

A Demulcent

*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 moschatus</i> Musk Okra; Ambrette; Tropical Jewel Hibiscus; Muskmallow	1	
<i>Abelmoschus manihot</i> Manioc Hibiscus	1	
<i>Abelmoschus esculentus</i> Okra	2	43000.0
<i>Abies balsamea</i> Balsam Fir	1	
<i>Abrus precatorius</i> Licorice Vine; Love Bean; Crab's Eye; Indian Licorice; Precatory Bean; Minnie-Minnies; Jequirity Bean; Lucky Bean; Coral Beadplant; Red Beadvine; Rosary Pea; Jequerity; Weathervine; Prayer Beads; Weatherplant	1	
<i>Acacia senegal</i> Gum Arabic; Kher; Sudan Gum Arabic; Gum Arabic Tree; Senegal Gum	1	
<i>Acacia nilotica</i> Babul	2	
<i>Acacia farnesiana</i> Cassie; Opopanax; Popinac; Huisache; Sweet Acacia	1	
<i>Achillea millefolium</i> Milfoil; Yarrow	1	
<i>Acorus calamus</i> Sweet Calamus; Sweetflag; Myrtle Flag; Calamus; Sweetroot; Flagroot	1	16000.0
<i>Actinidia chinensis</i> Kiwi	1	49600.0
<i>Adiantum capillus-veneris</i> Maidenhair Fern	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	
<i>Agathosma betulina</i> Mountain Buchu; Buchu; Honey Buchu	1	
<i>Agave sisalana</i> Hemp Plant; Sisal Hemp; Sisal; Mescal; Sisal Agave	1	
<i>Ailanthus altissima</i> Tree Of Heaven; Stinktree	1	
<i>Alisma plantago-aquatica</i> Tse-Hsieh; Water Plantain; Ze-Xie; Mud Plantain	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	2	
<i>Allium cepa</i> Shallot; Onion	2	
<i>Allium ampeloprasum</i> Kurrat; Elephant Garlic	1	
<i>Alnus glutinosa</i> Black Alder	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	3	140000.0
<i>Amaranthus spinosus</i> Spiny pigweed	1	
<i>Ammi majus</i> Bishop's Weed	1	
<i>Anabasis aphylla</i> Anabasis	1	
<i>Anamirta cocculus</i> Levant Berry	1	
<i>Ananas comosus</i> Pineapple	2	303200.0
<i>Anastatica hierochuntica</i> Jericho Rose	1	
<i>Angelica sinensis</i> Dang Gui; Dang Quai; Chinese Angelica; Dang Qui; Dong Quai; Dong Gui	1	
<i>Angelica archangelica</i> Wild Parsnip; Angelica; Garden Angelica	1	
<i>Anisomeles indica</i> Kalabhangra	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	545000.0
<i>Annona muricata</i> Soursop	1	
<i>Anredera baselloides</i> Madeira vine	1	
<i>Apium graveolens</i> Celery	3	6000.0
<i>Araucaria bidwillii</i> Monkey puzzle	1	

Plant	# Chemicals	Total PPM
<i>Arctium lappa</i> Burdock; Gobo; Great Burdock	1	240000.0
<i>Areca catechu</i> Betel Nut; Pin-Lang	2	
<i>Armoracia rusticana</i> Horseradish	1	
<i>Arnica montana</i> Leopard's-Bane; Mountain Tobacco	2	20000.0
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Asimina triloba</i> Pawpaw	1	1090000.0
<i>Asparagus officinalis</i> Asparagus	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	2	
<i>Ballota nigra</i> Black Horehound	1	
<i>Barosma betulina</i> Buchu	1	
<i>Berberis vulgaris</i> Barberry	2	
<i>Beta vulgaris</i> Beet; Beetroot; Sugar Beet; Garden Beet	1	540000.0
<i>Bixa orellana</i> Annatto; Lipsticktree; Annoto; Arnato; Achiote; Lipstick Pod; Annato; Bija	2	
<i>Bletilla striata</i> Shiran (Jap.); Hyacinth Bletilla; Bletilla; Chinese Ground Orchid; Dai Chi (Chin.); Hardy Orchid; Hyacinth Orchid	1	
