

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for IRON

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus manihot	Leaf	33.0	284.0	-0.20071268389394334	--
Abelmoschus esculentus	Fruit	8.0	150.0	0.06752138925955396	--
Acacia farnesiana	Leaf	37.0	199.0	-0.4161653734377091	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	170.0	885.0	1.3226645680566829	Wealth of India.
Acanthopanax gracilistylis	Root Bark		250.0	-0.13345597146311622	--
Achillea millefolium	Plant				--
Achyranthes bidentata	Root	150.0	180.0	-0.18015091741220346	--
Aconitum carmichaelii	Tuber		310.0	1.5925435023297543	--
Acorus calamus	Rhizome		350.0	-0.02674945738357939	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Actaea racemosa	Root		38.0	-0.38644716654057326	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea dahurica	Rhizome		680.0	0.9698835515852621	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actinidia chinensis	Fruit	3.0	30.0	-0.40848626836489793	--
Aegle marmelos	Fruit	6.0	15.0	-0.4679872255679544	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agathosma betulina	Leaf		867.0	1.2770392926238854	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem		150.0	-0.5541522085937916	--
Albizia julibrissin	Bark		100.0	-0.45734506695896726	--
Albizia lebeck	Seed		115.0	-0.16630572441692326	Wealth of India.
Aleurites moluccana	Seed	20.0	22.0	-0.5984122164712988	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alisma plantago-aquatica	Rhizome	95.0	110.0	-0.7515734639063731	--
Allium sativum var. sativum	Shoot	17.0	76.0	-0.5665556726665807	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	8.0	129.0	0.6282374306688813	--
<i>Allium ampeloprasum</i>	Root	11.0	80.0	-0.32542996609415403	--
<i>Allium sativum</i> var. <i>sativum</i>	Root	1.0	3.0	-0.43729483357925597	--
<i>Allium sativum</i> var. <i>sativum</i>	Leaf	6.0	44.0	-0.8090496896645762	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Seed		235.0	0.3912510395242066	--
<i>Allium ampeloprasum</i>	Leaf	11.0	255.0	-0.2742200720912281	--
<i>Allium schoenoprasum</i>	Leaf	8.0	200.0	-0.41363063591366483	--
<i>Allium sativum</i> var. <i>sativum</i>	Flower	9.0	78.0	-0.5902911429622495	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Leaf	34.0	436.0	0.18456741976079077	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Bulb	2.0	135.0	0.7831452902858658	--
<i>Allium ampeloprasum</i>	Flower	9.0	53.0	-0.7544988871341379	--
<i>Alocasia macrorrhiza</i>	Leaf	6.0	38.0	-0.824258114808842	--
<i>Alocasia macrorrhiza</i>	Root	5.0	63.0	-0.3501274043700856	--
<i>Aloe vera</i>	Leaf	30.0	300.0	-0.1601568835092345	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
<i>Aloe</i> spp.	Leaf		4.1	-0.9101857168739439	--
<i>Alpinia galanga</i>	Rhizome	21.0	149.0	-0.6337895628464192	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Althaea officinalis</i>	Root	12.0	115.0	-0.2745822990554713	--
<i>Amaranthus spinosus</i>	Leaf	22.0	1965.0	4.06018109402453	--
<i>Amaranthus</i> sp.	Leaf	23.0	1527.0	2.9499660584931258	--
<i>Amomum xanthioides</i>	Seed		910.0	3.5275078366930623	--
<i>Amorphophallus konjac</i>	Root				--
<i>Amorphophallus konjac</i>	Leaf	3.0	115.0	-0.6290833254574307	--
<i>Amorphophallus campanulatus</i>	Root	5.0	112.0	-0.27894067051592986	--
<i>Amphicarpaea bracteata</i>	Shoot		360.0	-0.18621401124820777	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anacardium occidentale	Seed	18.0	195.0	0.20539878487716332	--
Anacardium occidentale	Fruit	2.0	77.0	-0.22204993579532092	--
Ananas comosus	Fruit	3.0	73.0	-0.237916857716136	--
Anemarrhena asphodeloides	Rhizome	90.0	1400.0	3.1443555711536435	--
Anethum graveolens	Plant	23.0	755.0	0.1508119809777941	--
Anethum graveolens	Fruit	114.0	230.0	0.3848598276758552	--
Anethum graveolens	Seed	114.0	230.0	0.3680195076933262	--
Anethum graveolens	Leaf				--
Angelica sinensis	Root	19.4	88.0	-0.313807642199598	--
Angelica laxiflora	Root		230.0	-0.10751139307122817	--
Angelica dahurica	Root		1800.0	2.1733696712353954	--
Annona muricata	Fruit	5.0	33.0	-0.3965860769242866	--
Annona glabra	Fruit	23.0	175.0	0.1666896512646481	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona squamosa	Fruit	6.0	66.0	-0.26568397107756236	--
Annona cherimola	Seed	210.0	270.0	0.5538717623403695	--
Annona diversifolia	Fruit	7.0	25.0	-0.42831992076591674	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona reticulata	Fruit	4.0	47.0	-0.3410518502014339	--
Annona cherimola	Fruit	2.0	26.0	-0.42435319028571294	--
Anthriscus cerefolium	Leaf	320.0	345.0	-0.04609369492724084	--
Apium graveolens	Seed	25.0	571.0	1.9524099785593705	--
Apium graveolens	Root	3.6	47.0	-0.3733720521591977	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Fruit	25.0	120.0	-0.051480525146559	--
Apium graveolens	Pt	3.0	347.0	1.289042144893524	--
Arachis hypogaea	Seed	21.0	42.0	-0.5054860891477773	--
Arachis hypogaea	Leaf	42.0	195.0	-0.4263043235338863	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Aralia cordata</i>	Leaf	3.0	64.0	-0.7583549391836902	--
<i>Arctium lappa</i>	Root	35.0	147.0	-0.22809300347724715	--
<i>Arctostaphylos uva-ursi</i>	Leaf	12.0	105.0	-0.6544307006978738	--
<i>Areca catechu</i>	Seed	15.0	70.0	-0.37538951089484696	--
<i>Areca catechu</i>	Shoot	20.0	147.0	-0.47147025731198744	--
<i>Arisaema consanguineum</i>	Rhizome		600.0	0.7282755494109975	--
<i>Aristolochia debilis</i>	Fruit		190.0	0.22619060846770458	--
<i>Armoracia rusticana</i>	Root	1.4	8.0	-0.4300308811451584	--
<i>Arracacia xanthorrhiza</i>	Root	9.0	31.0	-0.39661669994830984	--
<i>Artemisia vulgaris</i>	Leaf	15.0	118.0	-0.6214791128852977	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia capillaris</i>	Plant		200.0	-0.5027757133230009	--
<i>Artemisia herba-alba</i>	Plant	710.0	820.0	0.22735828751752685	--
<i>Artemisia vulgaris</i>	Plant	1200.0	3900.0	3.854475582015632	Chem. & Pharm. Bull. 38: 2205.
