

A Arteriodilator

*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>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Actaea dahurica</i> Xing an sheng ma; Sheng ma	1	
<i>Actaea cimicifuga</i> Sheng ma; Foetid Bugbane; Bugbane	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Agrimonia eupatoria</i> Agrimony; Sticklewort	1	
<i>Ajuga iva</i> Ivy Bugle	1	
<i>Allium schoenoprasum</i> Chives	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	54.0
<i>Allium cepa</i> Shallot; Onion	2	
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Ananas comosus</i> Pineapple	1	1520.0
<i>Anethum graveolens</i> Garden Dill; Dill	1	
<i>Angelica sinensis</i> Dong Quai; Chinese Angelica; Dong Gui; Dang Quai; Dang Gui; Dang Qui	2	
<i>Angelica archangelica</i> Garden Angelica; Angelica; Wild Parsnip	1	
<i>Anisodus tanguticus</i> Zang Qie	1	
<i>Apium graveolens</i> Celery	3	24000.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	90.0
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Artemisia dracunculus</i> Tarragon	1	76.0
<i>Artemisia abrotanum</i> Southernwood	1	
<i>Aspalathus linearis</i> Red Bush Tea; Rooibos; Kaffree Tea	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	
<i>Ballota nigra</i> Black Horehound	1	
<i>Basella alba</i> Vinespinach	1	
<i>Beta vulgaris</i> Sugar Beet; Beet; Beetroot; Garden Beet	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	12.0
<i>Brassica oleracea</i> var. <i>italica</i> Sprouting Broccoli; Heading Broccoli; Asparagus Broccoli; Purple Cauliflower; Broccoli; Cape Broccoli; Calabrese; Winter Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	20.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Red Cabbage; Cabbage	1	40.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	26.0
<i>Brassica nigra</i> Black Mustard	1	
<i>Camellia sinensis</i> Tea	3	2208.0
<i>Camellia japonica</i> Camelia (Fr., Port.); Camelia (Sp.); Tsubaki (Jap.); Japanese Tea; Kamelie (Ger.); Camellia; Common Camellia; Rose du Japon (Fr.)	1	
<i>Capsicum frutescens</i> Spur Pepper; Tabasco; Cayenne; Red Chili; Chili; Hot Pepper	1	
<i>Capsicum annuum</i> Green Pepper; Cone Pepper; Sweet Pepper; Bell Pepper; Cherry Pepper; Paprika	1	
<i>Catalpa ovata</i> Kisasage; Hsin-Pa-Pi	1	

Plant	# Chemicals	Total PPM
<i>Catharanthus roseus</i> Madagascar Periwinkle; Rosy Periwinkle	1	
<i>Celosia cristata</i> Cockscomb	1	
<i>Centaurea cyanus</i> Cornflower; Bachelor's Button	1	
<i>Centaurium erythraea</i> Centaury	1	
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	1	
<i>Chamaemelum nobile</i> Roman Camomile; Garden Camomile; Perennial Camomile	1	
<i>Chenopodium ambrosioides</i> Epazote; Wormseed	1	
<i>Chenopodium album</i> Lambsquarter	1	
<i>Chrysanthemum x morifolium</i> Chrysanthemum; Mum; Florist's Chrysanthemum; Ju Hua (Pinyin)	1	
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	
<i>Cimicifuga dahurica</i> Sheng Ma	1	
<i>Citrullus colocynthis</i> Colocynth	1	
<i>Citrus sinensis</i> Orange	1	49.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	
<i>Citrus paradisi</i> Grapefruit	1	69.0
<i>Citrus limon</i> Lemon	2	80.0
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Cocos nucifera</i> Kokospalme (Ger.); Cocotero (Sp.); Coconut; Coconut Palm; Nariyal; Copra	1	
<i>Coffea arabica</i> Coffee	2	38.0
<i>Coix lacryma-jobi</i> Adlay; Adlay Millet; Yi-Yi-Ren; Job'S-Tears	2	
<i>Cola acuminata</i> Abata Cola	1	2000.0
<i>Commiphora wightii</i> Guggul; Indian Bdellium-Tree	1	
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Coptis</i> spp Generic Goldthread	1	
<i>Coptis japonica</i> Huang-Lia; Huang-Lien; Huang-Lian; Japanese Goldthread	1	
<i>Coptis chinensis</i> Huang-Lian; Chinese Goldthread; Huang-Lien	1	
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus monogyna</i> English Hawthorn; Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Hawthorn; English Hawthorn; Woodland Hawthorn	1	
<i>Cucumis sativus</i> Cucumber	1	
<i>Cucumis melo</i> Melon; Persian Melon; Muskmelon; Nutmeg Melon; Netted Melon; Cantaloupe	2	
<i>Cucurbita pepo</i> Pumpkin	2	
<i>Cydonia oblonga</i> Quince	1	
<i>Cynara cardunculus</i> Artichoke	1	
<i>Datura stramonium</i> Jimsonweed	1	
<i>Daucus carota</i> Carrot	1	
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Dioscorea alata</i> Greater Yam; Winged Yam	1	
<i>Dipteryx odorata</i> Dutch Tonka Bean; Tonka Bean	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	

