

# A Cold-preventive

\*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>Abelmoschus esculentus</i> Okra	1	4680.0
<i>Acacia senegal</i> Kher; Senegal Gum; Gum Arabic Tree; Sudan Gum Arabic; Gum Arabic	1	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia farnesiana</i> Sweet Acacia; Opopanax; Huisache; Cassie; Popinac	1	5272.0
<i>Acalypha indica</i> Copperleaf; Three-Seeded-Mercury; Cancer Herb; Indian Acalypha; Indian Nettle	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	1	6200.0
<i>Acorus calamus</i> Sweetflag; Calamus; Flagroot; Sweet Calamus; Sweetroot; Myrtle Flag	1	
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Actinidia chinensis</i> Kiwi	1	12740.0
<i>Aegle marmelos</i> Bael de India; Bael fruit	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Agathosma betulina</i> Mountain Buchu; Buchu; Honey Buchu	1	9800.0
<i>Albizia lebeck</i> Siris Tree; Koko; Lebbek; Women's-Tongue Tree; Frywood; Lebbek Tree; East Indian Walnut	1	
<i>Aleurites moluccana</i> Lumbangtree; Varnishtree; Indian Walnut; Candlenut; Candleberry; Candlenut Tree	1	
<i>Alliaria petiolata</i> Garlic Mustard	1	
<i>Allium schoenoprasum</i> Chives	1	19750.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	18664.0
<i>Allium cepa</i> Onion; Shallot	1	10000.0
<i>Allium ampeloprasum</i> Elephant Garlic; Kurrat	1	13254.0
<i>Alocasia macrorrhiza</i> Giant Taro	1	1244.0
<i>Aloe vera</i> Bitter Aloes; Aloe	1	12520.0
<i>Aloe</i> spp. Aloe	1	
<i>Alpinia galanga</i> Greater Galangal; Siamese Ginger; Languas	1	3688.0
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	3280.0
<i>Amaranthus spinosus</i> Spiny pigweed	1	
<i>Amaranthus</i> sp. Pigweed	1	12526.0
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	558.0
<i>Anacardium occidentale</i> Cashew	1	40956.0
<i>Ananas comosus</i> Pineapple	1	8356.0
<i>Anethum graveolens</i> Dill; Garden Dill	1	2880.0
<i>Angelica sinensis</i> Dang Quai; Chinese Angelica; Dang Gui; Dong Quai; Dang Qui; Dong Gui	1	608.0
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	3200.0
<i>Annona reticulata</i> Custard Apple	1	2800.0
<i>Annona muricata</i> Soursop	1	3080.0
<i>Annona glabra</i> Pondapple	1	
<i>Annona diversifolia</i> Llama	1	
<i>Annona cherimola</i> Cherimoya	1	1450.0
<i>Apium graveolens</i> Celery	1	7696.0
<i>Arachis hypogaea</i> Groundnut; Peanut	1	9496.0

Plant	# Chemicals	Total PPM
<i>Aralia cordata</i> Udo	1	2130.0
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	236.0
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	382.0
<i>Areca catechu</i> Betel Nut; Pin-Lang	1	
<i>Armoracia rusticana</i> Horseradish	1	49589.0
<i>Arracacia xanthorrhiza</i> Arracacha; Peruvian Carrot	1	2140.0
<i>Artemisia vulgaris</i> Mugwort	1	11340.0
<i>Artemisia dracunculus</i> Tarragon	1	1176.0
<i>Artemisia absinthium</i> Wormwood	1	5200.0
<i>Artocarpus heterophyllus</i> Jackfruit	1	870.0
<i>Artocarpus altilis</i> Breadfruit	1	3230.0
<i>Asimina triloba</i> Pawpaw	1	1786.0
<i>Aspalathus linearis</i> Red Bush Tea; Kaffree Tea; Rooibos	1	
<i>Asparagus officinalis</i> Asparagus	1	11428.0
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	
<i>Averrhoa carambola</i> Carambola; Star Fruit	1	
<i>Averrhoa bilimbi</i> Bilimbi; Limon chino	1	
<i>Bacopa monnieri</i> Water Hyssop; Brahmi	1	
<i>Bactris gasipaes</i> Peach palm; Pejibaye	1	
<i>Balanites aegyptiacus</i> Desert Date; Soapberry Tree; dattier sauvage (Fr.); hingotia (India); mirobalano de Egipto (Sp.); betu (India); Zachunbaum (Ger.); zachun (India); heglík (Fr.); lalo (India); dattier du desert (Fr.)	1	780.0
