicals	Total PPM
<i>Cryptotaenia japonica</i> Japanese Cryptotaenia; Mitsuba; Japanese Honewort; Stone Parsley; Ya Er Qin	1	
<i>Cucumis sativus</i> Cucumber	1	17216.0
<i>Cucurbita</i> spp Summer Squash	1	15820.0
<i>Cucurbita pepo</i> Pumpkin	1	137466.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Cytisus scoparius</i> Scotch Broom	1	
<i>Daucus carota</i> Carrot	1	7040.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	12070.0
<i>Dryopteris marginalis</i> Marginal Fern; Marginal Wood Fern	1	
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	
<i>Euphorbia lathyris</i> Mole Plant; Caper Spurge	1	34000.0
<i>Fagopyrum esculentum</i> Buckwheat	1	23820.0
<i>Ficus carica</i> Figuiers Commun (Fr.); Feigenbaum (Ger.); Figueira (Port.); Higo (Sp.); Echte Feige (Ger.); Fig; Fico (Ital.); Higuera Comun (Sp.)	1	1628.0
<i>Foeniculum vulgare</i> Fennel	1	14920.0
<i>Fragaria</i> spp Strawberry	1	6168.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	20841.0
<i>Glycine max</i> Soybean	1	61900.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	23254.0
<i>Helianthus annuus</i> Sunflower; Girasol	1	164000.0
<i>Hippophae rhamnoides</i> Sallow Thorn; Yellow Spine; Sea Buckthorn	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	
<i>Humulus lupulus</i> Hops	2	
<i>Ipomoea batatas</i> Sweet Potato	1	5670.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	39310.0
<i>Juglans regia</i> English Walnut	2	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juglans cinerea</i> Butternut	1	100600.0
<i>Lablab purpureus</i> Hyacinth Bean; Bonavist Bean; Lablab Bean	1	38730.0
<i>Lactuca sativa</i> Lettuce	1	23666.0
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	6280.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	6200.0
<i>Lens culinaris</i> Lentil	1	89530.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	18000.554
<i>Lippia javanica</i> Umsuzwane (Zulu); Lemon Bush	1	
<i>Lupinus albus</i> White Lupine	1	88800.0
<i>Lycium barbarum</i> Ning Xia Gou Qi (Chin.); Barbary Matrimony Vine; Matrimony Vine; Duke of Argyll's Eta Tree; Common Matrimony Vine	1	
<i>Lycopersicon esculentum</i> Tomato	1	7274.0
<i>Lycopodium clavatum</i> Clubmoss; Antler Herb	1	

Plant	# Chemicals	Total PPM
Macadamia spp Macadamia	1	18500.0
Malus domestica Apple	3	746.26
Mangifera indica Mango	1	6800.0
Manihot esculenta Tapioca; Yuca; Cassava	1	19940.0
Medicago sativa Lucerne; Alfalfa	1	
Melia azedarach Chinaberry	1	
Mentha x piperita Peppermint	1	
Mentha spicata Spearmint; Hortela da Folha Miuda	1	
Momordica charantia Bitter Melon; Sorosi	1	
Moringa oleifera Benzolive Tree; Jacinto (Sp.); Drumstick Tree; Horseradish Tree; Ben Nut; Moringa; West Indian Ben	1	
Mucuna pruriens Velvetbean; Cowage	2	52360.0
Murraya sp None	1	6222.0
Musa x paradisiaca Plantain; Banana	1	4937.0
Nasturtium officinale Berro; Watercress	1	60000.0
Nelumbo nucifera Water Lotus	1	28904.0
Nigella sativa Nutmeg-Flower; Roman Coriander; Fennel-Flower; Black Cumin; Black Caraway	1	106100.0
Ocimum basilicum Cuban Basil; Sweet Basil; Basil	1	13240.0
Oenothera biennis Evening-Primrose	1	30096.0
Olea europaea Olive	1	
Opuntia ficus-indica Nopal; Nopalito; Indian Fig; Prickly Pear	1	64110.0
Pachyrhizus erosus Yambean	1	13270.0
Paeonia officinalis Double Peony	1	
Panax quinquefolius American Ginseng; Ginseng	3	35230.0
Panax notoginseng Sanchi Ginseng	1	
Panax ginseng Korean Ginseng; Ginseng; Oriental Ginseng; Chinese Ginseng	3	440200.0
Papaver somniferum Opium Poppy; Poppypseed Poppy	1	42802.0
Papaver bracteatum Great Scarlet Poppy	1	43300.0
Passiflora incarnata Manzana de Mayo; Mayapple; Passionflower	3	140.0
Pausinystalia johimbe Yohimbe	3	
Peganum harmala Syrian Rue; Harmel	3	
Perideridia gairdneri Squaw Root	1	17908.0
Perilla frutescens Perilla	1	
Persea americana Avocado	1	4586.0
Petasites japonicus Butterbur	1	
Phaseolus vulgaris Snap Bean; Haricot Bean; Wax Bean; Garden Bean; Pop Bean; Dwarf Bean; Green Bean; French Bean; Black Bean; Popping Bean; Field Bean; Flageolet Bean; Haricot Vert; String Bean; Navy Bean; Haricot; Kidney Bean	2	94090.0
Phaseolus lunatus Butter Bean; Lima Bean	1	30780.0
Phoenix dactylifera Date Palm	2	4180.0
Phyllanthus emblica Emblic; Myrobalan	1	1742.0
Pinellia ternata Pan-Hsia; Ban-Xia	1	
Pinus sylvestris Scotch Pine	1	
Pinus pinea Italian Stone Pine; Pignolia	1	
Pinus edulis Pinyon Pine	1	

