

# Immunostimulating Potency of different Plants

Expressed as amount of plant needed to produce the same stimulating effect in relationship to the activation of macrophages/monocytes

Immulina	0.025
Amer. ginseng (Panax quinquefolius)	1.0
Black Walnut hulls (Juglans nigra)	1.0
Green Tea (Camellia sinensis)	1.0
Parthenium integrifolium root	1.0
Korean Ginseng root (Panax ginseng)	1.0
Alfalfa sprouts (Medicago sativa)	1.0
Ginger root (Zingiber officinalis)	1.0
Echinacea angustifolia leaf	1.0
Echinacea purpurea root	1.0
Goldenseal (Hydrastis canadensis)	2.7
Red Clover (Trifolium pretense)	3.0
Parthenium integrifolium leaf	3.2
Dandelion (Taraxacum officinale)	3.2
Black Cohosh root (Actea racemosa)	3.2
Licorice root (Glycyrrhiza glabra)	3.5
Chamomile flower (Matricaria recuita)	4.0
Milk Thistle seeds (Silybum marianum)	4.4
Echinacea pallida root	5.0

**Source:** Plugh N, Ross SA, ElSohly HN, ElSohly MA and Pasco DS, *Isolation of three high molecular weight polysaccharide preparations with potent immunostimulatory activity from Spirulina platensis, Aphanizomenon flos-aquae and Chlorella pyrenoidosa*. Planta Med. 2001; Nov, 67 (8) 737-42.