<i>Barosma betulina</i> Buchu	1	9800.0
<i>Basella alba</i> Vinespinach	1	29570.0
<i>Benincasa hispida</i> Waxgourd	1	13500.0
<i>Berberis vulgaris</i> Barberry	1	
<i>Bertholletia excelsa</i> Creamnut; Paranut; Brazilnut-Tree; Brazilnut	1	14.0
<i>Beta vulgaris</i> Beetroot; Beet; Sugar Beet; Garden Beet	1	9128.0
<i>Bixa orellana</i> Lipsticktree; Annatto; Annoto; Arnato; Bija; Lipstick Pod; Annato; Achiote	1	260.0
<i>Blighia sapida</i> Seso Vegetal; Akee	1	8530.0
<i>Boehmeria nivea</i> Ramie	1	11230.0
<i>Borago officinalis</i> Borage; Talewort; Beebread; Beeplant	1	10010.0
<i>Brassica rapa</i> Chinese Mustard; Celery Mustard; Chinese Cabbage; Chinese White Cabbage; Celery Cabbage; Bok-Choy; Pak-Choi	1	5160.0
<i>Brassica oleracea</i> var. <i>viridis</i> I. Tree Kale; Collards; Tall Kale; Cow Cabbage; Spring-Heading Cabbage	1	7638.0
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Curly Kale; Scotch Kale; Kitchen Kale; Kale	1	15440.0
<i>Brassica oleracea</i> var. <i>italica</i> Winter Broccoli; Purple Cauliflower; Sprouting Broccoli; Asparagus Broccoli; Cape Broccoli; Calabrese; Broccoli; Heading Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussel-Sprout; Brussels-Sprouts	1	12138.0
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	1	13548.0
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	39320.0
<i>Brassica oleracea</i> Kohlrabi	1	13780.0
<i>Brassica nigra</i> Black Mustard	1	8026.0
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Rutabaga; Swedish Turnip	1	4830.0

Plant	# Chemicals	Total PPM
<i>Brassica chinensis</i> Chinese Mustard; Celery Mustard; Chinese Cabbage; Chinese White Cabbage; Pak-Choi; Bok-Choy; Celery Cabbage	1	19426.0
<i>Bromelia pinguin</i> Wild Pineapple	1	6860.0
<i>Brosimum alicastrum</i> Tamamuri; Breadnut	1	
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Byrsonima crassifolia</i> Nance	1	
<i>Cajanus cajan</i> Pigeonpea	1	5760.0
<i>Calathea macrosepala</i> Chufle	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	6200.0
<i>Camellia sinensis</i> Tea	1	
<i>Canavalia ensiformis</i> Jack Bean	1	3022.0
<i>Canna indica</i> Achira; Queensland Arrowroot	1	420.0
<i>Cannabis sativa</i> Hemp; Marihuana; Marijuana; Indian Hemp	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	4600.0
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	11000.0
<i>Capsicum frutescens</i> Red Chili; Tabasco; Chili; Cayenne; Hot Pepper; Spur Pepper	1	42992.0
<i>Capsicum annum</i> Cherry Pepper; Sweet Pepper; Cone Pepper; Paprika; Bell Pepper; Green Pepper	1	41964.0
<i>Carica pentagona</i> Babaco; Mountain papaya	1	
<i>Carica papaya</i> Papaya	1	22917.0
<i>Carthamus tinctorius</i> Safflower	1	
<i>Carya illinoensis</i> Pecan	1	42.0
<i>Casimiroa edulis</i> White sapote; Matasano	1	
<i>Catha edulis</i> Khat	1	3220.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	103.5
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	1024.0
<i>Cephaelis ipecacuanha</i> Raicilla; Ipecac	1	
<i>Chamaemelum nobile</i> Perennial Camomile; Garden Camomile; Roman Camomile	1	534.0
<i>Chenopodium ambrosioides</i> Wormseed; Epazote	1	2040.0
<i>Chenopodium album</i> Lambsquarter	1	18000.0
<i>Chondrus crispus</i> Irish Moss	1	260.0
<i>Chrysanthemum parthenium</i> Feverfew	1	660.0
<i>Chrysanthemum coronarium</i> Garland Chrysanthemum	1	18260.0
