

# A Cardioprotective?

\*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
Anacardium occidentale Cashew	1	0.04
Anethum graveolens Dill; Garden Dill	1	
Asparagus officinalis Asparagus	1	4.0
Bertholletia excelsa Brazilnut; Paranut; Creamnut; Brazilnut-Tree	1	0.02
Brassica oleracea var. capitata I. Cabbage; Red Cabbage; White Cabbage	1	29.0
Carya ovata Shagbark Hickory	1	0.02
Carya illinoensis Pecan	1	0.02
Carya glabra Pignut Hickory	1	2.2
Cocos nucifera Copra; Nariyal; Coconut Palm; Kokospalme (Ger.); Cocotero (Sp.); Coconut	1	0.008
Corylus avellana European Filbert; English Filbert; Cobnut; European Hazel; Hazel	1	0.02
Diospyros virginiana American Persimmon	1	5.16
Juglans nigra Black Walnut	1	0.06
Juglans cinerea Butternut	1	0.04
Juniperus virginiana Red Cedar	1	5.28
Lactuca sativa Lettuce	1	40.6
Linum usitatissimum Linseed; Flax	1	
Liquidambar styraciflua Sweetgum; American Styrax	1	9.719999999999999
Lycopersicon esculentum Tomato	1	12.0
Nyssa sylvatica Black Tupelo; Black Gum	1	11.74
Panax quinquefolius American Ginseng; Ginseng	1	0.04
Phaseolus vulgaris Flageolet Bean; Pop Bean; Haricot Vert; Snap Bean; Navy Bean; Dwarf Bean; Kidney Bean; Garden Bean; Green Bean; Haricot Bean; Field Bean; Wax Bean; Haricot; Black Bean; String Bean; French Bean; Popping Bean	1	210.0
Phaseolus lunatus Butter Bean; Lima Bean	1	6.0
Pimenta dioica Clover-Pepper; Pimenta; Pimento; Jamaica-Pepper; Allspice	1	0.4
Pinus echinata Shortleaf Pine	1	2.52
Pistacia vera Pistachio	1	0.02
Prunus serotina Black Cherry; Wild Cherry	1	12.8
Prunus dulcis Almond	1	0.04
Pyrus communis Pear	1	1.11
Quercus velutina Black Oak	1	1.86
Quercus rubra Northern Red Oak	1	2.68
Quercus alba White Oak	1	3.04
Rhus copallina Winged Sumac; Dwarf Sumac	1	13.26
Sassafras albidum Sassafras	1	11.98
Symphoricarpos orbiculatus Buckbush	1	8.8
Vigna unguiculata Crowder Pea; Cowpea; Black-eyed Pea; Southern Pea	1	4.8
Zea mays Corn	1	2.7