

A Depressant

*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	17.6
<i>Actaea racemosa</i> Black Snakeroot; Black Cohosh	1	
<i>Agathosma betulina</i> Buchu; Mountain Buchu; Honey Buchu	1	140.0
<i>Agrimonia eupatoria</i> Sticklewort; Agrimony	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	17.6
<i>Allium cepa</i> Onion; Shallot	2	0.006
<i>Aloe vera</i> Bitter Aloes; Aloe	1	25.3
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	1	36.3
<i>Amorphophallus konjac</i> Konjac; Leopard Palm; Umbrella Arum; Devil's Tongue; Elephant Yam; Snake Palm	1	
<i>Anacardium occidentale</i> Cashew	1	0.4
<i>Anemarrhena asphodeloides</i> Chih-Mu; Zhi-Mu	1	
<i>Anethum graveolens</i> Garden Dill; Dill	1	0.024
<i>Angelica sinensis</i> Dang Gui; Dong Quai; Dang Qui; Chinese Angelica; Dang Quai; Dong Gui	2	3.9
<i>Annona reticulata</i> Custard Apple	1	
<i>Annona muricata</i> Soursop	1	
<i>Annona montana</i> Mountain Soursop	1	
<i>Apium graveolens</i> Celery	1	
<i>Arachis hypogaea</i> Peanut; Groundnut	1	0.04
<i>Arctium lappa</i> Gobo; Great Burdock; Burdock	1	15.4
<i>Arctostaphylos uva-ursi</i> Uva Ursi; Bearberry	1	17.6
<i>Armoracia rusticana</i> Horseradish	1	
<i>Asparagus officinalis</i> Asparagus	1	0.156
<i>Astragalus membranaceus</i> Huang Qi; Huang-Chi	1	
<i>Avena sativa</i> Oats	2	14.3
<i>Azadirachta indica</i> Neem	1	8000.0
<i>Barosma betulina</i> Buchu	1	
<i>Berberis vulgaris</i> Barberry	1	37.4
<i>Bertholletia excelsa</i> Creamnut; Brazilnut-Tree; Paranut; Brazilnut	1	994.0
<i>Beta vulgaris</i> Garden Beet; Beetroot; Beet; Sugar Beet	1	
<i>Brassica rapa</i> Turnip; Rapini; Seven-Top Turnip	1	
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.004
<i>Brassica oleracea</i> var. <i>italica</i> Calabrese; Asparagus Broccoli; Broccoli; Cape Broccoli; Heading Broccoli; Winter Broccoli; Purple Cauliflower; Sprouting Broccoli	1	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	1	0.07200000000000001
<i>Brassica oleracea</i> var. <i>capitata</i> l. Cabbage; White Cabbage; Red Cabbage	1	0.5
<i>Brassica oleracea</i> var. <i>botrytis</i> l. Cauliflower	1	0.078
<i>Brassica napus</i> var. <i>napobrassica</i> Rutabaga; Swedish Turnip; Swede	1	0.096
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Capsicum annuum</i> Green Pepper; Cone Pepper; Cherry Pepper; Paprika; Bell Pepper; Sweet Pepper	1	0.004

Plant	# Chemicals	Total PPM
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	22.0
<i>Carya ovata</i> Shagbark Hickory	1	0.04
<i>Carya illinoensis</i> Pecan	1	0.04
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	38.5
<i>Centella asiatica</i> Gotu Kola; Pennywort	1	13.2
<i>Chamaemelum nobile</i> Perennial Camomile; Roman Camomile; Garden Camomile	1	
<i>Chondrus crispus</i> Irish Moss	1	36.0
<i>Chrysanthemum parthenium</i> Feverfew	1	
<i>Cichorium endivia</i> Endive; Escarole	1	0.048
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	35.2
<i>Citrus sinensis</i> Orange	1	0.004
<i>Citrus reticulata</i> Tangerine; Mandarin	1	
<i>Citrus paradisi</i> Grapefruit	1	0.054
<i>Cnicus benedictus</i> Blessed Thistle	1	37.4
<i>Cocos nucifera</i> Copra; Kokospalme (Ger.); Coconut Palm; Coconut; Nariyal; Cocotero (Sp.)	1	0.04
<i>Corylus avellana</i> Hazel; Cobnut; English Filbert; European Hazel; European Filbert	1	0.16
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Woodland Hawthorn; Whitethorn; Hawthorn; English Hawthorn	1	22.0
<i>Cucumis sativus</i> Cucumber	1	5.6
<i>Cucumis melo</i> Muskmelon; Melon; Cantaloupe; Netted Melon; Nutmeg Melon; Persian Melon	1	0.008
<i>Cucurbita pepo</i> Pumpkin	1	32.4
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	124.0
<i>Cypripedium pubescens</i> Lady's Slipper	1	98.0
<i>Cytisus scoparius</i> Scotch Broom	1	
<i>Daucus carota</i> Carrot	1	0.04
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	
<i>Echinacea</i> spp Echinacea; Coneflower	1	21.5
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Echinacea; Purple-Coneflower	1	
<i>Eleutherococcus senticosus</i> Spiny Ginseng; Wu jia; Eleuthero Ginseng; Siberian Ginseng; Ci wu jia (Pinyin)	1	
<i>Elytrigia repens</i> Twitchgrass; Doggrass; Wheatgrass; Quackgrass; Couchgrass	1	204.0
<i>Ephedra sinica</i> Chinese Ephedra; Ma Huang	1	13.2
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	14.3
<i>Eriodictyon californicum</i> Tarweed; Holy Herb; California Yerba Santa; Mountain Balm; Consumptive's Weed; Gum Bush; Hierba Santa; Bear's Weed; Yerba Santa	1	
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphorbia lathyris</i> Mole Plant; Caper Spurge	1	34000.0
<i>Euphrasia officinalis</i> Eyebright	1	5.2
<i>Fagopyrum esculentum</i> Buckwheat	1	0.4
<i>Foeniculum vulgare</i> Fennel	1	

