

# List of Plants



## Chemid

RUTIN

## Dosage

LD50=950 (ivn mus)

Merck 11th Edition

\*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
Acacia decurrens	Plant	--	--		*
Acacia catechu	Plant	--	--		*
Acacia farnesiana	Leaf	--	--		Wealth of India.
Achillea millefolium	Plant	--	--		Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). Economic Botany 48(2): 111-120, 1994.
Adiantum capillus-veneris	Leaf	--	--		*
Aesculus hippocastanum	Plant	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Flower	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Agathosma betulina	Leaf	--	--		*
Agathosma betulina	Essential Oil	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agrimonia eupatoria	Inflorescence	--	1700.0		*
Agrimonia eupatoria	Leaf	--	--		Wealth of India.
Alisma plantago-aquatica	Leaf	--	--		*
Allium sativum var. sativum	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Allium cepa	Bulb	--	14000.0		*
Amaranthus sp.	Plant	--	--		*
Amaranthus spinosus	Leaf	--	--		Wealth of India.
Ammi visnaga	Leaf	--	--		*
Ammi visnaga	Flower	--	--		*
Anastatica hierochuntica	Plant	--	--		*
Anethum graveolens	Leaf	--	1400.0	-0.92	Varnaite, R. 1988. Rutin Content in Capsicum, Capsella, Urtica, Primula, Lepidium, Lactuca, Brassica, Anethum, Beta, Petroselinum, Allium Genera Representatives. Liet Tsr Mokslu Akad Darb Ser C, 4: 29-32.
Apium graveolens	Shoot	--	170.0	-0.56	*

Apium graveolens	Plant	--	170.0	-0.68	*
Arachis hypogaea	Plant	--	--		*
Araucaria bidwillii	Flower	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Artemisia vulgaris	Plant	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Artemisia abrotanum	Plant	--	--		*
Artemisia dracunculus	Shoot	100.0	560.0	-0.53	*
Artemisia dracunculus	Leaf	--	--		*
Artemisia absinthium	Plant	--	--		*
Aspalathus linearis	Shoot	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Asparagus officinalis	Root	--	--		*
Azadirachta indica	Leaf	--	--		*
Barosma betulina	Essential Oil	--	--		*
Berberis vulgaris	Fruit	--	--		Jim Duke's personal files.
Brassica oleracea var. italica	Leaf	--	--		Stitt, Paul. Why George should eat broccoli.
Brassica oleracea var. botrytis l.	Leaf	--	--		*
Brassica oleracea var. gemmifera	Shoot	--	20.0	-0.57	*
Caesalpinia pulcherrima	Flower	--	--		*
Calendula officinalis	Flower	--	--		*
Camellia sinensis	Leaf	1200.0	1580.0	-0.91	*
Capparis spinosa	Plant	--	--		*
Capparis spinosa	Flower	--	--		*
Capparis spinosa	Shoot	--	--		*
Capsella bursa-pastoris	Plant	--	--		*
Capsicum frutescens	Fruit	--	487.0	-0.6	Varnaite, R. 1988. Rutin Content in Capsicum, Capsella, Urtica, Primula, Lepidium, Lactuca, Brassica, Anethum, Beta, Petroselinum, Allium Genera Representatives. Liet Tsr Mokslu Akad Darb Ser C, 4: 29-32.
Capsicum annum	Fruit	--	3874.0	-0.21	Varnaite, R. 1988. Rutin Content in Capsicum, Capsella, Urtica, Primula, Lepidium, Lactuca, Brassica, Anethum, Beta, Petroselinum, Allium Genera Representatives. Liet Tsr Mokslu Akad Darb Ser C, 4: 29-32.
Centaurea calcitrapa	Plant	--	--		*
Chamaemelum nobile	Plant	--	--		*
Cichorium intybus	Leaf	--	14000.0	-0.14	*
Cichorium intybus	Seed	--	6400.0	0.08	*

