

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for MAGNESIUM

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus manihot	Leaf	564.0	4862.0	0.2842936984474645	--
Abelmoschus esculentus	Fruit	380.0	6000.0	1.792156703535766	--
Acacia catechu	Plant				--
Acacia senegal	Plant				--
Acacia nilotica	Plant				--
Acanthopanax gracilistylis	Root Bark		2840.0	1.0903548697981802	--
Achillea millefolium	Plant	340.0	1920.0	-0.6662824225194472	--
Achyranthes bidentata	Root	1440.0	5730.0	1.685949271628311	--
Aconitum carmichaelii	Tuber		490.0	-0.8817870718364693	--
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.
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.
Actaea racemosa	Root		1740.0	-0.4371484057909448	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	300.0	1770.0	-0.16657905852542282	--
Aframomum melegueta	Fruit		1500.0	-0.2916047454654987	Wealth of India.
Agathosma betulina	Leaf		2210.0	-0.7397339063106452	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem		840.0	-1.6537506142913894	--
Albizia julibrissin	Bark		1090.0	-0.450084166169243	--
Alisma plantago-aquatica	Rhizome	1410.0	1740.0	0.09925884865486072	--
Allium schoenoprasum	Leaf	355.0	6875.0	1.0615816201586543	USDA's Ag Handbook 8 and sequelae)
Allium sativum var. sativum	Bulb	160.0	1210.0	0.6820084924988981	--
Allium cepa	Bulb	76.0	1230.0	0.7319115529256467	--
Allium sativum var. sativum	Root	448.0	1210.0	-0.7191638867513974	--
Alocasia macrorrhiza	Root	520.0	1750.0	-0.4318273589803703	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Aloe spp.	Leaf	5.0	930.0	-1.233985540583036	--
Aloe vera	Leaf		930.0	-1.233985540583036	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Althaea officinalis	Root	559.0	5180.0	1.3932916970467093	--
Amaranthus sp.	Leaf	550.0	6616.0	0.9615728910363504	--
Amomum xanthioides	Seed		3540.0	0.23464445664963784	--
Amorphophallus campanulatus	Root	220.0	3120.0	0.29715605406834666	--
Amorphophallus konjac	Root				--
Amphicarpaea bracteata	Shoot		4100.0	-0.46971487833426295	--
Anacardium occidentale	Seed	260.0	2650.0	-0.1169887078856715	--
Ananas comosus	Fruit	110.0	1075.0	-0.4884044378711737	--
Anemarrhena asphodeloides	Rhizome	1130.0	1200.0	-0.4570661953029191	--
Anethum graveolens	Plant	560.0	6470.0	0.7461924242723924	--
Anethum graveolens	Seed	2449.0	2893.0	-0.02098100116423311	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	2449.0	2893.0	0.3534351875253372	--
Angelica sinensis	Root	583.0	2650.0	0.047066853971341596	--
Angelica laxiflora	Root		1950.0	-0.32540642276887877	--
Angelica dahurica	Root		3.67	-1.3610577266514403	--
Annona muricata	Fruit	210.0	2400.0	0.12514754433475422	--
Annona cherimola	Seed	810.0	1045.0	-0.7511136843791225	--
Annona squamosa	Fruit	210.0	785.0	-0.6226912868068107	--
Annona cherimola	Fruit	200.0	1000.0	-0.5231337953545281	--
Annona reticulata	Fruit	180.0	630.0	-0.6944652922724098	--
Anthriscus cerefolium	Leaf	1300.0	1400.0	-1.0525025186236425	--
Apium graveolens	Seed	155.0	4903.0	0.7731568198649487	--
Apium graveolens	Fruit	153.0	730.0	-0.648159482294604	--
Apium graveolens	Root	140.0	1635.0	-0.4930193973019779	ACTA AGRIC SCAND SUPPL 22: 1980

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Apium graveolens</i>	Leaf	99.0	2650.0	-0.5698349070295108	USDA's Ag Handbook 8 and sequelae)
<i>Arachis hypogaea</i>	Seed	1700.0	2110.0	-0.33033916726664575	--
<i>Arachis hypogaea</i>	Plant	3500.0	8700.0	1.4384603162165248	--
<i>Arctium lappa</i>	Root	1262.0	5370.0	1.4943915864476263	--
<i>Arctostaphylos uva-ursi</i>	Leaf	140.0	1210.0	-1.1258679955859505	--
<i>Areca catechu</i>	Seed		500.0	-0.9664396109765873	--
<i>Arisaema consanguineum</i>	Rhizome		100.0	-1.5903209144761745	--
<i>Aristolochia debilis</i>	Fruit		1880.0	-0.11564266754983635	--
<i>Armoracia rusticana</i>	Root	1624.0	9020.0	3.436573672307347	--
<i>Artemisia vulgaris</i>	Shoot		2700.0	-0.6633451957513414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia capillaris</i>	Plant		1000.0	-0.9518817322004346	--
<i>Artemisia herba-alba</i>	Plant		2060.0	-0.6228216580027752	--
<i>Artemisia dracunculus</i>	Plant		3470.0	-0.1851096725134359	--
<i>Artocarpus heterophyllus</i>	Fruit	370.0	1380.0	-0.34717171743886577	--
<i>Artocarpus altilis</i>	Fruit	220.0	975.0	-0.5347102478489796	--
<i>Asiasarum heterotropoides</i>	Root	2520.0	2600.0	0.020461619918468715	--
<i>Asiasarum sieboldii</i>	Root	2520.0	2600.0	0.020461619918468715	--
<i>Asimina triloba</i>	Fruit	1090.0	5128.0	1.3883700405292987	--
<i>Aspalathus linearis</i>	Plant		140.0	-1.2188549999457055	--
<i>Aspalathus linearis</i>	Leaf				--
<i>Aspalathus linearis</i>	Shoot		3300.0	-0.5803607740011649	--
<i>Asparagus lucidus</i>	Root		430.0	-1.1342055379762144	--
<i>Asparagus officinalis</i>	Shoot	120.0	7000.0	-0.06862350654174332	--
<i>Asparagus officinalis</i>	Root	240.0	2400.0	-0.08595931629302281	--
<i>Astragalus membranaceus</i>	Root	800.0	5000.0	1.297512854456367	--
<i>Atractylodes lancea</i>	Rhizome		790.0	-0.879461136085678	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Atractylodes ovata</i>	Rhizome	760.0	960.0	-0.7043217703952659	--
<i>Avena sativa</i>	Seed	300.0	2900.0	-0.018215347061146407	Jim Duke's personal files.*
<i>Avena sativa</i>	Plant	2640.0	12000.0	2.4628926226809362	--
<i>Averrhoa carambola</i>	Fruit	80.0	1200.0	-0.43052217539891635	--
<i>Azadirachta indica</i>	Leaf		7100.0	1.148461790245598	--
<i>Azadirachta indica</i>	Fruit		4000.0	0.8660405039796483	--
<i>Barosma betulina</i>	Leaf		2210.0	-0.7397339063106452	--
<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), <i>Kaohsiung J. Med. Sci.</i> , 4: 259-272.
