

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for KILOCALORIES

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zizyphus spina-christi	Fruit	3140.0	3460.0	-0.3046038471441325	--
Zizyphus jujuba	Fruit	590.0	3550.0	-0.16790939262374893	--
Zingiber officinale	Rhizome	690.0	3764.0	1.0	--
Zingiber officinale	Root	690.0	3764.0	0.8753423179683022	USDA's Ag Handbook 8 and sequelae)
Zea mays	Silk Stigma Style		3690.0		--
Yucca baccata	Root		2820.0	-1.2035188668532102	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	34.0	3370.0	0.5672607288417407	--
Xanthosoma sagittifolium	Root	1320.0	3870.0	1.1087737645690228	--
Vitellaria paradoxa	Seed		6220.0	1.0653400075093524	--
Vigna unguiculata	Fruit	470.0	3868.0	0.3150776800149398	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3340.0	3815.0	-0.8169078831785788	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	3430.0	3798.0	-0.8302127539235662	--
Vigna unguiculata	Seed	1270.0	3825.0	-0.8090814886227038	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	1520.0	4120.0	-0.5782028492243921	--
Vigna mungo	Seed	3340.0	3890.0	-0.7582099240095165	--
Vigna unguiculata	Seed	3470.0	3789.0	-0.8372565090238537	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling		3151.0	-0.529866161975077	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	3290.0	3800.0	-0.8286474750123912	--
Vigna unguiculata	Shoot	290.0	2837.0	0.0038497995209622452	--
Vigna unguiculata	Shoot	290.0	2837.0	0.0038497995209622452	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Seed	720.0	3790.0	-0.8364738695682662	USDA's Ag Handbook 8 and sequelae)
Verbascum thapsus	Leaf		2680.0	-0.5449589251776649	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Valerianella locusta	Plant	210.0	2915.0	-0.3554958518559682	--
Vaccinium macrocarpon	Fruit	490.0	3800.0	0.21179742548842775	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vaccinium corymbosum	Fruit	560.0	3638.0	-0.03425259264826275	--
Ulmus rubra	Bark		2740.0	0.19097823438993944	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	500.0	3725.0	0.7894571630869051	--
Turnera diffusa	Leaf				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tropaeolum majus	Shoot	480.0	3500.0	0.9006449906337731	--
Triticum aestivum	Seed	3400.0	5221.0	0.2834831913774425	--
Trigonella foenum-graecum	Seed	2570.0	3400.0	-1.1417032572473902	--
Thymus vulgaris	Leaf		2990.0	-0.04526603713996093	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Theobroma bicolor	Fruit	710.0	3410.0	-0.3805452107665679	--
Theobroma cacao	Fruit	531.0	5310.0	2.5052266068859748	J Cell Biochem VOL. 22=1995
Theobroma speciosum	Fruit	1760.0	4515.0	1.297758925289253	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Seed	6020.0	6240.0	1.0809927966211024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	140.0	2335.0	-1.1010687521873677	--
Terminalia catappa	Seed	5940.0	6340.0	1.159256742179852	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Taraxacum officinale	Leaf	440.0	3130.0	0.1804017187480344	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Taraxacum officinale	Root		2650.0	-1.577890054797762	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tanacetum parthenium	Plant		2860.0	-0.40616652820501614	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tabebuia heptaphylla	Bark		2610.0	-0.14005070521928892	--
Syzygium jambos	Fruit	560.0	3580.0	-0.12234457445028774	--
Syzygium cumini	Fruit	510.0	3590.0	-0.10715630172580067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	300.0	3555.0	-0.16031525626150542	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Symphytum officinale</i>	Root		2170.0	-2.6349381148764963	--
<i>Stevia rebaudiana</i>	Leaf		2540.0	-0.7706266810656602	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Stellaria media</i>	Plant		2130.0	-1.078704596110561	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spondias purpurea</i>	Fruit	830.0	3550.0	-0.16790939262374893	--
