

\*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> Muskmallow; Tropical Jewel Hibiscus; Ambrette; Musk Okra	1	300000.0
<i>Abelmoschus esculentus</i> Okra	1	178400.0
<i>Achillea moschata</i> Iva	1	
<i>Aconitum napellus</i> Helmet Flower; Soldier's Cap; Aconite; Friar's Cap; Garden Wolfsbane; Turk's Cap; European Aconite; Garden Monkshood; Queen's Fettle; Monkshood; Bear's-Foot; Blue Rocket	1	500000.0
<i>Acorus calamus</i> Calamus; Myrtle Flag; Sweetflag; Flagroot; Sweetroot; Sweet Calamus	1	
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Aegle marmelos</i> Bael fruit; Bael de India	1	
<i>Aesculus hippocastanum</i> Horse Chestnut	1	1200000.0
<i>Aframomum melegueta</i> Grains-of-Paradise; Malagueta (Sp.); Melegueta Pepper; Malagettapfeffer (Ger.); Guinea Grains; Alligator Pepper	1	
<i>Alliaria petiolata</i> Garlic Mustard	1	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Alocasia macrorrhiza</i> Giant Taro	1	1447800.0
<i>Aloe vera</i> Bitter Aloes; Aloe	1	
<i>Alpinia officinarum</i> Lesser Galangal; Chinese Ginger	1	500000.0
<i>Alpinia galanga</i> Greater Galangal; Languas; Siamese Ginger	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	2	750000.0
<i>Amorphophallus campanulatus</i> Elephant-Foot Yam	1	1495494.0
<i>Ananas comosus</i> Pineapple	1	38.0
<i>Andira inermis</i> Cabbage Bark	1	
<i>Anethum graveolens</i> Dill; Garden Dill	1	
<i>Angelica sinensis</i> Chinese Angelica; Dang Gui; Dang Quai; Dang Qui; Dong Gui; Dong Quai	1	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	
<i>Annona muricata</i> Soursop	1	
<i>Arctium lappa</i> Great Burdock; Gobo; Burdock	1	
<i>Arisaema triphyllum</i> Jack-In-The-Pulpit	1	340000.0
<i>Armoracia rusticana</i> Horseradish	1	
<i>Arracacia xanthorrhiza</i> Peruvian Carrot; Arracacha	1	500000.0
<i>Astragalus gummifer</i> Tragacanth; Gum Tragacanth	1	60000.0
<i>Atropa bella-donna</i> Belladonna	1	
<i>Avena sativa</i> Oats	1	1200000.0
<i>Bactris gasipaes</i> Pejibaye; Peach palm	1	
<i>Berberis vulgaris</i> Barberry	1	
<i>Bletilla striata</i> Chinese Ground Orchid; Dai Chi (Chin.); Hyacinth Orchid; Hyacinth Bletilla; Shiran (Jap.); Bletilla; Hardy Orchid	1	
<i>Brunfelsia uniflorus</i> Manaca	1	26000.0
<i>Caladium bicolor</i> Heart Of Jesus	1	
<i>Calathea allouia</i> Leren; Lleren	1	
<i>Camellia sinensis</i> Tea	1	10000.0
<i>Carthamus tinctorius</i> Safflower	1	

Plant	# Chemicals	Total PPM
<i>Carum carvi</i> Comino (Sp.); Carum; Caraway; Kummel (Ger.); Comino de prado (Sp.)	1	90000.0
<i>Castanea sativa</i> European Chestnut	1	1160000.0
<i>Castanospermum australe</i> Australian Chestnut; Black Bean; Moreton Bay Chestnut	1	
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	
<i>Cephaelis ipecacuanha</i> Ipecac; Raicilla	1	800000.0
<i>Ceratonia siliqua</i> Carob; Locust Bean; St.John's-Bread	1	700000.0
<i>Chimaphila umbellata</i> King's Cure; Pipsissewa	1	
<i>Cimicifuga racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Cinchona</i> spp Quinine	1	
<i>Cistus ladaniferus</i> Ambreine; Labdanum; Gum Cistus; Rockrose	1	
<i>Cnicus benedictus</i> Blessed Thistle	1	
<i>Coix lacryma-jobi</i> Job'S-Tears; Yi-Yi-Ren; Adlay Millet; Adlay	1	1310000.0
<i>Cola acuminata</i> Abata Cola	1	680000.0
<i>Colchicum autumnale</i> Autumn Crocus; Meadow Saffron	1	420000.0
<i>Colocasia esculenta</i> Taro	1	525400.0
<i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander	1	200000.0
<i>Costus speciosus</i> Wild Ginger; Cane Reed; Crepe Ginger	1	
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Woodland Hawthorn; Hawthorn; Whitethorn	1	360000.0
<i>Crocus sativus</i> Saffron	1	260600.0
<i>Crotalaria juncea</i> Sunhemp	1	822000.0
<i>Croton tiglium</i> Purging Croton	1	72000.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	1	
<i>Curcuma zedoaria</i> Shoti; Zedoary	1	1000000.0
<i>Curcuma xanthorrhiza</i> Javan Turmeric; Temu Lawak	1	800000.0
<i>Curcuma longa</i> Turmeric; Indian Saffron	1	
<i>Cycas revoluta</i> Sago Cycas	1	487400.0
<i>Cyperus rotundus</i> Nutsedge	1	184000.0
<i>Cyphomandra betacea</i> Tamarillo; Tree Tomato	1	280000.0
<i>Cypripedium pubescens</i> Ladyslipper	1	
<i>Cyrtosperma chamissonis</i> Swamp Taro	1	1310680.0
<i>Daucus carota</i> Carrot	1	50400.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea bulbifera</i> Potato Yam; Air Potato	1	1600000.0
<i>Dioscorea alata</i> Greater Yam; Winged Yam	1	1486000.0
<i>Drynaria fortunei</i> Fortune's Fern	1	
<i>Durio zibethinus</i> Durian	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Echinacea; Purple-Coneflower	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Elettaria cardamomum</i> Cardamom	1	800000.0
<i>Eucalyptus globulus</i> Blue Gum; Tasmanian Bluegum; Eucalypt	1	40000.0
<i>Fagopyrum esculentum</i> Buckwheat	1	1340000.0

