

*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> Milfoil; Yarrow	1	27.5
<i>Actaea racemosa</i> Black Cohosh; Black Snakeroot	1	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Agathosma betulina</i> Mountain Buchu; Honey Buchu; Buchu	1	58.0
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	16.5
<i>Allium cepa</i> Onion; Shallot	1	17.6
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Aloe</i> spp. Aloe	1	
<i>Althaea officinalis</i> Marshmallow; White Mallow	1	16.5
<i>Amorphophallus konjac</i> Leopard Palm; Umbrella Arum; Elephant Yam; Konjac; Devil's Tongue; Snake Palm	1	
<i>Anacardium occidentale</i> Cashew	1	0.6
<i>Anethum graveolens</i> Dill; Garden Dill	1	0.58
<i>Angelica sinensis</i> Dong Gui; Dang Quai; Chinese Angelica; Dang Gui; Dong Quai; Dang Qui	1	9.9
<i>Annona cherimola</i> Cherimoya	1	
<i>Apium graveolens</i> Celery	1	0.09
<i>Arachis hypogaea</i> Peanut; Groundnut	1	0.16
<i>Arctium lappa</i> Gobo; Burdock; Great Burdock	1	22.0
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	13.2
<i>Armoracia rusticana</i> Horseradish	1	3.65
<i>Artemisia vulgaris</i> Mugwort	1	44.0
<i>Asparagus officinalis</i> Asparagus	1	1.4
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	1	
<i>Avena sativa</i> Oats	1	42.9
<i>Barosma betulina</i> Buchu	1	58.0
<i>Berberis vulgaris</i> Barberry	1	13.2
<i>Bertholletia excelsa</i> Paranut; Brazilnut-Tree; Creamnut; Brazilnut	1	1.2
<i>Beta vulgaris</i> Beetroot; Garden Beet; Sugar Beet; Beet	1	0.66
<i>Boehmeria nivea</i> Ramie	1	32.0
<i>Brassica rapa</i> Rapini; Seven-Top Turnip; Turnip	1	5.699999999999999
<i>Brassica pekinensis</i> Chinese Cabbage	1	0.63
<i>Brassica oleracea</i> var. <i>italica</i> Heading Broccoli; Purple Cauliflower; Calabrese; Sprouting Broccoli; Winter Broccoli; Cape Broccoli; Asparagus Broccoli; Broccoli	1	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; White Cabbage; Red Cabbage	1	17.4
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	1	0.61
<i>Brassica napus</i> var. <i>napobrassica</i> Swede; Swedish Turnip; Rutabaga	1	0.2
<i>Bupleurum chinense</i> Chai-Hu	1	
<i>Camellia sinensis</i> Tea	1	281800.0
<i>Capsicum frutescens</i> Hot Pepper; Spur Pepper; Red Chili; Cayenne; Tabasco; Chili	1	7.0
<i>Capsicum annuum</i> Cherry Pepper; Green Pepper; Sweet Pepper; Cone Pepper; Paprika; Bell Pepper	1	0.546

Plant	# Chemicals	Total PPM
<i>Carica papaya</i> Papaya	1	
<i>Carthamus tinctorius</i> Safflower	1	34.1
<i>Carum carvi</i> Caraway; Comino (Sp.); Carum; Kummel (Ger.); Comino de prado (Sp.)	1	31.0
<i>Carya ovata</i> Shagbark Hickory	1	8.600000000000001
<i>Carya illinoensis</i> Pecan	1	0.6
<i>Carya glabra</i> Pignut Hickory	1	11.0
