

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for MAGNESIUM

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Carya glabra</i>	Shoot	144.0	24200.0	2.3102632502966487	--
<i>Carya ovata</i>	Shoot	125.0	21600.0	1.9506640893792175	--
<i>Chondrus crispus</i>	Plant		19600.0	4.822191267871701	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Portulaca oleracea</i>	Herb	670.0	18700.0	1.4139912257018183	--
<i>Phaseolus vulgaris</i>	Fruit	210.0	18000.0	7.348853900872472	--
<i>Papaver somniferum</i>	Seed	3148.0	15600.0	4.99947138282473	--
<i>Vigna unguiculata</i>	Seed	389.0	14400.0	4.52535925086701	--
<i>Avena sativa</i>	Plant	2640.0	12000.0	2.4628926226809362	--
<i>Spinacia oleracea</i>	Plant	420.0	11000.0	2.1524585904189935	--
<i>Tephrosia purpurea</i>	Leaf		10300.0	2.384090875926575	--
<i>Trichosanthes anguina</i>	Fruit	530.0	9815.0	3.5587233541890604	--
<i>Eriodictyon californicum</i>	Leaf	2156.0	9800.0	2.1910238312889225	--
<i>Curcuma longa</i>	Plant	3038.0	9800.0	1.779937751704662	--
<i>Glycyrrhiza glabra</i>	Root	1515.0	9650.0	3.771799621373545	--
<i>Prunus serotina</i>	Leaf	435.0	9600.0	2.1137970134338615	--
<i>Rhus copallina</i>	Leaf	405.0	9600.0	2.1137970134338615	--
<i>Nyssa sylvatica</i>	Leaf	500.0	9100.0	1.9207299687962087	--
<i>Armoracia rusticana</i>	Root	1624.0	9020.0	3.436573672307347	--
<i>Rhizophora mangle</i>	Leaf		8800.0	1.8048897420136172	--
<i>Symphoricarpos orbiculatus</i>	Stem	380.0	8800.0	1.7015225096914812	--
<i>Juniperus virginiana</i>	Shoot	266.0	8800.0	0.1803297587087861	--
<i>Lactuca sativa</i>	Leaf	110.0	8700.0	1.7662763330860864	--
<i>Arachis hypogaea</i>	Plant	3500.0	8700.0	1.4384603162165248	--
<i>Fucus vesiculosus</i>	Plant	1023.0	8670.0	1.4291472952486666	--
<i>Urtica dioica</i>	Leaf	1720.0	8600.0	1.727662924158556	--
<i>Quercus rubra</i>	Stem	200.0	8580.0	1.6087888303854219	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita pepo	Seed	5140.0	8500.0	2.194307935408216	--
Liquidambar styraciflua	Stem	200.0	8400.0	1.5329158200441007	--
Trifolium pratense	Hay	2400.0	8100.0	1.0	--
Senna alexandrina	Leaf	1577.0	7770.0	1.4071716300600525	--
Elytrigia repens	Plant		7570.0	1.0876698597605294	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Inula helenium	Root	1650.0	7500.0	2.627774557100011	--
Coriandrum sativum	Leaf	6940.0	7488.0	1.2982818168844166	USDA's Ag Handbook 8 and sequelae)
Borago officinalis	Leaf	520.0	7436.0	1.2782028442421007	USDA's Ag Handbook 8 and sequelae)
Scutellaria baicalensis	Root	7170.0	7220.0	2.478785246403923	--
Azadirachta indica	Leaf		7100.0	1.148461790245598	--
Linum usitatissimum	Seed	3715.0	7002.0	1.6024579573476614	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Triticum aestivum	Plant	300.0	7000.0	0.9107224613712221	--
Phaseolus lunatus	Seed	580.0	7000.0	1.6016677704610653	--
Asparagus officinalis	Shoot	120.0	7000.0	-0.06862350654174332	--
Cucumis sativus	Fruit	101.0	7000.0	2.255214803313825	--
Erythroxyllum novogranatense	Leaf	3800.0	6900.0	1.071234972390537	--
Moringa oleifera	Shoot	1470.0	6890.0	-0.08383731719594234	USDA's Ag Handbook 8 and sequelae)
Allium schoenoprasum	Leaf	355.0	6875.0	1.0615816201586543	USDA's Ag Handbook 8 and sequelae)
Quercus velutina	Stem	235.0	6820.0	0.8669193959369481	--
Sassafras albidum	Leaf	990.0	6800.0	1.0326215634630065	--
Erythroxyllum novogranatense	Leaf	5200.0	6700.0	0.994008154535476	--
Amaranthus sp.	Leaf	550.0	6616.0	0.9615728910363504	--
Mentha x piperita	Leaf	985.0	6610.0	0.9592560865006985	--
Tetragonia tetragonioides	Leaf	390.0	6500.0	0.916781336680415	--
Anethum graveolens	Plant	560.0	6470.0	0.7461924242723924	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Celosia cristata	Flower		6080.0	2.361681317560633	--
Abelmoschus esculentus	Fruit	380.0	6000.0	1.792156703535766	--
Eupatorium perfoliatum	Plant	540.0	6000.0	0.6002884291092794	--
Lycopersicon esculentum	Fruit	70.0	6000.0	1.792156703535766	--
Rhodymenia palmata	Plant		5930.0	0.5785580468509434	--
Quercus stellata	Stem	175.0	5880.0	0.47069367526560413	--
Brassica chinensis	Leaf	106.0	5844.0	0.6634773741158146	--
Brassica rapa	Leaf	106.0	5844.0	0.6634773741158146	USDA's Ag Handbook 8 and sequelae)
Liquidambar styraciflua	Leaf	280.0	5740.0	0.6233194288311829	--
Achyranthes bidentata	Root	1440.0	5730.0	1.685949271628311	--
Erythroxylum coca	Leaf	2130.0	5700.0	0.6078740652601706	--
Salix alba	Bark	941.0	5600.0	2.6254909693205843	--
Lablab purpureus	Seed	400.0	5505.0	1.0110030727304051	--
Mentha pulegium	Plant		5500.0	0.44507141297830793	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Harpagophytum procumbens	Root	1034.0	5440.0	1.5316389141216484	--