<i>Benincasa hispida</i>	Fruit	190.0	4870.0	1.2689010507865595	--
<i>Berberis vulgaris</i>	Bark		1430.0	-0.21822262602145115	--
<i>Berberis vulgaris</i>	Root		1430.0	-0.6021008569187567	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed	1600.0	3370.0	0.1674785712889608	--
<i>Beta vulgaris</i>	Root	130.0	4200.0	0.8718291096104009	--
<i>Blechnum orientale</i>	Rhizome		2580.0	0.9646533614780737	--
<i>Bletilla striata</i>	Tuber		1890.0	0.25600269827510397	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), <i>Kaohsiung J. Med. Sci.</i> , 4: 259-272.
<i>Borago officinalis</i>	Leaf	520.0	7436.0	1.2782028442421007	USDA's Ag Handbook 8 and sequelae)
<i>Brassica chinensis</i>	Leaf	106.0	5844.0	0.6634773741158146	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	115.0	2250.0	-0.4063280335551449	--
<i>Brassica rapa</i>	Root	110.0	2000.0	-0.29880118871600586	--
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	340.0	2190.0	-0.7474565880961512	--
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	230.0	1642.0	-0.9590580690190186	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	110.0	2610.0	0.025782666729043294	--
<i>Brassica pekinensis</i>	Leaf	2850.0	3150.0	-0.37676786239185817	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. viridis l.	Leaf	170.0	2786.0	-0.5173206708880693	--
Brassica oleracea var. botrytis l.	Leaf	214.0	3072.0	-0.406886321355332	--
Brassica juncea	Leaf	353.0	3837.0	-0.11149374305972344	--
Brassica oleracea var. italica	Leaf	214.0	3072.0	-0.406886321355332	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Leaf	106.0	5844.0	0.6634773741158146	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	190.0	2110.0	-1.1184243746609566	--
Brassica oleracea var. capitata l.	Leaf	100.0	2228.0	-0.7327834927036897	--
Brassica nigra	Leaf	132.0	2471.0	-0.6389529090097905	USDA's Ag Handbook 8 and sequelae)
Broussonetia papyrifera	Fruit		4030.0	0.8799322469729901	--
Bupleurum chinense	Root	550.0	5000.0	1.297512854456367	--
Camellia sinensis	Leaf		2200.0	-0.7435952472033982	--
Canavalia ensiformis	Seed		2190.0	-0.2987316918027977	--
Capsicum frutescens	Fruit	230.0	2203.0	0.033925098678476644	USDA's Ag Handbook 8 and sequelae)
Capsicum annuum	Fruit	604.0	2340.0	0.0973640583480707	--
Carica papaya	Fruit	110.0	815.0	-0.608799543813469	--
Carthamus tinctorius	Flower	260.0	1860.0	-0.6881879935904329	--
Carum carvi	Fruit	2580.0	2863.0	0.3395434445319955	--
Carum carvi	Seed	2070.0	2950.0	0.0015393251037586135	--
Carya ovata	Seed		900.0	-0.8084022336573471	--
Carya illinoensis	Seed		980.0	-0.776794758193499	--
Carya ovata	Shoot	125.0	21600.0	1.9506640893792175	--
Carya glabra	Shoot	144.0	24200.0	2.3102632502966487	--
Cassia tora	Seed		3180.0	0.09241081706232171	--
Castanea dentata	Seed	790.0	1406.0	-0.6084849513485082	--
Castanea sativa	Seed	320.0	704.0	-0.8858405485437747	--
Castanea mollissima	Seed	820.0	1531.0	-0.5590982709362456	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Catalpa ovata	Fruit		1960.0	-0.07859801956759165	--
Caulophyllum thalictroides	Root	143.0	1300.0	-0.6712744654562262	--
Celosia cristata	Flower		6080.0	2.361681317560633	--
Centella asiatica	Leaf	342.0	3200.0	-0.3574611579280929	--
Chaenomeles lagenaria	Fruit		990.0	-0.5277643763523087	--
Chamaemelum nobile	Flower		2920.0	0.0778929234285551	--
Chamissoa altissima	Leaf	70.0	715.0	-1.3170043697772267	Tramil
Chenopodium album	Seed		2920.0	-0.010313478195184399	--
Chondrus crispus	Plant		19600.0	4.822191267871701	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum parthenium	Plant		2400.0	-0.5172740870337147	--
Chrysanthemum coronarium	Bud	170.0	2285.0	1.0	--
Chrysanthemum parthenium	Leaf	432.0	2400.0	-0.6663684293483372	--
Cicer arietinum	Seed	1110.0	1348.0	-0.6314003710597981	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	130.0	2652.0	-0.5690626388509602	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	95.0	2400.0	-0.6663684293483372	--
Cichorium intybus	Root	220.0	1100.0	-0.7776954016677178	--
Cimicifuga racemosa	Root	365.0	1740.0	-0.4371484057909448	--
Cimicifuga dahurica	Rhizome		1450.0	-0.19950830458172472	--
Cinnamomum aromaticum	Bark	770.0	1680.0	-0.04773619944219244	--
Cistanche salsa	Plant		810.0	-1.0108641983302038	--
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.
