

# List of Plants



## Chemid

INULIN

## Dosage

ADI(diagnostic)=50  
mg/kg/ivn/man

Martindale's 29th

\*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	Part	Low PPM	High PPM	StdDev	*Reference
<i>Achillea millefolium</i>	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	--	--		*
<i>Arctium lappa</i>	Root	94000.0	500000.0	0.97	*
<i>Arnica montana</i>	Rhizome	90000.0	120000.0	1.0	*
<i>Arnica montana</i>	Flower	--	--		*
<i>Artemisia vulgaris</i>	Root	--	100000.0	-0.85	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Asparagus officinalis</i>	Root	--	--		*
<i>Calendula officinalis</i>	Root	--	--		*
<i>Centaurea calcitrapa</i>	Plant	--	--		*
<i>Cichorium intybus</i>	Leaf	--	--		*
<i>Cichorium intybus</i>	Root	80000.0	850000.0	2.57	*
<i>Cichorium endivia</i>	Root	--	--		*
<i>Cynara cardunculus</i>	Leaf	--	--		Jim Duke's personal files.
<i>Cynara cardunculus</i>	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Echinacea purpurea</i>	Root	42670.0	170000.0	-0.54	*
<i>Echinacea</i> spp	Root	59000.0	200000.0	-0.4	*
<i>Echinacea angustifolia</i>	Root	50000.0	90000.0	-0.9	*
<i>Eupatorium perfoliatum</i>	Plant	13500.0	150000.0		*
<i>Gentiana lutea</i>	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Helianthus tuberosus</i>	Tuber	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Inula helenium</i>	Root	99000.0	450000.0	0.74	*
<i>Lactuca scariola</i>	Root	--	--		*
<i>Menyanthes trifoliata</i>	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Momordica charantia	Fruit	--	10000.0		Jim Duke's personal files.
Momordica charantia	Tissue Culture	--	19000.0		Jim Duke's personal files.
Parthenium integrifolium	Root	24000.0	150000.0	-0.63	*
Petasites hybridus	Rhizome	--	35000.0	-1.0	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Petasites japonicus	Root	--	170000.0	-0.54	*
Platycodon grandiflorum	Root	--	--		*
Punica granatum	Pericarp	--	10000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Punica granatum	Petiole	--	10000.0		*
Saussurea lappa	Root	--	180000.0	-0.49	*
Solidago virgaurea	Root	--	--		*
Taraxacum officinale	Plant	--	--		*
Taraxacum officinale	Root	42900.0	300000.0	0.06	*
Taraxacum mongolicum	Plant	--	--		*
Tragopogon porrifolius	Root	--	--		*
Tussilago farfara	Root	--	--		*
Tussilago farfara	Flower	--	--		*