Diospyros virginiana	Stem	660.0	5400.0	0.26836564768874727	--
Prunus serotina	Stem	28.0	5400.0	0.26836564768874727	--
Arctium lappa	Root	1262.0	5370.0	1.4943915864476263	--
Plantago asiatica	Plant		5320.0	0.38919328717115825	--
Quercus alba	Stem	100.0	5320.0	0.2346443097592712	--
Oenothera biennis	Seed	4300.0	5300.0	0.9300089168542945	--
Stellaria media	Plant	439.0	5290.0	0.37988026620329995	--
Hyoscyamus niger	Seed		5250.0	0.9102542446893895	--
Corchorus olitorius	Leaf	640.0	5200.0	0.4148070206225177	--
Althaea officinalis	Root	559.0	5180.0	1.3932916970467093	--
Helianthus annuus	Seed	3540.0	5176.0	0.8810173298853301	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Asimina triloba	Fruit	1090.0	5128.0	1.3883700405292987	--
Glycyrrhiza uralensis	Root	3690.0	5070.0	1.3347601821303892	--
Foeniculum vulgare	Fruit	1730.0	5012.0	1.334655300955044	--
Diospyros virginiana	Leaf	1500.0	5000.0	0.3375802027674566	--
Eleutherococcus senticosus	Root	1050.0	5000.0	1.297512854456367	--
Astragalus membranaceus	Root	800.0	5000.0	1.297512854456367	--
Bupleurum chinense	Root	550.0	5000.0	1.297512854456367	--
Vigna aconitifolia	Seed	2250.0	4962.0	0.7964673330195366	--
Euodia rutaecarpa	Fruit		4950.0	1.3059456987688043	--
Cucurbita pepo	Flower	240.0	4950.0	1.5450101513045418	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Seed	155.0	4903.0	0.7731568198649487	--
Benincasa hispida	Fruit	190.0	4870.0	1.2689010507865595	--
Abelmoschus manihot	Leaf	564.0	4862.0	0.2842936984474645	--
Ephedra spp	Plant		4780.0	0.22155890974970915	--
Sassafras albidum	Stem	77.0	4760.0	-0.0014050557470613755	--
Rhus glabra	Stem	147.0	4690.0	-0.030911226435352948	--
Rumex acetosa	Leaf	460.0	4600.0	0.1831265670573345	--
Prunella vulgaris	Flower		4560.0	1.2631501912692535	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.
Panicum maximum	Leaf		4500.0	0.14451315812980398	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Firmiana simplex	Seed		4480.0	0.6060322933498522	--
Isatis tinctoria	Root		4410.0	0.983571092632467	--
Nyssa sylvatica	Stem	300.0	4400.0	-0.15315107642970374	--
Equisetum arvense	Plant	935.0	4370.0	0.09428095652231261	--
Mentha spicata	Leaf	630.0	4360.0	0.09045438563126122	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Thymus vulgaris	Leaf	733.0	4360.0	0.09045438563126122	--
Vitis vinifera	Stem		4360.0	-0.17001174539444178	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ocimum basilicum	Leaf	4100.0	4340.0	0.08273170384575512	USDA's Ag Handbook 8 and sequelae)
Lycopersicon esculentum	Leaf		4300.0	0.06728634027474291	--
Cynara cardunculus	Flower	555.0	4275.0	1.05717560508962	USDA's Ag Handbook 8 and sequelae)
Rhus copallina	Stem	375.0	4270.0	-0.20794825056510238	--
Solanum tuberosum	Tuber	190.0	4250.0	2.173991167891756	--
Prunus persica	Bark		4220.0	1.6844058946030764	--
Vigna unguiculata	Shoot	430.0	4207.0	-0.4549159897888148	--
Vigna unguiculata	Shoot	430.0	4207.0	-0.4549159897888148	USDA's Ag Handbook 8 and sequelae)
Nasturtium officinale	Herb	210.0	4200.0	-0.6852790240602671	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	130.0	4200.0	0.8718291096104009	--
Vigna unguiculata	Fruit	374.0	4160.0	0.9401297999441377	USDA's Ag Handbook 8 and sequelae)
Euphrasia officinalis	Plant	641.0	4160.0	0.029089809747304622	--
Drynaria fortunei	Rhizome		4140.0	2.5718145995783264	--
Amphicarpaea bracteata	Shoot		4100.0	-0.46971487833426295	--
Sesamum indicum	Seed	3052.0	4082.0	0.4487851029172083	USDA's Ag Handbook 8 and sequelae)
Taraxacum mongolicum	Plant		4050.0	-0.0050579338015090845	--
Broussonetia papyrifera	Fruit		4030.0	0.8799322469729901	--
Silybum marianum	Plant		4030.0	-0.01126661444674794	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	887.0	4030.0	-0.03696986382958952	--
Coriandrum sativum	Fruit	2939.0	4016.0	0.8734494335760973	USDA's Ag Handbook 8 and sequelae)
Azadirachta indica	Fruit		4000.0	0.8660405039796483	--
Raphanus sativus	Seed		3960.0	0.40058370283484	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna unguiculata	Seed	3141.0	3952.0	0.3974229552884552	USDA's Ag Handbook 8 and sequelae)
Serenoa repens	Fruit	510.0	3930.0	0.8336264369951842	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Origanum majorana	Plant	3300.0	3900.0	-0.0516230386408005	USDA's Ag Handbook 8 and sequelae)
Oenothera biennis	Herb	2700.0	3900.0	-0.7287122016415516	--
Vaccinium myrtillus	Fruit	312.0	3900.0	0.8197346940018424	--
Brassica juncea	Leaf	353.0	3837.0	-0.11149374305972344	--
Perilla frutescens	Plant		3830.0	-0.0733534208991365	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Moringa oleifera	Fruit	450.0	3815.0	0.7803747555207075	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Seed		3810.0	0.341319686340125	--