<i>Artemisia dracunculus</i>	Plant	320.0	350.0	-0.3261303905390022	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus altilis</i>	Seed	37.0	58.0	-0.43114518728895995	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Artocarpus altilis</i>	Fruit	3.0	62.0	-0.28155089299837743	--
<i>Artocarpus heterophyllus</i>	Seed	12.0	25.0	-0.5844732973727707	--
<i>Artocarpus heterophyllus</i>	Fruit	5.0	22.0	-0.440220112206528	--
<i>Asiasarum heterotropoides</i>	Root	450.0	2800.0	3.6261601580549017	--
<i>Asiasarum sieboldii</i>	Root	450.0	2800.0	3.6261601580549017	--
<i>Asimina triloba</i>	Fruit	68.0	308.0	0.6942648051317489	--
<i>Aspalathus linearis</i>	Plant		14.0	-0.7218159135751593	--
<i>Aspalathus linearis</i>	Shoot		3300.0	3.751125723153258	--
<i>Asparagus lucidus</i>	Root		30.0	-0.3980694904351293	--
<i>Asparagus officinalis</i>	Root	1.2	12.0	-0.42421971919788043	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Asparagus officinalis</i>	Shoot	6.0	240.0	-0.3469217555094921	--
<i>Astragalus membranaceus</i>	Root	3.2	20.0	-0.4125973953033244	--
<i>Atractylodes lancea</i>	Rhizome		290.0	-0.20795545901427784	--
<i>Atractylodes ovata</i>	Rhizome	210.0	780.0	1.2718935543030927	--
<i>Avena sativa</i>	Seed	20.0	300.0	0.6932609533256522	Jim Duke's personal files.*
<i>Avena sativa</i>	Plant	3.0	13.5	-0.7224047313177726	--
<i>Averrhoa bilimbi</i>	Fruit	6.0	175.0	0.1666896512646481	--
<i>Averrhoa carambola</i>	Fruit	1.0	165.0	0.12702234646261046	--
<i>Bacopa monnieri</i>	Shoot		78.0	-0.5638772102622259	Wealth of India.
<i>Bactris gasipaes</i>	Fruit	6.0	45.0	-0.34898531116184145	--
<i>Barosma betulina</i>	Leaf		867.0	1.2770392926238854	--
<i>Basella alba</i>	Leaf	12.0	175.0	-0.4769990740147724	--
<i>Belamcanda chinensis</i>	Rhizome		150.0	-0.6307694628192408	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Benincasa hispida</i>	Fruit	4.0	125.0	-0.03164687274554018	--
<i>Berberis vulgaris</i>	Root		141.0	-0.23680974639816418	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Berberis vulgaris</i>	Bark		141.0	-0.2726653452388328	--
<i>Bertholletia excelsa</i>	Seed	30.0	93.0	-0.26852446447279704	--
<i>Beta vulgaris</i>	Root	5.0	165.0	-0.20194277471449604	--
<i>Beta vulgaris</i>	Leaf	7.0	392.0	0.07303896870284142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bixa orellana</i>	Fruit	8.0	56.0	-0.3053512758796	--
<i>Bixa orellana</i>	Seed	42.0	56.0	-0.4404378000213121	--
<i>Blechnum orientale</i>	Rhizome		70.0	-0.8723774649935054	--
<i>Bletilla striata</i>	Tuber		100.0	-0.400772537010137	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Blighia sapida</i>	Seed	17.0	173.0	0.1031800448212895	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	27.0	130.0	0.6087992693064012	--
<i>Boehmeria nivea</i>	Leaf	16.0	123.0	-0.6088054252650762	--
<i>Boehmeria nivea</i>	Plant	1500.0	3500.0	3.3834213879249693	--
<i>Borago officinalis</i>	Leaf	33.0	472.0	0.2758179706263857	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	12.0	209.0	-0.3908179981972661	USDA's Ag Handbook 8 and sequelae)
<i>Brassica chinensis</i>	Leaf	8.0	171.0	-0.4871380241109496	--
<i>Brassica rapa</i>	Root	2.0	37.0	-0.38789995702739277	--
<i>Brassica oleracea</i>	Stem	4.0	44.0	-0.6545398138876424	--
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	8.0	109.0	-0.6442917506016965	--
<i>Brassica rapa</i>	Leaf	8.0	171.0	-0.4871380241109496	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	9.0	136.0	-0.5758538374525002	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	2.0	62.0	-0.3515801948569051	--
<i>Brassica rapa</i>	Seed		93.0	-0.26852446447279704	--
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	15.0	110.0	-0.6417570130776522	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	6.0	102.0	-0.6620349132700066	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	8.0	109.0	-0.6442917506016965	--
<i>Brassica juncea</i>	Leaf	16.0	174.0	-0.4795338115388167	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	5.0	122.0	-0.3012855132197258	--
<i>Brassica pekinensis</i>	Leaf	28.5	63.0	-0.7608896767077346	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	4.0	151.0	-0.5378327745918356	--
<i>Bromelia pinguin</i>	Shoot	3.0	75.0	-0.567894903868758	--
<i>Brosimum alicastrum</i>	Fruit	8.0	50.0	-0.3291516587608226	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Broussonetia papyrifera</i>	Fruit		560.0	1.6938808861430978	--
<i>Bupleurum chinense</i>	Root	2.8	25.0	-0.40533344286922685	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Byrsonima crassifolia</i>	Fruit	6.0	118.0	-0.059413986106966535	--
<i>Cajanus cajan</i>	Seed	13.0	62.0	-0.4125599618242556	--
<i>Cajanus cajan</i>	Fruit	17.0	56.0	-0.3053512758796	--
<i>Calathea macrosepala</i>	Flower	10.0	130.0	-0.2487390350847215	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Camellia sinensis</i>	Leaf	189.0	1500.0	2.8815281453439296	--
<i>Canavalia ensiformis</i>	Seed	12.0	97.0	-0.24993923900809273	--
<i>Canavalia ensiformis</i>	Fruit	12.0	175.0	0.1666896512646481	--
<i>Canna indica</i>	Root	14.0	42.0	-0.3806360045932953	--
<i>Cannabis sativa</i>	Seed	120.0	139.0	-0.05479437162869729	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Capparis spinosa</i>	Leaf		720.0	0.9044328765893729	Wealth of India.