Citrus sinensis	Fruit	98.0	1075.0	-0.4884044378711737	--
Citrus reticulata	Fruit	111.0	1416.0	-0.33050162584685566	USDA's Ag Handbook 8 and sequelae)
Citrus medica	Fruit		950.0	-0.5462867003434311	--
Citrus paradisi	Fruit	15.0	3300.0	0.5418998341350072	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.
Cnicus benedictus	Plant	235.0	1770.0	-0.7128475273587387	--
Cnidium officinale	Rhizome		850.0	-0.8176472423125913	--
Cocos nucifera	Seed	300.0	770.0	-0.8597643812861001	Furr, A.K., et al. 1979
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.
Colocasia esculenta	Leaf	200.0	3140.0	-0.38062920328461125	--
Colocasia esculenta	Root	200.0	1350.0	-0.6446692314033533	--
Commiphora wightii	Inflorescence				Jim Duke's personal files.
Coptis japonica	Rhizome	2240.0	2420.0	0.7998163114165093	--
Coptis chinensis	Rhizome	2240.0	2420.0	0.7998163114165093	--
Coptis spp	Rhizome	2240.0	2420.0	0.7998163114165093	--
Corchorus olitorius	Leaf	640.0	5200.0	0.4148070206225177	--
Coriandrum sativum	Fruit	2939.0	4016.0	0.8734494335760973	USDA's Ag Handbook 8 and sequelae)
Coriandrum sativum	Leaf	6940.0	7488.0	1.2982818168844166	USDA's Ag Handbook 8 and sequelae)
Cornus officinalis	Fruit		830.0	-0.6018536723167981	--
Corylus avellana	Seed	1500.0	3156.0	0.0829285744231673	--
Crataegus laevigata	Fruit	262.0	940.0	-0.5509172813412117	--
Crataegus cuneata	Fruit		760.0	-0.6342677393012622	--
Crataegus rhipidophylla	Fruit		940.0	-0.5509172813412117	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cucumis melo	Fruit	92.0	3300.0	0.5418998341350072	--
Cucumis sativus	Fruit	101.0	7000.0	2.255214803313825	--
Cucurbita spp	Fruit	230.0	3640.0	0.6993395880595471	--
Cucurbita pepo	Flower	240.0	4950.0	1.5450101513045418	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	5140.0	8500.0	2.194307935408216	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita maxima	Leaf	388.0	2752.0	-0.5304492299234297	--
Cucurbita pepo	Fruit	120.0	1429.0	-0.32448187054974087	USDA's Ag Handbook 8 and sequelae)
Curcuma longa	Plant	3038.0	9800.0	1.779937751704662	--
Cymbopogon citratus	Plant		3310.0	-0.23477911767534673	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynanchum atratum	Root		2210.0	-0.18705920569393975	--
Cynara cardunculus	Flower	555.0	4275.0	1.05717560508962	USDA's Ag Handbook 8 and sequelae)
Cyperus rotundus	Rhizome		1500.0	-0.14799672643748585	--
Cypripedium pubescens	Root		1090.0	-0.7830164484782923	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	180.0	1215.0	-0.7165033633461101	--
Daucus carota	Root	100.0	1980.0	-0.309443282337155	--
Dendrobium nobile	Stem		520.0	-1.7886359660092936	--
Dioscorea sp.	Root		1630.0	-0.4956799207072652	--
Dioscorea pentaphylla	Root	94.0	792.0	-0.9415836434334147	--
Dioscorea bulbifera	Rhizome		370.0	-1.3121583924972846	--
Dioscorea villosa	Root	391.0	1630.0	-0.4956799207072652	--
Dioscorea alata	Root	66.0	827.0	-0.9229599795964036	--
Diospyros virginiana	Stem	660.0	5400.0	0.26836564768874727	--
Diospyros virginiana	Leaf	1500.0	5000.0	0.3375802027674566	--
Drynaria fortunei	Rhizome		4140.0	2.5718145995783264	--
Echinacea purpurea	Root	467.0	1860.0	-0.3732958440640499	--
Echinacea spp	Root	1170.0	1860.0	-0.3732958440640499	--
Elaeagnus umbellatus	Fruit	170.0	1010.0	-0.5185032143567475	--
Eleutherococcus senticosus	Root	1050.0	5000.0	1.297512854456367	--
Elytrigia repens	Plant		7570.0	1.0876698597605294	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	443.0	2110.0	-0.607299956389678	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ephedra spp	Plant		4780.0	0.22155890974970915	--
Equisetum arvense	Plant	935.0	4370.0	0.09428095652231261	--
Equisetum hyemale	Plant		1010.0	-0.9487773918778152	--
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.