Ipomoea aquatica	Leaf	510.0	3810.0	-0.1219193634701567	--
Momordica charantia	Fruit	195.0	3800.0	0.7734288840240365	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Valerianella locusta	Plant	3773.0	3798.0	-0.08328730993151867	--
Sechium edule	Leaf	670.0	3785.0	-0.13157271570203932	--
Sophora angustifolia	Root	2140.0	3720.0	0.6164188627028213	--
Pisum sativum	Plant	2200.0	3700.0	-0.11370984509318906	--
Pueraria pseudohirsuta	Root	1470.0	3690.0	0.6004557222710976	--
Foeniculum vulgare	Seed	394.0	3650.0	0.2781047354124289	--
Cucurbita spp	Fruit	230.0	3640.0	0.6993395880595471	--
Jussiaea repens	Plant		3590.0	-0.14785758864200277	--
Raphanus sativus	Root	85.0	3570.0	0.5366031605442027	--
Amomum xanthioides	Seed		3540.0	0.23464445664963784	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Triticum aestivum</i>	Seed	530.0	3500.0	0.21884071891771384	--
<i>Stevia rebaudiana</i>	Leaf		3490.0	-0.24548227203825437	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Trifolium pratense</i>	Flower	628.0	3490.0	0.4898420957878223	--
<i>Artemisia dracunculus</i>	Plant		3470.0	-0.1851096725134359	--
<i>Phaseolus vulgaris</i>	Seed	510.0	3430.0	0.1911841778868468	--
<i>Houttuynia cordata</i>	Plant		3430.0	-0.19752703380391362	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Prunus domestica</i>	Fruit	68.0	3400.0	0.5882056441128131	--
<i>Schizonepeta tenuifolia</i>	Plant		3390.0	-0.20994439509439133	--
<i>Bertholletia excelsa</i>	Seed	1600.0	3370.0	0.1674785712889608	--
<i>Cymbopogon citratus</i>	Plant		3310.0	-0.23477911767534673	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cucumis melo</i>	Fruit	92.0	3300.0	0.5418998341350072	--
<i>Aspalathus linearis</i>	Shoot		3300.0	-0.5803607740011649	--
<i>Citrus paradisi</i>	Fruit	15.0	3300.0	0.5418998341350072	--
<i>Sinapis alba</i>	Seed	2863.0	3282.0	0.13271034827872796	--
<i>Salvia miltiorrhiza</i>	Root		3230.0	0.355687568984667	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>Verbascum thapsus</i>	Leaf	1421.0	3230.0	-0.34587713524983377	--
<i>Valerianella radicata</i>	Plant	2940.0	3226.0	-0.26085557638534995	--
<i>Senna obtusifolia</i>	Seed	2820.0	3220.0	0.10821455479424573	--
<i>Rumex crispus</i>	Root	822.0	3200.0	0.33972442855294327	--
<i>Eupatorium odoratum</i>	Leaf		3200.0	-0.3574611579280929	Tramil
<i>Centella asiatica</i>	Leaf	342.0	3200.0	-0.3574611579280929	--
<i>Pulsatilla chinensis</i>	Root		3190.0	0.3344033817423687	--
<i>Rubus idaeus</i>	Leaf	539.0	3190.0	-0.361322498820846	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cassia tora	Seed		3180.0	0.09241081706232171	--
Valeriana officinalis	Root	375.0	3180.0	0.3290823349317941	--
Xanthosoma sagittifolium	Leaf	510.0	3170.0	-0.36904518060635205	--
Petroselinum crispum	Plant	250.0	3160.0	-0.28134422251463814	--
Glycine max	Seed	430.0	3160.0	0.0845089481963597	--
Corylus avellana	Seed	1500.0	3156.0	0.0829285744231673	--
Brassica pekinensis	Leaf	2850.0	3150.0	-0.37676786239185817	--
Colocasia esculenta	Leaf	200.0	3140.0	-0.38062920328461125	--
Prunus dulcis	Seed	2297.0	3126.0	0.07107577112422428	USDA's Ag Handbook 8 and sequelae)
Amorphophallus campanulatus	Root	220.0	3120.0	0.29715605406834666	--
Viburnum opulus	Bark		3110.0	0.9274461605911677	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Viscum album	Leaf		3110.0	-0.3922132259628704	--
Linum usitatissimum	Hay		3100.0	-1.0	--
Brassica oleracea var. botrytis l.	Leaf	214.0	3072.0	-0.406886321355332	--
Brassica oleracea var. italica	Leaf	214.0	3072.0	-0.406886321355332	USDA's Ag Handbook 8 and sequelae)
Syzygium aromaticum	Fruit	2640.0	3020.0	0.4122435661971507	--
Syzygium aromaticum	Flower	2640.0	3020.0	0.15016470805298793	--
Origanum vulgare	Plant	2600.0	3016.0	-0.32604672316035793	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Plant	1630.0	2992.0	-0.3334971399346445	USDA's Ag Handbook 8 and sequelae)
Lonicera japonica	Flower		2990.0	0.1284831726656581	--
Notopterygium incisum	Rhizome		2980.0	1.3767459866319847	--
Carum carvi	Seed	2070.0	2950.0	0.0015393251037586135	--
Quercus phellos	Stem	210.0	2940.0	-0.7685654936426423	--
Hydrastis canadensis	Root	814.0	2940.0	0.2013772114780043	--
Chenopodium album	Seed		2920.0	-0.010313478195184399	--
Chamaemelum nobile	Flower		2920.0	0.0778929234285551	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Avena sativa</i>	Seed	300.0	2900.0	-0.018215347061146407	Jim Duke's personal files.*
<i>Genipa americana</i>	Fruit	250.0	2900.0	0.3566765942237836	--
<i>Anethum graveolens</i>	Seed	2449.0	2893.0	-0.02098100116423311	USDA's Ag Handbook 8 and sequelae)
