

A Cataractagenic

*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>Acinos suaveolens</i>	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum annuum</i> Sweet Pepper; Paprika; Green Pepper; Cone Pepper; Bell Pepper; Cherry Pepper	1	
<i>Cocos nucifera</i> Coconut Palm; Copra; Nariyal; Coconut; Kokospalme (Ger.); Cocotero (Sp.)	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Hawthorn; English Hawthorn; Woodland Hawthorn	1	
<i>Crocus sativus</i> Saffron	1	
<i>Malus domestica</i> Apple	1	
<i>Nepeta racemosa</i> Catmint	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Plantago major</i> Common Plantain	1	30000.0
<i>Prunus cerasus</i> Sour Cherry	1	
<i>Prunus armeniaca</i> Apricot	1	
<i>Punica granatum</i> Grenadier (Fr.); Granado (Sp.); Pomegranate; Romanzeiro (Port.); Zakuro (Jap.); Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Mangrano (Sp.)	1	
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Syzygium aromaticum</i> Clove; Clovetree	1	
<i>Terminalia chebula</i> Ink Nut; Chebulic Myrobalan; Black Myrobalan; Myrobalan	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Zea mays</i> Corn	1	