<i>Citrullus lanatus</i>	Seed	15000.0	16500.0	1.61	*
<i>Citrus sinensis</i>	Leaf	--	9000.0	-0.45	Jim Duke's personal files.
<i>Citrus limon</i>	Leaf	--	--		Jim Duke's personal files.
<i>Citrus sinensis</i>	Pericarp	--	6100.0		Jim Duke's personal files.
<i>Citrus limon</i>	Fruit	1.0	2.0	-0.65	*
<i>Cnicus benedictus</i>	Plant	--	--		Jim Duke's personal files.
<i>Convallaria majalis</i>	Plant	--	--		*
<i>Coriandrum sativum</i>	Fruit	--	--		*
<i>Coriandrum sativum</i>	Shoot	--	--		*
<i>Cornus mas</i>	Flower	--	--		Delaveau, P., Paris, R. R. 1961. Concerning the Presence of Rutoside and Gallic Derivatives from the Flowers of <i>Cornus mas</i> and Preliminary Research with <i>C. sanguinea</i> . Bull Soc Chim Biol, 43: 661-666.
<i>Cornus mas</i>	Leaf	--	--		Delaveau, P., Paris, R. R. 1961. Concerning the Presence of Rutoside and Gallic Derivatives from the Flowers of <i>Cornus mas</i> and Preliminary Research with <i>C. sanguinea</i> . Bull Soc Chim Biol, 43: 661-666.
<i>Crataegus monogyna</i>	Leaf	--	--		*
<i>Crataegus laevigata</i>	Bud	--	--		*
<i>Crataegus rhipidophylla</i>	Leaf	--	--		*
<i>Crataegus monogyna</i>	Inflorescence	--	--		*
<i>Crataegus pentagyna</i>	Plant	--	--		Schussler, M., Fricke, U., Nikolov, N., and Holzl, J. 1991. Comparison of the Flavonoids Occurring in <i>Crataegus</i> species and Inhibition of 3',5'-Cyclic Adenosine Monophosphate Phosphodiesterase. Plant Medica 57: Suppl Issue 2. p.A-133.
<i>Crataegus laevigata</i>	Flower	--	--		*
<i>Crataegus rhipidophylla</i>	Inflorescence	--	--		*
<i>Crataegus laevigata</i>	Plant	--	--		*
<i>Crataegus laevigata</i>	Leaf	--	--		*
<i>Crataegus rhipidophylla</i>	Bud	--	--		*
<i>Crataegus monogyna</i>	Flower	--	--		*
<i>Cucumis melo</i>	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
<i>Cymbopogon citratus</i>	Leaf	--	--		*
<i>Cynara cardunculus</i>	Leaf	--	--		Jim Duke's personal files.
<i>Datura stramonium</i>	Plant	--	--		*
<i>Dictamnus albus</i>	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Dodonaea viscosa</i>	Fruit	--	--		*
<i>Dodonaea viscosa</i>	Leaf	--	--		*
<i>Echinacea</i> spp	Leaf	--	--		Economic & Medicinal Plant Research, 5: 253.
<i>Echinacea purpurea</i>	Leaf	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Eriobotrya japonica	Leaf	--	10500.0	-0.35	Jim Duke's personal files.
Erythroxyllum coca	Leaf	--	5000.0	-0.69	*
Erythroxyllum novogranatense	Leaf	--	5000.0	-0.69	*
Eschscholzia californica	Flower	5000.0	50000.0	0.02	*
Eschscholzia californica	Inflorescence	--	--		*
Eucalyptus globulus	Leaf	--	--	-1.0	*
Eucalyptus citriodora	Leaf	--	12500.0	-0.23	*
Eucalyptus macrorrhuncha	Plant	120000.0	200000.0	2.32	*
Eupatorium perfoliatum	Plant	--	--		*
Euphorbia pulcherrima	Leaf	--	--		*
Euphrasia officinalis	Plant	--	--		*
Fagopyrum esculentum	Flower	40000.0	63700.0	0.23	*
Fagopyrum esculentum	Stem	600.0	50600.0		*
Fagopyrum esculentum	Testa	--	43.0		*
Fagopyrum esculentum	Plant	1000.0	68300.0	0.34	*
Fagopyrum esculentum	Seed	87.0	511.0	-0.82	*
Fagopyrum esculentum	Leaf	11600.0	63700.0	2.95	*
Fagopyrum esculentum	Petiole	505.0	975.0		*
Fallopia japonica	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Ficus carica	Fruit	--	--		*
Ficus carica	Leaf	500.0	14300.0	-0.12	*
Filipendula ulmaria	Shoot	--	--		*
Filipendula ulmaria	Plant	--	--		*
Foeniculum vulgare	Seed	--	--		*
Foeniculum vulgare	Fruit	--	--		*
Forsythia suspensa	Fruit	--	--		*
Forsythia suspensa	Flower	--	1000.0	-0.75	*
Galega officinalis	Shoot	--	--		*
Ginkgo biloba	Leaf	6.0	30000.0	0.86	Jim Duke's personal files.
Ginkgo biloba	Plant	--	--		Tyler, V.E.. 1982. The Honest Herbal. George F. Stickley Co., Philadelphia PA. 263 pp.
Glechoma hederacea	Plant	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Shoot	--	--		*