Eriocaulon sp	Leaf		670.0	-1.3343804037946154	--
Eriodictyon californicum	Leaf	2156.0	9800.0	2.1910238312889225	--
Erythroxyllum novogranatense	Leaf	5200.0	6700.0	0.994008154535476	--
Erythroxyllum novogranatense	Leaf	3800.0	6900.0	1.071234972390537	--
Erythroxyllum coca	Leaf	2130.0	5700.0	0.6078740652601706	--
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.
Euodia rutaecarpa	Fruit		4950.0	1.3059456987688043	--
Eupatorium odoratum	Leaf		3200.0	-0.3574611579280929	Tramil
Eupatorium perfoliatum	Plant	540.0	6000.0	0.6002884291092794	--
Euphrasia officinalis	Plant	641.0	4160.0	0.029089809747304622	--
Feijoa sellowiana	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.
Ficus carica	Fruit	158.0	872.0	-0.5824052321261196	USDA's Ag Handbook 8 and sequelae)
Firmiana simplex	Seed		4480.0	0.6060322933498522	--
Foeniculum vulgare	Fruit	1730.0	5012.0	1.334655300955044	--
Foeniculum vulgare	Seed	394.0	3650.0	0.2781047354124289	--
Forsythia suspensa	Fruit		1160.0	-0.4490444993900387	--
Fragaria spp	Fruit	98.0	1545.0	-0.27076713097548605	--
Frangula purshiana	Bark	440.0	1590.0	-0.10911131301072557	--
Fraxinus rhynchophylla	Bark		2070.0	0.21822262602145115	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Fritillaria thunbergii</i>	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.
<i>Fucus vesiculosus</i>	Plant	1023.0	8670.0	1.4291472952486666	--
<i>Gardenia jasminoides</i>	Fruit	1880.0	2170.0	0.0186441813858007	--
<i>Gastrodia elata</i>	Rhizome		590.0	-1.0855074486626335	--
<i>Genipa americana</i>	Seed		1500.0	-0.5713461676784868	--
<i>Genipa americana</i>	Fruit	250.0	2900.0	0.3566765942237836	--
<i>Gentiana scabra</i>	Root		1150.0	-0.7510901676148448	--
<i>Gentiana lutea</i>	Root	603.0	2740.0	0.09495627526651279	--
<i>Geranium thunbergii</i>	Plant		1660.0	-0.7469952709075524	--
<i>Ginkgo biloba</i>	Leaf	240.0	1000.0	-1.2069561543337646	--
<i>Ginkgo biloba</i>	Seed	270.0	605.0	-0.9249547994302867	USDA's Ag Handbook 8 and sequelae)
<i>Glehnia littoralis</i>	Root		1650.0	-0.48503782708611604	--
<i>Glycine max</i>	Seed	430.0	3160.0	0.0845089481963597	--
<i>Glycyrrhiza uralensis</i>	Root	3690.0	5070.0	1.3347601821303892	--
<i>Glycyrrhiza glabra</i>	Root	1515.0	9650.0	3.771799621373545	--
<i>Gymnema sylvestre</i>	Leaf	201.0	1060.0	-1.1837881089772462	--
<i>Harpagophytum procumbens</i>	Root	1034.0	5440.0	1.5316389141216484	--
<i>Helianthus tuberosus</i>	Tuber	600.0	1800.0	0.18285907019650285	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
<i>Helianthus annuus</i>	Seed	3540.0	5176.0	0.8810173298853301	--
<i>Hibiscus sabdariffa</i>	Flower	44.0	400.0	-1.7433560491071525	--
<i>Hordeum vulgare</i>	Stem		2250.0	-1.0594120332843735	--
<i>Hordeum vulgare</i>	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.
<i>Hordeum vulgare</i>	Seed	100.0	2300.0	-0.25527141304000667	Jim Duke's personal files.*

Plant	Part	Low PPM	High PPM	StdDev	Reference
Houttuynia cordata	Plant		3430.0	-0.19752703380391362	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
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	--
Hydrangea arborescens	Root	567.0	1620.0	-0.5010009675178397	--
Hydrastis canadensis	Root	814.0	2940.0	0.2013772114780043	--
Hyoscyamus niger	Seed		5250.0	0.9102542446893895	--
Inula helenium	Root	1650.0	7500.0	2.627774557100011	--
Ipomoea aquatica	Leaf	510.0	3810.0	-0.1219193634701567	--
Ipomoea batatas	Root	95.0	710.0	-0.9852162272801263	--
Ipomoea batatas	Leaf		620.0	-1.3536871082583806	--
Isatis tinctoria	Root		4410.0	0.983571092632467	--
Juglans nigra	Seed	1795.0	2155.0	-0.3125599623182312	--
Juglans nigra	Fruit		440.0	-0.782446331230241	--
Juglans regia	Seed	1310.0	1945.0	-0.3955295854108323	--
Juglans cinerea	Seed	2212.0	2676.0	-0.1067162783599209	--
Juglans nigra	Pericarp	53.0	440.0		--
Juncus effusus	Pith		920.0	-1.0	--
Juniperus communis	Fruit	9.0	30.0	-0.9723001521392451	--
Juniperus virginiana	Shoot	266.0	8800.0	0.1803297587087861	--
Jussiaea repens	Plant		3590.0	-0.14785758864200277	--
Lablab purpureus	Seed	400.0	5505.0	1.0110030727304051	--
Lactuca sativa	Leaf	110.0	8700.0	1.7662763330860864	--
Lagenaria siceraria	Fruit	110.0	2465.0	0.15524632082032805	--
Lantana camara	Fruit		1460.0	-0.31012706945662105	--
Larrea tridentata	Plant	566.0	1720.0	-0.7283692289718358	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lens culinaris	Sprout Seedling	345.0	1323.0	-1.3001386000145796	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	765.0	1280.0	-0.6582667252040689	--
Ligustrum lucidum	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.