<i>Capsella bursa-pastoris</i>	Plant	48.0	407.0	-0.25900516788108274	--
<i>Capsicum frutescens</i>	Fruit	7.0	135.0	0.008020432056497481	--
<i>Capsicum annum</i>	Fruit	4.0	14.0	-0.47195395604815815	--
<i>Carica papaya</i>	Leaf	8.0	38.0	-0.824258114808842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Fruit	0.4	3.0	-0.5155879913303996	--
<i>Carica pentagona</i>	Fruit	4.0	60.0	-0.2894843539587849	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Seed	97.0	102.0	-0.22670770717721234	--
<i>Carthamus tinctorius</i>	Flower	1.0	8.0	-1.050072826643537	--
<i>Carum carvi</i>	Seed	123.0	1200.0	4.874936682884126	--
<i>Carum carvi</i>	Fruit	123.0	286.0	0.6069967345672661	--
<i>Carya illinoensis</i>	Seed	24.0	73.0	-0.3614505917963187	--
<i>Carya ovata</i>	Shoot	12.5	45.0	-0.6080718399340791	--
<i>Carya glabra</i>	Shoot	10.0	429.0	-0.0938070582979693	--
<i>Carya ovata</i>	Seed		32.0	-0.551949152809538	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Casimiroa edulis	Fruit	2.0	15.0	-0.4679872255679544	--
Cassia tora	Seed		50.0	-0.4683156382183686	--
Castanea sativa	Seed	7.0	16.0	-0.6262900546683554	--
Castanea mollissima	Seed	14.0	25.0	-0.5844732973727707	--
Castanea dentata	Seed	12.0	29.0	-0.5658880719080663	--
Catalpa ovata	Fruit		140.0	0.02785408445751631	--
Catha edulis	Leaf		185.0	-0.45165169877432937	--
Caulophyllum thalictroides	Root	18.0	164.0	-0.20339556520131555	--
Celosia cristata	Flower		180.0	0.07967645325905538	--
Cenchrus biflorus	Seed	220.0	245.0	0.43771410318596743	--
Centaurea cyanus	Plant				--
Centella asiatica	Leaf	3.0	29.0	-0.8470707525252408	--
Chaenomeles lagenaria	Fruit		110.0	-0.09114782994859666	--
Chamaemelum nobile	Flower		170.0	0.01399335559030001	--
Chamissoa altissima	Leaf	137.0	1370.0	2.55201226721817	Tramil
Chenopodium ambrosioides	Plant		52.0	-0.6770657651365463	--
Chenopodium album	Seed		5.0	-0.6773994246962923	--
Chenopodium album	Leaf	12.0	250.0	-0.28689375971144965	--
Chondrus crispus	Plant		874.0	0.2909506037197664	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	25.0	385.0	0.0552958060345313	--
Chrysanthemum parthenium	Leaf				--
Chrysanthemum coronarium	Bud	31.0	420.0		--
Chrysanthemum parthenium	Plant				--
Chrysophyllum cainito	Fruit	4.0	47.0	-0.3410518502014339	--
Cicer arietinum	Seed	61.0	72.0	-0.3660968981624948	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	6.0	360.0	-0.008072632066576286	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium intybus	Root	8.0	40.0	-0.38354158556693424	--
Cichorium intybus	Leaf	5.0	246.0	-0.29703270980762686	USDA's Ag Handbook 8 and sequelae)
Cimicifuga dahurica	Rhizome		680.0	0.9698835515852621	--
Cimicifuga racemosa	Root	8.0	38.0	-0.38644716654057326	--
Cinnamomum burmannii	Bark		100.0	-0.45734506695896726	--
Cinnamomum aromaticum	Bark	25.0	421.0	0.988562022605988	--
Cinnamomum verum	Bark	60.0	421.0	0.988562022605988	--
Cinnamomum sieboldii	Root Bark		200.0	-0.4003679143893487	--
Cistanche salsa	Plant		60.0	-0.6676446812547331	--
Citrullus lanatus	Seed		75.0	-0.35215797906396656	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrullus lanatus	Fruit	2.0	143.0	0.039754275898127606	--
Citrus reticulata	Fruit	1.0	79.0	-0.2141164748349134	--
Citrus aurantiifolia	Fruit	0.0	67.0	-0.26171724059735857	--
Citrus aurantium	Fruit	3.0	260.0	0.5038617420819682	--
Citrus paradisi	Fruit	1.0	88.0	-0.1784159005130795	--
Citrus medica	Fruit		60.0	-0.2894843539587849	--
Citrus sinensis	Fruit	1.0	8.0	-0.49575433892938076	--
Citrus limon	Fruit	23.0	72.0	-0.24188358819633976	--
Citrus mitis	Fruit	30.0	300.0	0.6625309612901188	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cnicus benedictus	Plant	3.2	24.0	-0.7100395587228927	--
Cnidium officinale	Rhizome		240.0	-0.3589604603731932	--
Cnidioscolus chayamansa	Leaf	50.0	600.0	0.6002643737040565	--
Coccinia grandis	Fruit	14.0	203.0	0.27775810471035356	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	20.0	50.0	-0.4683156382183686	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Coffea arabica</i>	Seed	29.0	31.0	-0.5565954591757142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coffea arabica</i>	Leaf	966.0	1032.0	1.6952709840911955	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coix lacryma-jobi</i>	Seed	29.0	68.0	-0.3846821236271991	--
<i>Cola acuminata</i>	Seed	20.0	54.0	-0.44973041275366427	--
<i>Colocasia esculenta</i>	Root	4.0	200.0	-0.15109510767581333	--
<i>Colocasia esculenta</i>	Leaf	6.0	200.0	-0.41363063591366483	--
<i>Commiphora wightii</i>	Inflorescence				Jim Duke's personal files.
<i>Coptis</i> spp	Rhizome	210.0	320.0	-0.11735245819892862	--
<i>Coptis japonica</i>	Rhizome	210.0	320.0	-0.11735245819892862	--
<i>Coptis chinensis</i>	Rhizome	210.0	320.0	-0.11735245819892862	--
<i>Corchorus olitorius</i>	Leaf	47.0	485.0	0.30876955843896164	--
<i>Coriandrum sativum</i>	Leaf	30.0	528.0	0.41776327197286667	--
<i>Coriandrum sativum</i>	Fruit	112.0	227.0	0.3729596362352439	--
<i>Cornus officinalis</i>	Fruit		90.0	-0.17048243955267198	--
<i>Corylus avellana</i>	Seed	30.0	99.0	-0.24064662627574057	--
<i>Crataegus cuneata</i>	Fruit		210.0	0.3055252180717799	--
<i>Crataegus laevigata</i>	Fruit				--
<i>Crataegus rhipidophylla</i>	Fruit				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crescentia alata</i>	Seed	94.0	97.0	-0.24993923900809273	--
<i>Cucumis melo</i>	Fruit	2.0	55.0	-0.3093180063598038	--
<i>Cucumis sativus</i>	Fruit	2.6	420.0	1.1385386189145708	--
<i>Cucurbita pepo</i>	Flower	7.0	144.0	-0.15678269834846398	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita maxima</i>	Leaf	20.4	145.0	-0.5530411997361014	--
<i>Cucurbita</i> spp	Fruit	4.0	73.0	-0.237916857716136	--
<i>Cucurbita pepo</i>	Seed	86.0	200.0	0.2286303167080437	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cuminum cyminum	Fruit	155.0	748.0	2.4396262164214058	--
Cuminum cyminum	Seed	155.0	748.0	2.774806205372537	--
Curcuma longa	Plant	25.0	80.0	-0.6440919715501999	--
Curcuma longa	Rhizome	121.0	467.0	0.32660224579628255	--
Cyamopsis tetragonoloba	Shoot		331.0	-0.2250517161113515	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Fruit		58.0	-0.29741781491919245	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	6.0	210.0	0.3055252180717799	--
Cydonia oblonga	Fruit	6.0	52.0	-0.32121819780041505	--
Cymbopogon citratus	Plant		543.0	-0.0988467418902573	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynanchum atratum	Root		1350.0	1.5196139521666183	--
Cynara cardunculus	Flower	11.0	101.0	-0.4392200183241121	--
Cyperus rotundus	Rhizome		430.0	0.2148585447906852	--
Cyphomandra betacea	Fruit	6.0	57.0	-0.30138454539939624	--
Cypripedium pubescens	Root		117.0	-0.2716767180818323	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	4.0	22.0	-0.4096918143296854	--
Daucus carota	Root	3.0	300.0	-0.005816058993862766	--