<i>Caulophyllum thalictroides</i> Blue Cohosh	1	13.2
<i>Centella asiatica</i> Pennywort; Gotu Kola	1	11.0
<i>Chamaemelum nobile</i> Roman Camomile; Garden Camomile; Perennial Camomile	1	12.0
<i>Chondrus crispus</i> Irish Moss	1	24.0
<i>Chrysanthemum parthenium</i> Feverfew	1	34.0
<i>Cichorium endivia</i> Endive; Escarole	1	0.96
<i>Cimicifuga racemosa</i> Black Snakeroot; Black Cohosh	1	19.8
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	48.8
<i>Cinnamomum sieboldii</i> Japanese Cinnamon	1	5.0
<i>Cinnamomum burmannii</i> Java Cinnamon; Padang Cassia	1	
<i>Cinnamomum aromaticum</i> Canela de la China (Sp.); Chinazimt (Ger.); Saigon Cinnamon; Cassia; Cassia Bark; Chinesischer Zimtbaum (Ger.); Chinese Cassia; Chinese Cinnamon; Zimtcassie (Ger.); Cassia Lignea; Kashia-Keihi (Jap.); Canelero chino (Sp.); Cannelier de Chine (Fr.); Cannelier Casse (Fr.); China Junk Cassia; Canelle de Cochinchine (Fr.)	1	2.0
<i>Citrus sinensis</i> Orange	2	137.37
<i>Citrus reticulata</i> Mandarin; Tangerine	1	0.16
<i>Citrus paradisi</i> Grapefruit	2	59.1
<i>Citrus limon</i> Lemon	1	100.0
<i>Cnicus benedictus</i> Blessed Thistle	1	17.8
<i>Cocos nucifera</i> Coconut; Copra; Cocotero (Sp.); Kokospalme (Ger.); Coconut Palm; Nariyal	1	0.4
<i>Coffea arabica</i> Coffee	1	64000.0
<i>Cola acuminata</i> Abata Cola	1	50000.0
<i>Coriandrum sativum</i> Coriander; Chinese Parsley; Cilantro	1	57.6
<i>Corylus avellana</i> Cobnut; European Filbert; English Filbert; European Hazel; Hazel	1	1.4
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> English Hawthorn; Whitethorn; Woodland Hawthorn; Hawthorn	1	18.7
<i>Cucumis sativus</i> Cucumber	1	1.96
<i>Cucumis melo</i> Muskmelon; Cantaloupe; Nutmeg Melon; Persian Melon; Melon; Netted Melon	1	0.33
<i>Cucurbita pepo</i> Pumpkin	1	34.0
<i>Cuminum cyminum</i> Cumin	1	16.8
<i>Curcuma longa</i> Indian Saffron; Turmeric	1	12.0
<i>Cymbopogon citratus</i> Lemongrass; West Indian Lemongrass	1	74.0
<i>Cypripedium pubescens</i> Ladyslipper	1	20.0
<i>Daucus carota</i> Carrot	1	3.0
<i>Dioscorea villosa</i> Wild Yam	1	
<i>Dioscorea</i> sp. Wild Yam	1	52.0
<i>Diospyros virginiana</i> American Persimmon	1	7.4
<i>Echinacea</i> spp Coneflower; Echinacea	1	38.0

Plant	# Chemicals	Total PPM
<i>Echinacea purpurea</i> Purple-Coneflower; Echinacea; Eastern Purple-Coneflower	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elettaria cardamomum</i> Cardamom	1	59.0
<i>Eleutherococcus senticosus</i> Wu jia; Ci wu jia (Pinyin); Spiny Ginseng; Siberian Ginseng; Eleuthero Ginseng	1	
<i>Elytrigia repens</i> Couchgrass; Doggrass; Twitchgrass; Wheatgrass; Quackgrass	1	74.0
<i>Ephedra sinica</i> Ma Huang; Chinese Ephedra	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	24.2