<i>Chrysobalanus icaco</i> Cocoa plum; Icaco	1	
<i>Chrysophyllum cainito</i> Caimito; Star Apple	1	
<i>Cicer arietinum</i> Garbanzo; Chickpea	1	112.0
<i>Cichorium intybus</i> Witloof; Succory; Chicory	1	4580.0
<i>Cichorium endivia</i> Escarole; Endive	1	18604.0
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	156.0
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	618.0
<i>Cinnamomum aromaticum</i> Cassia Bark; Chinese Cassia; Cannelier de Chine (Fr.); Cannelier Casse (Fr.); Cassia; Chinazimt (Ger.); Chinese Cinnamon; Chinesischer Zimtbaum (Ger.); Canelle de Cochinchine (Fr.); China Junk Cassia; Zimtcassie (Ger.); Cassia Lignea; Saigon Cinnamon; Canela de la China (Sp.); Canelero chino (Sp.); Kashia-Keihi (Jap.)	1	618.0
<i>Citrullus lanatus</i> Watermelon	1	

Plant	# Chemicals	Total PPM
<i>Citrullus colocynthis</i> Colocynth	1	244.0
<i>Citrus sinensis</i> Orange	1	8142.0
<i>Citrus reticulata</i> Tangerine; Mandarin	1	7368.0
<i>Citrus paradisi</i> Grapefruit	1	7724.0
<i>Citrus mitis</i> Calamansi; Calamondin	1	
<i>Citrus limon</i> Lemon	1	11132.0
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	13894.0
<i>Citrus aurantiifolia</i> Lime	1	8888.0
<i>Cnicus benedictus</i> Blessed Thistle	1	60.0
<i>Cnidioscolus chayamansa</i> Chaya	1	24400.0
<i>Coccinia grandis</i> Kanduri; Ivy Gourd; Pepasan; Little Gourd; Tindori; Tindora; Kundree	1	
<i>Cocos nucifera</i> Coconut; Nariyal; Kokospalme (Ger.); Copra; Cocotero (Sp.); Coconut Palm	1	176.0
<i>Coix lacryma-jobi</i> Yi-Yi-Ren; Job'S-Tears; Adlay; Adlay Millet	1	
<i>Cola acuminata</i> Abata Cola	1	2912.0
<i>Colocasia esculenta</i> Taro	1	7900.0
<i>Corchorus olitorius</i> Mulukiya; Jew's Mallow; Nalta Jute	1	8160.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	12580.0
<i>Corylus avellana</i> European Hazel; Hazel; Cobnut; English Filbert; European Filbert	1	44.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Whitethorn; Hawthorn; English Hawthorn; Woodland Hawthorn	1	3770.0
<i>Cucumis melo</i> Cantaloupe; Persian Melon; Melon; Muskmelon; Netted Melon; Nutmeg Melon	1	8740.0
<i>Cucurbita</i> spp Summer Squash	1	4680.0
<i>Cucurbita pepo</i> Pumpkin	1	13688.0
<i>Cuminum cyminum</i> Cumin	1	152.0
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	586.0
<i>Cyamopsis tetragonoloba</i> Cluster-Bean; Guar; Siam-Bean	1	
<i>Cyclanthera pedata</i> Achocha	1	5600.0
<i>Cydonia oblonga</i> Quince	1	1920.0
<i>Cynara cardunculus</i> Artichoke	1	1656.0
<i>Cyperus rotundus</i> Nutsedge	1	180.0
<i>Cyphomandra betacea</i> Tree Tomato; Tamarillo	1	4120.0
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	1524.0
<i>Datura stramonium</i> Jimsonweed	1	
<i>Datura metel</i> Hindu Datura	1	4440.0
<i>Daucus carota</i> Carrot	1	1550.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	388.0
<i>Dioscorea pentaphylla</i> Mountain Yam	1	280.0
<i>Dioscorea alata</i> Greater Yam; Winged Yam	1	200.0
<i>Diospyros virginiana</i> American Persimmon	1	3710.0
<i>Diospyros digyna</i> Black Sapote; Sapote Negro	1	
<i>Duchesnea indica</i> Mock Strawberry; Indian Strawberry; False Strawberry	1	

Plant	# Chemicals	Total PPM
<i>Durio zibethinus</i> Durian	1	
<i>Echinacea</i> spp Coneflower; Echinacea	1	5966.0
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus commutata</i> Silver Berry	1	
<i>Elaeagnus angustifolia</i> Silver Berry; Russian Olive	1	
<i>Elaeis guineensis</i> African Oil Palm	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Wu jia; Siberian Ginseng; Eleuthero Ginseng; Spiny Ginseng; Ci wu jia (Pinyin)	1	