Glycyrrhiza uralensis	Leaf	--	53.0	-1.0	*
Gossypium sp	Plant	--	--		*
Hedera helix	Stem	--	--		*
Hemidesmus indicus	Flower	--	--		*
Houttuynia cordata	Root	--	--		*
Houttuynia cordata	Plant	--	--		*
Houttuynia cordata	Leaf	--	--		*
Houttuynia cordata	Shoot	--	1200.0	-0.48	*
Humulus lupulus	Fruit	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Humulus lupulus	Leaf	--	2000.0	-0.88	*
Hydrangea paniculata	Flower	--	41000.0	-0.12	*
Hydrangea arborescens	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Hyoscyamus niger	Leaf	--	--		*
Hypericum perforatum	Flower	1000.0	2800.0	-0.72	*
Hypericum perforatum	Plant	--	16000.0	-0.44	*
Hypericum perforatum	Stem	--	--		*
Hypericum perforatum	Leaf	2000.0	3000.0	-0.82	*
Hypericum perforatum	Shoot	--	10000.0	0.17	*
Ilex paraguariensis	Leaf	--	--		*
Illicium verum	Fruit	--	--		*
Juniperus communis	Fruit	--	--		*
Juniperus communis	Leaf	--	--		*
Laurus nobilis	Leaf	--	--		*
Leonurus cardiaca	Plant	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Ligustrum lucidum	Leaf	--	--		*
Lycium chinense	Leaf	--	--		*
Lycopersicon esculentum	Leaf	--	24000.0	0.49	*
Lycopersicon esculentum	Fruit	--	--		*
Maclura pomifera	Wood	--	--		Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Magnolia kobus	Flower	--	500.0	-0.76	*
Magnolia denudata	Flower	--	--		*
Malus domestica	Fruit Epidermis	--	--		*
Malus domestica	Pericarp	--	--		*

Malus domestica	Fruit	--	--		*
Malus domestica	Leaf	--	8885.0	-0.45	*
Malus domestica	Fruit Juice	--	--		*
Matricaria recutita	Flower	--	--		*
Matricaria recutita	Plant	--	--		*
Melia azedarach	Leaf	--	--		*
Mentha x piperita	Plant	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Menyanthes trifoliata	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Mercurialis annua	Plant	--	--		*
Morinda citrifolia	Fruit	--	500.0	-0.6	*
Morus alba	Leaf	20000.0	60000.0	2.72	*
Morus alba	Fruit	--	--		*
Musa x paradisiaca	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nasturtium officinale	Shoot	--	--		*
Nelumbo nucifera	Embryo	--	--		*
Nerium oleander	Leaf	--	--		*
Nicotiana tabacum	Leaf	--	10000.0	-0.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nicotiana glauca	Leaf	12000.0	21000.0	0.3	*
Nigella sativa	Seed	--	200.0	-0.86	*
Ocimum basilicum	Leaf	--	--		*
Olea europaea	Pericarp	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Opuntia ficus-indica	Pt	--	--		*
Opuntia ficus-indica	Flower	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Origanum vulgare	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Origanum majorana	Shoot	--	--		*
Passiflora incarnata	Plant	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Pastinaca sativa	Plant	--	--		*
Petroselinum crispum	Shoot	--	44480.0	2.75	Varnaite, R. 1988. Rutin Content in Capsicum, Capsella, Urtica, Primula, Lepidium, Lactuca, Brassica, Anethum, Beta, Petroselinum, Allium Genera Representatives. Liet Tsr Mokslu Akad Darb Ser C, 4: 29-32.
Petroselinum crispum	Leaf	--	30000.0	0.86	*
Phaseolus vulgaris	Shoot	--	--		*
Phaseolus aborigineus	Shoot	--	--		*

Phoenix dactylifera	Pollen Or Spore	--	--		Abstract (See species file)
Phyllanthus niruri	Plant	--	--		Tramil
Phyllanthus emblica	Fruit	--	4600.0	-0.13	*
Phyllanthus amarus	Shoot	--	1378.0	-0.47	*
Phyllanthus emblica	Leaf	--	21000.0	0.3	*
Physalis peruviana	Root	--	--		*
Pimpinella anisum	Seed	--	--		*
Pimpinella anisum	Fruit	--	--		*
Piper nigrum	Fruit	--	--		*
Plumeria acutifolia	Plant	--	--		*
Polygonum hydropiper	Leaf	25000.0	30000.0	0.86	*
Polygonum aviculare	Plant	--	--		*
Prunella vulgaris	Plant	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Prunus armeniaca	Fruit	--	--		*
Prunus cerasus	Plant	--	--		*
Prunus armeniaca	Leaf	--	17700.0	0.09	*
Prunus spinosa	Flower	--	--		*
Pteridium aquilinum	Plant	--	--		*
Pueraria montana	Leaf	--	--		*
Punica granatum	Plant	--	--		Seeram, N. P., Schulman, R. N., and Heber, D., eds. 2006. Pomegranates - Ancient Roots to Modern Medicine. Taylor & Francis. Boca Raton, FL. 244 pp.
Punica granatum	Leaf	--	--		*
Punica granatum	Fruit Juice	--	--		*
Rheum officinale	Plant	--	13000.0	-0.49	*
Rheum officinale	Root	--	--		Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
Rheum rhabarbarum	Leaf	--	6000.0	-0.63	*
Ribes nigrum	Fruit Juice	--	--		*
Ribes nigrum	Leaf	--	--		*
Ribes nigrum	Fruit	--	--		*
Ricinus communis	Leaf	--	2000.0	-0.88	*
Rosa multiflora	Fruit	--	--		*
Rubus idaeus	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Rumex acetosa	Leaf	--	12800.0	-0.21	*
Rumex crispus	Leaf	--	--		*
Rumex acetosella	Shoot	--	5300.0	-0.18	*