<i>Eriodictyon californicum</i> Bear's Weed; Mountain Balm; Tarweed; Holy Herb; California Yerba Santa; Gum Bush; Hierba Santa; Yerba Santa; Consumptive's Weed	1	
<i>Erythroxylum coca</i> Coca	1	7.6
<i>Eupatorium perfoliatum</i> Boneset	1	
<i>Euphrasia officinalis</i> Eyebright	1	7.7
<i>Fallopia japonica</i> Mexican Bamboo; Giant Knotweed; Japanese Knotweed; Hu-Zhang	1	28.0
<i>Firmiana simplex</i> Chinese Parasol	1	
<i>Foeniculum vulgare</i> Fennel	1	10.0
<i>Fragaria spp</i> Strawberry	1	0.36
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	1	6.6
<i>Fucus vesiculosus</i> Bladderwrack; Kelp	1	7.7
<i>Galega officinalis</i> Goat's Rue; Galega	1	
<i>Genipa americana</i> Jagua; Genipap	1	
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	14.3
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	1	
<i>Glechoma hederacea</i> Alehoof	1	8.0
<i>Glycyrrhiza glabra</i> Commom Licorice; Licorice; Licorice-Root; Smooth Licorice	1	18.7
<i>Guazuma ulmifolia</i> Bay Cedar	1	
<i>Gymnema sylvestre</i> Miracle Fruit; Gymnema	1	
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	13.2
<i>Hibiscus sabdariffa</i> Sereni (Sp.); Roselle; Acedera de Guinea (Sp.); Indian Sorrel; Sorrel; Red Sorrel; Kharkadi; Rosa de Jamaica (Sp.); Malventee (Ger.); Jamaica Sorrel; Rosella (Ger.)	1	59.4
<i>Hordeum vulgare</i> Barley; Barleygrass	1	62.0
<i>Humulus lupulus</i> Hops	1	7.7
<i>Hydrangea arborescens</i> Smooth Hydrangea; Hydrangea	1	27.5
<i>Hydrastis canadensis</i> Goldenseal	1	9.9
<i>Ilex paraguariensis</i> South American Holly; Mate; Paraguay Tea	1	40000.0
<i>Inula helenium</i> Elecampane	1	
<i>Juglans nigra</i> Black Walnut	1	20.0
<i>Juglans cinerea</i> Butternut	1	2.8
<i>Juniperus virginiana</i> Red Cedar	1	5.28
<i>Juniperus communis</i> Common Juniper; Juniper	1	35.2
<i>Lactuca sativa</i> Lettuce	1	40.0
<i>Larrea tridentata</i> Chaparral; Creosote Bush	1	8.8
<i>Linum usitatissimum</i> Linseed; Flax	1	
<i>Liquidambar styraciflua</i> Sweetgum; American Styra	1	23.599999999999998

Plant	# Chemicals	Total PPM
<i>Lobelia inflata</i> Indian Tobacco; Lobelia	1	5.5
<i>Lycopersicon esculentum</i> Tomato	1	6.0
<i>Malus domestica</i> Apple	1	0.6
<i>Medicago sativa</i> Alfalfa; Lucerne	2	9.9
<i>Mentha x piperita</i> Peppermint	1	
<i>Mentha pulegium</i> European Pennyroyal	1	34.0
<i>Musa x paradisiaca</i> Banana; Plantain	1	0.3
<i>Myrica cerifera</i> Bayberry; Candle-Berry; Southern Bayberry; Wax Myrtle	1	16.5
<i>Myristica fragrans</i> Muskatnussbaum (Ger.); nuez moscada (Sp.); Mace; Nutmeg; nogal moscado (Sp.)	1	59.199999999999996
<i>Nepeta cataria</i> Catnip	1	29.7
<i>Nyssa sylvatica</i> Black Gum; Black Tupelo	1	21.54
