

# A Cardiovascular

\*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 nilotica Babul  | 1           |           |
| Acacia farnesiana Cassie; Popinac; Huisache; Sweet Acacia; Opopanax                    | 1           |           |
| Achillea millefolium Yarrow; Milfoil   | 1           |           |
| Achyranthes bidentata Chaff Flower   | 1           |           |
| Alchornea floribunda Niando  | 1           |           |
| Allium cepa Onion; Shallot   | 1           |           |
| Anadenanthera peregrina Cohoba; Niopo  | 1           |           |
| Anadenanthera colubrina Cohoba; Niopo  | 1           |           |
| Ananas comosus Pineapple   | 3           | 368.0     |
| Angelica sinensis Dong Gui; Dang Gui; Dang Quai; Dang Qui; Dong Quai; Chinese Angelica | 2           |           |
| Annona squamosa Sweetsop; Sugar-Apple  | 1           |           |
| Annona muricata Soursop  | 1           |           |
| Anogeissus latifolia Gum Ghatti  | 1           |           |
| Apium graveolens Celery  | 1           |           |
| Arachis hypogaea Peanut; Groundnut   | 2           |           |
| Arctium lappa Gobo; Great Burdock; Burdock   | 1           |           |
| Argemone mexicana Prickly Poppy  | 1           |           |
| Artemisia dracunculus Tarragon   | 2           |           |
| Arundo donax Giant Reed  | 1           |           |
| Asclepias syriaca Milkweed   | 1           |           |
| Aspidosperma quebracho-blanco Quebracho  | 1           |           |
| Astragalus membranaceus Huang Qi; Huang-Chi  | 1           |           |
| Atropa bella-donna Belladonna  | 1           |           |
| Bacopa monnieri Brahmi; Water Hyssop   | 1           |           |
| Banisteriopsis caapi Ayahuasca; Caapi; Yage; Soul Vine; Spirit Vine                    | 1           |           |
| Beta vulgaris Beet; Beetroot; Garden Beet; Sugar Beet                                  | 1           |           |
| Brassica oleracea var. capitata l. White Cabbage; Cabbage; Red Cabbage                 | 1           |           |
| Calotropis sp. Giant Milkweed  | 1           |           |
| Camellia sinensis Tea  | 1           | 8.0       |
| Capsella bursa-pastoris Shepherd's Purse   | 2           |           |
| Carica papaya Papaya   | 1           |           |
| Catharanthus roseus Rosy Periwinkle; Madagascar Periwinkle                             | 1           |           |
| Catharanthus lanceus Lanceleaf Periwinkle  | 1           | 100000.0  |
| Ceratonia siliqua Locust Bean; Carob; St.John's-Bread                                  | 1           |           |
| Chelidonium majus Celandine  | 2           |           |
| Citrus sinensis Orange   | 3           | 1550.0    |
| Citrus reticulata Tangerine; Mandarin  | 3           | 364.0     |
| Citrus paradisi Grapefruit   | 1           |           |
| Citrus limon Lemon   | 2           |           |