Plant	# Chemicals	Total PPM
<i>Fragaria</i> spp Strawberry	1	0.004
<i>Frangula purshiana</i> Cascara Sagrada; Cascara Buckthorn	1	12.1
<i>Fucus vesiculosus</i> Kelp; Bladderwrack	1	18.7
<i>Gentiana lutea</i> Gentian; Yellow Gentian	1	19.8
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	
<i>Glycine max</i> Soybean	1	3.85
<i>Glycyrrhiza glabra</i> Licorice-Root; Commom Licorice; Smooth Licorice; Licorice	1	1.1
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	16.5
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Kharkadi; Sorrel; Malventee (Ger.); Roselle; Indian Sorrel; Rosella (Ger.); Sereni (Sp.); Rosa de Jamaica (Sp.); Acedera de Guinea (Sp.); Red Sorrel	1	157.3
<i>Hordeum vulgare</i> Barley; Barleygrass	2	48.0
<i>Humulus lupulus</i> Hops	1	18.7
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	1	17.6
<i>Hydrastis canadensis</i> Goldenseal	1	11.0
<i>Inula helenium</i> Elecampane	1	
<i>Juglans regia</i> English Walnut	1	
<i>Juglans nigra</i> Black Walnut	1	0.04
<i>Juglans cinerea</i> Butternut	1	0.2
<i>Juniperus virginiana</i> Red Cedar	1	0.08
<i>Juniperus communis</i> Juniper; Common Juniper	1	2.6
<i>Lactuca sativa</i> Lettuce	1	0.116
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	20.9
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styrax	1	0.8
<i>Lobelia inflata</i> Lobelia; Indian Tobacco	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	0.068
<i>Magnolia fargesii</i> Xin-Yi; Hsin-I	1	
<i>Malus domestica</i> Apple	2	
<i>Medicago sativa</i> Alfalfa; Lucerne	1	0.08199999999999999
<i>Mentha x piperita</i> Peppermint	1	12.1
<i>Mentha pulegium</i> European Pennyroyal	1	50.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	0.08
<i>Myrica cerifera</i> Wax Myrtle; Candle-Berry; Bayberry; Southern Bayberry	1	37.4
<i>Nepeta cataria</i> Catnip	1	135.3
<i>Panax ginseng</i> Korean Ginseng; Oriental Ginseng; Ginseng; Chinese Ginseng	2	27.5
<i>Parthenium integrifolium</i> Missouri Snakeroot; Prairie-Dock; American Feverfew; Feverfew; Wild Quinine	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Petasites japonicus</i> Butterbur	1	
<i>Petroselinum crispum</i> Parsley	2	0.042
<i>Phaseolus vulgaris</i> Field Bean; String Bean; Haricot Bean; Haricot Vert; Dwarf Bean; Popping Bean; Black Bean; Snap Bean; Green Bean; Haricot; Kidney Bean; Pop Bean; Wax Bean; Garden Bean; Flageolet Bean; French Bean; Navy Bean	1	0.036000000000000004