Dendrobium nobile	Stem		90.0	-0.6109753814016315	--
Dioscorea pentaphylla	Root	4.0	24.0	-0.40678623335604636	--
Dioscorea bulbifera	Rhizome		40.0	-0.9629804658088547	--
Dioscorea alata	Root	1.4	25.0	-0.40533344286922685	--
Dioscorea villosa	Root	7.0	31.0	-0.39661669994830984	--
Dioscorea sp.	Root		315.0	0.01597579830842982	--
Diospyros virginiana	Leaf	15.0	500.0	0.3467906212996262	--
Diospyros virginiana	Fruit	25.0	70.0	-0.2498170491567473	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Diospyros digyna	Fruit	3.0	18.0	-0.4560870341273431	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Stem	3.0	1620.0	0.8380155251982907	--
Dipsacus fullonum	Plant		190.0	-0.5145520681752674	--
Drynaria fortunei	Rhizome		50.0	-0.9327794655370716	--
Durio zibethinus	Fruit	7.0	37.0	-0.38071915500347153	J Cell Biochem VOL. 22=1995
Echinacea purpurea	Root	18.0	70.0	-0.3399578709623491	--
Echinacea spp	Root	700.0	4800.0	6.531741131693913	--
Elaeagnus commutata	Fruit	4.0	30.0	-0.40848626836489793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	10.0	70.0	-0.2498170491567473	--
Elaeis guineensis	Fruit	40.0	61.0	-0.2855176234785812	--
Eleocharis dulcis	Tuber	6.0	37.0	-0.9987673488121044	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	140.0	153.0	0.01025391749776786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	42.0	66.0	-0.26568397107756236	--
Eleutherococcus senticosus	Root	2.5	12.0	-0.42421971919788043	--
Elytrigia repens	Plant		311.0	-0.37205817446284184	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra spp	Plant		600.0	-0.03172151923233781	--
Ephedra sinica	Plant	4.4	21.0	-0.7135724651785726	--
Equisetum hyemale	Plant		140.0	-0.5734338424366004	--
Equisetum arvense	Plant	26.0	123.0	-0.5934536456854537	--
Eriobotrya japonica	Fruit	20.0	67.0	-0.26171724059735857	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriobotrya japonica	Leaf		200.0	-0.41363063591366483	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eriocaulon sp	Leaf		70.0	-0.7431465140394243	--
Eriodictyon californicum	Leaf	24.0	110.0	-0.6417570130776522	--
Eryngium floridanum	Shoot		400.0	-0.132644763161113	--
Erythrina fusca	Leaf	18.0	52.0	-0.7887717894722218	--
Erythrina berteroana	Shoot	22.0	140.0	-0.480844875727229	--
Erythroxyllum coca	Leaf	66.0	490.0	0.3214432460591831	--
Erythroxyllum novogranatense	Leaf	49.0	81.0	-0.7152644012749371	--
Erythroxyllum novogranatense	Leaf	86.0	97.0	-0.6747086008902282	--
Eucommia ulmoides	Bark		300.0	0.44353162435876187	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Eugenia uniflora	Fruit	1.0	14.0	-0.47195395604815815	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia floribunda	Fruit	5.0	40.0	-0.36881896356286026	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia brasiliensis	Fruit	4.5	34.0	-0.39261934644408286	--
Euodia rutaecarpa	Fruit		86.0	-0.18634936147348705	--
Eupatorium odoratum	Leaf		80.0	-0.7177991387989814	Tramil
Eupatorium perfoliatum	Plant	2.0	20.0	-0.7147501006637994	--
Euphrasia officinalis	Plant	5.0	31.0	-0.7017961103263061	--
Fagopyrum esculentum	Seed	30.0	132.0	-0.08731851619192986	--
Fallopia japonica	Plant	360.0	1300.0	0.7926233204263226	Chem. & Pharm. Bull. 38: 2205.
Feijoa sellowiana	Fruit	0.5	3.0	-0.5155879913303996	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ficus carica	Fruit	3.0	57.0	-0.30138454539939624	--
Firmiana simplex	Seed		70.0	-0.37538951089484696	--
Foeniculum vulgare	Fruit	100.0	240.0	0.42452713247789287	--
Foeniculum vulgare	Seed	2.3	21.0	-0.603058522837475	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Foeniculum vulgare	Plant	27.0	270.0	-0.4203412293571348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Forsythia suspensa	Fruit		440.0	1.217873228518646	--
Fragaria spp	Fruit	3.0	100.0	-0.1308151347506343	--
Frangula purshiana	Bark	6.4	23.0	-0.8041825931162928	--
Fraxinus rhynchophylla	Bark		120.0	-0.36725739782719435	--
Fritillaria thunbergii	Bulb		50.0	-1.4113827209547485	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Fucus vesiculosus	Plant	2.0	16.0	-0.719460642604706	--
Garcinia mangostana	Fruit	2.0	46.0	-0.34501858068163765	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Gardenia jasminoides	Fruit	40.0	130.0	-0.011813220344521346	--
Gastrodia elata	Rhizome		40.0	-0.9629804658088547	--
Genipa americana	Fruit	10.0	160.0	0.10718869406159162	--
Genipa americana	Seed		100.0	-0.2360003199095645	--
Gentiana scabra	Root		910.0	0.8803861379660357	--
Gentiana lutea	Root	8.0	37.0	-0.38789995702739277	--
Geranium thunbergii	Plant		400.0	-0.2672486162776693	--
Ginkgo biloba	Seed	10.0	26.0	-0.5798269910065945	--
Ginkgo biloba	Leaf	2.0	8.0	-0.9003002405301712	--
Glechoma hederacea	Plant	290.0	500.0	-0.14948506775500356	Chem. & Pharm. Bull. 38: 2205.
Glehnia littoralis	Root		820.0	0.7496349941522802	--
Gliricidia sepium	Leaf	8.0	52.0	-0.7887717894722218	--
Gliricidia sepium	Flower	18.0	129.0	-0.25530734485159706	--
Glycine max	Seed	38.0	180.0	0.13570418938452208	--
Glycine max	Plant		210.0	-0.4909993584707343	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycine max	Sprout Seedling	10.0	73.0	-0.977832601159982	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	28.0	91.0	-0.1665157090724682	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza uralensis	Root	180.0	280.0	-0.03487186873025288	--
Glycyrrhiza glabra	Root	14.0	88.0	-0.313807642199598	--
Gymnema sylvestre	Leaf	9.0	49.0	-0.7963760020443548	--
Harpagophytum procumbens	Root	55.0	290.0	-0.020343963862057824	--
Helianthus tuberosus	Tuber	6.0	168.0	0.24468218049039905	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Seed	60.0	70.0	-0.37538951089484696	--
Hibiscus rosa-sinensis	Flower	17.0	165.0	-0.018848193244077677	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Leaf	15.0	333.0	-0.07651054521577247	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	0.7	6.0	-1.063209446177288	--
Hordeum vulgare	Seed	40.0	100.0	-0.2360003199095645	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hordeum vulgare	Stem		160.0	-0.5446816797924848	--
Hordeum vulgare	Sprout Seedling		100.0	-0.4462591736837504	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Houttuynia cordata	Plant		500.0	-0.14948506775500356	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Flower				--
Humulus lupulus	Fruit				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrangea arborescens	Root	6.0	18.0	-0.41550297627696336	--
Hydrastis canadensis	Root	17.0	61.0	-0.3530329853437246	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Hylocereus undatus</i>	Fruit	13.0	83.0	-0.19824955291409832	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hylocereus guatemalensis</i>	Fruit	5.0	37.0	-0.38071915500347153	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Hyoscyamus niger</i>	Seed		180.0	0.13570418938452208	--
<i>Inga feuillei</i>	Aril	4.0	25.0	-1.4098509394464034	J Cell Biochem VOL. 22=1995