<i>Borago officinalis</i> Borage; Talewort; Beebread; Beeplant	1	600000.0
<i>Boswellia sacra</i> arbol del incensio (Sp.); Weihrauchbaum (Ger.); Oliban (Sp.); Olibanum Tree; Weihrauchpflanze (Ger.); Olibanum; Frankincense	1	240000.0
<i>Brassica oleracea</i> var. <i>capitata</i> l. Cabbage; Red Cabbage; White Cabbage	1	
<i>Brassica nigra</i> Black Mustard	1	400000.0
<i>Caesalpinia pulcherrima</i> Bird Of Paradise	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	30000.0
<i>Camellia japonica</i> Japanese Tea; Rose du Japon (Fr.); Kamelie (Ger.); Camellia; Camelia (Sp.); Common Camellia; Camelia (Fr., Port.); Tsubaki (Jap.)	1	
<i>Capparis spinosa</i> Caper; Caperbush	1	
<i>Carica papaya</i> Papaya	2	
<i>Carthamus tinctorius</i> Safflower	1	
<i>Castanea sativa</i> European Chestnut	2	432000.0
<i>Centaurea cyanus</i> Bachelor's Button; Cornflower	1	
<i>Centaurea calcitrapa</i> Star-Thistle	1	
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	3	860000.0
<i>Cichorium intybus</i> Succory; Witloof; Chicory	2	
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	74000.0
<i>Cinnamomum aromaticum</i> Kashia-Keihi (Jap.); Cassia; Cassia Bark; Saigon Cinnamon; Zimtcassie (Ger.); Chinese Cassia; Canelero chino (Sp.); Chinazimt (Ger.); Canela de la China (Sp.); Canelle de Cochinchine (Fr.); Cassia Lignea; Cannelier de Chine (Fr.); Chinesischer Zimtbaum (Ger.); Cannelier Casse (Fr.); Chinese Cinnamon; China Junk Cassia	1	
<i>Citrullus lanatus</i> Watermelon	1	
<i>Citrus sinensis</i> Orange	2	105800.0
<i>Citrus paradisi</i> Grapefruit	2	42800.0
<i>Citrus mitis</i> Calamansi; Calamondin	2	
<i>Citrus limon</i> Lemon	2	
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	1	
<i>Cnicus benedictus</i> Blessed Thistle	1	400000.0

Plant	# Chemicals	Total PPM
<i>Cnidium officinale</i> Jih-Chiung	1	
<i>Cocos nucifera</i> Coconut; Cocotero (Sp.); Coconut Palm; Copra; Kokospalme (Ger.); Nariyal	2	268000.0
<i>Coffea arabica</i> Coffee	1	
<i>Collinsonia canadensis</i> Stone Root	1	
<i>Colocasia esculenta</i> Taro	1	21400.0
<i>Commelina communis</i> Common dayflower	1	
<i>Corchorus olitorius</i> Jew's Mallow; Nalta Jute; Mulukiya	1	
<i>Coriandrum sativum</i> Chinese Parsley; Coriander; Cilantro	2	
<i>Coriaria myrtifolia</i> Mealy Tree	1	
<i>Corylus avellana</i> English Filbert; European Filbert; European Hazel; Hazel; Cobnut	1	100000.0
<i>Costus speciosus</i> Crepe Ginger; Wild Ginger; Cane Reed	1	
<i>Crataegus rhipidophylla</i> Hawthorn	2	
<i>Crataegus laevigata</i> Whitethorn; Woodland Hawthorn; English Hawthorn; Hawthorn	2	
<i>Crotalaria juncea</i> Sunhemp	1	128200.0
<i>Cucurbita</i> spp Summer Squash	1	189870.0
<i>Cucurbita pepo</i> Pumpkin	2	28000.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Curcuma zedoaria</i> Zedoary; Shoti	1	
<i>Cycas revoluta</i> Sago Cycas	1	
<i>Cydonia oblonga</i> Quince	2	440000.0
<i>Cynara cardunculus</i> Artichoke	1	
<i>Cyperus rotundus</i> Nutsedge	1	74400.0
<i>Cyphomandra betacea</i> Tree Tomato; Tamarillo	2	