Plant	# Chemicals	Total PPM
<i>Phyllanthus emblica</i> Myrobalan; Emblic	1	24.0
<i>Pimenta dioica</i> Pimenta; Allspice; Pimento; Clover-Pepper; Jamaica-Pepper	1	0.08
<i>Pinus echinata</i> Shortleaf Pine	1	0.4
<i>Pistacia vera</i> Pistachio	1	0.2
<i>Pisum sativum</i> Pea	2	1.404
<i>Plantago psyllium</i> Psyllium	1	15.4
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> Fo Ti; He Shou Wu; Chinese Cornbind; Fleeceflower; Chinese Knotweed	1	148.0
<i>Prunus persica</i> Peach	1	0.006
<i>Prunus dulcis</i> Almond	1	6.06
<i>Prunus domestica</i> Plum	1	0.026
<i>Punica granatum</i> Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Zakuro (Jap.); Granado (Sp.); Romanzeiro (Port.); Pomegranate; Mangrano (Sp.); Grenadier (Fr.)	1	
<i>Pyrus communis</i> Pear	1	0.002
<i>Quercus stellata</i> Post Oak	1	0.08
<i>Quercus rubra</i> Northern Red Oak	1	0.04
<i>Quercus phellos</i> Willow Oak	1	0.6
<i>Quercus alba</i> White Oak	1	16.58
<i>Raphanus sativus</i> Radish	1	
<i>Rheum rhabarbarum</i> Rhubarb	1	
<i>Rhodymenia palmata</i> Dulse	1	
<i>Rhus glabra</i> Smooth Sumac	1	0.5
<i>Ribes uva-crispa</i> Gooseberry	1	
<i>Ribes rubrum</i> White Currant; Red Currant	1	
<i>Ribes nigrum</i> Black Currant	1	
<i>Rosa canina</i> Dog Rose; Rose; Dogbrier	1	2.105
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	27.5
<i>Rubus chamaemorus</i> Cloudberry	1	
<i>Rumex crispus</i> Curly Dock; Sour Dock; Lengua De Vaca; Yellow Dock	1	27.5
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	25.4
<i>Salix alba</i> White Willow	1	12.1
<i>Salvia officinalis</i> Sage	1	
<i>Schisandra chinensis</i> Magnolia Vine; Wu Wei Zu; Five-Flavor-Fruit; Wu Wei Zi; Schizandra; Chinese Magnolia Vine	1	8.1
<i>Scutellaria lateriflora</i> Skullcap; Mad-Dog Skullcap	2	9.100000000000001
<i>Scutellaria baicalensis</i> Baikal Skullcap; Huang Qin; Chinese Skullcap	1	
<i>Senna obtusifolia</i> Sicklepod	1	
<i>Senna alexandrina</i> Alexandran senna; Indian Senna; True Senna	1	
<i>Serenoa repens</i> Scrub-Palmetto; Saw Palmetto	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	178.1
<i>Smilax spp</i> Sarsaparilla	1	34.1
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	0.02
<i>Solanum melongena</i> Aubergine; Eggplant	1	0.004

Plant	# Chemicals	Total PPM
<i>Sorbus aucubaria</i> Rowan Berry	1	0.022
<i>Spinacia oleracea</i> Spinach	1	0.114
<i>Spirulina</i> spp. Spirulina	1	
<i>Stachys officinalis</i> Bishop's-Wort; Purple Betony; Wood Betony; Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	4.7
<i>Stevia rebaudiana</i> Ca-A-E; Sweet Leaf of Paraguay; Stevia	1	50.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	0.16
<i>Symphytum officinale</i> Comfrey	1	11.4
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	2.2
<i>Tanacetum parthenium</i> Feverfew	2	
<i>Taraxacum officinale</i> Dandelion	1	9.5
<i>Theobroma cacao</i> Cacao	1	42.0
<i>Thymus vulgaris</i> Thyme; Common Thyme; Garden Thyme	1	32.0
<i>Trifolium pratense</i> Cowgrass; Purple Clover; Red Clover; Peavine Clover	1	8.584
<i>Trigonella foenum-graecum</i> Greek Hay; Fenugreek; Alholva (Sp.); Greek Clover; Bockshornklee (Ger.)	2	17.6
<i>Turnera diffusa</i> Damiana	1	7.4
<i>Ulmus rubra</i> Slippery Elm; Red Elm	1	16.5
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	24.2
<i>Vaccinium vitis-idaea</i> Cowberry; Lingonberry; Lingen	1	0.026
<i>Vaccinium myrtillus</i> Bilberry; Dwarf Bilberry; Whortleberry	1	
<i>Vaccinium macrocarpon</i> American Cranberry; Cranberry; Large Cranberry	1	
<i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian	1	48.4
<i>Verbascum thapsus</i> Mullein; Great Mullein; Flannelplant; Velvetplant; Flannelleaf	1	5.5
<i>Viburnum opulus</i> Snowballbush; Crampbark; Guelder Rose; European Cranberry Bush	1	46.0
<i>Vicia faba</i> Habas; Broadbean; Faba Bean	1	344120.0
<i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean	1	0.28
<i>Viscum album</i> European Mistletoe	1	
<i>Vitis vinifera</i> Grapevine; Parra (Sp.); Wine Grape; Grape; Weinrebe (Ger.); Vigne Vinifere (Fr.); Vid (Sp.); European Grape	1	36.024
<i>Yucca baccata</i> Spanish Bayonet; Yucca; Banana Yucca; Blue Yucca	1	9.9
<i>Zea mays</i> Corn	2	12.4
<i>Zingiber officinale</i> Ginger	2	