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	1442.0
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	8145.0
<i>Eriobotrya japonica</i> Loquat	1	1680.0
<i>Eriodictyon californicum</i> Yerba Santa; Hierba Santa; Bear's Weed; Tarweed; Holy Herb; Consumptive's Weed; California Yerba Santa; Gum Bush; Mountain Balm	1	
<i>Eryngium floridanum</i> Florida Eryngium	1	3916.0
<i>Erythrina fusca</i> Gallito; Coral Bean	1	1560.0
<i>Erythrina berteroana</i> Pito	1	4680.0
<i>Erythroxylum coca</i> Coca	1	30.0
<i>Eugenia uniflora</i> Pitanga; Surinam Cherry	1	
<i>Eugenia floribunda</i> Black rumberry; Camu-camu negro; Camu-camu arbol	1	
<i>Eugenia brasiliensis</i> Grumichama; Brazil Cherry	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphorbia hirta</i> Queensland Asthma Herb	1	886.0
<i>Euphrasia officinalis</i> Eyebright	1	134.0
<i>Fagopyrum esculentum</i> Buckwheat	1	
<i>Feijoa sellowiana</i> Guava Brasileira; Brazillian Guava	1	
<i>Ficus carica</i> Fig; Echte Feige (Ger.); Feigenbaum (Ger.); Fico (Ital.); Higo (Sp.); Higuera Comun (Sp.); Figuier Commun (Fr.); Figueira (Port.)	1	8376.0
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	1	
<i>Foeniculum vulgare</i> Fennel	1	6296.0
<i>Fragaria</i> spp Strawberry	1	22596.0
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	1	516.0
<i>Garcinia mangostana</i> Mangosteen; Mangostin	1	
<i>Genipa americana</i> Genipap; Jagua	1	2040.0
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	366.0
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	1090.0
<i>Gliricidia sepium</i> Mata Raton	1	6290.0
<i>Glycine max</i> Soybean	1	5480.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Smooth Licorice; Licorice-Root; Licorice	1	1252.0
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	612.0

Plant	# Chemicals	Total PPM
<i>Hibiscus sabdariffa</i> Rosa de Jamaica (Sp.); Sereni (Sp.); Kharkadi; Malventee (Ger.); Jamaica Sorrel; Rosella (Ger.); Indian Sorrel; Red Sorrel; <i>Acedera de Guinea</i> (Sp.); Roselle; Sorrel	1	8861.0
<i>Hibiscus rosa-sinensis</i> Chinese hibiscus; Shoe-flower	1	
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	1	
<i>Hordeum vulgare</i> Barleygrass; Barley	1	6600.0
<i>Humulus lupulus</i> Hops	1	3564.0
<i>Hydrangea arborescens</i> Hydrangea; Smooth Hydrangea	1	
<i>Hydrastis canadensis</i> Goldenseal	1	1362.0
<i>Hylocereus undatus</i> Nopalito De Noche; Queen-of-the-Night; Strawberry Pear; Night-Blooming Cereus; Belle-of-the-Night	1	
<i>Hylocereus guatemalensis</i> Guatemala Cereus; Nopalito De Guatemala	1	
<i>Hypericum perforatum</i> Klamath Weed; Goatweed; Common St. Johnswort; Hypericum; St. John's-wort	1	3390.0
<i>Inga edulis</i> Guaba; Icecream Bean	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	10840.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	14600.0
<i>Iris x germanica</i> Orris	1	19860.0
<i>Juglans regia</i> English Walnut	1	56104.0
<i>Juglans nigra</i> Black Walnut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	1200.0
<i>Justicia pectoralis</i> Angel Of Death; Bolek Hena; Curia	1	3734.0
<i>Lablab purpureus</i> Bonavist Bean; Hyacinth Bean; Lablab Bean	1	2253.2
<i>Lactuca sativa</i> Lettuce	1	6000.0
<i>Lagenaria siceraria</i> White-Flowered Gourd; Calabash Gourd	1	5190.0
<i>Larrea tridentata</i> Creosote Bush; Chaparral	1	1520.0
<i>Lens culinaris</i> Lentil	1	1350.0
<i>Leonurus cardiaca</i> Motherwort	1	84.0
