

# A Antiacid

\*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
Abelmoschus esculentus Okra	1	8800.0
Acacia farnesiana Popinac; Huisache; Cassie; Sweet Acacia; Opopanax	1	29180.0
Achillea millefolium Yarrow; Milfoil	1	
Allium schoenoprasum Chives	1	34750.0
Allium sativum var. sativum Garlic	1	9600.0
Allium cepa Onion; Shallot	1	10682.0
Aloe vera Bitter Aloes; Aloe	1	
Alpinia galanga Greater Galangal; Languas; Siamese Ginger	1	
Amaranthus sp. Pigweed	1	31760.0
Anacardium occidentale Cashew	1	16338.0
Ananas comosus Pineapple	1	2518.0
Angelica sinensis Dong Gui; Dang Gui; Dang Quai; Dang Qui; Dong Quai; Chinese Angelica	1	
Apium graveolens Celery	1	8580.0
Arachis hypogaea Peanut; Groundnut	1	37986.0
Arctium lappa Gobo; Great Burdock; Burdock	1	3100.0
Artemisia dracuncululus Tarragon	1	
Artocarpus altilis Breadfruit	1	
Asimina triloba Pawpaw	1	7002.0
Asparagus officinalis Asparagus	1	25548.0
Avena sativa Oats	1	4000.0
Averrhoa carambola Carambola; Star Fruit	1	
Basella alba Vinespinach	1	19420.0
Bertholletia excelsa Brazilnut; Brazilnut-Tree; Paranut; Creamnut	1	13594.0
Beta vulgaris Beet; Beetroot; Garden Beet; Sugar Beet	1	4574.0
Borago officinalis Beeplant; Beebread; Borage; Talewort	1	
Brassica rapa Rapini; Turnip; Seven-Top Turnip	1	6150.0
Brassica oleracea var. viridis I. Spring-Heading Cabbage; Tall Kale; Tree Kale; Cow Cabbage; Collards	1	19668.0
Brassica oleracea var. sabellica I. Kale; Curly Kale; Kitchen Kale; Scotch Kale	1	20464.0
Brassica oleracea var. capitata I. Red Cabbage; White Cabbage; Cabbage	1	7220.0
Brassica oleracea var. botrytis I. Cauliflower	1	36946.0
Brassica napus var. napobrassica Swedish Turnip; Rutabaga; Swede	1	5220.0
Brassica chinensis Bok-Choy; Celery Cabbage; Celery Mustard; Chinese Cabbage; Pak-Choi; Chinese White Cabbage; Chinese Mustard	1	18378.0
Cajanus cajan Pigeonpea	1	17940.0
Calathea allouia Leren; Lleren	1	
Camellia sinensis Tea	1	
Canavalia ensiformis Jack Bean	1	
Capsicum frutescens Hot Pepper; Spur Pepper; Cayenne; Tabasco; Chili; Red Chili	1	12076.0
Capsicum annuum Paprika; Bell Pepper; Green Pepper; Sweet Pepper; Cone Pepper; Cherry Pepper	1	8456.0