<i>Inga edulis</i>	Seed	30.0	85.0	-0.3056949154022057	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inula helenium</i>	Plant				--
<i>Inula helenium</i>	Root	0.9	4.0	-0.43584204309243646	--
<i>Ipomoea batatas</i>	Leaf	10.0	365.0	0.00460105555364523	--
<i>Ipomoea aquatica</i>	Leaf	11.0	540.0	0.4481801222613983	--
<i>Ipomoea batatas</i>	Root	4.0	64.0	-0.34867461388326615	--
<i>Isatis tinctoria</i>	Root		150.0	-0.22373463201678861	--
<i>Juglans cinerea</i>	Seed	38.0	76.0	-0.34751167269779043	--
<i>Juglans regia</i>	Seed	22.0	28.0	-0.5705343782742424	--
<i>Juglans nigra</i>	Pericarp	5.4	45.0		--
<i>Juglans nigra</i>	Seed	28.0	73.0	-0.3614505917963187	--
<i>Juglans nigra</i>	Fruit		455.0	1.2773741857217025	--
<i>Juncus effusus</i>	Pith		840.0	1.4089332628730222	--
<i>Juniperus virginiana</i>	Shoot	11.0	1320.0	1.099447942842067	--
<i>Juniperus communis</i>	Fruit	5.0	15.0	-0.4679872255679544	--
<i>Jussiaea repens</i>	Plant		700.0	0.08604202929032795	--
<i>Justicia pectoralis</i>	Leaf	74.0	495.0	0.33411693367940465	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf		50.0	-0.7938412645203105	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	7.4	61.0	-0.41720626819043166	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lablab purpureus	Fruit	16.7	94.9	-0.1510454601996736	--
Lactuca sativa	Leaf	5.0	176.0	-0.4744643364907281	--
Lagenaria siceraria	Fruit	2.0	45.0	-0.34898531116184145	--
Larrea tridentata	Plant	11.0	33.0	-0.6994408393558528	--
Lens culinaris	Sprout Seedling	30.0	116.0	-0.1312526981422798	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	22.0	106.0	-0.208122481712508	--
Lepidium sativum	Leaf	13.0	286.0	-0.19564320884585473	--
Licania platypus	Fruit	5.0	48.0	-0.3370851197212301	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ligustrum lucidum	Fruit		120.0	-0.051480525146559	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Ligustrum japonicum	Fruit		120.0	-0.051480525146559	--
Limonia acidissima	Seed	300.0	312.0	0.7490166297197651	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	6.0	20.0	-0.44815357316693555	--
Linum usitatissimum	Seed	29.0	549.0	1.8501912385034966	--
Lobelia inflata	Leaf	4.0	31.0	-0.8420012774771523	--
Lonicera japonica	Flower		350.0	1.1962891136278968	--
Lophatherum gracile	Plant		240.0	-0.45567029391393454	--
Luffa aegyptiaca	Fruit	3.0	80.0	-0.21014974435470962	--
Luffa aegyptiaca	Leaf	115.0	1162.0	2.024786862216955	--
Lupinus albus	Seed	43.0	49.0	-0.47296194458454466	--
Lupinus mutabilis	Seed	55.0	60.0	-0.4218525745566078	--
Lupinus mutabilis	Fruit	19.0	66.0	-0.26568397107756236	--
Lycium chinense	Fruit	13.0	140.0	0.02785408445751631	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lycium chinense	Root Bark		670.0	2.1086043491172366	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lycium chinense	Leaf	54.0	519.0	0.3949506342564679	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	1.0	800.0	2.6458962013920013	--
Lycopodium clavatum	Plant		650.0	0.027160255028995064	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lygodium japonicum	Pollen Or Spore		1090.0		--
Macadamia spp	Seed	18.0	200.0	0.2286303167080437	--
Magnolia kobus	Flower		320.0	0.9992398206216306	--
Magnolia fargesii	Flower		320.0	0.9992398206216306	--
Magnolia denudata	Flower		320.0	0.9992398206216306	--
Magnolia officinalis	Bark		120.0	-0.36725739782719435	--
Malpighia glabra	Fruit	2.0	28.0	-0.41641972932530547	--
Malus domestica	Fruit	1.1	123.0	-0.039580333705947705	--
Malva sylvestris	Leaf	37.0	440.0	0.194706369856968	--
Malva parviflora	Plant		195.0	-0.5086638907491341	--
Mammea americana	Fruit	1.0	51.0	-0.32518492828061885	--
Mangifera indica	Fruit	1.0	243.0	0.4364273239185042	--
Mangifera indica	Leaf		62.0	-0.7634244142317788	--
Manihot esculenta	Root	2.0	114.0	-0.27603508954229083	--
Manihot esculenta	Leaf	28.0	1500.0	2.8815281453439296	--
Manilkara zapota	Fruit	6.0	40.0	-0.36881896356286026	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	19.0	75.0	-0.3326939185282516	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	7.0	15.0	-0.4679872255679544	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Medicago sativa	Plant	4.9	26.0	-0.7076842877524394	--
Melicoccus bijugatas	Fruit	5.0	38.0	-0.3767524245232678	--
Mentha x piperita	Leaf	9.0	60.0	-0.7684938892798674	--
Mentha arvensis var. piperascens	Plant		400.0	-0.2672486162776693	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha spicata	Plant	156.0	918.0	0.3427665650697393	--
Mentha pulegium	Plant		2310.0	1.9820351605052466	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mimosa pudica	Leaf		14.0	-0.8850918153859053	--
Mimulus glabratus	Shoot	66.0	660.0	0.21555534940500298	--
Momordica charantia	Fruit	2.0	560.0	1.6938808861430978	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	50.0	357.0	-0.015676844638709195	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root		320.0	0.02323975074252735	--
Morinda citrifolia	Leaf	23.0	100.0	-0.6671043883180953	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	3.0	30.0	-0.40848626836489793	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	40.0	185.0	-0.4205794716292474	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	70.0	280.0	-0.21085163399012055	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Root Bark	70.0	290.0	0.08007358287786974	--
Morus alba	Fruit	19.0	247.0	0.4522942458393192	--
Mucuna pruriens	Seed		200.0	0.2286303167080437	--
Muntingia calabura	Fruit	12.0	53.0	-0.3172514673202113	--
Murraya koenigii	Leaf	30.0	115.0	-0.6290833254574307	--
Murraya sp	Fruit	4.0	17.0	-0.4600537646075469	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Musa x paradisiaca</i>	Flower		1.0	-1.096050995011666	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Musa x paradisiaca</i>	Pith		11.0	-0.8102035482512379	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Musa x paradisiaca</i>	Fruit	4.0	17.0	-0.4600537646075469	--
<i>Myrciaria dubia</i>	Fruit	5.0	85.0	-0.19031609195369079	--
<i>Myrciaria cauliflora</i>	Fruit	2.0	38.0	-0.3767524245232678	--
<i>Myrica cerifera</i>	Bark	10.0	47.0	-0.6960773901581655	--
<i>Myristica fragrans</i>	Seed	30.0	45.0	-0.49154717004924897	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Myristica fragrans</i>	Aril	126.0	140.0	0.8010516701400016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Nardostachys chinensis</i>	Rhizome		1210.0	2.570536565989765	--
<i>Nasturtium officinale</i>	Herb	2.0	262.0	-1.0	--
<i>Nelumbo nucifera</i>	Seed	9.5	71.0	-0.3707432045286709	--
<i>Nelumbo nucifera</i>	Rhizome	7.0	70.0	-0.8723774649935054	--
<i>Nepeta cataria</i>	Plant	17.0	138.0	-0.5757891134070537	--
<i>Nigella sativa</i>	Seed		140.0	-0.050148065262521205	--
<i>Notopterygium incisum</i>	Rhizome		280.0	-0.2381564592860609	--