<i>Spondias dulcis</i>	Fruit	460.0	3510.0	-0.2286624835216972	--
<i>Spondias pinnata</i>	Fruit	218.0	4810.0	1.7458129706616214	--
<i>Spondias mombin</i>	Fruit	420.0	4050.0	0.5915042436006044	--
<i>Spirulina pratensis</i>	Plant		3800.0	0.45984139485143893	--
<i>Spinacia oleracea</i>	Plant	220.0	2613.0	-0.6337239292634677	USDA's Ag Handbook 8 and sequelae)
<i>Sphenostylis stenocarpa</i>	Seed	3500.0	3860.0	-0.7816891076771414	--
<i>Sphenostylis stenocarpa</i>	Root	1290.0	3660.0	0.6463152382845764	--
<i>Sonchus oleraceus</i>	Leaf	180.0	2650.0	-0.5933163014393782	--
<i>Solanum tuberosum</i>	Tuber	780.0	3755.0	0.3728656371005382	--
<i>Solanum melongena</i>	Fruit	250.0	3370.0	-0.44129830166451617	--
<i>Solanum torvum</i>	Fruit	470.0	3220.0	-0.6691223925318222	--
<i>Solanum melongena</i>	Leaf	150.0	2790.0	-0.3676485455513828	--
<i>Solanum quitoensis</i>	Fruit	230.0	3460.0	-0.3046038471441325	--
<i>Sida rhombifolia</i>	Leaf	630.0	3180.0	0.2609973458508899	--
<i>Sicana odorifera</i>	Fruit	430.0	3410.0	-0.3805452107665679	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sesamum indicum</i>	Plant		6700.0	3.1315679659830553	--
<i>Sechium edule</i>	Fruit	240.0	3430.0	-0.3501686653175938	--
<i>Secale cereale</i>	Seed	3350.0	3760.0	-0.8599530532358911	USDA's Ag Handbook 8 and sequelae)
<i>Scutellaria lateriflora</i>	Plant		3140.0	-0.1482067213371359	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sclerocarya caffra</i>	Seed	6040.0	6290.0	1.1201247694004772	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Sclerocarya caffra</i>	Fruit	300.0	3610.0	-0.07677975627682654	--
<i>Schisandra chinensis</i>	Fruit		4020.0	0.5459394254271432	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Salvia officinalis</i>	Leaf		3420.0	0.6478563559445962	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Salix alba</i>	Bark		2820.0	0.3946883510725415	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ruscus aculeatus</i>	Root		2950.0	-0.9172350172485528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Rumex crispus</i>	Shoot	210.0	2840.0	0.007907696313327906	--
<i>Rubus idaeus</i>	Fruit	490.0	3665.0	0.006755743707852334	Revised USDA data received 1993.
<i>Rubus idaeus</i>	Leaf		2750.0	-0.43212504723366724	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Rosmarinus officinalis</i>	Leaf	1310.0	4065.0	1.687539945571432	USDA's Ag Handbook 8 and sequelae)
<i>Rosa canina</i>	Fruit	1839.0	3410.0	-0.3805452107665679	--
<i>Rollinia mucosa</i>	Fruit	800.0	3510.0	-0.2286624835216972	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Raphanus sativus</i>	Fruit	340.0	3370.0	-0.44129830166451617	--
<i>Raphanus sativus</i>	Root	170.0	3510.0	0.3159877195099708	--
<i>Raphanus sativus</i>	Leaf	330.0	2870.0	-0.23869554218681407	--
<i>Quercus alba</i>	Bark		2480.0	-0.47107964482851733	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Quararibea cordata</i>	Fruit	740.0	3700.0	0.05991469824355707	J Cell Biochem VOL. 22=1995
<i>Pueraria montana</i>	Root	1130.0	3600.0	0.5141842307747335	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Psophocarpus tetragonolobus</i>	Tuber	1590.0	3732.0	0.16111478146319552	--
<i>Psophocarpus tetragonolobus</i>	Seed	490.0	4462.0	-0.310540155413468	--
<i>Psophocarpus tetragonolobus</i>	Leaf	740.0	3197.0	0.28839985906586074	--
<i>Psidium guajava</i>	Fruit	360.0	3670.0	0.014349880070095867	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Psidium cattleianum</i>	Fruit	560.0	3570.0	-0.13753284717477482	--
<i>Prunus domestica</i>	Fruit	550.0	3716.0	0.08421593460273638	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Fruit	480.0	3515.0	-0.22106834715945367	USDA's Ag Handbook 8 and sequelae)
<i>Prunus dulcis</i>	Seed	5890.0	6161.0	1.01916427962969	USDA's Ag Handbook 8 and sequelae)
