

Atherogenic

*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
Acacia senegal Gum Arabic Tree; Kher; Senegal Gum; Sudan Gum Arabic; Gum Arabic	1	
Acacia nilotica Babul	1	
Achillea millefolium Milfoil; Yarrow	1	
Aesculus hippocastanum Horse Chestnut	1	
Alisma plantago-aquatica Mud Plantain; Water Plantain; Ze-Xie; Tse-Hsieh	1	
Allium sativum var. sativum Garlic	1	
Allium cepa Onion; Shallot	1	
Allium ampeloprasum Kurrat; Elephant Garlic	1	
Alnus glutinosa Black Alder	1	
Alocasia macrorrhiza Giant Taro	1	
Althaea officinalis White Mallow; Marshmallow	1	
Anamirta cocculus Levant Berry	1	
Ananas comosus Pineapple	1	300000.0
Anastatica hierochuntica Jericho Rose	1	
Angelica sinensis Dang Quai; Dong Quai; Dang Qui; Dang Gui; Dong Gui; Chinese Angelica	1	
Angelica archangelica Angelica; Garden Angelica; Wild Parsnip	1	
Annona squamosa Sugar-Apple; Sweetsop	1	545000.0
Annona muricata Soursop	1	
Apium graveolens Celery	1	
Areca catechu Betel Nut; Pin-Lang	1	
Arnica montana Mountain Tobacco; Leopard's-Bane	1	20000.0
Artemisia dracunculus Tarragon	1	
Asimina triloba Pawpaw	1	1090000.0
Asparagus officinalis Asparagus	1	
Astragalus membranaceus Huang Qi; Huang-Chi	1	
Avena sativa Oats	1	
Ballota nigra Black Horehound	1	
Berberis vulgaris Barberry	1	
Beta vulgaris Sugar Beet; Garden Beet; Beet; Beetroot	1	540000.0
Carica papaya Papaya	1	
Castanea sativa European Chestnut	1	432000.0
Ceratonia siliqua Carob; St.John's-Bread; Locust Bean	1	
Cichorium intybus Witloof; Chicory; Succory	1	
Citrus sinensis Orange	1	94000.0
Citrus paradisi Grapefruit	1	42800.0
Citrus mitis Calamansi; Calamondin	1	
Cnidium officinale Jih-Chiung	1	
Cocos nucifera Coconut; Kokospalme (Ger.); Cocotero (Sp.); Coconut Palm; Copra; Nariyal	1	268000.0
Coriandrum sativum Chinese Parsley; Coriander; Cilantro	1	

Plant	# Chemicals	Total PPM
<i>Coriaria myrtifolia</i> Mealy Tree	1	
<i>Corylus avellana</i> Hazel; European Filbert; English Filbert; Cobnut; European Hazel	1	100000.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; English Hawthorn; Hawthorn; Woodland Hawthorn	1	
<i>Cucurbita pepo</i> Pumpkin	1	28000.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Cyphomandra betacea</i> Tamarillo; Tree Tomato	1	
<i>Daphne mezereum</i> Spurge Olive; Spurge Laurel	1	
<i>Daucus carota</i> Carrot	1	678000.0
<i>Dianthus caryophyllus</i> Carnation; Oeillet (Fr.); Clavel (Sp.); Clove Pink; Nelke (Ger.)	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Siberian Ginseng; Spiny Ginseng; Ci wu jia (Pinyin); Wu jia	1	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Ficus carica</i> Fig; Higuera Comun (Sp.); Figueira (Port.); Fico (Ital.); Higo (Sp.); Echte Feige (Ger.); Figuier Commun (Fr.); Feigenbaum (Ger.)	1	462250.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	47200.0
<i>Glycine max</i> Soybean	1	143400.0
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Chinese Licorice; Gan-Cao	1	
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice-Root; Smooth Licorice; Licorice	1	181700.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus annuus</i> Sunflower; Girasol	1	
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Roselle; Sorrel; Sereni (Sp.); Kharkadi; Rosella (Ger.); Red Sorrel; Acedera de Guinea (Sp.); Malventee (Ger.); Indian Sorrel; Rosa de Jamaica (Sp.)	1	4800.0
<i>Hippophae rhamnoides</i> Sallow Thorn; Yellow Spine; Sea Buckthorn	1	
<i>Humulus lupulus</i> Hops	1	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Jatropha curcas</i> Purging Nut; Physic Nut	1	
<i>Kalmia latifolia</i> Spoonwood; Calico Bush; Mountain Laurel	1	
<i>Lawsonia inermis</i> Mignonette; Jamaica-Mignonette; Mignonette Tree; Henna	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycoris radiata</i> Spider Lily	1	146400.0
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Mahonia repens</i> Oregon Grape; Oregon Barberry; Oregon Grape-Holly; Creeping Barberry	1	
<i>Malus domestica</i> Apple	1	72400.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	251600.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	