<i>Lepidium sativum</i> Garden Cress	1	13020.0
<i>Lepidium meyenii</i> Maca; Peruvian Ginseng	1	
<i>Licania platypus</i> Sansapote	1	
<i>Limonia acidissima</i> Elephant Apple; Manzana De Elefante; Wood-Apple	1	
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	4504.0
<i>Luffa aegyptiaca</i> Luffa; Smooth Loofah; Vegetable Sponge	1	23992.0
<i>Lycium chinense</i> Chinese Wolfberry; Daun Koki (Indones.); Chinesischer Bocksdorn (Ger.); Kaukichai (Malays.); Lyciet de Chine (Fr.); Chinese Boxthorn; Chinese Matrimony Vine; Kuko (Jap.); Gou Qi (Chin.); Spina Santa Cinese (Ital.); Wolfberry	1	1538.0
<i>Lycopersicon esculentum</i> Tomato	1	5904.0
<i>Lycopus europeus</i> European Bugle	1	
<i>Macadamia spp</i> Macadamia	1	
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Malpighia glabra</i> Acerola	1	344462.0
<i>Malus domestica</i> Apple	1	804.0
<i>Malva sylvestris</i> High Mallow	1	5710.0
<i>Malva parviflora</i> Cheeseweed	1	9490.0
<i>Malva neglecta</i> Cheeses; Common Mallow	1	2350.0

Plant	# Chemicals	Total PPM
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	8380.0
<i>Manihot esculenta</i> Cassava; Tapioca; Yuca	1	23060.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Maranta arundinacea</i> Bermuda Arrowroot; Arrowroot	1	430.0
<i>Marrubium vulgare</i> Horehound; White Horehound	1	
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	1	
<i>Mauritia flexuosa</i> Aguaje; Buruti; Morichi palm	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	1	10834.0
<i>Melicoccus bijugatas</i> Pitomba; Mamoncillo; Genip; Honey berry	1	
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	
<i>Menyanthes trifoliata</i> Bogbean; Buckbean; Bog Myrtle; Marsh Trefoil; Marsh Clover; Water Trefoil	1	4094.0
<i>Mimosa pudica</i> Sensitive Plant	1	5140.0
<i>Mimulus glabratus</i> Huaca-Mullo	1	4400.0
<i>Momordica charantia</i> Bitter Melon; Sorosi	1	97718.0
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	4640.0
<i>Moringa oleifera</i> Moringa; Horseradish Tree; West Indian Ben; Jacinto (Sp.); Drumstick Tree; Ben Nut; Benzolive Tree	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	1	8080.0
<i>Muntingia calabura</i> Cereso; Yumansa; Jamaica cherry	1	
<i>Murraya sp</i> None	1	1192.0
<i>Murraya koenigii</i> Curry Leaf; Indian Curry Tree; Curry Leaf Tree	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	3723.0
<i>Myrciaria dubia</i> Araza de Agua (Sp.); Camo Camo (Peru); Guapuro Blanco (Bol.); Camu-camu (Eng.,Peru,Scn.,Sp.); Camu-camu Negro (Peru); Rumberry (Eng.)	1	
<i>Myrciaria cauliflora</i> Jaboticaba	1	
<i>Myrica cerifera</i> Wax Myrtle; Bayberry; Southern Bayberry; Candle-Berry	1	1312.0
<i>Nandina domestica</i> Southern Heaven Bamboo; Heavenly Bamboo; Sacred Bamboo; Nanten (Jap.)	1	
<i>Nasturtium officinale</i> Berro; Watercress	1	27380.0
<i>Nelumbo nucifera</i> Water Lotus	1	30.0
<i>Nepeta cataria</i> Catnip	1	
<i>Nigella sativa</i> Black Cumin; Nutmeg-Flower; Roman Coriander; Fennel-Flower; Black Caraway	1	5154.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum sanctum</i> Tulsi; Holy Basil	1	
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	2612.0
<i>Opuntia ficus-indica</i> Nopal; Indian Fig; Nopalito; Prickly Pear	1	3380.0
<i>Origanum vulgare</i> Oregano; European Oregano; Pot Marjoram; Common Turkish Oregano; Wild Marjoram; Wild Oregano	1	
<i>Origanum majorana</i> Sweet Marjoram; Marjoram	1	1110.0
<i>Oryza sativa</i> Rice	1	