<i>Nyssa sylvatica</i>	Stem	33.0	440.0	-0.27950687335589774	--
<i>Nyssa sylvatica</i>	Leaf	8.0	1820.0	3.6926441530381067	--
<i>Ocimum basilicum</i>	Leaf	48.0	478.0	0.2910263957706515	--
<i>Oenothera biennis</i>	Seed	94.0	390.0	1.1114285262814996	--
<i>Olea europaea</i>	Fruit	16.0	73.0	-0.237916857716136	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ophiopogon japonicus</i>	Tuber	70.0	340.0	1.8773029365211673	--
<i>Opuntia ficus-indica</i>	Seed		100.0	-0.2360003199095645	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Opuntia ficus-indica	Fruit	12.0	65.0	-0.2696507015577661	--
Origanum majorana	Plant	750.0	975.0	0.4098917877276588	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	325.0	598.0	-0.03407679020279113	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Oryza sativa	Seed	14.0	85.0	-0.3056949154022057	--
Oxalis tuberosa	Root	8.0	49.0	-0.3704664711855587	--
Pachira macrocarpa	Seed	38.0	40.0	-0.5147787018801294	--
Pachyrhizus erosus	Tuber	6.0	55.0	-0.8279116882972566	--
Paeonia moutan	Root Bark	95.0	120.0	-0.8274270230713207	--
Paeonia lactiflora	Root	40.0	47.0	-0.3733720521591977	--
Paeonia suffruticosa	Root Bark	95.0	120.0	-0.8274270230713207	--
Panax ginseng	Leaf				--
Panax japonicus	Rhizome		360.0	0.0034515428882036818	--
Panax ginseng	Stem				--
Panax ginseng	Root				--
Panax ginseng	Fruit				--
Panax ginseng	Pt				--
Panax quinquefolius	Plant	49.0	407.0	-0.25900516788108274	--
Panicum maximum	Leaf		525.0	0.41015905940073377	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Papaver somniferum	Seed	91.0	143.0	-0.03620914616399296	--
Parthenium integrifolium	Root	1.0	6.0	-0.43293646211879744	--
Passiflora incarnata	Fruit	16.0	58.0	-0.29741781491919245	--
Passiflora mollissima	Fruit	4.0	50.0	-0.3291516587608226	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora edulis	Seed		180.0	0.13570418938452208	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Passiflora quadrangularis</i>	Seed	29.0	134.0	-0.0780259034595777	--
<i>Passiflora ligularis</i>	Fruit	4.0	52.0	-0.32121819780041505	--
<i>Passiflora edulis</i>	Fruit	16.0	64.0	-0.2736174320379699	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	6.0	143.0	0.039754275898127606	--
<i>Passiflora foetida</i>	Fruit	7.0	39.0	-0.372785694043064	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Flower	0.8	7.0	-1.0566411364104127	--
<i>Pastinaca sativa</i>	Root	4.0	112.0	-0.27894067051592986	--
<i>Peperomia pelucida</i>	Leaf	30.0	410.0	0.11866424413563888	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pereskiaifolia</i>	Leaf	57.0	380.0	0.04262211841430978	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	0.0	250.0	0.46419443727993054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root		32.0	-0.3951639094614903	Izidoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Perilla frutescens</i>	Plant		460.0	-0.19659048716406988	Suzuki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Perilla frutescens</i>	Leaf	67.0	479.0	0.2935611332946958	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Seed	13.0	135.0	-0.07337959709340161	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	6.0	71.0	-0.24585031867654353	--
<i>Persea schiedeana</i>	Fruit	3.0	15.0	-0.4679872255679544	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Plant	2000.0	2100.0	1.7347317086076486	Chem. & Pharm. Bull. 38: 2205.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Petasites japonicus</i>	Pt	1.0	18.0	-1.1482846693017026	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	1.3	17.0	-0.7182830071194793	--
<i>Petroselinum crispum</i>	Shoot				--
<i>Peucedanum decursivum</i>	Plant	780.0	1400.0	0.9103868689489882	--
<i>Phaseolus vulgaris</i>	Sprout Seedling	8.0	87.0	-0.7022019350611952	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	6.0	1050.0	3.6375788214429425	--
<i>Phaseolus lunatus</i>	Leaf	23.0	821.0	1.1604413665178475	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	24.0	147.0	-0.01762392069928863	--
<i>Phaseolus lunatus</i>	Sprout Seedling	13.0	228.0	2.073792630648015	--
<i>Phaseolus coccineus</i>	Seed	1.0	103.0	-0.22206140081103623	--
<i>Phaseolus coccineus</i>	Fruit	26.0	41.0	-0.36485223308265646	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus vulgaris</i>	Leaf	92.0	697.0	0.8461339135363539	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	22.0	1000.0	3.9456754096489095	--
<i>Phaseolus acutifolius</i>	Seed	24.0	56.0	-0.4404378000213121	--
<i>Phellodendron amurense</i>	Bark		210.0	0.03813711326578375	--
<i>Phoenix dactylifera</i>	Fruit	10.0	151.0	0.07148811973975773	--
<i>Phoenix dactylifera</i>	Seed	5.0	17.0	-0.6216437483021793	Abstract (See species file)
<i>Phyllanthus emblica</i>	Fruit	5.0	163.0	0.11908888550220292	--
<i>Phyllanthus acidus</i>	Fruit	11.0	372.0	0.9481355558647899	--
<i>Physalis peruviana</i>	Fruit	12.0	115.0	-0.07131417754757784	--
<i>Physalis ixocarpa</i>	Fruit	14.0	2974.0	11.269568265354987	--
<i>Phytelephas aequatorialis</i>	Mesocarp	7.0	25.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phytelephas aequatorialis	Flower	8.0	27.0	-0.9252749410729019	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytolacca americana	Shoot	17.0	202.0	-0.39781254119223214	--
Pimenta dioica	Leaf	76.0	95.0	-0.6797780759383169	--
Pimenta dioica	Fruit	60.0	85.0	-0.19031609195369079	--
Pimpinella anisum	Fruit	391.0	409.0	1.0949045836323292	--
Pimpinella anisum	Seed	348.0	409.0	1.1997083472388452	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinellia ternata	Tuber	70.0	95.0	-0.4482324427087058	--
Pinus echinata	Shoot	34.0	630.0	0.1753784133396819	--
Pinus pinea	Seed	92.0	100.0	-0.2360003199095645	USDA's Ag Handbook 8 and sequelae)
Pinus cembroides	Seed	45.0	55.0	-0.4450841063874882	USDA's Ag Handbook 8 and sequelae)
Pinus edulis	Seed	28.0	37.0	-0.5287176209786577	--
Pinus gerardiana	Seed		25.0	-0.5844732973727707	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Piper betel	Leaf	35.0	240.0	-0.31224113495189265	--
Piper auritum	Leaf	48.0	315.0	-0.12213582064856994	--
Piper nigrum	Fruit	24.0	407.0	1.0869711226719216	--
Pistacia vera	Seed	46.0	137.0	-0.06408698436104945	--
Pisum sativum	Fruit	21.0	206.0	0.28965829615096483	--
Pisum sativum	Seed	14.0	90.0	-0.28246338357132533	--
Pisum sativum	Plant		400.0	-0.2672486162776693	--
Plantago asiatica	Plant		890.0	0.3097927714833929	--
Plantago major	Seed	5.0	18.0	-0.6169974419360033	--
Plantago psyllium	Seed	4.0	20.0	-0.6077048292036511	--
Plantago psyllium	Hull Husk		183.0		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Platonia insignis	Fruit	22.0	79.0	-0.2141164748349134	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Platycodon grandiflorum	Root	62.0	200.0	-0.15109510767581333	--
Plectranthus amboinicus	Leaf	39.0	695.0	0.8410644384882653	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygala tenuifolia	Root		290.0	-0.020343963862057824	--