<i>Panax ginseng</i> Oriental Ginseng; Korean Ginseng; Chinese Ginseng; Ginseng	1	12.1
<i>Papaver somniferum</i> Opium Poppy; Poppypseed Poppy	1	26.8
<i>Parthenium integrifolium</i> Wild Quinine; Feverfew; Missouri Snakeroot; Prairie-Dock; American Feverfew	1	
<i>Passiflora incarnata</i> Mayapple; Manzana de Mayo; Passionflower	1	
<i>Pastinaca sativa</i> Parsnip	1	0.2
<i>Paullinia yoko</i> Yoko	1	54600.0
<i>Paullinia cupana</i> Guarana	1	152000.0
<i>Petasites japonicus</i> Butterbur	1	46.0
<i>Petroselinum crispum</i> Parsley	1	1.2999999999999998
<i>Peucedanum decursivum</i> Qian Hu	1	32.0
<i>Phaseolus vulgaris</i> Haricot Vert; Black Bean; Garden Bean; Wax Bean; Popping Bean; Field Bean; Flageolet Bean; Kidney Bean; Navy Bean; Haricot Bean; Pop Bean; Green Bean; Dwarf Bean; String Bean; Snap Bean; French Bean; Haricot	1	12.8
<i>Phaseolus lunatus</i> Lima Bean; Butter Bean	1	10.0
<i>Phaseolus coccineus</i> Scarlet Runner Bean	1	0.44
<i>Phaseolus acutifolius</i> Tepary Bean	1	
<i>Pimenta dioica</i> Clover-Pepper; Allspice; Jamaica-Pepper; Pimenta; Pimento	1	10.0
<i>Pinus echinata</i> Shortleaf Pine	1	2.52
<i>Piper nigrum</i> White Pepper; Black Pepper; Pepper	1	7.0
<i>Pistacia vera</i> Pistachio	1	1.2
<i>Pisum sativum</i> Pea	1	0.34
<i>Plantago psyllium</i> Psyllium	1	8.8
<i>Plantago major</i> Common Plantain	1	
<i>Polygonum multiflorum</i> Fleeceflower; Fo Ti; He Shou Wu; Chinese Knotweed; Chinese Cornbind	1	
<i>Polystichum polyblepharum</i> Chinese Polystichum	1	40.0
<i>Prunus serotina</i> Wild Cherry; Black Cherry	1	7.38
<i>Prunus persica</i> Peach	1	74.5
<i>Prunus dulcis</i> Almond	1	3.4
<i>Prunus domestica</i> Plum	1	2.38
<i>Ptychopetalum olacoides</i> Muira Puama	1	
<i>Pyrus communis</i> Pear	1	1.11
<i>Quercus velutina</i> Black Oak	1	3.46

Plant	# Chemicals	Total PPM
<i>Quercus stellata</i> Post Oak	1	3.36
<i>Quercus rubra</i> Northern Red Oak	1	8.4
<i>Quercus phellos</i> Willow Oak	1	0.168
<i>Quercus alba</i> White Oak	1	13.940000000000001
<i>Raphanus sativus</i> Radish	1	0.28
<i>Rheum rhabarbarum</i> Rhubarb	1	0.2
<i>Rhodymenia palmata</i> Dulse	1	54.0
<i>Rhus glabra</i> Smooth Sumac	1	20.1
<i>Rhus copallina</i> Dwarf Sumac; Winged Sumac	1	6.279999999999999
<i>Ribes uva-crispa</i> Gooseberry	1	0.16
<i>Ribes rubrum</i> Red Currant; White Currant	1	0.25
<i>Ribes nigrum</i> Black Currant	1	0.54
<i>Rosa canina</i> Dogbrier; Rose; Dog Rose	1	1.87
<i>Rubus idaeus</i> Red Raspberry; Raspberry	1	14.3
<i>Rubus chamaemorus</i> Cloudberry	1	0.76
<i>Rumex crispus</i> Curly Dock; Yellow Dock; Sour Dock; Lengua De Vaca	1	
<i>Ruscus aculeatus</i> Box-Holly; Butcher's Broom	1	27.5
<i>Salix alba</i> White Willow	1	
<i>Salvia officinalis</i> Sage	1	3.3