<i>Daphne mezereum</i> Spurge Olive; Spurge Laurel	1	
<i>Daucus carota</i> Carrot	2	1054000.0
<i>Dianthus caryophyllus</i> Nelke (Ger.); Carnation; Clove Pink; Oeillet (Fr.); Clavel (Sp.)	2	
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Purple-Coneflower; Narrow Leaf Echinacea	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Eleuthero Ginseng; Ci wu jia (Pinyin); Wu jia; Siberian Ginseng; Spiny Ginseng	2	
<i>Elytrigia repens</i> Quackgrass; Doggrass; Wheatgrass; Couchgrass; Twitchgrass	1	220000.0
<i>Eriobotrya japonica</i> Loquat	1	
<i>Ficus carica</i> Fig; Figuier Commun (Fr.); Echte Feige (Ger.); Higuera Comun (Sp.); Fico (Ital.); Higo (Sp.); Feigenbaum (Ger.); Figueira (Port.)	3	702950.0
<i>Filipendula ulmaria</i> Meadowsweet; Queen Of The Meadow	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria</i> spp Strawberry	1	10800.0
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	
<i>Garcinia mangostana</i> Mangostin; Mangosteen	1	
<i>Gardenia jasminoides</i> Gardenia; Shan-Zhi-Zi; Zhi Zi; Jasmin; Cape Jasmine; Shan-Chih-Tzu	1	
<i>Gastrodia elata</i> Tian Ma	1	

Plant	# Chemicals	Total PPM
<i>Genista tinctoria</i> Dyer's Broom	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	2	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	47200.0
<i>Glycine max</i> Soybean	1	143400.0
<i>Glycyrrhiza uralensis</i> Chinese Licorice; Gan-Cao; Kan-Tsao	1	
<i>Glycyrrhiza glabra</i> Commom Licorice; Smooth Licorice; Licorice-Root; Licorice	2	297700.0
<i>Guazuma ulmifolia</i> Bay Cedar	1	
<i>Harpagophytum procumbens</i> Grapple Plant; Devil's Claw	1	
<i>Helianthus annuus</i> Sunflower; Girasol	2	220000.0
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Rosa de Jamaica (Sp.); Malventee (Ger.); Indian Sorrel; Acedera de Guinea (Sp.); Sereni (Sp.); <i>Kharkadi</i> ; Roselle; Rosella (Ger.); Sorrel; Red Sorrel	3	89000.0
<i>Hippophae rhamnoides</i> Sallow Thorn; Sea Buckthorn; Yellow Spine	2	
<i>Humulus lupulus</i> Hops	2	280000.0
<i>Hydrangea paniculata</i> Peegee	1	
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hyoscyamus niger</i> Henbane	1	
<i>Hypericum perforatum</i> Hypericum; St. John's-wort; Goatweed; Common St. Johnswort; Klamath Weed	1	
<i>Inula helenium</i> Elecampane	1	
<i>Ipomoea batatas</i> Sweet Potato	1	60000.0
<i>Ipomoea aquatica</i> Swamp Cabbage; Water Spinach	1	15200.0
<i>Iris x germanica</i> Orris	1	
<i>Jateorhiza palmata</i> Calumba Root	1	
<i>Jatropha curcas</i> Physic Nut; Purging Nut	1	
<i>Juniperus communis</i> Juniper; Common Juniper	1	14000.0
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	1	
<i>Kalmia latifolia</i> Calico Bush; Spoonwood; Mountain Laurel	2	
<i>Lagenaria siceraria</i> Calabash Gourd; White-Flowered Gourd	1	420000.0
<i>Lawsonia inermis</i> Henna; Jamaica-Mignonette; Mignonette Tree; Mignonette	1	
<i>Lepidium sativum</i> Garden Cress	1	100000.0
<i>Limonia acidissima</i> Manzana De Elefante; Elephant Apple; Wood-Apple	1	
<i>Linum usitatissimum</i> Linseed; Flax	3	354000.0
<i>Lycopersicon esculentum</i> Tomato	2	62000.0