<i>Oxalis tuberosa</i> Quiba; Oca; Papa Roja	1	4568.0
<i>Pachira macrocarpa</i> Large-Fruited Provision Tree	1	510.0
<i>Pachyrhizus erosus</i> Yambean	1	3690.0

Plant	# Chemicals	Total PPM
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	78.0
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Oriental Ginseng; Chinese Ginseng	1	
<i>Papaver somniferum</i> Poppyseed Poppy; Opium Poppy	1	
<i>Parthenium integrifolium</i> Missouri Snakeroot; American Feverfew; Wild Quinine; Prairie-Dock; Feverfew	1	
<i>Passiflora quadrangularis</i> Granadilla	1	6750.0
<i>Passiflora mollissima</i> Granadilla De Guineo; Banana Passionfruit	1	
<i>Passiflora ligularis</i> Sweet Granadilla; Granadilla	1	
<i>Passiflora incarnata</i> Manzana de Mayo; Passionflower; Mayapple	1	
<i>Passiflora foetida</i> Stinking Granadilla; Granadilla Cimarrona	1	
<i>Passiflora edulis</i> Passionfruit; Maracuya	1	
<i>Pastinaca sativa</i> Parsnip	1	1660.0
<i>Peperomia pereskiaifolia</i> Perejil	1	
<i>Peperomia pelucida</i> Pepper elder; Yerba de la plata	1	
<i>Pereskia aculeata</i> Barbados Gooseberry; Grosela Americana	1	
<i>Perideridia gairdneri</i> Squaw Root	1	604.0
<i>Perilla frutescens</i> Perilla	1	6972.0
<i>Persea schiedeana</i> Palta De Monte; Wild Avocado; Wild Pear	1	
<i>Persea americana</i> Avocado	1	1988.0
<i>Petasites japonicus</i> Butterbur	1	11450.0
<i>Petroselinum crispum</i> Parsley	1	15390.0
<i>Phaseolus vulgaris</i> Dwarf Bean; Navy Bean; French Bean; Wax Bean; Haricot Bean; Flageolet Bean; Kidney Bean; Haricot Vert; Field Bean; Black Bean; Green Bean; Garden Bean; String Bean; Snap Bean; Haricot; Pop Bean; Popping Bean	1	30120.0
<i>Phaseolus lunatus</i> Butter Bean; Lima Bean	1	2292.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	586.0
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	1500.0
<i>Phragmites australis</i> Giant Reed; Reed Grass; Common Reed; Ditch Reed	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	54586.0
<i>Phyllanthus acidus</i> Indian Gooseberry; Otaheite Gooseberry	1	2558.0
<i>Physalis peruviana</i> Ground Cherry; Cape Gooseberry	1	5730.0
<i>Physalis ixocarpa</i> Tomatillo	1	920.0
<i>Physalis alkekengi</i> Bladderherb; Lantern	1	8000.0
<i>Phytolacca americana</i> Pokeweed	1	32368.0
<i>Pimenta dioica</i> Pimenta; Clover-Pepper; Allspice; Pimento; Jamaica-Pepper	1	4134.0
<i>Pimpinella anisum</i> Anise; Sweet Cumin	1	18.0
<i>Pinus sylvestris</i> Scotch Pine	1	6000.0
<i>Pinus edulis</i> Pinyon Pine	1	
<i>Pinus cembroides</i> Mexican Pinyon	1	
<i>Piper nigrum</i> White Pepper; Black Pepper; Pepper	1	20.0
<i>Piper betel</i> Betel Pepper	1	4260.0
<i>Piper auritum</i> Cordoncillo; Hoja Santa; Hierba Santa	1	6740.0
<i>Pisum sativum</i> Pea	1	18954.0
<i>Plantago psyllium</i> Psyllium	1	



Plant	# Chemicals	Total PPM
<i>Plantago major</i> Common Plantain	1	
<i>Platonia insignis</i> Pacouri; Bakuri	1	
<i>Platycodon grandiflorum</i> Chieh-Keng; Jie-Geng; Balloon Flower	1	
<i>Plectranthus amboinicus</i> Mexican Mint; French Thyme; Country Borage; Soup Mint; Indian Borage; Spanish Thyme; Cuban Oregano; Amboini Coleus	1	
<i>Polygonum multiflorum</i> Chinese Knotweed; Fo Ti; Fleeceflower; Chinese Cornbind; He Shou Wu	1	
<i>Polymnia edulis</i> Andean Jicama	1	2800.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	1	14000.0
<i>Pothomorphe</i> sp. Santiago	1	
<i>Pourouma cecropiaefolia</i> Tree Grape; Uvilla	1	
<i>Pouteria viridis</i> Sapote Verde; Green Sapote	1	