Ligustrum japonicum	Fruit		1020.0	-0.5138726333589669	--
Linum usitatissimum	Hay		3100.0	-1.0	--
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.
Liquidambar styraciflua	Stem	200.0	8400.0	1.5329158200441007	--
Liquidambar styraciflua	Leaf	280.0	5740.0	0.6233194288311829	--
Lobelia inflata	Leaf	183.0	1620.0	-0.9675530189830753	--
Lonicera japonica	Flower		2990.0	0.1284831726656581	--
Lophatherum gracile	Plant		2490.0	-0.48933502413013985	--
Luffa aegyptiaca	Fruit	140.0	2800.0	0.31037078424597775	--
Lupinus albus	Seed	1980.0	2200.0	-0.2947807573698167	--
Lycium chinense	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.
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.
Lycopersicon esculentum	Leaf		4300.0	0.06728634027474291	--
Lycopersicon esculentum	Fruit	70.0	6000.0	1.792156703535766	--
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.
Lygodium japonicum	Pollen Or Spore		2270.0		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Macadamia spp	Seed	1160.0	1190.0	-0.6938251351008979	USDA's Ag Handbook 8 and sequelae)
Magnolia kobus	Flower		2120.0	-0.5002813535669076	--
Magnolia fargesii	Flower		2120.0	-0.5002813535669076	--
Magnolia denudata	Flower		2120.0	-0.5002813535669076	--
Magnolia officinalis	Bark		690.0	-0.722862448696057	--
Malpighia glabra	Fruit	180.0	2095.0	-0.01608517609755371	--
Malus domestica	Fruit	48.0	478.0	-0.7648501234386748	--
Mangifera indica	Fruit	84.0	875.0	-0.5810160578267854	--
Manihot esculenta	Root	290.0	2100.0	-0.2455907206102601	--
Medicago sativa	Plant	432.0	2300.0	-0.548317490259909	--
Mentha x piperita	Leaf	985.0	6610.0	0.9592560865006985	--
Mentha pulegium	Plant		5500.0	0.44507141297830793	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Leaf	630.0	4360.0	0.09045438563126122	USDA's Ag Handbook 8 and sequelae)
Mentha arvensis var. piperascens	Plant		2830.0	-0.38378745316107926	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
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
Morinda sp	Root		1200.0	-0.724484933561972	--
Moringa oleifera	Fruit	450.0	3815.0	0.7803747555207075	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	1470.0	6890.0	-0.08383731719594234	USDA's Ag Handbook 8 and sequelae)
Morus alba	Root Bark	2310.0	2450.0	0.5507122311924819	--
Murraya sp	Fruit	355.0	1118.0	-0.46849293958071714	--
Musa x paradisiaca	Fruit	355.0	1118.0	-0.46849293958071714	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Myrica cerifera</i>	Bark	107.0	490.0	-0.8592515899594639	--
<i>Myristica fragrans</i>	Seed	1830.0	2030.0	-0.36194664273049376	--
<i>Myristica fragrans</i>	Aril		1630.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Nardostachys chinensis</i>	Rhizome		2590.0	0.9749556771069214	--
<i>Nasturtium officinale</i>	Herb	210.0	4200.0	-0.6852790240602671	USDA's Ag Handbook 8 and sequelae)
<i>Nelumbo nucifera</i>	Seed	560.0	2650.0	-0.1169887078856715	--
<i>Nelumbo nucifera</i>	Rhizome	200.0	1215.0	-0.4416127218596474	--
<i>Nepeta cataria</i>	Plant	248.0	2070.0	-0.6197173176801558	--
<i>Notopterygium incisum</i>	Rhizome		2980.0	1.3767459866319847	--
<i>Nyssa sylvatica</i>	Stem	300.0	4400.0	-0.15315107642970374	--
<i>Nyssa sylvatica</i>	Leaf	500.0	9100.0	1.9207299687962087	--
<i>Ocimum basilicum</i>	Leaf	4100.0	4340.0	0.08273170384575512	USDA's Ag Handbook 8 and sequelae)
<i>Oenothera biennis</i>	Seed	4300.0	5300.0	0.9300089168542945	--
<i>Oenothera biennis</i>	Herb	2700.0	3900.0	-0.7287122016415516	--
<i>Ophiopogon japonicus</i>	Tuber	390.0	410.0	-0.9468036301285592	--
<i>Opuntia ficus-indica</i>	Seed		790.0	-0.8518625124201381	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Opuntia ficus-indica</i>	Bud		1420.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Origanum vulgare</i>	Plant	2600.0	3016.0	-0.32604672316035793	USDA's Ag Handbook 8 and sequelae)
<i>Origanum majorana</i>	Plant	3300.0	3900.0	-0.0516230386408005	USDA's Ag Handbook 8 and sequelae)
<i>Oryza sativa</i>	Plant	1100.0	2200.0	-0.5793608934861032	--
<i>Pachyrhizus erosus</i>	Tuber	160.0	1475.0	-0.08127069786511237	--
<i>Paeonia lactiflora</i>	Root	580.0	990.0	-0.836226916584038	--
<i>Paeonia suffruticosa</i>	Root Bark	930.0	1180.0	-1.2065855919594075	--
<i>Paeonia moutan</i>	Root Bark	930.0	1180.0	-1.2065855919594075	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Panax ginseng	Root	102.0	481.0	-1.107068199242284	--
Panax quinquefolius	Plant	980.0	2200.0	-0.5793608934861032	--
Panax japonicus	Rhizome		2400.0	0.7792116801588138	--
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.
