

# A Circulatory-Stimulant

\*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>Actinidia chinensis</i> Kiwi	1	
<i>Anacardium occidentale</i> Cashew	1	
<i>Angelica sinensis</i> Dong Quai; Dang Qui; Dong Gui; Dang Gui; Dang Quai; Chinese Angelica	1	
<i>Argyrea nervosa</i> Wood Rose; Silver Morning Glory	1	
<i>Asparagus officinalis</i> Asparagus	1	512.0
<i>Bertholletia excelsa</i> Brazilnut-Tree; Paranut; Brazilnut; Creamnut	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Capsicum frutescens</i> Spur Pepper; Tabasco; Hot Pepper; Red Chili; Chili; Cayenne	1	48.0
<i>Capsicum annuum</i> Bell Pepper; Sweet Pepper; Green Pepper; Cherry Pepper; Cone Pepper; Paprika	1	48.0
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	1	
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	60000.0
<i>Cinnamomum aromaticum</i> Saigon Cinnamon; Chinese Cassia; Zimtcassie (Ger.); Cassia; Cannelier de Chine (Fr.); Cassia Lignea; Chinesischer Zimtbaum (Ger.); Chinazimt (Ger.); Canela de la China (Sp.); Canelle de Cochinchine (Fr.); Kashia-Keihi (Jap.); Chinese Cinnamon; Cassia Bark; Canelero chino (Sp.); Cannelier Casse (Fr.); China Junk Cassia	1	22450.0
<i>Cissampelos pareira</i> Butua; False Pareira; Pareira	1	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Commiphora myrrha</i> African Myrrh; Myrrhe (Fr., Ger.); Somali Myrrh; Mirra (Sp. It.); Herabol Myrrh; Myrrh	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	1	
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Siberian Ginseng; Ci wu jia (Pinyin); Eleuthero Ginseng; Wu jia	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	84.0
<i>Ficus carica</i> Figuiet Commun (Fr.); Fig; Figueira (Port.); Feigenbaum (Ger.); Fico (Ital.); Higuera Comun (Sp.); Higo (Sp.); Echte Feige (Ger.)	2	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Frangula alnus</i> Buckthorn	1	400.0
<i>Glycine max</i> Soybean	1	
<i>Helianthus annuus</i> Girasol; Sunflower	1	68000.0
<i>Hibiscus sabdariffa</i> Rosella (Ger.); Acedera de Guinea (Sp.); Sorrel; Rosa de Jamaica (Sp.); Jamaica Sorrel; Sereni (Sp.); Malventee (Ger.); Indian Sorrel; Roselle; Kharkadi; Red Sorrel	1	
<i>Hyacinthus orientalis</i> Hyacinth	1	13.8
<i>Ipomoea batatas</i> Sweet Potato	1	242.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	2360.0
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lavandula sp</i> Lavender	1	
<i>Lens culinaris</i> Lentil	1	40.0
<i>Linum usitatissimum</i> Flax; Linseed	1	94.0
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Malus domestica</i> Apple	1	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	
<i>Melaleuca bracteata</i> Bracteate Tea-Tree	1	
<i>Menispermum canadense</i> Moonseed	1	

Plant	# Chemicals	Total PPM
<i>Moringa oleifera</i> Ben Nut; Horseradish Tree; Drumstick Tree; Moringa; West Indian Ben; Jacinto (Sp.); Benzolive Tree	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	22.0
<i>Myroxylon balsamum</i> Tolu Balsam; Peru Balsam	1	
<i>Nicotiana tabacum</i> Tobacco	1	
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Nopalito; Prickly Pear	1	5.0
<i>Panicum maximum</i> Guinea grass	1	
<i>Pimenta dioica</i> Jamaica-Pepper; Pimenta; Clover-Pepper; Allspice; Pimento	1	
<i>Pisum sativum</i> Pea	1	44.0
<i>Pogostemon cablin</i> Patchouli	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	4618.0
<i>Ribes uva-crispa</i> Gooseberry	1	112.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	
<i>Sinomenium acutum</i> Ching-Feng-Teng	1	
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Stephania tetrandra</i> Stephania	1	
<i>Strychnos nux-vomica</i> Strychnine; Nux-Vomica	2	236500.0
<i>Syzygium aromaticum</i> Clovetree; Clove	1	2.0
<i>Tamarindus indica</i> Kilytree; Indian Tamarind; Tamarind	1	
<i>Tilia sp.</i> Linden; Lime; Basswood	1	
<i>Triticum aestivum</i> Wheat	1	3794.0
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	
<i>Viola tricolor</i> Pansy; Wild Violet	1	604.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Grapevine; Grape; Wine Grape; Vid (Sp.); European Grape; Parra (Sp.); Weinrebe (Ger.)	1	