Plant	# Chemicals	Total PPM
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	1	1360000.0
<i>Gloriosa superba</i> Glory Lily	1	
<i>Glycine max</i> Soybean	1	20000.0
<i>Glycyrrhiza glabra</i> Licorice-Root; Smooth Licorice; Commom Licorice; Licorice	1	400000.0
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	525200.0
<i>Hibiscus sabdariffa</i> Sorrel; Sereni (Sp.); Jamaica Sorrel; Indian Sorrel; Malventee (Ger.); Acedera de Guinea (Sp.); Kharkadi; Rosella (Ger.); Roselle; Red Sorrel; Rosa de Jamaica (Sp.)	1	222000.0
<i>Hordeum vulgare</i> Barley; Barleygrass	1	1240000.0
<i>Hydnocarpus wightiana</i> Hindi Chaulmoogra	1	
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	1	
<i>Hydrastis canadensis</i> Goldenseal	1	360000.0
<i>Ipomoea purga</i> Jalap	1	
<i>Ipomoea batatas</i> Sweet Potato	1	402000.0
<i>Iris x germanica</i> Orris	1	1000000.0
<i>Iris versicolor</i> Blue Flag	1	
<i>Jateorhiza palmata</i> Calumba Root	1	700000.0
<i>Jatropha curcas</i> Physic Nut; Purging Nut	1	
<i>Krameria triandra</i> Rhatany	1	
<i>Lens culinaris</i> Lentil	1	570000.0
<i>Levisticum officinale</i> Lovage	1	
<i>Lindera benzoin</i> Benjamin Bush; Wild Allspice; Spicebush; Fieberstrauch (Ger.)	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lolium temulentum</i> Darnel; Tares	1	
<i>Lycopersicon esculentum</i> Tomato	1	20000.0
<i>Lycoris radiata</i> Spider Lily	1	1102000.0
<i>Mangifera indica</i> Mango	1	1456000.0
<i>Manihot esculenta</i> Yuca; Cassava; Tapioca	1	1656800.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Maranta arundinacea</i> Bermuda Arrowroot; Arrowroot	1	1390000.0
<i>Medicago sativa</i> Lucerne; Alfalfa	1	140000.0
<i>Melia azedarach</i> Chinaberry	1	
<i>Melilotus alba</i> White Melilot	1	60000.0
<i>Morinda citrifolia</i> Indian Mulberry; Noni	1	
<i>Musa x paradisiaca</i> Banana; Plantain	1	135000.0
<i>Myrica cerifera</i> Wax Myrtle; Candle-Berry; Bayberry; Southern Bayberry	1	
<i>Myristica fragrans</i> nuez moscada (Sp.); Nutmeg; nogal moscado (Sp.); Mace; Muskatnussbaum (Ger.)	1	1234000.0
<i>Nelumbo nucifera</i> Water Lotus	1	1141976.0
<i>Nicotiana tabacum</i> Tobacco	1	40000.0
<i>Oenothera biennis</i> Evening-Primrose	1	
<i>Oryza sativa</i> Rice	1	1498000.0
<i>Pachyrhizus erosus</i> Yambean	1	1103290.0