<i>Pouteria viridis</i>	Fruit	1100.0	3480.0	-0.2742273016951584	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	1400.0	3600.0	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria caimito</i>	Fruit	950.0	3665.0	0.006755743707852334	--
<i>Pourouma cecropiaefolia</i>	Fruit	640.0	3555.0	-0.16031525626150542	J Cell Biochem VOL. 22=1995
<i>Pothomorphe</i> sp.	Leaf	690.0	3850.0	1.3409787490291534	--
<i>Portulaca oleracea</i>	Herb	260.0	2955.0	1.0	--
<i>Polymnia edulis</i>	Cr	670.0	3765.0		--
<i>Polymnia edulis</i>	Root	670.0	3765.0	0.8775445014267995	--
<i>Polygonum multiflorum</i>	Root		3200.0	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Plectranthus amboinicus</i>	Leaf	170.0	3035.0	0.027270027252609	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Platycodon grandiflorum</i>	Root	2870.0	3790.0	0.9325990878892336	--
<i>Platonia insignis</i>	Fruit	1050.0	3765.0	0.15863847095272302	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Plantago psyllium</i>	Seed		2350.0	-1.9634746856142624	--
<i>Pisum sativum</i>	Fruit	420.0	4154.0	0.7494622799352699	--
<i>Pisum sativum</i>	Seed	810.0	3832.0	-0.8036030124335913	--
<i>Piper nigrum</i>	Fruit	2550.0	2856.0	-1.2219755197031514	USDA's Ag Handbook 8 and sequelae)
<i>Piper auritum</i>	Leaf	570.0	3200.0	0.2932355966920321	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus edulis</i>	Seed	5680.0	7140.0	1.7853683066498498	--
<i>Pinus pinea</i>	Seed	5150.0	5850.0	0.7757634089419784	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Pinus cembroides</i>	Seed	6340.0	6580.0	1.3470902115208514	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pimpinella anisum</i>	Seed	3370.0	4150.0	-0.5547236655567672	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phytelephas aequatorialis</i>	Flower	1020.0	3495.0	1.2851500025364009	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Seed	430.0	3500.0	-1.0634393116886405	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Mesocarp	550.0	5580.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Physalis angulata</i>	Fruit	27.0	2700.0	-1.4589125742051496	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Physalis peruviana</i>	Fruit	730.0	3460.0	-0.3046038471441325	--
<i>Phyllanthus emblica</i>	Fruit	580.0	3650.0	-0.016026665378878268	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phyllanthus acidus</i>	Fruit	340.0	4300.0	0.9712110617127812	--
<i>Phoenix dactylifera</i>	Fruit	1420.0	3550.0	-0.16790939262374893	--
<i>Phaseolus lunatus</i>	Seed	1130.0	3840.0	-0.7973418967888913	--
<i>Phaseolus vulgaris</i>	Leaf	360.0	2730.0	-0.4643632980748094	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Fruit		2500.0	-1.762678028694891	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus acutifolius</i>	Seed	3375.0	3860.0	-0.7816891076771414	--
<i>Phaseolus lunatus</i>	Leaf	80.0	2860.0	-0.2548146676073852	--
<i>Phaseolus vulgaris</i>	Sprout Seedling	290.0	3118.0	-0.7170779750926094	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Fruit	280.0	3830.0	0.2573622436618889	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Seed	3280.0	3860.0	-0.7816891076771414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	3230.0	3832.0	-0.8036030124335913	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Sprout Seedling	100.0	3060.0	-1.0461169193597875	--
Petasites japonicus	Pt	140.0	2545.0		USDA's Ag Handbook 8 and sequelae)
Persea americana	Fruit	940.0	6700.0	4.616396515589678	--
Pereskia aculeata	Fruit	110.0	3720.0	0.0902912436925312	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	420.0	2800.0	-0.35152942013081173	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pelucida	Leaf	250.0	3205.0	0.3012951594023176	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora ligularis	Fruit	460.0	3965.0	0.46240392544246434	--
Passiflora quadrangularis	Seed	810.0	3750.0	-0.8677794477917661	--
