

Table 1 (continued)
365 MEDICINAL HERBS: TOXICITY RANKING AND PRICELIST^{37,47}

Score ^a	Scientific name	Price (source) ^b	Common name
0-X-X	<i>Strychnos nux-vomica</i>		Nux-vomica
1-3-X	<i>Styrax benzoin</i>	14(A), 9(B)	Benzoin
2-3-1	<i>Symphytum peregrinum</i>	20(A), 14(T)	Comfrey
1-X-X	<i>Symplocarpus foetidus</i>		Skunk cabbage
2-3-X	<i>Syzygium aromaticum</i>	57(A), 22(B)	Clove
1-X-X	<i>Tabebuia</i> sp	15(A)	Pao d'arco
0-0-X	<i>Tabernanthe iboga</i>		Iboga
2-2-2	<i>Tanacetum vulgare</i>	11(A), 8(B), 11(T)	Tansy
3-3-2	<i>Taraxacum officinale</i>	25(A), 9(B), 26(T)	Dandelion
1-X-X	<i>Tephrosia virginiana</i>	14(A)	Devil's shoe string
2-3-2	<i>Theobroma cacao</i>		Cocoa
0-X-X	<i>Thevetia peruviana</i>		Luckynut
2-3-X	<i>Thymus vulgaris</i>	14(A), 6(B)	Thyme
2-3-3	<i>Tilia europaea</i>	30(A), 14(B), 9(T)	Linden
1-X-X	<i>Trichocereus pachanoi</i>		Achuma
3-2-2	<i>Trifolium pratense</i>	18(A)	Pink clover
2-X-2	<i>Trigonella foenum-graecum</i>	6(A), 4(B), 8(T)	Fenugreek
2-3-X	<i>Trilisa odoratissima</i>	20(A), 21(T)	Deer's tongue
2-3-2	<i>Turnera diffusa</i>	16(A), 8(B), 13(T)	Damiana
2-3-1	<i>Tussilago farfara</i>	9(B), 12(T)	Coltsfoot
2-3-X	<i>Ulmus rubra</i>	19(A), 15(B), 22(T)	Slippery elm
1-X-X	<i>Umbellularia californica</i>		California bay
2-X-X	<i>Uncaria gambir</i>		Gambir
0-0-X	<i>Urginea maritima</i>	27(T)	Sea onion
3-1-2	<i>Urtica dioica</i>	18(A), 10(T)	Stinging nettle
2-3-3	<i>Valeriana officinalis</i>	9(B), 16(T)	Valerian
2-2-X	<i>Vanilla planifolia</i>	6(B), 218(T)	Vanilla
0-0-X	<i>Veratrum viride</i>		American hellebore
3-3-X	<i>Verbena officinalis</i>	18(A), 14(T)	Verbena
0-3-X	<i>Vinca minor</i>	24(A), 18(T)	Periwinkle
1-X-X	<i>Virola calophylla</i>		Epena
1-0-1	<i>Viscum album</i>	15(A), 16(T)	European mistletoe
0-X-X	<i>Withania somniferum</i>		Ashwagandha
2-X-X	<i>Ziziphus spina-christi</i>		Christthorn

^a My rating in first column, Rose's in second, Tyler's in third after my interpretation of their books.

0 = very dangerous, Duke wouldn't drink any cups of it; Rose gave three asterisks as hazardous; Tyler gave it minus for safety and efficacy.

1 = more dangerous than coffee; Duke wouldn't be afraid to drink one cup containing 10 g herb steeped; Rose gave two stars, Tyler gave negative in the safety column.

2 = as dangerous as coffee, Duke wouldn't be afraid to drink two cups a day, Rose gave one star; Tyler gave it a plus in the safety column, tempered with a minus somewhere.

3 = Duke considers it safer than coffee and wouldn't hesitate, for health reasons, to drink three cups a day; Rose gave it no negative asterisks; Tyler gave it only positive ratings

X = Rating not available to me.

^b Rounded to nearest dollar per kilogram (divide by 2 to get rough estimate of price per pound) Prices quoted are 1983 prices

A = Aphrodisia, 282 Bleeker Street, New York, New York, 10014

B = Mark Blumenthal, Wholesale Suggested Price, 1983 Sweethardt Herbs, Austin, Texas, 78725

T = Tommy Wolfe's "Tea Here Now" Catalog No. 3, Smile Herb Shop, 4908 Berwyn Road, College Park, Maryland, 20740