<i>Anethum graveolens</i>	Fruit	2449.0	2893.0	0.3534351875253372	--
<i>Stevia rebaudiana</i>	Plant		2890.0	-0.3651614112253627	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
<i>Senna occidentalis</i>	Seed		2880.0	-0.026117215927108417	--
<i>Carum carvi</i>	Fruit	2580.0	2863.0	0.3395434445319955	--
<i>Acanthopanax gracilistylis</i>	Root Bark		2840.0	1.0903548697981802	--
<i>Salvia officinalis</i>	Leaf	444.0	2830.0	-0.5003307709599559	--
<i>Mentha arvensis</i> var. <i>piperascens</i>	Plant		2830.0	-0.38378745316107926	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Rosa laevigata</i>	Fruit		2830.0	0.32426252723931953	--
<i>Rosmarinus officinalis</i>	Leaf	910.0	2825.0	-0.5022614414063324	USDA's Ag Handbook 8 and sequelae)
<i>Luffa aegyptiaca</i>	Fruit	140.0	2800.0	0.31037078424597775	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	170.0	2786.0	-0.5173206708880693	--
<i>Schisandra chinensis</i>	Fruit	414.0	2760.0	0.2918484602548554	--
<i>Cucurbita maxima</i>	Leaf	388.0	2752.0	-0.5304492299234297	--
<i>Gentiana lutea</i>	Root	603.0	2740.0	0.09495627526651279	--
<i>Rubus chingii</i>	Fruit		2740.0	0.28258729825929424	--
<i>Artemisia vulgaris</i>	Shoot		2700.0	-0.6633451957513414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Zingiber officinale</i>	Rhizome	430.0	2690.0	1.0779788333953992	--
<i>Zingiber officinale</i>	Root	188.0	2690.0	0.0683510412136399	--
<i>Juglans cinerea</i>	Seed	2212.0	2676.0	-0.1067162783599209	--
<i>Siegesbeckia orientalis</i>	Plant		2660.0	-0.43656123864560953	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium intybus	Leaf	130.0	2652.0	-0.5690626388509602	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Leaf	99.0	2650.0	-0.5698349070295108	USDA's Ag Handbook 8 and sequelae)
Anacardium occidentale	Seed	260.0	2650.0	-0.1169887078856715	--
Pinus edulis	Seed	2180.0	2650.0	-0.1169887078856715	USDA's Ag Handbook 8 and sequelae)
Angelica sinensis	Root	583.0	2650.0	0.047066853971341596	--
Nelumbo nucifera	Seed	560.0	2650.0	-0.1169887078856715	--
Psophocarpus tetragonolobus	Seed	340.0	2623.0	-0.12765623085472022	--
Lycium chinense	Root Bark		2610.0	0.772104082928153	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.
Brassica napus var. napobrassica	Root	110.0	2610.0	0.025782666729043294	--
Asiasarum heterotropoides	Root	2520.0	2600.0	0.020461619918468715	--
Asiasarum sieboldii	Root	2520.0	2600.0	0.020461619918468715	--
Pisum sativum	Fruit	218.0	2591.0	0.21359164139236345	--
Nardostachys chinensis	Rhizome		2590.0	0.9749556771069214	--
Blechnum orientale	Rhizome		2580.0	0.9646533614780737	--
Vigna radiata	Sprout Seedling	176.0	2560.0	1.2536866452701125	USDA's Ag Handbook 8 and sequelae)
Rheum palmatum	Rhizome	1980.0	2560.0	0.9440487302203782	--
Spirulina spp.	Plant		2550.0	-0.47070898219442325	--
Spirulina pratensis	Plant		2550.0	-0.47070898219442325	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Petasites japonicus	Pt	140.0	2545.0	1.0	USDA's Ag Handbook 8 and sequelae)
Taraxacum officinale	Leaf	360.0	2500.0	-0.6277550204208067	--
Passiflora incarnata	Flower	275.0	2500.0	-0.22564857199406282	--
Lophatherum gracile	Plant		2490.0	-0.48933502413013985	--
Rosmarinus officinalis	Plant	2142.0	2483.0	-0.49150806235597344	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eriobotrya japonica	Leaf		2480.0	-0.6354777022063127	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.
Brassica nigra	Leaf	132.0	2471.0	-0.6389529090097905	USDA's Ag Handbook 8 and sequelae)
Lagenaria siceraria	Fruit	110.0	2465.0	0.15524632082032805	--
Morus alba	Root Bark	2310.0	2450.0	0.5507122311924819	--
Coptis chinensis	Rhizome	2240.0	2420.0	0.7998163114165093	--
Coptis japonica	Rhizome	2240.0	2420.0	0.7998163114165093	--
Coptis spp	Rhizome	2240.0	2420.0	0.7998163114165093	--
Annona muricata	Fruit	210.0	2400.0	0.12514754433475422	--
Panax japonicus	Rhizome		2400.0	0.7792116801588138	--
Chrysanthemum parthenium	Plant		2400.0	-0.5172740870337147	--
Chrysanthemum parthenium	Leaf	432.0	2400.0	-0.6663684293483372	--
Cichorium endivia	Leaf	95.0	2400.0	-0.6663684293483372	--
Tanacetum parthenium	Plant		2400.0	-0.5172740870337147	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Asparagus officinalis	Root	240.0	2400.0	-0.08595931629302281	--
Humulus lupulus	Fruit		2380.0	0.11588638233919304	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	443.0	2380.0	-0.3123747135433822	--
Polygonum multiflorum	Root		2340.0	-0.11788559715647026	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Capsicum annuum	Fruit	604.0	2340.0	0.0973640583480707	--
Lycopodium clavatum	Plant		2340.0	-0.5359001289694313	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.