<i>Pouteria campechiana</i> Canistel	1	
<i>Pouteria caimito</i> Caimito; Abiu	1	
<i>Prunus salicifolia</i> Capulin; Wild Cherry	1	
<i>Prunus persica</i> Peach	1	2254.0
<i>Prunus dulcis</i> Almond	1	26.0
<i>Prunus domestica</i> Plum	1	1398.0
<i>Prunus cerasus</i> Sour Cherry	1	1746.0
<i>Prunus armeniaca</i> Apricot	1	1490.0
<i>Psidium guajava</i> Guava	1	32615.0
<i>Psidium cattleianum</i> Strawberry Guava	1	4200.0
<i>Psophocarpus tetragonolobus</i> Goa Bean; Asparagus Pea; Winged Bean	1	380.0
<i>Psoralea esculenta</i> Indian Turnip; Indian Bread-Root; Prairie Turnip; Prairie Apple; Breadroot; Prairie Potato	1	342.0
<i>Punica granatum</i> Pomegranate; Grenadier (Fr.); Romanzeiro (Port.); Zakuro (Jap.); Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Granado (Sp.); Mangrano (Sp.)	1	1272.0
<i>Pyrus communis</i> Pear	1	500.0
<i>Quararibea cordata</i> Chupa-Chupa; Sapote	1	
<i>Quercus alba</i> White Oak	1	254.0
<i>Raphanus sativus</i> Radish	1	42162.0
<i>Rhamnus cathartica</i> European Buckthorn; Buckthorn	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	8828.0
<i>Rhodymenia palmata</i> Dulse	1	240.0
<i>Ribes uva-crispa</i> Gooseberry	1	4794.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	5108.0
<i>Ribes nigrum</i> Black Currant	1	20060.0
<i>Rollinia mucosa</i> Lancewood; Biriba	1	
<i>Rosa</i> spp Rose Hips	1	25000.0
<i>Rosa rubiginosa</i> Rosa Mosqueta	1	25000.0
<i>Rosa multiflora</i> Multiflora Rose	1	4000.0
<i>Rosa gallica</i> French Rose	1	16940.0
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	32400.0
<i>Rosmarinus officinalis</i> Rosemary	1	1346.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	7940.0

Plant	# Chemicals	Total PPM
<i>Rubus fruticosus</i> Blackberry	1	
<i>Rumex crispus</i> Yellow Dock; Sour Dock; Curly Dock; Lengua De Vaca	1	8108.0
<i>Rumex acetosella</i> Sheep Sorrel	1	24000.0
<i>Rumex acetosa</i> Garden Sorrel	1	24800.0
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	277.0
<i>Ruta graveolens</i> Rue	1	9580.0
<i>Salix alba</i> White Willow	1	136.0
<i>Salvia officinalis</i> Sage	1	700.0
<i>Sambucus nigra</i> Elder; Black Elder; European Elderberry; European Alder; European Elder	1	
<i>Sambucus canadensis</i> American Elder; American Elderberry; Elderberry; Sweet Elder	1	3564.0
<i>Schisandra chinensis</i> Wu Wei Zu; Schizandra; Five-Flavor-Fruit; Wu Wei Zi; Chinese Magnolia Vine; Magnolia Vine	1	2044.0
<i>Sclerocarya caffra</i> Marula	1	16380.0
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	2050.0
<i>Sechium edule</i> Chayote	1	12060.0
<i>Senna alexandrina</i> Indian Senna; Alexandran senna; True Senna	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sicana odorifera</i> Cassabanana	1	
<i>Sida rhombifolia</i> Teaplant; Broomweed	1	9090.0
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Smilax</i> spp Sarsaparilla	1	
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	1980.0
<i>Solanum torvum</i> Wild Eggplant; Susumba	1	550.0
<i>Solanum quitoensis</i> Naranjillo	1	
<i>Solanum nigrum</i> Black Nightshade	1	8134.0
<i>Solanum melongena</i> Eggplant; Aubergine	1	13512.0
<i>Sonchus oleraceus</i> Cerraja; Sow Thistle	1	1250.0
<i>Sophora japonica</i> Japanese Pagoda Tree	1	940.0
<i>Sorbus aucubaria</i> Rowan Berry	1	5300.0
<i>Spinacia oleracea</i> Spinach	1	15190.0
<i>Spirulina</i> spp. Spirulina	1	
<i>Spirulina pratensis</i> Spirulina	1	
<i>Spondias purpurea</i> Purple Plum; Purple Jobo	1	4050.0