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<i>Pistacia vera</i> Pistachio	1	45480.0
<i>Pisum sativum</i> Pea	1	67000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	20800.0
<i>Prunus persica</i> Peach	1	2916.0
<i>Prunus dulcis</i> Almond	1	52196.0
<i>Prunus domestica</i> Plum	1	1756.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	2	6600.0
<i>Psidium guajava</i> Guava	1	3024.0
<i>Psidium cattleianum</i> Strawberry Guava	1	1550.0
<i>Psophocarpus tetragonolobus</i> Winged Bean; Goa Bean; Asparagus Pea	1	75872.0
<i>Psoralea esculenta</i> Indian Bread-Root; Prairie Turnip; Breadroot; Indian Turnip; Prairie Apple; Prairie Potato	1	15952.0
<i>Punica granatum</i> Pomegranate; Granado (Sp.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Romanzeiro (Port.); Granatapfelbaum (Ger.); Zakuro (Jap.); Grenadier (Fr.)	3	34.0
<i>Pyrus communis</i> Pear	1	864.0
<i>Raphanus sativus</i> Radish	1	
<i>Rauvolfia vomitoria</i> African Snakeroot	1	
<i>Rauvolfia tetraphylla</i> Pinque-Pinque; Four-Leaf Devilpepper	1	
<i>Rauvolfia serpentina</i> Serpentine Wood; Indian Snakeroot	2	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	174000.0
<i>Ribes nigrum</i> Black Currant	1	70.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Sambucus canadensis</i> American Elderberry; Elderberry; Sweet Elder; American Elder	1	4652.0
<i>Scutellaria lateriflora</i> Skullcap; Mad-Dog Skullcap	1	
<i>Scutellaria baicalensis</i> Chinese Skullcap; Huang Qin; Baikal Skullcap	2	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	10860.0
<i>Senna obtusifolia</i> Sicklepod	1	20400.0
<i>Sesamum indicum</i> Benneseed; Sesamo (Sp.); Beni; Ajonjoli (Sp.); Sesame	1	73930.0
<i>Sinapis alba</i> White Mustard	1	37450.0
<i>Solanum tuberosum</i> Potato	1	13700.0
<i>Solanum melongena</i> Aubergine; Eggplant	1	15118.0
<i>Spinacia oleracea</i> Spinach	1	38478.0
<i>Stachys officinalis</i> Betony; Wood Betony; Bishop's-Wort; Purple Betony	1	
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Terminalia chebula</i> Ink Nut; Myrobalan; Chebulic Myrobalan; Black Myrobalan	1	
<i>Theobroma cacao</i> Cacao	1	1600.0
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trifolium pratense</i> Purple Clover; Red Clover; Cowgrass; Peavine Clover	1	
<i>Trigonella foenum-graecum</i> Bockshornklee (Ger.); Fenugreek; Alholva (Sp.); Greek Clover; Greek Hay	1	54230.0
<i>Triticum aestivum</i> Wheat	1	24000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	

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<i>Vaccinium corymbosum</i> Blueberry	1	4420.0
<i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian	1	
<i>Valerianella locusta</i> Lamb's Lettuce; Corn Salad	1	25280.0
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	2	392860.0
<i>Vigna unguiculata</i> Yardlong Bean; Asparagus Bean; Pea Bean	1	69064.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	78152.0
<i>Vigna angularis</i> Adzuki Bean	1	29668.0
<i>Viscum album</i> European Mistletoe	1	
<i>Vitellaria paradoxa</i> Shea; Butterseed; Sheatree; Shea-Butter-Tree; Shea Nut	1	
<i>Vitex agnus-castus</i> Chaste-Tree	1	
<i>Vitis vinifera</i> Grapevine; Grape; Weinrebe (Ger.); Wine Grape; Parra (Sp.); Vigne Vinifere (Fr.); European Grape; Vid (Sp.)	1	5040.0
<i>Zea mays</i> Corn	3	10900.08
<i>Zingiber officinale</i> Ginger	2	4972.0