

**Dr. Duke's Phytochemical and Ethnobotanical Databases**  
**Ethnobotanical Plants for Menstruation**

Ethnobotanical Plant	Common Names
Alphitonia zizyphoides	
Cordia cylindrostachya	Yerba Golondrina
Croton flavens	
Haplocarpha scaposa	
Lactuca sativa	Abu; Laitue Pour Tisane; Tzu Chu; Laitue Alimentaire; Lettuce; Chicoree Des Jardins; Wo Chu Tzu; Khass; Wo Chu; Marul; Laitue; Lechuga; Kahu
Rumex lanceolatus	
Sopubia cana	
Zinnia elegans	Escopeta; Celia
Zinnia peruviana	Mariela; Celia; Bouton D'Or; Escopeta