Papaver somniferum	Seed	3148.0	15600.0	4.99947138282473	--
Parthenium integrifolium	Root	320.0	2000.0	-0.29880118871600586	--
Passiflora incarnata	Flower	275.0	2500.0	-0.22564857199406282	--
Pastinaca sativa	Root	230.0	2100.0	-0.2455907206102601	--
Perideridia gairdneri	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.
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.
Persea americana	Fruit	370.0	1740.0	-0.1804708015187646	--
Petasites japonicus	Pt	140.0	2545.0	1.0	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	250.0	3160.0	-0.28134422251463814	--
Phaseolus vulgaris	Fruit	210.0	18000.0	7.348853900872472	--
Phaseolus acutifolius	Seed	1500.0	1865.0	-0.42713706087468034	--
Phaseolus vulgaris	Sprout Seedling	210.0	2258.0	0.6301981860332678	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Seed	580.0	7000.0	1.6016677704610653	--
Phaseolus vulgaris	Seed	510.0	3430.0	0.1911841778868468	--
Phaseolus coccineus	Seed		1780.0	-0.46072000355501885	--
Phellodendron amurense	Bark		650.0	-0.7501402769487383	--
Phoenix dactylifera	Fruit	325.0	790.0	-0.6203759963079205	--
Phyllanthus emblica	Fruit	118.0	584.0	-0.7157659648622006	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Physalis ixocarpa	Fruit	230.0	2150.0	0.009383019390239524	--
Physalis peruviana	Fruit	310.0	1810.0	-0.14805673453430046	--
Phytelephas aequatorialis	Flower	440.0	1505.0	-0.9447528290071695	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	320.0	1005.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Pimenta dioica	Fruit	1200.0	1480.0	-0.3008659074610599	--
Pimpinella anisum	Fruit		1878.0	-0.11656878374939247	--
Pimpinella anisum	Seed		1878.0	-0.42200084611180505	--
Pinellia ternata	Tuber	560.0	710.0	-0.702991536533222	--
Pinus echinata	Shoot	255.0	2100.0	-0.7463296175015178	--
Pinus edulis	Seed	2180.0	2650.0	-0.1169887078856715	USDA's Ag Handbook 8 and sequelae)
Piper nigrum	Fruit	1809.0	2319.0	0.08763983825273146	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	949.0	1644.0	-0.5144527118435606	--
Pisum sativum	Plant	2200.0	3700.0	-0.11370984509318906	--
Pisum sativum	Fruit	218.0	2591.0	0.21359164139236345	--
Pisum sativum	Seed	319.0	1700.0	-0.4923274790188669	--
Plantago psyllium	Seed	111.0	510.0	-0.9624886765436063	--
Plantago major	Seed	318.0	1060.0	-0.745187282729651	--
Plantago asiatica	Plant		5320.0	0.38919328717115825	--
Platycodon grandiflorum	Root	1250.0	1510.0	-0.5595324824341601	--
Polygala tenuifolia	Root		960.0	-0.8521900570157618	--
Polygonum multiflorum	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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Polygonum multiflorum	Root		2340.0	-0.11788559715647026	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Portulaca oleracea	Herb	670.0	18700.0	1.4139912257018183	--
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.
Prunus serotina	Leaf	435.0	9600.0	2.1137970134338615	--
Prunus persica	Bark		4220.0	1.6844058946030764	--
Prunus cerasus	Fruit	90.0	648.0	-0.6861302464764049	--
Prunus persica	Seed		3810.0	0.341319686340125	--
Prunus dulcis	Seed	2297.0	3126.0	0.07107577112422428	USDA's Ag Handbook 8 and sequelae)
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.
Prunus serotina	Stem	28.0	5400.0	0.26836564768874727	--
Prunus persica	Fruit	68.0	850.0	-0.5925925103212369	--
Prunus domestica	Fruit	68.0	3400.0	0.5882056441128131	--
Prunus armeniaca	Fruit	76.0	615.0	-0.7014111637690807	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	98.0	735.0	-0.6458441917957137	USDA's Ag Handbook 8 and sequelae)
Psidium cattleianum	Fruit	170.0	880.0	-0.5787007673278952	--
Psophocarpus tetragonolobus	Seed	340.0	2623.0	-0.12765623085472022	--
Psophocarpus tetragonolobus	Leaf	80.0	346.0	-1.4594878487198142	--
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.