Passiflora foetida	Fruit	640.0	3555.0	-0.16031525626150542	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Fruit	200.0	3850.0	0.2877387891108631	--
Passiflora mollissima	Fruit	250.0	3125.0	-0.8134109834144493	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora edulis	Fruit	900.0	3610.0	-0.07677975627682654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Papaver somniferum	Seed	5330.0	5718.0	0.6724550008044287	--
Panax ginseng	Root		2740.0	-1.3796935435329993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Pachyrhizus erosus	Tuber	410.0	3780.0	0.603029610619389	--
Pachira macrocarpa	Seed	5300.0	5600.0	0.580103545045104	--
Oxalis tuberosa	Root	630.0	3890.0	1.15281743373897	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Oryza sativa	Seed	3410.0	4100.0	-0.5938556383361421	--
Opuntia ficus-indica	Fruit	670.0	3600.0	-0.09196802900131361	--
Opuntia ficus-indica	Bud		1140.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Olea europaea	Fruit	1160.0	5320.0	2.520414879610462	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ocimum basilicum	Plant	430.0	3280.0	-0.019226817903195786	--
Nelumbo nucifera	Seed	630.0	3900.0	-0.7503835294536415	--
Nelumbo nucifera	Rhizome	560.0	2680.0	-1.0	--
Nasturtium officinale	Herb	300.0	2915.0	-1.0	--
Myrica cerifera	Bark		2290.0	-0.9548911719496972	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Myrciaria dubia	Fruit	160.0	2665.0	-1.5120715287408544	--
Myrciaria cauliflora	Fruit	457.0	4000.0	0.5155628799781691	--
Musa x paradisiaca	Fruit	1220.0	3514.0	-0.22258717443190237	USDA's Ag Handbook 8 and sequelae)
Murraya sp	Fruit	1220.0	3514.0	-0.22258717443190237	--
Murraya koenigii	Leaf	880.0	3260.0	0.3899503492154586	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Muntingia calabura	Fruit	870.0	3840.0	0.272550516386376	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mucuna pruriens	Seed	3440.0	3970.0	-0.6955987675625167	--
Moringa oleifera	Shoot	640.0	3000.0	0.22432885857282978	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	370.0	3135.0	-0.7982227106899622	USDA's Ag Handbook 8 and sequelae)
Morinda citrifolia	Leaf	1070.0	4775.0	2.83199785043198	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	440.0	3020.0	-0.9728878470215635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mimulus glabratus	Shoot	310.0	3100.0	0.35959208498501843	--
Mimosa pudica	Leaf	220.0	3140.0	0.1965208441686055	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mentha pulegium	Plant		3490.0	0.1742430372477144	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Leaf	440.0	3045.0	0.043389152673180095	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	700.0	3280.0	0.42218860005660086	--
Melicoccus bijugatas	Fruit	581.0	3565.0	-0.14512698353701833	--
Mauritia flexuosa	Fruit	2760.0	6000.0	3.553217424875583	J Cell Biochem VOL. 22=1995
Maranta arundinacea	Root	1250.0	3830.0	1.0206864262291282	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Manilkara zapota	Fruit	760.0	3760.0	0.15104433459047947	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Manihot esculenta	Leaf	498.0	3957.0	1.513453391029264	--
Manihot esculenta	Root	1200.0	3810.0	0.9766427570591809	--
Mangifera indica	Fruit	590.0	3554.0	-0.16183408353395412	--
Mammea americana	Fruit	380.0	3700.0	0.05991469824355707	--
Malva parviflora	Plant	360.0	2630.0	-0.6180620838464892	--
Malva sylvestris	Leaf	280.0	3330.0	0.5027842271594564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malus domestica	Fruit		3419.0	-0.36687576531452953	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malpighia glabra	Fruit	320.0	3725.0	0.09788538005477473	--
Macadamia spp	Seed	6910.0	7220.0	1.8479794630968498	--
Lycium chinense	Leaf	290.0	2790.0	-0.3676485455513828	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lupinus mutabilis	Fruit	1260.0	4405.0	1.1306879253198954	--
Lupinus albus	Seed	3710.0	4140.0	-0.5625500601126422	--