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycoris radiata</i> Spider Lily	1	146400.0
<i>Lythrum salicaria</i> Purple Loosestrife	1	
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	2	
<i>Mahonia repens</i> Oregon Barberry; Oregon Grape-Holly; Creeping Barberry; Oregon Grape	1	
<i>Malus domestica</i> Apple	2	205570.0
<i>Malva sylvestris</i> High Mallow	1	
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	251600.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Marrubium vulgare</i> Horehound; White Horehound	2	

Plant	# Chemicals	Total PPM
<i>Matricaria recutita</i> Annual Camomile; German Camomile; Wild Camomile	1	200000.0
<i>Medicago sativa</i> Lucerne; Alfalfa	2	
<i>Mentha x piperita</i> Peppermint	1	60000.0
<i>Menyanthes trifoliata</i> Buckbean; Marsh Trefoil; Marsh Clover; Bog Myrtle; Bogbean; Water Trefoil	1	
<i>Mercurialis annua</i> Annual Mercury	1	56000.0
<i>Mimosa pudica</i> Sensitive Plant	1	
<i>Momordica charantia</i> Sorosi; Bitter Melon	1	
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	2	
<i>Musa x paradisiaca</i> Plantain; Banana	2	243000.0
<i>Myristica fragrans</i> Muskatnussbaum (Ger.); Nutmeg; nuez moscada (Sp.); Mace; nogal moscado (Sp.)	1	12000.0
<i>Nelumbo nucifera</i> Water Lotus	1	141730.0
<i>Nicotiana tabacum</i> Tobacco	2	140000.0
<i>Ocimum tenuiflorum</i> Anise-Scented Basil	1	
<i>Ocimum sanctum</i> Holy Basil; Tulsi	1	
<i>Ocimum basilicum</i> Basil; Cuban Basil; Sweet Basil	1	186000.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Olea europaea</i> Olive	1	
<i>Ophiopogon japonicus</i> Mai-Men-Dong; Mai-Men-Tung	2	
<i>Opuntia ficus-indica</i> Nopal; Nopalito; Prickly Pear; Indian Fig	3	
<i>Ornithogalum umbellatum</i> Star Of Bethlehem	1	
<i>Oryza sativa</i> Rice	1	9600.0
<i>Paeonia officinalis</i> Double Peony	2	280000.0
<i>Paeonia lactiflora</i> White Peony; Peony; Chih-Shao; Common Garden Peony; Bai Shao (Chinese)	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	85420.0
<i>Panax ginseng</i> Korean Ginseng; Ginseng; Chinese Ginseng; Oriental Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppysseed Poppy	1	
<i>Paris quadrifolia</i> Herb Paris	1	
<i>Parthenocissus quinquefolia</i> Amerika-zuta (Jap.); Five-leaf-ivy; Woodbine; Virginia-creeper; American-ivy	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Passiflora edulis</i> Passionfruit; Maracuya	1	
<i>Paullinia cupana</i> Guarana	1	
<i>Petasites japonicus</i> Butterbur	2	
<i>Petasites hybridus</i> European Butterbur	1	
<i>Petroselinum crispum</i> Parsley	1	
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Phoenix dactylifera</i> Date Palm	1	876400.0
<i>Phragmites australis</i> Giant Reed; Ditch Reed; Reed Grass; Common Reed	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	2	25940.0
<i>Physalis peruviana</i> Ground Cherry; Cape Gooseberry	2	14000.0
<i>Physalis ixocarpa</i> Tomatillo	2	50234.0
<i>Physalis alkekengi</i> Bladderherb; Lantern	2	14000.0

Plant	# Chemicals	Total PPM
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	2	