Pueraria pseudohirsuta	Root	1470.0	3690.0	0.6004557222710976	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<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>Pulsatilla chinensis</i>	Root		3190.0	0.3344033817423687	--
<i>Punica granatum</i>	Fruit		120.0	-0.9306249231592199	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pyrus communis</i>	Fruit	54.0	1110.0	-0.47219740437894164	--
<i>Quercus velutina</i>	Stem	235.0	6820.0	0.8669193959369481	--
<i>Quercus rubra</i>	Seed		500.0	-0.9664396109765873	--
<i>Quercus alba</i>	Bark	37.0	160.0	-1.0842936730440853	--
<i>Quercus stellata</i>	Stem	175.0	5880.0	0.47069367526560413	--
<i>Quercus phellos</i>	Stem	210.0	2940.0	-0.7685654936426423	--
<i>Quercus rubra</i>	Stem	200.0	8580.0	1.6087888303854219	--
<i>Quercus alba</i>	Stem	100.0	5320.0	0.2346443097592712	--
<i>Quisqualis indica</i>	Fruit		1040.0	-0.5046114713634058	--
<i>Raphanus sativus</i>	Root	85.0	3570.0	0.5366031605442027	--
<i>Raphanus sativus</i>	Seed		3960.0	0.40058370283484	--
<i>Rehmannia glutinosa</i>	Root		1190.0	-0.7298059803725465	--
<i>Rheum rhabarbarum</i>	Pt	90.0	1975.0	-1.0	--
<i>Rheum palmatum</i>	Rhizome	1980.0	2560.0	0.9440487302203782	--
<i>Rhizophora mangle</i>	Leaf		8800.0	1.8048897420136172	--
<i>Rhodymenia palmata</i>	Plant		5930.0	0.5785580468509434	--
<i>Rhus glabra</i>	Stem	147.0	4690.0	-0.030911226435352948	--
<i>Rhus copallina</i>	Stem	375.0	4270.0	-0.20794825056510238	--
<i>Rhus copallina</i>	Leaf	405.0	9600.0	2.1137970134338615	--
<i>Ribes rubrum</i>	Fruit	122.0	935.0	-0.5532325718401019	--
<i>Ribes nigrum</i>	Fruit	220.0	1720.0	-0.18973196351432575	--
<i>Ribes uva-crispa</i>	Fruit	86.0	938.0	-0.5518433975407677	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rosa laevigata	Fruit		2830.0	0.32426252723931953	--
Rosa canina	Fruit	260.0	1390.0	-0.3425411364410852	--
Rosmarinus officinalis	Leaf	910.0	2825.0	-0.5022614414063324	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Plant	2142.0	2483.0	-0.49150806235597344	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root		1870.0	-0.36797479725347537	--
Rubus idaeus	Fruit	175.0	1400.0	-0.33791055544330456	Revised USDA data received 1993.
Rubus chamaemorus	Fruit	270.0	1875.0	-0.11795795804872665	--
Rubus idaeus	Leaf	539.0	3190.0	-0.361322498820846	--
Rubus chingii	Fruit		2740.0	0.28258729825929424	--
Rumex acetosa	Leaf	460.0	4600.0	0.1831265670573345	--
Rumex crispus	Root	822.0	3200.0	0.33972442855294327	--
Ruscus aculeatus	Root	707.0	2340.0	-0.11788559715647026	--
Salix alba	Bark	941.0	5600.0	2.6254909693205843	--
Salvia officinalis	Leaf	444.0	2830.0	-0.5003307709599559	--
Salvia miltiorrhiza	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.
Sambucus nigra	Fruit	265.0	1635.0	-0.22909190199546076	--
Santalum acuminatum	Fruit	400.0	1715.0	-0.19204725401321607	--
Sassafras albidum	Leaf	990.0	6800.0	1.0326215634630065	--
Sassafras albidum	Stem	77.0	4760.0	-0.0014050557470613755	--
Schisandra chinensis	Fruit	414.0	2760.0	0.2918484602548554	--
Schizonepeta tenuifolia	Plant		3390.0	-0.20994439509439133	--
Scrophularia buergeriana	Root		2060.0	-0.2668749078525584	--
Scutellaria lateriflora	Plant	155.0	1130.0	-0.911525308006382	--
Scutellaria baicalensis	Root	7170.0	7220.0	2.478785246403923	--
Secale cereale	Seed	1185.0	1740.0	-0.47652374128694286	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sechium edule	Leaf	670.0	3785.0	-0.13157271570203932	--
Sechium edule	Fruit	140.0	2000.0	-0.060075695576469294	--
Senna alexandrina	Leaf	1577.0	7770.0	1.4071716300600525	--
Senna obtusifolia	Seed	2820.0	3220.0	0.10821455479424573	--
Senna occidentalis	Seed		2880.0	-0.026117215927108417	--
Serenoa repens	Fruit	510.0	3930.0	0.8336264369951842	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	3052.0	4082.0	0.4487851029172083	USDA's Ag Handbook 8 and sequelae)
Siegesbeckia orientalis	Plant		2660.0	-0.43656123864560953	--
Silybum marianum	Leaf	887.0	4030.0	-0.03696986382958952	--
Silybum marianum	Plant		4030.0	-0.01126661444674794	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Simmondsia chinensis	Seed		1410.0	-0.6069045775753158	--
Sinapis alba	Seed	2863.0	3282.0	0.13271034827872796	--
Sinomenium acutum	Rhizome		360.0	-1.3224607081261324	--
Smilax officinalis	Root	351.0	1670.0	-0.4743957334649669	--
Smilax spp	Root	351.0	1670.0	-0.4743957334649669	--
Solanum melongena	Fruit	85.0	1563.0	-0.262432085179481	--
Solanum tuberosum	Tuber	190.0	4250.0	2.173991167891756	--
Sophora subprostrata	Root		1880.0	-0.36265375044290077	--
Sophora angustifolia	Root	2140.0	3720.0	0.6164188627028213	--
Sorbus aucubaria	Fruit	190.0	1190.0	-0.4351527563966969	--
Spinacia oleracea	Plant	420.0	11000.0	2.1524585904189935	--
Spirulina pratensis	Plant		2550.0	-0.47070898219442325	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant		2550.0	-0.47070898219442325	--
Spondias tuberosa	Fruit		90.0	-0.9445166661525616	--
Spondias dulcis	Seed		1200.0	-0.6898742006679169	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spondias dulcis	Fruit	48.0	240.0	-0.8750579511858528	--
Stachys officinalis	Plant	185.0	1100.0	-0.9208383289742403	--
Stellaria media	Plant	439.0	5290.0	0.37988026620329995	--
Stevia rebaudiana	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.