Lupinus mutabilis	Seed	4070.0	4675.0	-0.14383795137333108	--
Luffa aegyptiaca	Fruit	200.0	4000.0	0.5155628799781691	--
Luffa aegyptiaca	Leaf	140.0	2730.0	-0.4643632980748094	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lobelia inflata	Leaf		3000.0	-0.029146911719389833	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Lepidium meyenii	Root		3250.0	-0.25657997969934376	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	320.0	3020.0	0.0030913391217523567	--
Lens culinaris	Sprout Seedling	1060.0	3533.0	1.63725240199151	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	3380.0	3805.0	-0.8247342777344537	USDA's Ag Handbook 8 and sequelae)
Larrea tridentata	Bark		3600.0	2.380861988727912	--
Lagenaria siceraria	Fruit	140.0	3140.0	-0.7906285743277187	--
Lablab purpureus	Seed	194.0	3795.0	-0.8325606722903287	--
Justicia pectoralis	Leaf	440.0	2935.0	-0.13392122695310196	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juniperus communis	Fruit		3410.0	-0.3805452107665679	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Juglans regia	Seed	6420.0	6665.0	1.4136145652457888	USDA's Ag Handbook 8 and sequelae)
Juglans nigra	Hull Husk		3630.0		--
Juglans nigra	Seed	6070.0	6345.0	1.1631699394577895	USDA's Ag Handbook 8 and sequelae)
Juglans nigra	Fruit		3630.0	-0.046403210827852405	--
Juglans cinerea	Seed	6120.0	6331.0	1.1522129870795645	--
Ipomoea aquatica	Leaf	190.0	4400.0	2.2275306471605636	--
Ipomoea batatas	Root	990.0	3920.0	1.218882937493891	--
Ipomoea batatas	Leaf	420.0	3500.0	0.776809359309165	--
Inga edulis	Seed	1180.0	3215.0	-1.2864915565310773	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	550.0	3435.0	-1.0	J Cell Biochem VOL. 22=1995
Hylocereus undatus	Fruit	540.0	3460.0	-0.3046038471441325	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hydrastis canadensis	Root		2900.0	-1.027344190173421	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Fruit		2880.0	-1.1855236651643823	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hibiscus rosa-sinensis	Flower	360.0	3530.0	1.4499799092135046	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Helianthus tuberosus	Tuber	70.0	3520.0	-1.790675713976659	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Plant		6022.0	2.506936719352974	--
Glycyrrhiza glabra	Root		2680.0	-1.511824551042841	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Glycine max	Sprout Seedling	460.0	3360.0	0.6558086544359614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	1390.0	4548.0	-0.24323316223294322	--
Glycine max	Fruit	1340.0	4350.0	1.0471524253352165	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gliricidia sepium	Leaf	520.0	3400.0	0.6156181051034539	--
Gliricidia sepium	Flower	460.0	3290.0	0.31971769199907946	--
Ginkgo biloba	Seed	1820.0	3975.0	-0.6916855702845792	USDA's Ag Handbook 8 and sequelae)
Genipa americana	Fruit	1130.0	3485.0	-0.26663316533291487	--
Garcinia mangostana	Fruit	600.0	3630.0	-0.046403210827852405	--
Fucus vesiculosus	Plant		2490.0	-0.7470419872804293	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Frangula purshiana	Bark		2370.0	-0.7511810552670951	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fragaria spp	Fruit	300.0	3559.0	-0.15423994717171058	USDA's Ag Handbook 8 and sequelae)
Ficus carica	Fruit	420.0	3600.0	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Fagopyrum esculentum	Seed	3350.0	3897.0	-0.752731447820404	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Euphrasia officinalis</i>	Plant		2540.0	-0.7009777360540221	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Eugenia floribunda</i>	Fruit	460.0	3570.0	-0.13753284717477482	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	380.0	3590.0	-0.10715630172580067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	530.0	3605.0	-0.08437389263907007	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Erythroxylum coca</i>	Leaf	3050.0	3260.0	0.3899503492154586	--