<i>Picrasma excelsa</i> Jamaican Quassia; Bitterwood	1	
<i>Pinus sylvestris</i> Scotch Pine	1	34000.0
<i>Pinus strobus</i> Eastern White Pine; White Pine	1	
<i>Pinus gerardiana</i> Chilgoza Pine	1	
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	50000.0
<i>Piper angustifolium</i> Matico	1	
<i>Pistacia vera</i> Pistachio	2	135800.0
<i>Pisum sativum</i> Pea	2	610000.0
<i>Plantago psyllium</i> Psyllium	1	520000.0
<i>Plantago ovata</i> Indian Plantago; Spogel Seeds; Psyllium; Ispaghula; Blond Psyllium	2	600000.0
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Plumeria acutifolia</i> Frangipani	1	112000.0
<i>Polygala senega</i> Senega; Seneca Snakeroot	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	310000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	2	8400.0
<i>Prunella vulgaris</i> Self-Heal; Heal-All	1	
<i>Prunus spinosa</i> Sloe; Blackthorn	1	
<i>Prunus persica</i> Peach	1	200000.0
<i>Prunus dulcis</i> Almond	2	70000.0
<i>Prunus domestica</i> Plum	2	176000.0
<i>Prunus armeniaca</i> Apricot	1	108000.0
<i>Psidium guajava</i> Guava	2	32000.0
<i>Pterocarpus marsupium</i> Malabar Kino; bijasal; Indian Kino	2	
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Grenadier (Fr.); Zakuro (Jap.); Romanzeiro (Port.); Pomegranate; Granatapfelbaum (Ger.); Granado (Sp.); Mangrano (Sp.)	3	765400.0
<i>Pyrus communis</i> Pear	1	80000.0
<i>Quercus robur</i> English Oak	1	
<i>Quercus alba</i> White Oak	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	162000.0
<i>Rhamnus cathartica</i> European Buckthorn; Buckthorn	1	
<i>Rheum officinale</i> Chinese Rhubarb	1	
<i>Ribes uva-crispa</i> Gooseberry	2	14200.0
<i>Ribes rubrum</i> White Currant; Red Currant	2	19000.0
<i>Ribes nigrum</i> Black Currant	2	12400.0
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa rubiginosa</i> Rosa Mosqueta	1	92000.0
<i>Rosa gallica</i> French Rose	1	
<i>Rosa centifolia</i> Cabbage Rose	1	
<i>Rosa canina</i> Rose; Dog Rose; Dogbrier	2	314200.0

Plant	# Chemicals	Total PPM
<i>Rosmarinus officinalis</i> Rosemary	1	
<i>Rubus idaeus</i> Raspberry; Red Raspberry	2	29000.0
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	2	372000.0
<i>Saccharum officinarum</i> Sugarcane	1	
<i>Salix alba</i> White Willow	1	
<i>Salvia</i> sp. Chia	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus simpsonii</i> Simpson's elderberry	1	
<i>Sambucus nigra</i> Elder; Black Elder; European Elderberry; European Elder; European Alder	3	4600.0
<i>Sambucus canadensis</i> American Elderberry; American Elder; Elderberry; Sweet Elder	1	
<i>Santalum album</i> White Sandalwood	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Sassafras albidum</i> Sassafras	1	
<i>Satureja hortensis</i> Summer Savory	1	
<i>Scutellaria baicalensis</i> Baikal Skullcap; Chinese Skullcap; Huang Qin	1	
<i>Senna occidentalis</i> Coffee Senna	1	720000.0
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Senna alexandrina</i> Alexandran senna; True Senna; Indian Senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Sesamum indicum</i> Beni; Ajonjoli (Sp.); Benneseed; Sesamo (Sp.); Sesame	1	