Plant	# Chemicals	Total PPM
<i>Musa x paradisiaca</i> Banana; Plantain	1	137400.0
<i>Nelumbo nucifera</i> Water Lotus	1	141730.0
<i>Nicotiana tabacum</i> Tobacco	1	140000.0
<i>Ophiopogon japonicus</i> Mai-Men-Tung; Mai-Men-Dong	1	
<i>Opuntia ficus-indica</i> Indian Fig; Nopalito; Nopal; Prickly Pear	1	
<i>Oryza sativa</i> Rice	1	9600.0
<i>Paeonia officinalis</i> Double Peony	1	280000.0
<i>Paeonia lactiflora</i> Peony; White Peony; Common Garden Peony; Bai Shao (Chinese); Chih-Shao	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	85420.0
<i>Panax ginseng</i> Oriental Ginseng; Ginseng; Korean Ginseng; Chinese Ginseng	1	
<i>Passiflora incarnata</i> Mayapple; Manzana de Mayo; Passionflower	1	
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	876400.0
<i>Phragmites australis</i> Giant Reed; Common Reed; Reed Grass; Ditch Reed	1	
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	25940.0
<i>Physalis ixocarpa</i> Tomatillo	1	50120.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Pinus sylvestris</i> Scotch Pine	1	34000.0
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	50000.0
<i>Pistacia vera</i> Pistachio	1	65200.0
<i>Pisum sativum</i> Pea	1	560000.0
<i>Plantago ovata</i> Indian Plantago; Spogel Seeds; Psyllium; Ispaghula; Blond Psyllium	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	310000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus persica</i> Peach	1	200000.0
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	1	96000.0
<i>Prunus armeniaca</i> Apricot	1	108000.0
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Romanzeiro (Port.); Pomegranate; Granado (Sp.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Granatapfelbaum (Ger.); Zakuro (Jap.); Grenadier (Fr.)	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	162000.0
<i>Ribes uva-crispa</i> Gooseberry	1	14200.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	3000.0
<i>Ribes nigrum</i> Black Currant	1	12400.0
<i>Rosa spp</i> Rose Hips	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	1	64200.0
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	72000.0
<i>Saccharum officinarum</i> Sugarcane	1	
<i>Sambucus nigra</i> European Alder; European Elderberry; Elder; European Elder; Black Elder	1	

Plant	# Chemicals	Total PPM
<i>Santalum album</i> White Sandalwood	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Scutellaria baicalensis</i> Chinese Skullcap; Baikal Skullcap; Huang Qin	1	
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Sesamum indicum</i> Beni; Ajonjoli (Sp.); Sesamo (Sp.); Benneseed; Sesame	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum melongena</i> Eggplant; Aubergine	1	
<i>Spondias pinnata</i> Yellow Mombin; Yellow Plum	1	58000.0
<i>Spondias dulcis</i> Ambarella	1	400000.0
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Ca-A-E; Stevia	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia chebula</i> Ink Nut; Chebulic Myrobalan; Black Myrobalan; Myrobalan	1	20000.0
<i>Terminalia bellirica</i> Bahera; Belleric; Beleric Myrobalan; Myrobalan; Myrobalan Belleric	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Tilia</i> sp. Basswood; Lime; Linden	1	
<i>Trigonella foenum-graecum</i> Greek Clover; Greek Hay; Alholva (Sp.); Fenugreek; Bockshornklee (Ger.)	1	
<i>Triticum aestivum</i> Wheat	1	16800.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingonberry; Cowberry; Lingen	1	10600.0
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	1	
<i>Vanilla planifolia</i> Bourbon Vanilla; Vanilla	1	700000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Verbascum thapsus</i> Velvetplant; Flannelleaf; Flannelplant; Great Mullein; Mullein	1	
<i>Vetiveria zizanioides</i> Cuscut Grass; Cus-Cus; Vetiver	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Crampbark; Guelder Rose; European Cranberry Bush; Snowballbush	1	
<i>Vigna unguiculata</i> Southern Pea; Cowpea; Black-eyed Pea; Crowder Pea	1	30000.0
<i>Vigna radiata</i> Green Gram; Mungbean	1	36000.0
<i>Vigna mungo</i> Black Gram	1	32000.0
<i>Withania somnifera</i> Ashwagandha	1	2000.0
<i>Zea mays</i> Corn	1	38000.0
<i>Zingiber officinale</i> Ginger	1	
<i>Zizyphus jujuba</i> Jujube; Ta-Tsao; Da-Zao	1	416000.0