

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for LIGNANS

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cnicus benedictus	Plant				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Croton lechleri	Plant				Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Eleutherococcus senticosus	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Hyptis verticillata	Plant				Tramil
Linum usitatissimum	Plant				--
Linum usitatissimum	Seed	525.0	675.0	-1.0	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
Maranta arundinacea	Leaf				Tramil
Nandina domestica	Plant				--
Piper auritum	Leaf				Tramil
Schisandra chinensis	Seed	80000.0	190000.0	1.0	--
Schisandra chinensis	Stem		100000.0		Lawrence Review of Natural Products, Jun-88.
Schisandra chinensis	Fruit	3000.0	20000.0		--
Urtica dioica	Root				--