<i>Sida rhombifolia</i> Teaplant; Broomweed	1	
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	
<i>Sinapis alba</i> White Mustard	2	
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum tuberosum</i> Potato	2	212000.0
<i>Solanum melongena</i> Aubergine; Eggplant	2	220000.0
<i>Sorbus aucubaria</i> Rowan Berry	1	20000.0
<i>Spigelia marilandica</i> Indian Pink; Pinkroot	1	
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	58000.0
<i>Spondias dulcis</i> Ambarella	2	595200.0
<i>Stellaria media</i> Common Chickweed; Chickweed	1	320000.0
<i>Sterculia urens</i> Karaya	1	1500000.0
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Stevia; Ca-A-E	1	
<i>Symphytum officinale</i> Comfrey	2	580000.0
<i>Syzygium aromaticum</i> Clovetree; Clove	1	
<i>Tamarindus indica</i> Indian Tamarind; Tamarind; Kilytree	2	50000.0
<i>Taraxacum officinale</i> Dandelion	3	170000.0
<i>Terminalia chebula</i> Myrobalan; Black Myrobalan; Chebulic Myrobalan; Ink Nut	2	24160.0
<i>Terminalia bellirica</i> Belleric; Bahera; Beleric Myrobalan; Myrobalan; Myrobalan Belleric	1	
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	

Plant	# Chemicals	Total PPM
<i>Theobroma cacao</i> Cacao	2	
<i>Thuja occidentalis</i> Arbor-Vitae; Northern White-Cedar	1	
<i>Tilia</i> sp. Basswood; Lime; Linden	2	
<i>Trigonella foenum-graecum</i> Greek Hay; Bockshornklee (Ger.); Alholva (Sp.); Fenugreek; Greek Clover	2	780000.0
<i>Triticum aestivum</i> Wheat	1	16800.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Tussilago farfara</i> Coltsfoot	1	302000.0
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	650000.0
<i>Uncaria catechu</i> Gambir; Pale Catechu	1	
<i>Urginea indica</i> Indian Squill; Sea-Onion	1	1020000.0
<i>Urtica dioica</i> European Nettle; Stinging Nettle	3	
<i>Vaccinium vitis-idaea</i> Lingen; Lingonberry; Cowberry	2	18600.0
<i>Vaccinium myrtillus</i> Whortleberry; Bilberry; Dwarf Bilberry	2	
<i>Vaccinium macrocarpon</i> Cranberry; American Cranberry; Large Cranberry	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	700000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Verbascum thapsus</i> Great Mullein; Flannelleaf; Mullein; Flannelplant; Velvetplant	2	7400.0
<i>Verbena officinalis</i> Vervain	1	
<i>Vetiveria zizanioides</i> Cuscut Grass; Cus-Cus; Vetiver	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Snowballbush; Guelder Rose; Crampbark; European Cranberry Bush	2	100000.0
<i>Vigna unguiculata</i> Cowpea; Southern Pea; Crowder Pea; Black-eyed Pea	1	30000.0
<i>Vigna radiata</i> Green Gram; Mungbean	2	36000.0
<i>Vigna mungo</i> Black Gram	1	32000.0
<i>Viola tricolor</i> Pansy; Wild Violet	1	190000.0
<i>Vitis vinifera</i> Vigne Vinifere (Fr.); Parra (Sp.); Weinrebe (Ger.); European Grape; Wine Grape; Grape; Vid (Sp.); Grapevine	1	7800.0
<i>Withania somnifera</i> Ashwagandha	1	2000.0
<i>Zea mays</i> Corn	2	72000.0
<i>Zingiber officinale</i> Ginger	1	
<i>Zizyphus jujuba</i> Ta-Tsao; Da-Zao; Jujube	3	504000.0