Ruscus aculeatus	Root	707.0	2340.0	-0.11788559715647026	--
Piper nigrum	Fruit	1809.0	2319.0	0.08763983825273146	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	58.0	2310.0	0.08347231535472893	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Hordeum vulgare</i>	Seed	100.0	2300.0	-0.25527141304000667	Jim Duke's personal files.*
<i>Medicago sativa</i>	Plant	432.0	2300.0	-0.548317490259909	--
<i>Chrysanthemum coronarium</i>	Bud	170.0	2285.0	1.0	--
<i>Lygodium japonicum</i>	Pollen Or Spore		2270.0		--
<i>Vicia faba</i>	Fruit	330.0	2260.0	0.06031941036582599	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Phaseolus vulgaris</i>	Sprout Seedling	210.0	2258.0	0.6301981860332678	USDA's Ag Handbook 8 and sequelae)
<i>Hordeum vulgare</i>	Stem		2250.0	-1.0594120332843735	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	115.0	2250.0	-0.4063280335551449	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	100.0	2228.0	-0.7327834927036897	--
<i>Agathosma betulina</i>	Leaf		2210.0	-0.7397339063106452	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cynanchum atratum</i>	Root		2210.0	-0.18705920569393975	--
<i>Barosma betulina</i>	Leaf		2210.0	-0.7397339063106452	--
<i>Vigna radiata</i>	Seed	1777.0	2203.0	-0.2935954770399224	USDA's Ag Handbook 8 and sequelae)
<i>Capsicum frutescens</i>	Fruit	230.0	2203.0	0.033925098678476644	USDA's Ag Handbook 8 and sequelae)
<i>Oryza sativa</i>	Plant	1100.0	2200.0	-0.5793608934861032	--
<i>Camellia sinensis</i>	Leaf		2200.0	-0.7435952472033982	--
<i>Lupinus albus</i>	Seed	1980.0	2200.0	-0.2947807573698167	--
<i>Panax quinquefolius</i>	Plant	980.0	2200.0	-0.5793608934861032	--
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	340.0	2190.0	-0.7474565880961512	--
<i>Canavalia ensiformis</i>	Seed		2190.0	-0.2987316918027977	--
<i>Gardenia jasminoides</i>	Fruit	1880.0	2170.0	0.0186441813858007	--
<i>Juglans nigra</i>	Seed	1795.0	2155.0	-0.3125599623182312	--
<i>Physalis ixocarpa</i>	Fruit	230.0	2150.0	0.009383019390239524	--
<i>Syzygium cumini</i>	Fruit	350.0	2145.0	0.00706772889134923	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
Magnolia denudata	Flower		2120.0	-0.5002813535669076	--
Magnolia fargesii	Flower		2120.0	-0.5002813535669076	--
Magnolia kobus	Flower		2120.0	-0.5002813535669076	--
Tetrapanax papyrifera	Pith		2120.0	1.0	--
Ephedra sinica	Plant	443.0	2110.0	-0.607299956389678	--
Arachis hypogaea	Seed	1700.0	2110.0	-0.33033916726664575	--
Brassica oleracea	Stem	190.0	2110.0	-1.1184243746609566	--
Manihot esculenta	Root	290.0	2100.0	-0.2455907206102601	--
Pastinaca sativa	Root	230.0	2100.0	-0.2455907206102601	--
Pinus echinata	Shoot	255.0	2100.0	-0.7463296175015178	--
Xanthosoma sagittifolium	Root	270.0	2100.0	-0.2455907206102601	--
Malpighia glabra	Fruit	180.0	2095.0	-0.01608517609755371	--
Eucommia ulmoides	Bark		2080.0	0.2250420830846215	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.
Vigna mungo	Seed	1850.0	2076.0	-0.3437723443387811	--
Nepeta cataria	Plant	248.0	2070.0	-0.6197173176801558	--
Fraxinus rhynchophylla	Bark		2070.0	0.21822262602145115	--
Artemisia herba-alba	Plant		2060.0	-0.6228216580027752	--
Scrophularia buergeriana	Root		2060.0	-0.2668749078525584	--
Turnera diffusa	Leaf	428.0	2040.0	-0.8053767014874471	--
Myristica fragrans	Seed	1830.0	2030.0	-0.36194664273049376	--
Sechium edule	Fruit	140.0	2000.0	-0.060075695576469294	--
Brassica rapa	Root	110.0	2000.0	-0.29880118871600586	--
Parthenium integrifolium	Root	320.0	2000.0	-0.29880118871600586	--
Vaccinium macrocarpon	Fruit	240.0	2000.0	-0.060075695576469294	--
Vicia faba	Seed	380.0	2000.0	-0.37379944602943677	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Daucus carota	Root	100.0	1980.0	-0.309443282337155	--
Rheum rhabarbarum	Pt	90.0	1975.0	-1.0	--
Catalpa ovata	Fruit		1960.0	-0.07859801956759165	--
Angelica laxiflora	Root		1950.0	-0.32540642276887877	--
Juglans regia	Seed	1310.0	1945.0	-0.3955295854108323	--
Achillea millefolium	Plant	340.0	1920.0	-0.6662824225194472	--
Bletilla striata	Tuber		1890.0	0.25600269827510397	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.