<i>Erythrina fusca</i>	Leaf	600.0	3243.0	0.3625478360004878	--
<i>Erythrina berteroana</i>	Shoot	480.0	3040.0	0.27843414913770526	--
<i>Eryngium creticus</i>	Shoot		2745.0	-0.12059236877825133	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Eryngium floridanum</i>	Shoot		3075.0	0.32577627838197126	--
<i>Eriobotrya japonica</i>	Fruit	400.0	3700.0	0.05991469824355707	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Equisetum arvense</i>	Plant	200.0	3170.0	-0.12056817060129159	--
<i>Ephedra sinica</i>	Plant		3100.0	-0.18505812231826163	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Eleocharis dulcis</i>	Tuber	680.0	3640.0	-0.6858886410861752	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	5370.0	7460.0	5.770705242650695	--
<i>Elaeagnus commutata</i>	Fruit	510.0	3700.0	0.05991469824355707	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeagnus umbellatus</i>	Fruit	493.0	3195.0	-0.7070930743430398	--
<i>Echinacea spp</i>	Root		2800.0	-1.2475625360231575	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Durio zibethinus</i>	Fruit	670.0	3920.0	0.39405669818227257	--
<i>Diospyros virginiana</i>	Fruit	1270.0	3567.0	-0.14208932899212093	--
<i>Dioscorea pentaphylla</i>	Root	670.0	3610.0	0.5362060653597072	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Dioscorea bulbifera	Tuber	1120.0	3860.0	1.3395543258797113	--
Dioscorea sp.	Root		3840.0	1.0427082608141018	--
Dioscorea alata	Root	619.0	3005.0	-0.7961149270311978	--
Daucus carota	Root	430.0	3520.0	0.33800955409494443	--
Daucus carota	Resin, Exudate, Sap		2710.0		--
Cyrtosperma chamissonis	Leaf	348.0	3164.0	0.23520674517797613	--
Cyrtosperma chamissonis	Root	619.0	3005.0	-0.7961149270311978	--
Cyphomandra betacea	Fruit	3290.0	3550.0	-0.16790939262374893	--
Cynara cardunculus	Flower	470.0	3120.0	-0.4808847118611383	USDA's Ag Handbook 8 and sequelae)
Cymbopogon citratus	Plant		3890.0	0.5427570470589719	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyclanthera pedata	Fruit	170.0	3160.0	-0.7602520288787445	--
Cucurbita pepo	Seed	2730.0	5980.0	0.877506538168353	--
Cucurbita pepo	Fruit	220.0	3095.0	-0.8589758015879105	--
Cucurbita spp	Fruit	200.0	3165.0	-0.7526578925165011	--
Cucurbita pepo	Flower	150.0	3092.0	-0.6127486372028212	USDA's Ag Handbook 8 and sequelae)
Cucumis melo	Fruit	350.0	3425.0	-0.35776280167983726	USDA's Ag Handbook 8 and sequelae)
Crescentia alata	Seed	5300.0	5490.0	0.4940132049304793	--
Crataegus laevigata	Fruit		2890.0	-1.1703353924398954	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit		2890.0	-1.1703353924398954	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Corylus avellana	Seed	5870.0	6682.0	1.4269194359907762	--
Commelina benghalensis	Leaf	430.0	3115.0	0.15622303061717777	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Leaf	310.0	3280.0	0.42218860005660086	--
Colocasia esculenta	Root	920.0	3820.0	0.9986645916441546	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coix lacryma-jobi	Seed	1480.0	4280.0	-0.45298053633039254	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cocos nucifera	Seed	2960.0	7050.0	1.714930755646975	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cnicus benedictus	Plant		2520.0	-0.7194034365445849	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus mitis	Fruit	380.0	3800.0	0.21179742548842775	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit		1724.0	-2.9412879921150874	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus limon	Fruit		2640.0	-1.5500422105520721	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrullus lanatus	Seed		6500.0	1.2844790550738516	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrullus lanatus	Fruit		3513.0	-0.22410600170435108	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Cinnamomum verum	Bark		2410.0	-0.6493259969257941	Wealth of India.