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|--|-------------|-----------|
| <i>Cnicus benedictus</i> Blessed Thistle   | 1           |           |
| <i>Cocos nucifera</i> Coconut; Coconut Palm; Copra; Nariyal; Kokospalme (Ger.); Cocotero (Sp.)                   | 1           |           |
| <i>Coffea arabica</i> Coffee   | 1           |           |
| <i>Coriaria myrtifolia</i> Mealy Tree  | 1           |           |
| <i>Crataegus rhipidophylla</i> Hawthorn  | 1           |           |
| <i>Crataegus monogyna</i> Hawthorn; English Hawthorn   | 1           |           |
| <i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; English Hawthorn; Hawthorn                             | 1           |           |
| <i>Croton lechleri</i> Dragons Blood; Sangre de Drago; Sangre de Grado; Sangre de Dragon                         | 1           |           |
| <i>Cucumis melo</i> Cantaloupe; Muskmelon; Melon; Nutmeg Melon; Persian Melon; Netted Melon                      | 1           |           |
| <i>Cucurbita pepo</i> Pumpkin  | 2           |           |
| <i>Cytisus scoparius</i> Scotch Broom  | 2           |           |
| <i>Datura stramonium</i> Jimsonweed  | 1           |           |
| <i>Dryopteris marginalis</i> Marginal Fern; Marginal Wood Fern   | 2           |           |
| <i>Duboisia myoporoides</i> Corkwood Tree; Pituri  | 1           |           |
| <i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry  | 1           |           |
| <i>Eleutherococcus senticosus</i> Wu jia; Ci wu jia (Pinyin); Siberian Ginseng; Eleuthero Ginseng; Spiny Ginseng | 1           |           |
| <i>Ephedra sinica</i> Chinese Ephedra; Ma Huang  | 1           |           |
| <i>Equisetum arvense</i> Horsetail; Field Horsetail  | 1           | 0.8       |
| <i>Erythroxylum coca</i> Coca  | 1           |           |
| <i>Eschscholzia californica</i> California Poppy   | 1           |           |
| <i>Eucommia ulmoides</i> Gutta-Percha Tree; Du Zhong; Tu Chung   | 1           |           |
| <i>Euphorbia lathyris</i> Caper Spurge; Mole Plant   | 1           | 34000.0   |
| <i>Fragaria</i> spp Strawberry   | 1           |           |
| <i>Geranium thunbergii</i> Oriental Geranium; Gennoshiouko   | 1           |           |
| <i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo   | 1           |           |
| <i>Gleditsia triacanthos</i> Honey Locust  | 1           |           |
| <i>Gossypium</i> sp Cotton   | 1           |           |
| <i>Helianthus annuus</i> Sunflower; Girasol  | 1           |           |
| <i>Hippophae rhamnoides</i> Yellow Spine; Sallow Thorn; Sea Buckthorn  | 1           |           |
| <i>Hordeum vulgare</i> Barley; Barleygrass   | 1           | 104.0     |
| <i>Humulus lupulus</i> Hops  | 1           |           |
| <i>Huperzia</i> spp Cutleaf Clubmoss   | 1           |           |
| <i>Hyoscyamus niger</i> Henbane  | 1           |           |
| <i>Hypericum perforatum</i> Common St. Johnswort; St. John's-wort; Hypericum; Goatweed; Klamath Weed             | 2           |           |
| <i>Hyptis verticillata</i> John Charles; Barrehorno  | 1           |           |
| <i>Ilex paraguariensis</i> Paraguay Tea; South American Holly; Mate  | 1           | 1000.0    |
| <i>Jatropha gossypifolia</i> Spanish Physic Nut  | 1           |           |
| <i>Juglans regia</i> English Walnut  | 2           | 190.0     |
| <i>Juglans nigra</i> Black Walnut  | 1           |           |
| <i>Lentinus edodes</i> Shiitake  | 1           |           |
| <i>Linum usitatissimum</i> Flax; Linseed   | 1           |           |
| <i>Lophophora williamsii</i> Peyote  | 2           |           |