<i>Sassafras albidum</i> Sassafras	1	9.26
<i>Schisandra chinensis</i> Schizandra; Wu Wei Zu; Magnolia Vine; Chinese Magnolia Vine; Five-Flavor-Fruit; Wu Wei Zi	1	19.8
<i>Scutellaria lateriflora</i> Scullcap; Mad-Dog Skullcap	1	7.7
<i>Senna alexandrina</i> True Senna; Alexandran senna; Indian Senna	1	
<i>Serenoa repens</i> Saw Palmetto; Scrub-Palmetto	1	
<i>Sesamum indicum</i> Beni; Ajonjoli (Sp.); Sesamo (Sp.); Benneseed; Sesame	1	2.8
<i>Silybum marianum</i> Milk Thistle; Lady's Thistle	1	24.2
<i>Sinapis alba</i> White Mustard	1	37.2
<i>Smilax spp</i> Sarsaparilla	1	18.7
<i>Smilax officinalis</i> Sarsaparilla	1	
<i>Solanum tuberosum</i> Potato	1	2.8
<i>Solanum melongena</i> Aubergine; Eggplant	1	0.24
<i>Sorbus aucubaria</i> Rowan Berry	1	0.38
<i>Spinacia oleracea</i> Spinach	1	0.84
<i>Spirulina spp.</i> Spirulina	1	
<i>Stachys officinalis</i> Bishop's-Wort; Purple Betony; Betony; Wood Betony	1	
<i>Stellaria media</i> Common Chickweed; Chickweed	1	12.1
<i>Stevia rebaudiana</i> Stevia; Sweet Leaf of Paraguay; Ca-A-E	1	78.0
<i>Symphoricarpos orbiculatus</i> Buckbush	1	12.32
<i>Symphytum officinale</i> Comfrey	1	16.0
<i>Syzygium aromaticum</i> Clovetree; Clove	1	10.0
<i>Tabebuia heptaphylla</i> Pau D'Arco	1	9.9
<i>Tanacetum parthenium</i> Feverfew	1	

Plant	# Chemicals	Total PPM
Taraxacum officinale Dandelion	1	109.9
Theobroma cacao Cacao	1	25800.0
Theobroma bicolor Nicaraguan Cacao; Pataste	1	
Theobroma angustifolium Castarica; Emerald Cacao	1	
Thymus vulgaris Thyme; Garden Thyme; Common Thyme	1	22.0
Trachyspermum ammi Ajwan	1	62.0
Trifolium pratense Red Clover; Cowgrass; Purple Clover; Peavine Clover	1	35.2
Trigonella foenum-graecum Greek Hay; Greek Clover; Alholva (Sp.); Fenugreek; Bockshornklee (Ger.)	1	4.4
Turnera diffusa Damiana	2	34.1
Ulmus rubra Red Elm; Slippery Elm	1	11.0
Urtica dioica Stinging Nettle; European Nettle	1	4.9
Vaccinium vitis-idaea Lingen; Lingonberry; Cowberry	1	0.26
Vaccinium myrtillus Bilberry; Dwarf Bilberry; Whortleberry	1	0.7799999999999999
Vaccinium macrocarpon Cranberry; Large Cranberry; American Cranberry	1	
Valeriana officinalis Garden-Heliotrope; Valerian; Common Valerian	1	19.8
Verbascum thapsus Great Mullein; Mullein; Flannelleaf; Flannelplant; Velvetplant	1	15.4
Viburnum opulus Crampbark; Snowballbush; European Cranberry Bush; Guelder Rose	1	42.0
Vigna unguiculata Cowpea; Black-eyed Pea; Southern Pea; Crowder Pea	1	7.2
Viscum album European Mistletoe	1	38.0
Vitis vinifera Vigne Vinifere (Fr.); Grape; Weinrebe (Ger.); European Grape; Wine Grape; Grapevine; Parra (Sp.); Vid (Sp.)	1	18.77
Yucca baccata Yucca; Blue Yucca; Banana Yucca; Spanish Bayonet	1	
Zea mays Corn	1	29.3
Zingiber officinale Ginger	1	40.0