Polygonum multiflorum	Rhizome		150.0	-0.6307694628192408	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Polygonum multiflorum	Plant		350.0	-0.3261303905390022	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Polygonum multiflorum	Root		156.0	-0.2150178890958716	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	6.0	66.0	-0.3457690329096271	--
Polystichum polyblepharum	Plant	500.0	1900.0	1.499204611562317	--
Portulaca oleracea	Herb	8.0	467.0	1.0	--
Pourouma cecropiaefolia	Fruit		0.0	-0.5274881827710108	J Cell Biochem VOL. 22=1995
Pouteria campechiana	Fruit	7.0	26.0	-0.42435319028571294	--
Pouteria caimito	Fruit	10.0	70.0	-0.2498170491567473	--
Pouteria viridis	Fruit	7.0	22.0	-0.440220112206528	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunella vulgaris	Flower		640.0	3.101098946021803	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Prunus serotina	Stem	0.19	810.0	0.07090269229244947	--
Prunus persica	Fruit	1.0	99.0	-0.13478186523083807	--
Prunus domestica	Fruit	0.8	85.0	-0.19031609195369079	--
Prunus armeniaca	Fruit	5.0	79.0	-0.2141164748349134	--
Prunus serotina	Leaf	20.0	1440.0	2.729443893901271	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus persica	Bark		117.0	-0.3807705481969603	--
Prunus salicifolia	Fruit	6.0	36.0	-0.3846858854836753	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus cerasus	Fruit	3.0	78.0	-0.21808320531511716	--
Prunus persica	Seed		80.0	-0.3289264472330861	--
Prunus dulcis	Seed	35.0	60.0	-0.4218525745566078	--
Prunus armeniaca	Seed	42.0	48.0	-0.47760825095072074	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Psidium guajava	Fruit	3.0	73.0	-0.237916857716136	--
Psidium cattleianum	Fruit	2.0	82.0	-0.2022162833943021	--
Psophocarpus tetragonolobus	Leaf	20.0	259.0	-0.2640811219950509	--
Psophocarpus tetragonolobus	Tuber	20.0	47.0	-0.9038475374149667	--
Psophocarpus tetragonolobus	Seed	15.0	158.0	0.03348544932864827	--
Psoralea esculenta	Root		39.0	-0.38499437605375375	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
Pueraria pseudohirsuta	Root	50.0	68.0	-0.3428634519359881	--
Pueraria montana	Root	6.0	19.0	-0.41405018579014385	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pulsatilla chinensis	Root		1050.0	1.0837768061207664	--
Punica granatum	Fruit	3.0	16.0	-0.4640204950877506	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	0.9	37.0	-0.38071915500347153	--
Quararibea cordata	Fruit	4.0	90.0	-0.17048243955267198	--
Quercus velutina	Stem	14.0	236.0	-0.47270566090255406	--
Quercus rubra	Seed		81.0	-0.32428014086691004	--
Quercus alba	Bark	0.5	2.0	-0.8987746457046544	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Quercus stellata	Stem	17.0	420.0	-0.29844793095851113	--
Quercus phellos	Stem	14.0	294.0	-0.4177765938549753	--
Quercus rubra	Stem	12.0	343.0	-0.37137100272857254	--
Quercus alba	Stem	2.0	380.0	-0.33633004616373785	--
Quisqualis indica	Fruit		50.0	-0.3291516587608226	--
Raphanus sativus	Leaf	41.0	357.0	-0.015676844638709195	--
Raphanus sativus	Seed		120.0	-0.14307419258604284	--
Raphanus sativus	Fruit	4.0	295.0	0.6426973088890999	--
Raphanus sativus	Root	2.0	189.0	-0.1670758030308279	--
Rehmannia glutinosa	Root		920.0	0.8949140428342308	--
Rheum rhabarbarum	Leaf	3.0	250.0	-0.28689375971144965	--
Rheum palmatum	Rhizome	100.0	180.0	-0.5401664620038916	--
Rheum rhabarbarum	Pt	1.0	154.0	-0.14075747559182158	--
Rhizophora mangle	Leaf		152.0	-0.5352980370677913	--
Rhodymenia palmata	Plant		792.0	0.19438449393118043	--
Ribes uva-crispa	Fruit	2.5	40.0	-0.36881896356286026	--
Ribes rubrum	Fruit	9.0	68.0	-0.25775051011715483	--
Ribes nigrum	Fruit	11.0	108.0	-0.0990812909090042	USDA's Ag Handbook 8 and sequelae)
Rollinia mucosa	Fruit	12.0	53.0	-0.3172514673202113	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa laevigata	Fruit		40.0	-0.36881896356286026	--
Rosa canina	Fruit				--
Rosmarinus officinalis	Plant	220.0	400.0	-0.2672486162776693	--
Rosmarinus officinalis	Leaf	65.0	400.0	0.09331686889519585	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root		720.0	0.6043559454703297	--
Rubus chingii	Fruit		110.0	-0.09114782994859666	--
Rubus chamaemorus	Fruit	7.0	47.0	-0.3410518502014339	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rubus idaeus	Fruit	5.0	45.0	-0.34898531116184145	Revised USDA data received 1993.
Rubus idaeus	Leaf	17.0	101.0	-0.664569650794051	--
Rumex crispus	Root	20.0	76.0	-0.3312411280414321	--
Rumex acetosa	Leaf	16.0	160.0	-0.5150201368754369	--
Ruscus aculeatus	Root	50.0	164.0	-0.20339556520131555	--
Salix alba	Bark	3.5	21.0	-0.8131913600294701	--
Salvia miltiorrhiza	Root		230.0	-0.10751139307122817	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Salvia officinalis	Leaf	2.4	15.0	-0.8825570778618611	--
Sambucus canadensis	Plant	16.0	79.0	-0.6452696070354266	--
Sambucus nigra	Fruit	15.0	90.0	-0.17048243955267198	--
Sassafras albidum	Leaf	33.0	1020.0	1.664854133802664	--
Sassafras albidum	Stem	3.0	740.0	0.0046089906833026995	--
Satureja hortensis	Plant		416.0	-0.2484064485140428	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	5.0	35.0	-0.38865261596387907	--
Schizonepeta tenuifolia	Plant		1700.0	1.2636775145169856	--
Sclerocarya caffra	Fruit	1.0	12.0	-0.4798874170085657	--
Sclerocarya caffra	Seed		4.0	-0.6820457310624684	--
Scrophularia buergeriana	Root		140.0	-0.2382625368849837	--
Scutellaria baicalensis	Root	170.0	220.0	-0.12203929793942322	--
Scutellaria lateriflora	Plant	3.4	25.0	-0.7088619232376661	--
Secale cereale	Seed	25.0	54.0	-0.44973041275366427	--
Sechium edule	Shoot	3.0	40.0	-0.6147679959449659	--
Sechium edule	Leaf	46.0	262.0	-0.256476909422918	--
Sechium edule	Fruit	4.0	57.0	-0.30138454539939624	--
Senna occidentalis	Seed		1300.0	5.339567319501734	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Senna alexandrina</i>	Leaf	17.0	84.0	-0.7076601887028041	--
<i>Senna obtusifolia</i>	Seed	29.0	37.0	-0.5287176209786577	--
<i>Serenoa repens</i>	Fruit	9.0	66.0	-0.26568397107756236	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sesamum indicum</i>	Seed	20.0	169.0	0.08459481935658517	--
<i>Sicana odorifera</i>	Fruit	6.0	48.0	-0.3370851197212301	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sida rhombifolia</i>	Leaf	50.0	253.0	-0.27928954713931675	--
<i>Siegesbeckia orientalis</i>	Plant		190.0	-0.5145520681752674	--
<i>Silybum marianum</i>	Leaf	23.0	106.0	-0.6518959631738295	--
<i>Silybum marianum</i>	Plant		106.0	-0.6134734489343068	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Simmondsia chinensis</i>	Seed		46.0	-0.4869008636830729	--
<i>Sinapis alba</i>	Seed	90.0	370.0	1.018502398957978	--
<i>Sinomenium acutum</i>	Rhizome		150.0	-0.6307694628192408	--
<i>Smilax officinalis</i>	Root	19.0	91.0	-0.30944927073913947	--
<i>Smilax spp</i>	Root	19.0	91.0	-0.30944927073913947	--