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|---|-------------|-----------|
| <i>Lycium barbarum</i> Barbary Matrimony Vine; Ning Xia Gou Qi (Chin.); Common Matrimony Vine; Matrimony Vine; Duke of Argyll's Eta Tree  | 1           |           |
| <i>Lycopersicon esculentum</i> Tomato   | 2           | 960.0     |
| <i>Lycopodium lucidulum</i> Shining Clubmoss  | 1           |           |
| <i>Lycopodium clavatum</i> Clubmoss; Antler Herb  | 1           |           |
| <i>Mangifera indica</i> Mango   | 1           |           |
| <i>Maranta arundinacea</i> Arrowroot; Bermuda Arrowroot   | 1           |           |
| <i>Momordica charantia</i> Bitter Melon; Sorosi   | 2           |           |
| <i>Morus alba</i> White Mulberry; Sang-Pai-Pi   | 1           |           |
| <i>Mucuna pruriens</i> Cowage; Velvetbean   | 3           |           |
| <i>Murraya</i> sp None  | 1           |           |
| <i>Murraya koenigii</i> Indian Curry Tree; Curry Leaf Tree; Curry Leaf  | 1           |           |
| <i>Musa x paradisiaca</i> Banana; Plantain  | 3           | 186.0     |
| <i>Nandina domestica</i> Southern Heaven Bamboo; Sacred Bamboo; Nanten (Jap.); Heavenly Bamboo  | 1           |           |
| <i>Nicotiana tabacum</i> Tobacco  | 2           | 80000.0   |
| <i>Nicotiana rustica</i> Aztec Tobacco  | 1           |           |
| <i>Nicotiana glauca</i> Tree Tobacco  | 1           |           |
| <i>Opuntia ficus-indica</i> Indian Fig; Nopalito; Prickly Pear; Nopal   | 3           | 14210.0   |
| <i>Panax ginseng</i> Oriental Ginseng; Korean Ginseng; Chinese Ginseng; Ginseng   | 1           |           |
| <i>Papaver somniferum</i> Opium Poppy; Poppypseed Poppy   | 3           | 387720.0  |
| <i>Papaver bracteatum</i> Great Scarlet Poppy   | 2           |           |
| <i>Passiflora incarnata</i> Passionflower; Mayapple; Manzana de Mayo  | 2           | 140.0     |
| <i>Paullinia cupana</i> Guarana   | 1           | 3070.0    |
| <i>Pausinystalia johimbe</i> Yohimbe  | 1           |           |
| <i>Peganum harmala</i> Syrian Rue; Harmel   | 2           |           |
| <i>Persea americana</i> Avocado   | 2           |           |
| <i>Phaseolus vulgaris</i> Wax Bean; Haricot; Flageolet Bean; Popping Bean; Field Bean; Haricot Vert; Black Bean; String Bean; French Bean; Green Bean; Dwarf Bean; Navy Bean; Haricot Bean; Kidney Bean; Garden Bean; Snap Bean; Pop Bean | 1           |           |
| <i>Phoenix dactylifera</i> Date Palm  | 3           | 6758.0    |
| <i>Phoradendron serotinum</i> Eastern Mistletoe   | 1           |           |
| <i>Piper nigrum</i> Black Pepper; Pepper; White Pepper  | 1           |           |
| <i>Piper betel</i> Betel Pepper   | 1           |           |
| <i>Piper auritum</i> Hoja Santa; Cordoncillo; Hierba Santa  | 1           |           |
| <i>Pisum sativum</i> Pea  | 3           | 306.0     |
| <i>Prosopis glandulosa</i> Mesquite; Honey Mesquite   | 1           |           |
| <i>Prunus domestica</i> Plum  | 2           |           |
| <i>Prunus cerasus</i> Sour Cherry   | 1           |           |
| <i>Punica granatum</i> Granado (Sp.); Granatapfelbaum (Ger.); Mangrano (Sp.); Granatapfelstrauch (Ger.); Romanzeiro (Port.); Pomegranate; Zakuro (Jap.); Grenadier (Fr.)  | 1           |           |
| <i>Quisqualis indica</i> Rangoon Creeper  | 1           |           |
| <i>Rauvolfia vomitoria</i> African Snakeroot  | 1           |           |
| <i>Rauvolfia serpentina</i> Serpentine Wood; Indian Snakeroot   | 2           |           |
| <i>Rehmannia glutinosa</i> Chinese Foxglove   | 1           | 62000.0   |

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|--|-------------|-----------|
| Rubus sp.  | 1           |           |
| Sarracenia sp. Pitcher-Plant   | 1           |           |
| Schisandra chinensis Schizandra; Wu Wei Zu; Wu Wei Zi; Magnolia Vine; Five-Flavor-Fruit; Chinese Magnolia Vine             | 1           |           |
| Sechium edule Chayote  | 1           |           |
| Senna obtusifolia Sicklepod  | 1           | 7180.0    |
| Silybum marianum Milk Thistle; Lady's Thistle  | 3           |           |
| Solanum tuberosum Potato   | 3           |           |
| Solanum melongena Aubergine; Eggplant  | 2           |           |
| Spinacia oleracea Spinach  | 1           |           |
| Symphytum officinale Comfrey   | 1           |           |
| Theobroma cacao Cacao  | 3           |           |
| Theobroma bicolor Patate; Nicaraguan Cacao   | 1           |           |
| Theobroma angustifolium Emerald Cacao; Castarica   | 1           |           |
| Tribulus terrestris Puncture-vine  | 1           |           |
| Trigonella foenum-graecum Alholva (Sp.); Fenugreek; Greek Hay; Bockshornklee (Ger.); Greek Clover                          | 1           |           |
| Urtica dioica European Nettle; Stinging Nettle   | 4           | 400.0     |
| Valeriana officinalis Garden-Heliotrope; Common Valerian; Valerian   | 2           |           |
| Vicia faba Broadbean; Habas; Faba Bean   | 1           | 344120.0  |
| Viscum album European Mistletoe  | 3           |           |
| Vitis vinifera Wine Grape; Vid (Sp.); European Grape; Parra (Sp.); Weinrebe (Ger.); Vigne Vinifere (Fr.); Grape; Grapevine | 1           |           |
| Withania somnifera Ashwagandha   | 1           |           |
| Zingiber officinale Ginger   | 1           |           |