Plant	# Chemicals	Total PPM
<i>Carica papaya</i> Papaya	1	3222.0
<i>Carum carvi</i> Caraway; Comino (Sp.); Kummel (Ger.); Comino de Prado (Sp.); Carum	1	
<i>Castanea sativa</i> European Chestnut	1	4706.0
<i>Castanea mollissima</i> Chinese Chestnut	1	6542.0
<i>Castanea dentata</i> American Chestnut	1	8076.0
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> Locust Bean; St.John's-Bread; Carob	1	49820.0
<i>Chenopodium album</i> Lambsquarter	1	31722.0
<i>Cicer arietinum</i> Chickpea; Garbanzo	1	18150.0
<i>Cichorium endivia</i> Escarole; Endive	1	18680.0
<i>Citrullus lanatus</i> Watermelon	1	2356.0
<i>Citrus sinensis</i> Orange	1	14194.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	10316.0
<i>Citrus paradisi</i> Grapefruit	1	
<i>Cnidioscolus chayamansa</i> Chaya	1	21700.0
<i>Cocos nucifera</i> Copra; Coconut Palm; Kokospalme (Ger.); Coconut; Cocotero (Sp.); Nariyal	1	
<i>Colocasia esculenta</i> Taro	1	5040.0
<i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute	1	34840.0
<i>Coriandrum sativum</i> Cilantro; Coriander; Chinese Parsley	1	
<i>Crocus sativus</i> Saffron	1	
<i>Cryptotaenia japonica</i> Mitsuba; Japanese Cryptotaenia; Ya Er Qin; Stone Parsley; Japanese Honewort	1	
<i>Cucumis sativus</i> Cucumber	1	9620.0
<i>Cucurbita</i> spp Summer Squash	1	13924.0
<i>Cucurbita pepo</i> Pumpkin	1	74515.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Daucus carota</i> Carrot	1	4910.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	4960.0
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	19500.0
<i>Ficus carica</i> Fico (Ital.); Higuera Comun (Sp.); Echte Feige (Ger.); Higo (Sp.); Figuier Commun (Fr.); Fig; Figueira (Port.); Feigenbaum (Ger.)	1	2394.0
<i>Foeniculum vulgare</i> Fennel	1	24288.0
<i>Fragaria</i> spp Strawberry	1	5694.0
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	11499.0
<i>Glycine max</i> Soybean	1	36890.0
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	4956.0
<i>Helianthus annuus</i> Girasol; Sunflower	1	30800.0
<i>Ipomoea batatas</i> Sweet Potato	1	5450.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	26300.0
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	

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<i>Juglans cinerea</i> Butternut	1	31202.0
<i>Lablab purpureus</i> Bonavist Bean; Lablab Bean; Hyacinth Bean	1	22690.0
<i>Lactuca sativa</i> Lettuce	1	19000.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	8400.0
<i>Lens culinaris</i> Lentil	1	21270.0
<i>Lentinus edodes</i> Shiitake	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Lupinus albus</i> White Lupine	1	34370.0
<i>Lycium chinense</i> Chinese Matrimony Vine; Lyciet de Chine (Fr.); Gou Qi (Chin.); Kuko (Jap.); Chinese Boxthorn; Spina Santa Chinese (Ital.); Wolfberry; Daun Koki (Indones.); Kaukichai (Malays.); Chinese Wolfberry; Chinesischer Bocksborn (Ger.)	1	
<i>Lycopersicon esculentum</i> Tomato	1	7274.0
<i>Macadamia</i> spp Macadamia	1	7630.0
<i>Malus domestica</i> Apple	1	994.0
<i>Mangifera indica</i> Mango	1	3800.0
<i>Manihot esculenta</i> Yuca; Tapioca; Cassava	1	4060.0
<i>Melia azedarach</i> Chinaberry	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> Horseradish Tree; Moringa; Benzolive Tree; Jacinto (Sp.); Drumstick Tree; West Indian Ben; Ben Nut	1	
<i>Mucuna pruriens</i> Cowage; Velvetbean	1	30530.0
<i>Murraya</i> sp None	1	2592.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	2733.0
<i>Nasturtium officinale</i> Berro; Watercress	1	44800.0
<i>Nelumbo nucifera</i> Water Lotus	1	28322.0
<i>Nigella sativa</i> Black Cumin; Fennel-Flower; Nutmeg-Flower; Black Caraway; Roman Coriander	1	41400.0
<i>Ocimum basilicum</i> Cuban Basil; Sweet Basil; Basil	1	13800.0
<i>Oenothera biennis</i> Evening-Primrose	1	21706.0
<i>Opuntia ficus-indica</i> Prickly Pear; Nopal; Indian Fig; Nopalito	1	37890.0
<i>Oryza sativa</i> Rice	1	
<i>Pachyrhizus erosus</i> Yambean	1	5710.0
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	3080.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Korean Ginseng; Ginseng	1	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	1	24094.0
<i>Papaver bracteatum</i> Great Scarlet Poppy	1	18700.0
<i>Perideridia gairdneri</i> Squaw Root	1	3684.0
<i>Persea americana</i> Avocado	1	6452.0
<i>Phaseolus vulgaris</i> Popping Bean; Haricot Vert; French Bean; Haricot Bean; Garden Bean; Green Bean; Navy Bean; Black Bean; Flageolet Bean; Dwarf Bean; Kidney Bean; Haricot; Pop Bean; Wax Bean; Field Bean; Snap Bean; String Bean	1	63276.0
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	20180.0
<i>Phoenix dactylifera</i> Date Palm	1	6020.0
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	1960.0