Cimicifuga racemosa	Root		3200.0	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cichorium endivia	Leaf	170.0	2737.0	-0.45307991028040967	--
Cicer arietinum	Seed	2550.0	4114.0	-0.582898685957917	--
Chrysophyllum cainito	Fruit	672.0	3950.0	0.43962151635573377	--
Chrysanthemum coronarium	Leaf	190.0	2923.0	-0.15326417745778728	--
Chrysanthemum coronarium	Bud	170.0	2285.0	1.0	--
Chrysanthemum parthenium	Plant		2860.0	-0.40616652820501614	--
Chondrus crispus	Plant		2430.0	-0.8023190887521179	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chenopodium ambrosioides	Leaf	420.0	900.0	-3.4141632500393198	--
Chamissoa altissima	Leaf	402.0	426.0	-4.17820979497439	Tramil

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chamaemelum nobile	Flower		2999.0	-1.050725246373411	--
Centella asiatica	Leaf	340.0	3180.0	0.2609973458508899	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cenchrus biflorus	Seed	3700.0	4100.0	-0.5938556383361421	--
Ceiba pentandra	Seed		5300.0	0.3453117083688548	--
Caulophyllum thalictroides	Root		2950.0	-0.9172350172485528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Casimiroa edulis	Fruit	650.0	3610.0	-0.07677975627682654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carya illinoensis	Seed	6670.0	7180.0	1.8166738848733497	--
Carum carvi	Seed	3330.0	3700.0	-0.9069114205711409	Revised USDA data received 1993.
Carthamus tinctorius	Seed	4820.0	6470.0	1.2609998714062267	--
Carica pentagona	Fruit	230.0	3380.0	-0.4261100289400291	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Leaf		740.0	-3.6720692567684576	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Fruit	231.0	3491.0	-0.25752020169822265	--
Capsella bursa-pastoris	Plant	330.0	2800.0	-0.4614436296767047	--
Cannabis sativa	Seed	4210.0	4870.0	0.008776742466230916	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Canna indica	Root	1230.0	3705.0	0.7454134939169578	--
Canavalia ensiformis	Seed	3310.0	3920.0	-0.7347307403418916	--
Canavalia ensiformis	Fruit	340.0	3810.0	0.2269856982129148	--
Calathea macrosepala	Flower	220.0	2857.0	-1.7194637248919458	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cajanus cajan	Fruit	1140.0	3860.0	0.3029270618353502	--
Cajanus cajan	Seed	1170.0	3974.0	-0.6924682097401668	--
Byrsonima crassifolia	Fruit	660.0	3837.0	0.26799403456902987	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Brosimum alicastrum</i>	Fruit	560.0	3500.0	-0.24385075624618427	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bromelia pinguin</i>	Leaf		3130.0	0.1804017187480344	--
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	280.0	3007.0	-0.017863523924990066	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Plant	240.0	3100.0	-0.18505812231826163	--
<i>Brassica nigra</i>	Leaf	200.0	2946.0	-0.11619018899047374	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	270.0	3000.0		--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	240.0	3209.0	0.30774280957054606	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	130.0	2778.0	-0.38699149605606814	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	360.0	3600.0	0.5141842307747335	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	500.0	3220.0	0.32547384753317427	--
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	430.0	3070.0	0.08368696622460783	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Root	270.0	3321.0	-0.10022495414603093	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	190.0	3112.0	0.15138729299100642	--
<i>Brassica chinensis</i>	Leaf	130.0	2778.0	-0.38699149605606814	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	280.0	3007.0	-0.017863523924990066	--
<i>Boehmeria nivea</i>	Leaf	380.0	2923.0	-0.15326417745778728	--
<i>Blighia sapida</i>	Seed	640.0	6320.0	1.1436039530681021	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	1960.0	6360.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bixa orellana</i>	Fruit	540.0	3460.0	-0.3046038471441325	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Leaf	210.0	3310.0	0.47054597631831413	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Root	430.0	3610.0	0.5362060653597072	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bertholletia excelsa</i>	Seed	6560.0	6787.0	1.5090965788274633	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Berberis vulgaris	Root		3120.0	-0.542863829304001	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Benincasa hispida	Fruit	130.0	3335.0	-0.4944572562002209	--
Basella alba	Leaf	190.0	2753.0	-0.4272893096074959	--
Bactris gasipaes	Fruit	1700.0	3920.0	0.39405669818227257	--
Bacopa monnieri	Shoot		380.0	-3.3195676734265134	Wealth of India.