Plant	# Chemicals	Total PPM
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Siberian Ginseng; Spiny Ginseng; Wu jia; Ci wu jia (Pinyin)	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	
<i>Equisetum hyemale</i> Scouring Rush; Horsetail	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Eucalyptus globulus</i> Tasmanian Bluegum; Eucalypt; Blue Gum	1	
<i>Eucalyptus citriodora</i> Spotted Gum; Lemon-Scented Gum; Lemon Eucalyptus; Citron-Scented Gum	1	
<i>Euphorbia lathyris</i> Mole Plant; Caper Spurge	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	
<i>Euphrasia officinalis</i> Eyebright	1	
<i>Ferula assa-foetida</i> Devil's Dung; Asafetida; Asafoetida; Asafetida (Sp.); test; Assa-foetida; Stinkasant (Ger.)	1	
<i>Ficus carica</i> Echte Feige (Ger.); Feigenbaum (Ger.); Figueira (Port.); Higuera Comun (Sp.); Figuier Commun (Fr.); Fico (Ital.); Higo (Sp.); Fig	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Ganoderma lucidum</i> Reishi; Ling Zhi	1	
<i>Gaultheria procumbens</i> Wintergreen; Creeping Wintergreen; Teaberry; Checkerberry; Wintergrun (Ger.); Mountain Tea	1	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	3	16.0
<i>Glycyrrhiza glabra</i> Licorice; Licorice-Root; Commom Licorice; Smooth Licorice	2	
<i>Helianthus annuus</i> Sunflower; Girasol	1	6.0
<i>Hierochloe odorata</i> Manna Grass; Holy Grass; Sweet Grass; Vanilla Grass; Seneca Grass; Vanilla-Scented Grass	1	
<i>Hordeum vulgare</i> Barley; Barleygrass	1	
<i>Humulus lupulus</i> Hops	1	
<i>Huperzia</i> spp Cutleaf Clubmoss	1	
<i>Hura crepitans</i> Sandbox Tree	1	
<i>Hypericum perforatum</i> St. John's-wort; Hypericum; Goatweed; Common St. Johnswort; Klamath Weed	1	
<i>Hyssopus officinalis</i> Hyssop	1	
<i>Ilex paraguariensis</i> South American Holly; Mate; Paraguay Tea	2	11000.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	
<i>Kalanchoe pinnata</i> Air Plant; Siempre Viva	1	
<i>Lactuca sativa</i> Lettuce	1	
<i>Lens culinaris</i> Lentil	1	
<i>Levisticum officinale</i> Lovage	2	3070.0
<i>Ligustrum japonicum</i> Japanese Privet; Ligustri Fructus	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lycopersicon esculentum</i> Tomato	2	
<i>Lycopodium selago</i> Clubmoss	1	
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycopus europeus</i> European Bugle	1	
<i>Malus domestica</i> Apple	1	190.0
<i>Medicago sativa</i> Alfalfa; Lucerne	2	