Ruscus aculeatus	Plant	300.0	400.0	-0.68	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ruscus aculeatus	Shoot	--	--		*
Ruscus aculeatus	Root	91.0	400.0		*
Ruta graveolens	Plant	--	20000.0	-0.38	*
Salix alba	Bark	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salix alba	Leaf	--	--		*
Sambucus canadensis	Flower	7700.0	52000.0	0.05	*
Sambucus nigra	Leaf	210.0	9200.0	-0.43	*
Sambucus nigra	Flower	19000.0	25000.0	-0.37	*
Sambucus canadensis	Leaf	35000.0	38000.0	1.35	*
Scopolia carniolica	Leaf	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Selenicereus grandiflorus	Flower	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Serenoa repens	Fruit	--	--		*
Smilax china	Leaf	--	--		*
Solanum tuberosum	Flower	--	--		*
Solanum tuberosum	Shoot	--	--		*
Solidago virgaurea	Leaf	--	--		*
Solidago gigantea	Leaf	--	--		*
Sophora japonica	Leaf	--	40000.0	1.48	*
Sophora japonica	Bud	176000.0	229000.0		*
Sophora japonica	Fruit	--	25000.0	2.19	*
Sophora japonica	Flower	128000.0	140000.0	1.42	*
Sorbus aucubaria	Fruit	--	--		*
Spinacia oleracea	Leaf	--	170.0	-0.99	*
Spinacia oleracea	Shoot	--	--		*
Stellaria media	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Stevia rebaudiana	Tissue Culture	--	7.0		Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Syringa vulgaris	Plant	--	--		J.S. Glasby Dict.Pl's Containing 2ndary Metabolite. 1991.
Tephrosia purpurea	Leaf	--	--		*
Terminalia chebula	Fruit	--	--		Polovyanov, G. G. 1974. Flavonoids from the Fruit of the Yellow Myrobalan Plum. Chem. Nat. Comp. 10 (5): 690-.
Teucrium scordium	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Teucrium scorodonia	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Theobroma cacao	Leaf	--	--		*



<i>Tribulus terrestris</i>	Shoot	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Trigonella foenum-graecum</i>	Leaf	--	--		*
<i>Tussilago farfara</i>	Flower	--	3600.0	-0.71	*
<i>Uncaria tomentosa</i>	Bark	--	--		Van Ginkel, A. 1996. Identification of the Alkaloids and Flavonoids from <i>Uncaria tomentosa</i> Bark by TLC in Quality Control. <i>Phytotherapy Research</i> , 10: S18-S19.
<i>Uncaria guianensis</i>	Bark	--	--		Van Ginkel, A. 1996. Identification of the Alkaloids and Flavonoids from <i>Uncaria tomentosa</i> Bark by TLC in Quality Control. <i>Phytotherapy Research</i> , 10: S18-S19.
<i>Urtica dioica</i>	Inflorescence	--	--		Jim Duke's personal files.
<i>Urtica dioica</i>	Root	--	--		Jim Duke's personal files.
<i>Urtica dioica</i>	Shoot	500.0	6000.0	-0.13	*
<i>Urtica dioica</i>	Flower	--	7000.0	-0.66	Jim Duke's personal files.
<i>Urtica dioica</i>	Leaf	--	--		Jim Duke's personal files.
<i>Vaccinium myrtillus</i>	Leaf	--	--		*
<i>Vaccinium corymbosum</i>	Plant	--	--		*
<i>Vigna radiata</i>	Sprout Seedling	--	--		*
<i>Viola odorata</i>	Flower	--	20000.0	-0.45	*
<i>Viola tricolor</i>	Flower	100000.0	230000.0	2.83	*
<i>Vitis vinifera</i>	Leaf	--	--		*
<i>Withania somnifera</i>	Leaf	--	--		*
<i>Xylopiya aethiopica</i>	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Zizyphus jujuba</i>	Leaf	--	15000.0	-0.07	*