Aristolochia debilis	Fruit		1880.0	-0.11564266754983635	--
Sophora subprostrata	Root		1880.0	-0.36265375044290077	--
Pimpinella anisum	Fruit		1878.0	-0.11656878374939247	--
Pimpinella anisum	Seed		1878.0	-0.42200084611180505	--
Rubus chamaemorus	Fruit	270.0	1875.0	-0.11795795804872665	--
Rubia cordifolia	Root		1870.0	-0.36797479725347537	--
Phaseolus acutifolius	Seed	1500.0	1865.0	-0.42713706087468034	--
Echinacea purpurea	Root	467.0	1860.0	-0.3732958440640499	--
Echinacea spp	Root	1170.0	1860.0	-0.3732958440640499	--
Carthamus tinctorius	Flower	260.0	1860.0	-0.6881879935904329	--
Physalis peruviana	Fruit	310.0	1810.0	-0.14805673453430046	--
Helianthus tuberosus	Tuber	600.0	1800.0	0.18285907019650285	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
Zea mays	Silk Stigma Style		1790.0		--
Phaseolus coccineus	Seed		1780.0	-0.46072000355501885	--
Actinidia chinensis	Fruit	300.0	1770.0	-0.16657905852542282	--
Cnicus benedictus	Plant	235.0	1770.0	-0.7128475273587387	--
Alocasia macrorrhiza	Root	520.0	1750.0	-0.4318273589803703	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus armeniaca	Seed		1750.0	-0.47257280685396186	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Persea americana	Fruit	370.0	1740.0	-0.1804708015187646	--
Secale cereale	Seed	1185.0	1740.0	-0.47652374128694286	USDA's Ag Handbook 8 and sequelae)
Alisma plantago-aquatica	Rhizome	1410.0	1740.0	0.09925884865486072	--
Cimicifuga racemosa	Root	365.0	1740.0	-0.4371484057909448	--
Actaea racemosa	Root		1740.0	-0.4371484057909448	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus aurantium	Fruit	800.0	1730.0	-0.18510138251654518	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Larrea tridentata	Plant	566.0	1720.0	-0.7283692289718358	--
Ribes nigrum	Fruit	220.0	1720.0	-0.18973196351432575	--
Santalum acuminatum	Fruit	400.0	1715.0	-0.19204725401321607	--
Symphytum officinale	Root		1700.0	-0.45843259303324313	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Pisum sativum	Seed	319.0	1700.0	-0.4923274790188669	--
Cinnamomum aromaticum	Bark	770.0	1680.0	-0.04773619944219244	--
Hordeum vulgare	Sprout Seedling		1670.0	-0.5837462312888009	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.
Smilax spp	Root	351.0	1670.0	-0.4743957334649669	--
Smilax officinalis	Root	351.0	1670.0	-0.4743957334649669	--
Geranium thunbergii	Plant		1660.0	-0.7469952709075524	--
Glehnia littoralis	Root		1650.0	-0.48503782708611604	--
Pistacia vera	Seed	949.0	1644.0	-0.5144527118435606	--
Brassica oleracea var. gemmifera	Leaf	230.0	1642.0	-0.9590580690190186	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Root	140.0	1635.0	-0.4930193973019779	ACTA AGRIC SCAND SUPPL 22: 1980
Sambucus nigra	Fruit	265.0	1635.0	-0.22909190199546076	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Myristica fragrans	Aril		1630.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Dioscorea sp.	Root		1630.0	-0.4956799207072652	--
Dioscorea villosa	Root	391.0	1630.0	-0.4956799207072652	--
Hydrangea arborescens	Root	567.0	1620.0	-0.5010009675178397	--
Lobelia inflata	Leaf	183.0	1620.0	-0.9675530189830753	--
Zea mays	Seed	100.0	1600.0	-0.531836823348677	--
Frangula purshiana	Bark	440.0	1590.0	-0.10911131301072557	--
Taraxacum officinale	Root	225.0	1570.0	-0.5276062015707126	--
Solanum melongena	Fruit	85.0	1563.0	-0.262432085179481	--
Fragaria spp	Fruit	98.0	1545.0	-0.27076713097548605	--
Castanea mollissima	Seed	820.0	1531.0	-0.5590982709362456	--
Platycodon grandiflorum	Root	1250.0	1510.0	-0.5595324824341601	--
Phytelephas aequatorialis	Flower	440.0	1505.0	-0.9447528290071695	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Genipa americana	Seed		1500.0	-0.5713461676784868	--
Citrullus lanatus	Fruit	1081.0	1500.0	-0.2916047454654987	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Aframomum melegueta	Fruit		1500.0	-0.2916047454654987	Wealth of India.
Cyperus rotundus	Rhizome		1500.0	-0.14799672643748585	--
Coix lacryma-jobi	Seed		1490.0	-0.5752971021114678	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Pimenta dioica	Fruit	1200.0	1480.0	-0.3008659074610599	--
Pachyrhizus erosus	Tuber	160.0	1475.0	-0.08127069786511237	--
Vigna angularis	Seed	1270.0	1467.0	-0.5843842513073241	--
Lantana camara	Fruit		1460.0	-0.31012706945662105	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cimicifuga dahurica	Rhizome		1450.0	-0.19950830458172472	--
Actaea dahurica	Rhizome		1450.0	-0.19950830458172472	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Berberis vulgaris	Bark		1430.0	-0.21822262602145115	--
Berberis vulgaris	Root		1430.0	-0.6021008569187567	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cucurbita pepo	Fruit	120.0	1429.0	-0.32448187054974087	USDA's Ag Handbook 8 and sequelae)
Opuntia ficus-indica	Bud		1420.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Citrus reticulata	Fruit	111.0	1416.0	-0.33050162584685566	USDA's Ag Handbook 8 and sequelae)
Simmondsia chinensis	Seed		1410.0	-0.6069045775753158	--
Castanea dentata	Seed	790.0	1406.0	-0.6084849513485082	--
Anthriscus cerefolium	Leaf	1300.0	1400.0	-1.0525025186236425	--
Psoralea esculenta	Root		1400.0	-0.6180639973504805	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.
Rubus idaeus	Fruit	175.0	1400.0	-0.33791055544330456	Revised USDA data received 1993.