<i>Spondias pinnata</i> Yellow Mombin; Yellow Plum	1	4330.0
<i>Spondias mombin</i> Yellow Plum; Yellow Mombin	1	3230.0
<i>Spondias dulcis</i> Ambarella	1	5500.0
<i>Stachys officinalis</i> Wood Betony; Bishop's-Wort; Betony; Purple Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	5569.0
<i>Stevia rebaudiana</i> Ca-A-E; Sweet Leaf of Paraguay; Stevia	1	220.0
<i>Symphytum officinale</i> Comfrey	1	264.0
<i>Syringa vulgaris</i> Lilac	1	

Plant	# Chemicals	Total PPM
<i>Syzygium malaccense</i> Malay Apple; Ohia; Mammey Pomorrosa	1	
<i>Syzygium jambos</i> Rose Apple; Pomarrosa	1	
<i>Syzygium cumini</i> Aceituna Dulce; Java Plum; Jambolan	1	
<i>Syzygium aromaticum</i> Clove; Clovetree	1	1620.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	362.0
<i>Tamarindus indica</i> Indian Tamarind; Kilytree; Tamarind	1	2896.0
<i>Tanacetum parthenium</i> Feverfew	1	
<i>Taraxacum officinale</i> Dandelion	1	9702.0
<i>Terminalia chebula</i> Myrobalan; Black Myrobalan; Chebulic Myrobalan; Ink Nut	1	1840.0
<i>Terminalia catappa</i> Indian Almond; Tropical Almond; Malabar Almond	1	
<i>Tetragonia tetragonioides</i> New Zealand Spinach	1	10000.0
<i>Theobroma speciosum</i> Macambo	1	
<i>Theobroma cacao</i> Cacao	1	62.0
<i>Theobroma bicolor</i> Nicaraguan Cacao; Pataste	1	
<i>Thuja occidentalis</i> Northern White-Cedar; Arbor-Vitae	1	
<i>Thymus vulgaris</i> Thyme; Garden Thyme; Common Thyme	1	
<i>Tilia</i> sp. Basswood; Linden; Lime	1	
<i>Tragopogon porrifolius</i> Salsify	1	982.0
<i>Tribulus terrestris</i> Puncture-vine	1	
<i>Trichosanthes anguina</i> Snakegourd	1	
<i>Trifolium pratense</i> Peavine Clover; Cowgrass; Purple Clover; Red Clover	1	5932.0
<i>Trigonella foenum-graecum</i> Greek Clover; Greek Hay; Alholva (Sp.); Bockshornklee (Ger.); Fenugreek	1	1676.0
<i>Triticum aestivum</i> Wheat	1	
<i>Tropaeolum tuberosum</i> Mashua; Anu	1	9600.0
<i>Tropaeolum majus</i> Nasturtium	1	15100.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Turnera diffusa</i> Damiana	1	1966.0
<i>Ullucus tuberosus</i> Ulluco; Melloco	1	3500.0
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	1	1660.0
<i>Vaccinium vitis-idaea</i> Cowberry; Lingonberry; Lingen	1	3730.0
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Bilberry; Whortleberry	1	3300.0
<i>Vaccinium macrocarpon</i> Large Cranberry; Cranberry; American Cranberry	1	2203.0
<i>Vaccinium corymbosum</i> Blueberry	1	1756.0
<i>Valeriana officinalis</i> Common Valerian; Garden-Heliotrope; Valerian	1	
<i>Verbascum thapsus</i> Flannelplant; Flannelleaf; Mullein; Great Mullein; Velvetplant	1	1552.0
<i>Viburnum opulus</i> Crampbark; European Cranberry Bush; Snowballbush; Guelder Rose	1	
<i>Vicia faba</i> Faba Bean; Broadbean; Habas	1	5110.0
<i>Vigna unguiculata</i> Cowpea; Southern Pea; Black-eyed Pea; Crowder Pea	1	12346.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	3118.0
<i>Vigna mungo</i> Black Gram	1	896.0
<i>Vigna angularis</i> Adzuki Bean	1	

Plant	# Chemicals	Total PPM
<i>Vigna aconitifolia</i> Mat Bean; Moth Bean	1	88.0
<i>Viscum album</i> European Mistletoe	1	15000.0
<i>Vitis vinifera</i> Grape; Wine Grape; Grapevine; Parra (Sp.); Vigne Vinifere (Fr.); Vid (Sp.); European Grape; Weinrebe (Ger.)	1	9560.0
<i>Yucca baccata</i> Blue Yucca; Banana Yucca; Yucca; Spanish Bayonet	1	262.0
<i>Zea mays</i> Corn	1	192.0
<i>Zingiber officinale</i> Ginger	1	634.0
<i>Zizyphus spina-christi</i> Syrian Christ-Thorn	1	660.0
<i>Zizyphus jujuba</i> Ta-Tsao; Jujube; Da-Zao	1	7764.0