

A CNS-Sedative

*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>Abies alba</i> Silver-Fir	1	
<i>Azadirachta indica</i> Neem	1	8000.0
<i>Capsicum annuum</i> Cone Pepper; Cherry Pepper; Green Pepper; Paprika; Bell Pepper; Sweet Pepper	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	1	
<i>Glycyrrhiza glabra</i> Licorice-Root; Smooth Licorice; Commom Licorice; Licorice	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	
<i>Panax notoginseng</i> Sanchi Ginseng	1	
<i>Panax ginseng</i> Chinese Ginseng; Ginseng; Oriental Ginseng; Korean Ginseng	2	101000.0
<i>Passiflora incarnata</i> Mayapple; Passionflower; Manzana de Mayo	2	140.0
<i>Peganum harmala</i> Harmel; Syrian Rue	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	1	
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trifolium pratense</i> Red Clover; Cowgrass; Purple Clover; Peavine Clover	1	