Stevia rebaudiana	Leaf		3490.0	-0.24548227203825437	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphoricarpos orbiculatus	Stem	380.0	8800.0	1.7015225096914812	--
Symphytum officinale	Leaf	77.0	700.0	-1.3227963811163561	--
Symphytum officinale	Root		1700.0	-0.45843259303324313	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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.
Syzygium aromaticum	Flower	2640.0	3020.0	0.15016470805298793	--
Syzygium cumini	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.
Syzygium aromaticum	Fruit	2640.0	3020.0	0.4122435661971507	--
Tabebuia heptaphylla	Bark	145.0	810.0	-0.6410289639380128	--
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.
Tamarindus indica	Fruit	920.0	1341.0	-0.36523098333021004	USDA's Ag Handbook 8 and sequelae)
Tanacetum parthenium	Plant		2400.0	-0.5172740870337147	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum mongolicum	Plant		4050.0	-0.0050579338015090845	--
Taraxacum officinale	Root	225.0	1570.0	-0.5276062015707126	--
Taraxacum officinale	Leaf	360.0	2500.0	-0.6277550204208067	--
Tephrosia purpurea	Leaf		10300.0	2.384090875926575	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tetragonia tetragonioides	Leaf	390.0	6500.0	0.916781336680415	--
Tetrapanax papyrifera	Pith		2120.0	1.0	--
Thymus vulgaris	Leaf	733.0	4360.0	0.09045438563126122	--
Thymus vulgaris	Plant	1630.0	2992.0	-0.3334971399346445	USDA's Ag Handbook 8 and sequelae)
Tragopogon porrifolius	Root	140.0	1000.0	-0.8309058697734635	--
Trichosanthes anguina	Fruit	530.0	9815.0	3.5587233541890604	--
Trifolium pratense	Hay	2400.0	8100.0	1.0	--
Trifolium pratense	Flower	628.0	3490.0	0.4898420957878223	--
Trigonella foenum-graecum	Seed	157.0	1210.0	-0.6859232662349359	--
Triticum aestivum	Seed	530.0	3500.0	0.21884071891771384	--
Triticum aestivum	Plant	300.0	7000.0	0.9107224613712221	--
Turnera diffusa	Leaf	428.0	2040.0	-0.8053767014874471	--
Tussilago farfara	Flower		1080.0	-1.2519079136610092	--
Ulmus rubra	Bark	95.0	580.0	-0.7978764763909307	--
Urtica dioica	Leaf	1720.0	8600.0	1.727662924158556	--
Urtica dioica	Fruit Juice				Jim Duke's personal files.
Vaccinium myrtillus	Fruit	312.0	3900.0	0.8197346940018424	--
Vaccinium macrocarpon	Fruit	240.0	2000.0	-0.060075695576469294	--
Vaccinium vitis-idaea	Fruit	80.0	600.0	-0.7083570352657517	--
Vaccinium corymbosum	Fruit	48.0	332.0	-0.8324566060062714	--
Valeriana officinalis	Root	375.0	3180.0	0.3290823349317941	--
Valerianella locusta	Plant	3773.0	3798.0	-0.08328730993151867	--
Valerianella radicata	Plant	2940.0	3226.0	-0.26085557638534995	--
Verbascum thapsus	Leaf	1421.0	3230.0	-0.34587713524983377	--
Viburnum opulus	Bark		3110.0	0.9274461605911677	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vicia faba	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.
Vicia faba	Seed	380.0	2000.0	-0.37379944602943677	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	430.0	4207.0	-0.4549159897888148	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	176.0	2560.0	1.2536866452701125	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	2250.0	4962.0	0.7964673330195366	--
Vigna unguiculata	Seed	389.0	14400.0	4.52535925086701	--
Vigna unguiculata	Seed	3141.0	3952.0	0.3974229552884552	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	1777.0	2203.0	-0.2935954770399224	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	430.0	4207.0	-0.4549159897888148	--
Vigna mungo	Seed	1850.0	2076.0	-0.3437723443387811	--
Vigna unguiculata	Fruit	374.0	4160.0	0.9401297999441377	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	1270.0	1467.0	-0.5843842513073241	--
Viscum album	Leaf		3110.0	-0.3922132259628704	--
Vitis vinifera	Stem		4360.0	-0.17001174539444178	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	58.0	2310.0	0.08347231535472893	--
Xanthosoma sagittifolium	Leaf	510.0	3170.0	-0.36904518060635205	--
Xanthosoma sagittifolium	Root	270.0	2100.0	-0.2455907206102601	--
Yucca baccata	Root	106.0	510.0	-1.0916371634916178	--
Zea mays	Silk Stigma Style		1790.0		--
Zea mays	Seed	100.0	1600.0	-0.531836823348677	--
Zingiber officinale	Root	188.0	2690.0	0.0683510412136399	--
Zingiber officinale	Rhizome	430.0	2690.0	1.0779788333953992	--
Zizyphus jujuba	Fruit		620.0	-0.6990958732701904	--