<i>Solanum quitoensis</i>	Fruit	34.0	49.0	-0.3331183892410264	--
<i>Solanum torvum</i>	Fruit	46.0	315.0	0.7220319184931753	--
<i>Solanum melongena</i>	Fruit	3.0	137.0	0.015953893016905012	--
<i>Solanum nigrum</i>	Leaf	3.0	660.0	0.7523486251467147	--
<i>Solanum sessiliflorum</i>	Fruit	6.0	60.0	-0.2894843539587849	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Solanum tuberosum</i>	Tuber	5.0	128.0	-0.13499706509815143	--
<i>Solanum melongena</i>	Leaf	155.0	1140.0	1.9690226366879802	--
<i>Sonchus oleraceus</i>	Leaf	31.0	455.0	0.23272743271763252	--
<i>Sophora angustifolia</i>	Root	280.0	860.0	0.8077466136250605	--
<i>Sophora subprostrata</i>	Root		130.0	-0.2527904417531787	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sorbus aucubaria	Fruit	7.0	58.0	-0.29741781491919245	--
Spinacia oleracea	Plant	8.0	384.0	-0.28609078404129584	--
Spinacia oleracea	Leaf				--
Spirulina spp.	Plant		71.0	-0.6546906909172399	--
Spirulina pratensis	Plant		71.0	-0.6546906909172399	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias tuberosa	Fruit		7.0	-0.4997210694095845	--
Spondias mombin	Fruit	10.0	127.0	-0.023713411785132643	--
Spondias purpurea	Fruit	6.0	37.0	-0.38071915500347153	--
Spondias dulcis	Fruit	3.0	23.0	-0.4362533817263243	--
Spondias pinnata	Fruit	39.0	400.0	1.0592040093104953	--
Stachys officinalis	Plant	2.0	10.0	-0.7265264555160659	--
Stellaria media	Plant	21.0	253.0	-0.440361032605988	--
Stevia rebaudiana	Plant		850.0	0.2626873520743266	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Stevia rebaudiana	Leaf		39.0	-0.8217233772847978	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphoricarpos orbiculatus	Stem	19.0	4400.0	3.4708225319615478	--
Symphytum officinale	Leaf	1.3	12.0	-0.890161290433994	--
Symphytum officinale	Root		810.0	0.7351070892840852	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium jambos	Fruit	4.0	75.0	-0.22998339675572846	--
Syzygium aromaticum	Fruit	45.0	150.0	0.06752138925955396	--
Syzygium cumini	Fruit	2.0	113.0	-0.07924763850798536	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium aromaticum	Flower	45.0	150.0	-0.11737283974721074	--
Syzygium malaccense	Fruit	0.0	80.0	-0.21014974435470962	--
Tabebuia heptaphylla	Bark				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tamarindus indica	Leaf	52.0	88.0	-0.697521238606627	--
Tamarindus indica	Fruit	13.0	109.0	-0.09511456042880043	--
Tamarindus indica	Flower		70.0	-0.6428376210972537	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	14.0	96.0	-0.3021853183050419	--
Taraxacum officinale	Leaf	31.0	900.0	1.3606856309173474	--
Taraxacum mongolicum	Plant		910.0	0.33334548118792606	--
Tephrosia candida	Plant		78.0	-0.6464472425206532	--
Terminalia catappa	Seed	0.0	95.0	-0.2592318517404449	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	8.0	133.0	-0.5834580500246331	--
Tetrapanax papyrifera	Pith		90.0	-0.5987297146217848	--
Theobroma bicolor	Fruit	7.0	34.0	-0.39261934644408286	--
Theobroma speciosum	Fruit	17.0	45.0	-0.34898531116184145	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	36.0	37.0	-0.5287176209786577	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Seed	34.0	35.0	-0.5380102337110099	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	1075.0	1508.0	1.0375715013534672	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	25.0	147.0	-0.5479717246880129	--
Trachyspermum ammi	Fruit	178.0	299.0	0.658564230809915	--
Tragopogon porrifolius	Root	7.0	67.0	-0.3443162424228076	--
Tribulus terrestris	Leaf		92.0	-0.6873822885104497	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	11.0	200.0	0.26585791326974223	--
Trifolium pratense	Shoot	10.0	1850.0	1.8092404799960726	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Trifolium pratense	Flower				--
Trigonella foenum-graecum	Seed	7.3	56.0	-0.4404378000213121	--
Triticum aestivum	Seed	10.0	120.0	-0.14307419258604284	--
Triticum aestivum	Plant	70.0	770.0	0.16847651325619398	--
Tropaeolum majus	Shoot	13.0	95.0	-0.5411102798252106	--
Tropaeolum tuberosum	Root	2.0	85.0	-0.3181660136600565	--
Turnera diffusa	Leaf	19.0	88.0	-0.697521238606627	--
Tussilago farfara	Flower		370.0	1.327655308965408	--
Ullucus tuberosus	Root	7.0	58.0	-0.35739135680418316	--
Ulmus rubra	Bark				--
Urtica dioica	Leaf	8.0	42.0	-0.8141191647126649	--
Urtica dioica	Seed		57.0	-0.43579149365513603	--
Urtica dioica	Root		63.0	-0.3501274043700856	--
Vaccinium vitis-idaea	Leaf		250.0	-0.28689375971144965	--
Vaccinium myrtillus	Fruit	12.0	151.0	0.07148811973975773	--
Vaccinium vitis-idaea	Fruit	4.0	31.0	-0.40451953788469414	--
Vaccinium macrocarpon	Fruit	1.0	8.0	-0.49575433892938076	--
Vaccinium myrtillus	Leaf		250.0	-0.28689375971144965	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Vaccinium corymbosum	Fruit	2.0	11.0	-0.4838541474887695	--
Valeriana officinalis	Root	6.0	48.0	-0.3719192616723782	--
Valerianella radicata	Plant	349.0	425.0	-0.2378077291470029	--
Valerianella locusta	Plant	3519.0	4143.0	4.14064100492571	--
Verbascum thapsus	Leaf	104.0	236.0	-0.32238008504806986	--
Viburnum opulus	Bark		880.0	3.0560740291801767	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	19.0	100.0	-0.2360003199095645	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Vigna aconitifolia</i>	Seed	88.0	143.0	-0.03620914616399296	--
<i>Vigna unguiculata</i>	Fruit	1.0	69.0	-0.25378377963695103	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Seed	58.0	84.0	-0.3103412217683818	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Shoot	19.0	188.0	-0.41656177802271527	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Shoot	19.0	188.0	-0.41656177802271527	--
<i>Vigna subterranea</i>	Seed	12.0	136.0	-0.06873329072722553	--
<i>Vigna mungo</i>	Seed	84.0	102.0	-0.22670770717721234	--
<i>Vigna unguiculata</i>	Seed	10.0	240.0	0.414482571355087	--
<i>Vigna unguiculata</i>	Seed	86.0	94.0	-0.26387815810662096	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Sprout Seedling	5.6	132.0	0.1837537773991908	USDA's Ag Handbook 8 and sequelae)
<i>Vigna angularis</i>	Seed	50.0	58.0	-0.43114518728895995	--
<i>Viscum album</i>	Leaf		460.0	0.24540112033785405	--
<i>Vitellaria paradoxa</i>	Seed		32.0	-0.551949152809538	--
<i>Vitis vinifera</i>	Fruit	1.5	154.0	0.08338831118036903	--
<i>Vitis vinifera</i>	Stem		900.0	0.1561374515042096	--
<i>Xanthosoma sagittifolium</i>	Root	3.0	27.0	-0.4024278618955878	--
<i>Xanthosoma sagittifolium</i>	Leaf	20.0	365.0	0.00460105555364523	--
<i>Yucca baccata</i>	Root	1.5	7.3	-0.43104783448593215	--
<i>Zea mays</i>	Seed	5.0	41.0	-0.5101323955139533	--
<i>Zea mays</i>	Silk Stigma Style		504.0		--
<i>Zingiber officinale</i>	Root	1.1	15.0	-0.4198613477374219	--
<i>Zingiber officinale</i>	Rhizome	4.0	162.0	-0.5945282624931012	--
<i>Zizyphus jujuba</i>	Fruit	7.0	170.0	0.14685599886362927	--
<i>Zizyphus spina-christi</i>	Fruit		33.0	-0.3965860769242866	--