Rosa canina	Fruit	260.0	1390.0	-0.3425411364410852	--
Artocarpus heterophyllus	Fruit	370.0	1380.0	-0.34717171743886577	--
Colocasia esculenta	Root	200.0	1350.0	-0.6446692314033533	--
Cicer arietinum	Seed	1110.0	1348.0	-0.6314003710597981	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Fruit	920.0	1341.0	-0.36523098333021004	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	345.0	1323.0	-1.3001386000145796	USDA's Ag Handbook 8 and sequelae)
Caulophyllum thalictroides	Root	143.0	1300.0	-0.6712744654562262	--
Lens culinaris	Seed	765.0	1280.0	-0.6582667252040689	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium cepa	Bulb	76.0	1230.0	0.7319115529256467	--
Cyrtosperma chamissonis	Root	180.0	1215.0	-0.7165033633461101	--
Nelumbo nucifera	Rhizome	200.0	1215.0	-0.4416127218596474	--
Allium sativum var. sativum	Root	448.0	1210.0	-0.7191638867513974	--
Trigonella foenum-graecum	Seed	157.0	1210.0	-0.6859232662349359	--
Arctostaphylos uva-ursi	Leaf	140.0	1210.0	-1.1258679955859505	--
Allium sativum var. sativum	Bulb	160.0	1210.0	0.6820084924988981	--
Averrhoa carambola	Fruit	80.0	1200.0	-0.43052217539891635	--
Anemarrhena asphodeloides	Rhizome	1130.0	1200.0	-0.4570661953029191	--
Morinda sp	Root		1200.0	-0.724484933561972	--
Spondias dulcis	Seed		1200.0	-0.6898742006679169	--
Rehmannia glutinosa	Root		1190.0	-0.7298059803725465	--
Macadamia spp	Seed	1160.0	1190.0	-0.6938251351008979	USDA's Ag Handbook 8 and sequela)
Sorbus aucubaria	Fruit	190.0	1190.0	-0.4351527563966969	--
Paeonia moutan	Root Bark	930.0	1180.0	-1.2065855919594075	--
Paeonia suffruticosa	Root Bark	930.0	1180.0	-1.2065855919594075	--
Forsythia suspensa	Fruit		1160.0	-0.4490444993900387	--
Gentiana scabra	Root		1150.0	-0.7510901676148448	--
Scutellaria lateriflora	Plant	155.0	1130.0	-0.911525308006382	--
Murraya sp	Fruit	355.0	1118.0	-0.46849293958071714	--
Musa x paradisiaca	Fruit	355.0	1118.0	-0.46849293958071714	--
Pyrus communis	Fruit	54.0	1110.0	-0.47219740437894164	--
Acorus calamus	Rhizome		1100.0	-0.5600893515913968	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.
Cichorium intybus	Root	220.0	1100.0	-0.7776954016677178	--
Stachys officinalis	Plant	185.0	1100.0	-0.9208383289742403	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Cypripedium pubescens</i>	Root		1090.0	-0.7830164484782923	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Albizia julibrissin</i>	Bark		1090.0	-0.450084166169243	--
<i>Tussilago farfara</i>	Flower		1080.0	-1.2519079136610092	--
<i>Citrus sinensis</i>	Fruit	98.0	1075.0	-0.4884044378711737	--
<i>Ananas comosus</i>	Fruit	110.0	1075.0	-0.4884044378711737	--
<i>Lycium chinense</i>	Fruit		1060.0	-0.4953503093678446	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>Plantago major</i>	Seed	318.0	1060.0	-0.745187282729651	--
<i>Gymnema sylvestre</i>	Leaf	201.0	1060.0	-1.1837881089772462	--
<i>Annona cherimola</i>	Seed	810.0	1045.0	-0.7511136843791225	--
<i>Quisqualis indica</i>	Fruit		1040.0	-0.5046114713634058	--
<i>Ligustrum japonicum</i>	Fruit		1020.0	-0.5138726333589669	--
<i>Ligustrum lucidum</i>	Fruit		1020.0	-0.5138726333589669	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>Elaeagnus umbellatus</i>	Fruit	170.0	1010.0	-0.5185032143567475	--
<i>Equisetum hyemale</i>	Plant		1010.0	-0.9487773918778152	--
<i>Phytelephas aequatorialis</i>	Mesocarp	320.0	1005.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Artemisia capillaris</i>	Plant		1000.0	-0.9518817322004346	--
<i>Tragopogon porrifolius</i>	Root	140.0	1000.0	-0.8309058697734635	--
<i>Ginkgo biloba</i>	Leaf	240.0	1000.0	-1.2069561543337646	--
<i>Annona cherimola</i>	Fruit	200.0	1000.0	-0.5231337953545281	--
<i>Paeonia lactiflora</i>	Root	580.0	990.0	-0.836226916584038	--
<i>Chaenomeles lagenaria</i>	Fruit		990.0	-0.5277643763523087	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Carya illinoensis</i>	Seed		980.0	-0.776794758193499	--
<i>Artocarpus altilis</i>	Fruit	220.0	975.0	-0.5347102478489796	--
<i>Belamcanda chinensis</i>	Rhizome		970.0	-0.6940194547664181	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>Atractylodes ovata</i>	Rhizome	760.0	960.0	-0.7043217703952659	--
<i>Polygala tenuifolia</i>	Root		960.0	-0.8521900570157618	--
<i>Citrus medica</i>	Fruit		950.0	-0.5462867003434311	--
<i>Crataegus laevigata</i>	Fruit	262.0	940.0	-0.5509172813412117	--
<i>Crataegus rhipidophylla</i>	Fruit		940.0	-0.5509172813412117	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ribes uva-crispa</i>	Fruit	86.0	938.0	-0.5518433975407677	--
<i>Ribes rubrum</i>	Fruit	122.0	935.0	-0.5532325718401019	--
<i>Aloe vera</i>	Leaf		930.0	-1.233985540583036	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Aloe spp.</i>	Leaf	5.0	930.0	-1.233985540583036	--
<i>Juncus effusus</i>	Pith		920.0	-1.0	--
<i>Carya ovata</i>	Seed		900.0	-0.8084022336573471	--
<i>Polygonum multiflorum</i>	Rhizome		890.0	-0.7764379797972003	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>Psidium cattleianum</i>	Fruit	170.0	880.0	-0.5787007673278952	--