Plant	# Chemicals	Total PPM
<i>Paeonia suffruticosa</i> Moutan Peony; Moutan; Tree Peony	1	
<i>Paeonia officinalis</i> Double Peony	1	400000.0
<i>Paeonia moutan</i> Moutan; Tree Peony	1	
<i>Panax quinquefolius</i> American Ginseng; Ginseng	1	640000.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Korean Ginseng; Ginseng	1	
<i>Parthenium integrifolium</i> Wild Quinine; American Feverfew; Feverfew; Missouri Snakeroot; Prairie-Dock	1	
<i>Paullinia cupana</i> Guarana	1	120000.0
<i>Perideridia gairdneri</i> Squaw Root	1	1386000.0
<i>Persea americana</i> Avocado	2	
<i>Phoenix dactylifera</i> Date Palm	1	412000.0
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	17820.0
<i>Physostigma venenosum</i> Calabar Bean	1	1000000.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Phytolacca americana</i> Pokeweed	1	
<i>Pimpinella anisum</i> Sweet Cumin; Anise	1	
<i>Pinellia ternata</i> Pan-Hsia; Ban-Xia	1	1380000.0
<i>Piper nigrum</i> Pepper; White Pepper; Black Pepper	1	1055000.0
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	62000.0
<i>Pistacia lentiscus</i> Mastictree; Chios Mastictree; Mastic; Mastixbaum (Ger.); Lentisco (Sp.)	1	
<i>Pisum sativum</i> Pea	1	868000.0
<i>Polygonum multiflorum</i> Fleeceflower; Chinese Knotweed; Chinese Cornbind; Fo Ti; He Shou Wu	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	126000.0
<i>Populus tacamahacca</i> Balm Of Gilead	1	10000.0
<i>Prosopis juliflora</i> Mesquite	1	327200.0
<i>Prunus persica</i> Peach	1	72000.0
<i>Psidium guajava</i> Guava	1	264000.0
<i>Psoralea esculenta</i> Prairie Apple; Indian Turnip; Prairie Turnip; Prairie Potato; Breadroot; Indian Bread-Root	1	1396800.0
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	900000.0
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	300000.0
<i>Pueraria montana</i> Kudzu; Kudsu	1	800000.0
<i>Punica granatum</i> Granatapfelstrauch (Ger.); Zakuro (Jap.); Granado (Sp.); Granatapfelbaum (Ger.); Romanzeiro (Port.); Pomegranate; Grenadier (Fr.); Mangrano (Sp.)	1	
<i>Quillaja saponaria</i> Soapbark	1	
<i>Rauvolfia serpentina</i> Serpentine Wood; Indian Snakeroot	1	406000.0
<i>Rheum officinale</i> Chinese Rhubarb	1	320000.0
<i>Ribes uva-crispa</i> Gooseberry	1	30000.0
<i>Rosa canina</i> Dog Rose; Dogbrier; Rose	1	
<i>Rumex hymenosepalus</i> Canaigre	1	800000.0
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	
<i>Salix alba</i> White Willow	1	
<i>Sanguinaria canadensis</i> Bloodroot	1	

Plant	# Chemicals	Total PPM
<i>Sassafras albidum</i> Sassafras	1	
<i>Senna obtusifolia</i> Sicklepod	1	4000.0
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Sesamo (Sp.); Ajonjoli (Sp.); Benneseed; Beni; Sesame	1	400000.0
<i>Simaba cedron</i> Cedron	1	
<i>Smilax</i> spp Sarsaparilla	1	770000.0
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	1600000.0
<i>Stellaria media</i> Chickweed; Common Chickweed	2	30600.0
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia bellirica</i> Beleric Myrobalan; Myrobalan; Belleric; Myrobalan Belleric; Bahera	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Teucrium chamaedrys</i> Wall Germander	1	2000.0
<i>Theobroma cacao</i> Cacao	1	270000.0
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Greek Clover; Greek Hay; Bockshornklee (Ger.); Fenugreek	1	
<i>Triticum aestivum</i> Wheat	1	1600000.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Turnera diffusa</i> Damiana	1	120000.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Ulmus rubra</i> Red Elm; Slippery Elm	1	420000.0
<i>Uncaria catechu</i> Pale Catechu; Gambir	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	18090.0
<i>Vetiveria zizanioides</i> Cuscus Grass; Cus-Cus; Vetiver	1	
<i>Viburnum prunifolium</i> Black Haw	1	110000.0
<i>Vigna unguiculata</i> Pea Bean; Yardlong Bean; Asparagus Bean	1	800000.0
<i>Vigna aconitifolia</i> Moth Bean; Mat Bean	1	532000.0
<i>Viscum album</i> European Mistletoe	1	
<i>Withania somnifera</i> Ashwagandha	1	
<i>Xanthosoma sagittifolium</i> Tannia; Yautia; Malanga	1	1611280.0
<i>Zea mays</i> Corn	2	
<i>Zingiber officinale</i> Ginger	1	1000000.0