Averrhoa bilimbi	Fruit	200.0	3600.0	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa carambola	Fruit	280.0	3920.0	0.39405669818227257	--
Avena sativa	Plant	4529.0	4540.0	1.1415923130022652	--
Avena sativa	Seed	3740.0	4710.0	-0.11644557042776867	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Asparagus officinalis	Shoot	210.0	3130.0	0.40017105290867505	--
Artocarpus altilis	Seed	1910.0	4370.0	-0.38254298532751774	USDA's Ag Handbook 8 and sequelae)
Artocarpus altilis	Fruit	1030.0	3500.0	-0.24385075624618427	--
Artocarpus heterophyllus	Fruit	940.0	3510.0	-0.2286624835216972	--
Artemisia dracunculus	Shoot		2950.0	0.15669724536673543	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Leaf	350.0	2755.0	-0.42406548452338166	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Arracacia xanthorrhiza	Root	1120.0	3875.0	1.1197846818615096	--
Armoracia rusticana	Seed	600.0	2370.0	-1.9478218965025125	Wealth of India.
Arctostaphylos uva-ursi	Leaf		2710.0	-0.4966015489159516	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Arctium lappa	Root	720.0	3790.0	0.9325990878892336	Father Nature's Farmacy: The aggregate of all these three-letter citations.
Aralia cordata	Leaf	140.0	2975.0	-0.06944472527081758	--
Arachis hypogaea	Leaf	690.0	3210.0	0.3093547221126032	--
Arachis hypogaea	Seed	3030.0	6074.0	0.9510746469935777	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona muricata</i>	Fruit	590.0	3550.0	-0.16790939262374893	--
<i>Annona squamosa</i>	Fruit	780.0	3530.0	-0.19828593807272307	--
<i>Annona cherimola</i>	Fruit	820.0	3550.0	-0.16790939262374893	--
<i>Annona reticulata</i>	Fruit	800.0	3540.0	-0.18309766534823602	--
<i>Annona glabra</i>	Fruit	520.0	3940.0	0.4244332436312467	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Angelica sinensis</i>	Root		2820.0	-1.2035188668532102	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ananas comosus</i>	Fruit	460.0	3770.0	0.16623260731496653	Wealth of India.
<i>Anacardium occidentale</i>	Seed	5330.0	5920.0	0.8305481708331032	--
<i>Anacardium occidentale</i>	Leaf	1000.0	3320.0	0.4866651017388852	--
<i>Anacardium occidentale</i>	Fruit	530.0	3680.0	0.029538152794582936	--
<i>Amorphophallus konjac</i>	Root		2610.0	-1.6659773931376565	--
<i>Amorphophallus konjac</i>	Leaf	80.0	3080.0	0.09980609164517892	--
<i>Amorphophallus campanulatus</i>	Root	771.0	3770.0	0.8885554187192863	--
<i>Amaranthus spinosus</i>	Leaf	450.0	2760.0	-0.41600592181309615	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Aloe vera</i>	Leaf		2800.0	-0.35152942013081173	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Alocasia macrorrhiza</i>	Root	610.0	3815.0	0.9876536743516677	--
<i>Allium sativum</i> var. <i>sativum</i>	Leaf	440.0	3240.0	0.35771209837431645	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Leaf	260.0	3330.0	0.5027842271594564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Leaf	350.0	3560.0	0.8735241118325915	--
<i>Allium sativum</i> var. <i>sativum</i>	Flower	390.0	3366.0	0.6776340607836474	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Bulb	380.0	3750.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Flower	550.0	3250.0	0.13134065579667528	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium schoenoprasum	Leaf	300.0	3210.0	0.3093547221126032	USDA's Ag Handbook 8 and sequelae)
Allium sativum var. sativum	Shoot	760.0	3410.0	0.7789080868628033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	1170.0	3630.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Root	450.0	3280.0	-0.19051447594442283	--
Aleurites moluccana	Seed	6260.0	6730.0	1.464486129858976	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aegle marmelos	Fruit	1330.0	3455.0	-0.31219798350637606	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Actinidia chinensis	Fruit	610.0	3600.0	-0.09196802900131361	--
Actaea racemosa	Root		3200.0	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Achillea millefolium	Plant		2900.0	-0.36931512722389037	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Abrus precatorius	Leaf	620.0	2950.0	-0.10974253882224531	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Abelmoschus esculentus	Fruit	180.0	3800.0	0.21179742548842775	--