<i>Mangifera indica</i>	Fruit	84.0	875.0	-0.5810160578267854	--
<i>Ficus carica</i>	Fruit	158.0	872.0	-0.5824052321261196	USDA's Ag Handbook 8 and sequelae)
<i>Prunus persica</i>	Fruit	68.0	850.0	-0.5925925103212369	--
<i>Pueraria montana</i>	Shoot	800.0	850.0	-0.9192138294810521	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cnidium officinale</i>	Rhizome		850.0	-0.8176472423125913	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Akebia quinata	Stem		840.0	-1.6537506142913894	--
Cornus officinalis	Fruit		830.0	-0.6018536723167981	--
Dioscorea alata	Root	66.0	827.0	-0.9229599795964036	--
Carica papaya	Fruit	110.0	815.0	-0.608799543813469	--
Cistanche salsa	Plant		810.0	-1.0108641983302038	--
Tabebuia heptaphylla	Bark	145.0	810.0	-0.6410289639380128	--
Dioscorea pentaphylla	Root	94.0	792.0	-0.9415836434334147	--
Phoenix dactylifera	Fruit	325.0	790.0	-0.6203759963079205	--
Atractylodes lancea	Rhizome		790.0	-0.879461136085678	--
Opuntia ficus-indica	Seed		790.0	-0.8518625124201381	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Annona squamosa	Fruit	210.0	785.0	-0.6226912868068107	--
Cocos nucifera	Seed	300.0	770.0	-0.8597643812861001	Furr, A.K., et al. 1979
Crataegus cuneata	Fruit		760.0	-0.6342677393012622	--
Psidium guajava	Fruit	98.0	735.0	-0.6458441917957137	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Fruit	153.0	730.0	-0.648159482294604	--
Chamissoa altissima	Leaf	70.0	715.0	-1.3170043697772267	Tramil
Tamarindus indica	Leaf		710.0	-1.318935040223603	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ipomoea batatas	Root	95.0	710.0	-0.9852162272801263	--
Pinellia ternata	Tuber	560.0	710.0	-0.702991536533222	--
Castanea sativa	Seed	320.0	704.0	-0.8858405485437747	--
Symphytum officinale	Leaf	77.0	700.0	-1.3227963811163561	--
Magnolia officinalis	Bark		690.0	-0.722862448696057	--
Eriocaulon sp	Leaf		670.0	-1.3343804037946154	--
Phellodendron amurense	Bark		650.0	-0.7501402769487383	--
Prunus cerasus	Fruit	90.0	648.0	-0.6861302464764049	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona reticulata</i>	Fruit	180.0	630.0	-0.6944652922724098	--
<i>Ipomoea batatas</i>	Leaf		620.0	-1.3536871082583806	--
<i>Zizyphus jujuba</i>	Fruit		620.0	-0.6990958732701904	--
<i>Prunus armeniaca</i>	Fruit	76.0	615.0	-0.7014111637690807	USDA's Ag Handbook 8 and sequelae)
<i>Ginkgo biloba</i>	Seed	270.0	605.0	-0.9249547994302867	USDA's Ag Handbook 8 and sequelae)
<i>Vaccinium vitis-idaea</i>	Fruit	80.0	600.0	-0.7083570352657517	--
<i>Gastrodia elata</i>	Rhizome		590.0	-1.0855074486626335	--
<i>Phyllanthus emblica</i>	Fruit	118.0	584.0	-0.7157659648622006	--
<i>Ulmus rubra</i>	Bark	95.0	580.0	-0.7978764763909307	--
<i>Dendrobium nobile</i>	Stem		520.0	-1.7886359660092936	--
<i>Yucca baccata</i>	Root	106.0	510.0	-1.0916371634916178	--
<i>Plantago psyllium</i>	Seed	111.0	510.0	-0.9624886765436063	--
<i>Feijoa sellowiana</i>	Fruit	80.0	500.0	-0.7546628452435575	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Areca catechu</i>	Seed		500.0	-0.9664396109765873	--
<i>Quercus rubra</i>	Seed		500.0	-0.9664396109765873	--
<i>Perideridia gairdneri</i>	Root		500.0	-1.0969582103021922	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>Aconitum carmichaelii</i>	Tuber		490.0	-0.8817870718364693	--
<i>Myrica cerifera</i>	Bark	107.0	490.0	-0.8592515899594639	--
<i>Panax ginseng</i>	Root	102.0	481.0	-1.107068199242284	--
<i>Malus domestica</i>	Fruit	48.0	478.0	-0.7648501234386748	--
<i>Juglans nigra</i>	Pericarp	53.0	440.0		--
<i>Juglans nigra</i>	Fruit		440.0	-0.782446331230241	--
<i>Asparagus lucidus</i>	Root		430.0	-1.1342055379762144	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ophiopogon japonicus	Tuber	390.0	410.0	-0.9468036301285592	--
Hibiscus sabdariffa	Flower	44.0	400.0	-1.7433560491071525	--
Fritillaria thunbergii	Bulb		370.0	-1.4139200454245453	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.
Dioscorea bulbifera	Rhizome		370.0	-1.3121583924972846	--
Sinomenium acutum	Rhizome		360.0	-1.3224607081261324	--
Psophocarpus tetragonolobus	Leaf	80.0	346.0	-1.4594878487198142	--
Vaccinium corymbosum	Fruit	48.0	332.0	-0.8324566060062714	--
Syzygium jambos	Fruit	40.0	260.0	-0.8657967891902916	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Spondias dulcis	Fruit	48.0	240.0	-0.8750579511858528	--
Quercus alba	Bark	37.0	160.0	-1.0842936730440853	--
Aspalathus linearis	Plant		140.0	-1.2188549999457055	--
Punica granatum	Fruit		120.0	-0.9306249231592199	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Arisaema consanguineum	Rhizome		100.0	-1.5903209144761745	--
Spondias tuberosa	Fruit		90.0	-0.9445166661525616	--
Juniperus communis	Fruit	9.0	30.0	-0.9723001521392451	--
Angelica dahurica	Root		3.67	-1.3610577266514403	--
Acacia catechu	Plant				--
Acacia nilotica	Plant				--
Aspalathus linearis	Leaf				--
Acacia senegal	Plant				--
Amorphophallus konjac	Root				--
Urtica dioica	Fruit Juice				Jim Duke's personal files.
Commiphora wightii	Inflorescence				Jim Duke's personal files.