Plant	# Chemicals	Total PPM
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	
<i>Mentha x rotundifolia</i> Applemint	1	
<i>Menyanthes trifoliata</i> Marsh Clover; Bogbean; Bog Myrtle; Water Trefoil; Marsh Trefoil; Buckbean	1	
<i>Myroxylon balsamum</i> Peru Balsam; Tolu Balsam	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Ononis spinosa</i> Hauhechel (Ger.); Spiny Restharrow; Restharrow	1	
<i>Opopanax chironium</i> Opopanax; Hercules All Heal	1	
<i>Oryza sativa</i> Rice	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	
<i>Panax ginseng</i> Korean Ginseng; Chinese Ginseng; Oriental Ginseng; Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppseed Poppy	2	840.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	2	
<i>Paullinia cupana</i> Guarana	2	3800.0
<i>Phaseolus vulgaris</i> Kidney Bean; Haricot; Snap Bean; Wax Bean; String Bean; Haricot Bean; Field Bean; Flageolet Bean; Pop Bean; Black Bean; Navy Bean; Haricot Vert; Green Bean; French Bean; Garden Bean; Dwarf Bean; Popping Bean	1	
<i>Pinus sylvestris</i> Scotch Pine	1	
<i>Pisum sativum</i> Pea	1	
<i>Plantago major</i> Common Plantain	1	
<i>Polygala senega</i> Seneca Snakeroot; Senega	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunus spinosa</i> Sloe; Blackthorn	1	
<i>Prunus persica</i> Peach	1	
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	1	
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Pteridium aquilinum</i> Bracken; Bracken Fern	1	
<i>Punica granatum</i> Mangrano (Sp.); Granado (Sp.); Granatapfelbaum (Ger.); Romanzeiro (Port.); Granatapfelstrauch (Ger.); Zakuro (Jap.); Pomegranate; Grenadier (Fr.)	1	
<i>Raphanus sativus</i> Radish	1	32.0
<i>Rauvolfia serpentina</i> Indian Snakeroot; Serpentine Wood	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	16.0
<i>Rheum palmatum</i> Chinese Rhubarb	1	
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Rubus fruticosus</i> Blackberry	1	
<i>Rumex acetosella</i> Sheep Sorrel	1	
<i>Salvia</i> sp. Chia	1	

Plant	# Chemicals	Total PPM
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus nigra</i> Black Elder; European Elder; Elder; European Alder; European Elderberry	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Sesame; Benneseed; Sesamo (Sp.); Beni; Ajonjoli (Sp.)	1	
<i>Solanum tuberosum</i> Potato	1	253.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	
<i>Solidago gigantea</i> Early Goldenrod	1	
<i>Sophora japonica</i> Japanese Pagoda Tree	1	
<i>Spinacia oleracea</i> Spinach	1	32.0
<i>Stellaria media</i> Common Chickweed; Chickweed	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Taxus baccata</i> Common Yew	1	
<i>Tecoma stans</i> Yellow Elder	1	
<i>Theobroma cacao</i> Cacao	3	68500.0
<i>Theobroma bicolor</i> Nicaraguan Cacao; Pataste	2	
<i>Theobroma angustifolium</i> Castarica; Emerald Cacao	2	
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	
<i>Triticum aestivum</i> Wheat	2	64.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	2	
<i>Vaccinium myrtillus</i> Bilberry; Whortleberry; Dwarf Bilberry	1	
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	
<i>Vaccinium corymbosum</i> Blueberry	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Verbena officinalis</i> Vervain	1	
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	
<i>Viola odorata</i> Common Violet; Sweet Violet	1	
<i>Vitis vinifera</i> Grapevine; Wine Grape; European Grape; Vigne Vinifere (Fr.); Grape; Weinrebe (Ger.); Vid (Sp.); Parra (Sp.)	1	
<i>Zea mays</i> Corn	2	54.0
<i>Zingiber officinale</i> Ginger	1	