Plant	# Chemicals	Total PPM
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	
<i>Pinus pinea</i> Italian Stone Pine; Pignolia	1	
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pistacia vera</i> Pistachio	1	22782.0
<i>Pisum sativum</i> Pea	1	31652.0
<i>Plantago ovata</i> Blond Psyllium; Spogel Seeds; Psyllium; Ispaghula; Indian Plantago	1	
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	22000.0
<i>Prunus persica</i> Peach	1	3888.0
<i>Prunus dulcis</i> Almond	1	25858.0
<i>Prunus domestica</i> Plum	1	1622.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	5860.0
<i>Psidium guajava</i> Guava	1	5904.0
<i>Psidium cattleianum</i> Strawberry Guava	1	3000.0
<i>Psophocarpus tetragonolobus</i> Asparagus Pea; Winged Bean; Goa Bean	1	56056.0
<i>Psoralea esculenta</i> Prairie Apple; Indian Turnip; Prairie Potato; Breadroot; Prairie Turnip; Indian Bread-Root	1	2194.0
<i>Pyrus communis</i> Pear	1	1358.0
<i>Raphanus sativus</i> Radish	1	8530.0
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	4000.0
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus canadensis</i> Sweet Elder; Elderberry; American Elderberry; American Elder	1	3564.0
<i>Scutellaria baicalensis</i> Chinese Skullcap; Huang Qin; Baikal Skullcap	1	
<i>Secale cereale</i> Rye	1	
<i>Sechium edule</i> Chayote	1	12860.0
<i>Senna obtusifolia</i> Sicklepod	1	13780.0
<i>Sesamum indicum</i> Sesamo (Sp.); Benneseed; Sesame; Ajonjoli (Sp.); Beni	1	39836.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	1	28076.0
<i>Solanum tuberosum</i> Potato	1	11400.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	10904.0
<i>Spinacia oleracea</i> Spinach	1	31828.0
<i>Stachys officinalis</i> Purple Betony; Wood Betony; Bishop's-Wort; Betony	1	
<i>Theobroma cacao</i> Cacao	1	1800.0
<i>Thymus vulgaris</i> Common Thyme; Garden Thyme; Thyme	1	
<i>Tilia</i> sp. Basswood; Lime; Linden	1	
<i>Trigonella foenum-graecum</i> Greek Hay; Fenugreek; Alholva (Sp.); Bockshornklee (Ger.); Greek Clover	1	28732.0
<i>Triticum aestivum</i> Wheat	1	11270.0
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium corymbosum</i> Blueberry	1	3638.0
<i>Valerianella locusta</i> Corn Salad; Lamb's Lettuce	1	21940.0
<i>Vicia faba</i> Broadbean; Habas; Faba Bean	1	24200.0

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<i>Vigna unguiculata</i> Southern Pea; Black-eyed Pea; Crowder Pea; Cowpea	1	17100.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	34214.0
<i>Vigna angularis</i> Adzuki Bean	1	17468.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Weinrebe (Ger.); Wine Grape; Grape; European Grape; Grapevine; Parra (Sp.); Vid (Sp.)	1	2058.0
<i>Zea mays</i> Corn	1	10566.0
<i>Zingiber officinale</i> Ginger	1	4972.0