

# A Decongestant?

\*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>Achillea millefolium</i> Yarrow; Milfoil	1	
<i>Acinos suaveolens</i>	1	
<i>Acorus calamus</i> Sweet Calamus; Calamus; Myrtle Flag; Sweetflag; Flagroot; Sweetroot	1	
<i>Artemisia dracunculus</i> Tarragon	1	1000.0
<i>Artemisia annua</i> Sweet Annie; Annual Mugwort (GRIN); Annual Wormwood (GRIN); Qinghao; Sweet Wormwood (GRIN)	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. White Cabbage; Cabbage; Red Cabbage	1	
<i>Calamintha nepeta</i> Calamint	1	
<i>Camellia sinensis</i> Tea	1	
<i>Cocos nucifera</i> Nariyal; Cocotero (Sp.); Coconut Palm; Coconut; Kokospalme (Ger.); Copra	1	
<i>Cymbopogon nardus</i> Ceylon Citronella; Citronella	1	
<i>Elytrigia repens</i> Twitchgrass; Couchgrass; Doggrass; Wheatgrass; Quackgrass	1	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Hedeoma pulegioides</i> American Pennyroyal	1	60.0
<i>Hedeoma drummondii</i> Drummond's Pennyroyal	1	20.0
<i>Hyptis suaveolens</i> Wild Hops	1	
<i>Juniperus communis</i> Common Juniper; Juniper	1	44.0
<i>Levisticum officinale</i> Lovage	1	
<i>Mentha x rotundifolia</i> Applemint	1	160.0
<i>Mentha x piperita</i> Peppermint	1	26750.0
<i>Mentha spicata</i> Spearmint; Hortela da Folha Miuda	1	1150.0
<i>Mentha sp</i> Mint	1	
<i>Mentha pulegium</i> European Pennyroyal	1	7560.0
<i>Mentha longifolia</i> Biblical Mint	1	920.0
<i>Mentha arvensis</i> var. <i>piperascens</i> Japanese Mint; Field Mint; Cornmint	1	50035.0
<i>Mentha aquatica</i> Water Mint	1	7140.0
<i>Micromeria thymifolia</i>	1	
<i>Micromeria fruticosa</i> Zuta; Tea Hyssop; Zopha	1	
<i>Minthostachys mollis</i> Muna; Tipo	1	
<i>Ocimum basilicum</i> Basil; Sweet Basil; Cuban Basil	1	64.0
<i>Ononis spinosa</i> Spiny Restharrow; Hauhechel (Ger.); Restharrow	1	
<i>Pelargonium graveolens</i> Rose Geranium; Scented Geranium	1	3704.0
<i>Pycnanthemum virginianum</i> Virginia Mountain Mint	1	6032.0
<i>Pycnanthemum tenuifolium</i> Slenderleaf Mountain Mint	1	1240.0
<i>Pycnanthemum setosum</i> Setose Mountain Mint	1	
<i>Pycnanthemum pilosum</i> Pilose Mountain Mint	1	2800.0
<i>Pycnanthemum muticum</i> Muticous Mountain Mint	1	900.0
<i>Pycnanthemum montanum</i> Montane Mountain Mint	1	64.0
<i>Pycnanthemum incanum</i> Hoary Mountain Mint	1	1596.0
<i>Pycnanthemum clinopodioides</i> Clinopod Mountain Mint	1	352.0

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<i>Pycnanthemum beadlei</i> Beadle's Mountain Mint	1	280.0
<i>Rheum palmatum</i> Chinese Rhubarb	1	
<i>Rhododendron dauricum</i> Chinese Alpenrose	1	
<i>Salvia officinalis</i> Sage	1	
<i>Satureja parvifolia</i> Small-Leaf Pampa Savory	1	
<i>Satureja odora</i> Scented Pampa Savory	1	
<i>Satureja grandiflora</i> French Savory	1	
<i>Sideritis scardica</i> Balkan Sideritis	1	
<i>Zea mays</i> Corn	1	