

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for NIACIN

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	10.0	100.0	0.525398020316708	USDA's Ag Handbook 8 and sequelae)
Acacia farnesiana	Leaf	85.0	457.0	4.37280098796833	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant				--
Actaea racemosa	Root		31.5	-0.5430960054757538	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	5.0	30.0	-0.41038049882634875	--
Aegle marmelos	Fruit	1.0	26.0	-0.4638535570630949	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agathosma betulina	Leaf		42.0	-0.6750885614025129	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Albizia lebbek	Seed		52.0	0.2728180171173407	Wealth of India.
Allium sativum var. sativum	Leaf	6.0	44.0	-0.6507613828513281	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	7.0	90.0	-0.09123627617407809	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	9.0	53.0	-0.40857249469813267	--
Allium sativum var. sativum	Root	3.0	7.4	-1.2415693146230473	--
Allium schoenoprasum	Leaf	5.0	88.0	-0.11556345472526287	USDA's Ag Handbook 8 and sequelae)
Allium sativum var. sativum	Flower	4.0	34.0	-0.5956297814273982	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	1.0	75.0	1.0	--
Allium sativum var. sativum	Shoot	5.0	22.0	-1.0720100032147943	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	4.0	17.0	-1.0	--
Allium ampeloprasum	Leaf	5.0	57.0	-0.49263472226862703	--
Alocasia macrorrhiza	Root	4.8	16.0	-0.9923215777489093	--
Aloe spp.	Leaf	0.3	64.0	-0.4074895973394803	--
Aloe vera	Leaf		64.0	-0.4074895973394803	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Alpinia galanga</i>	Rhizome	10.0	71.0	-0.858429840924418	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Althaea officinalis</i>	Root	3.4	31.0	-0.5575871529684362	--
<i>Amaranthus</i> sp.	Leaf	6.0	118.0	0.2493442235425089	--
<i>Amaranthus spinosus</i>	Leaf	14.0	86.0	-0.13989063327644766	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amorphophallus konjac</i>	Root				--
<i>Amorphophallus campanulatus</i>	Root	7.0	79.0	0.8335630063290778	--
<i>Anacardium occidentale</i>	Fruit	3.0	21.0	-0.5306948798590275	--
<i>Anacardium occidentale</i>	Seed	18.0	22.0	-0.6252053381989392	--
<i>Anacardium occidentale</i>	Leaf	14.0	46.0	-0.6264342043001434	--
<i>Ananas comosus</i>	Fruit	2.0	33.0	-0.3702757051487892	--
<i>Anethum graveolens</i>	Plant	28.0	30.0	-0.6546703629814054	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
<i>Anethum graveolens</i>	Fruit	28.0	30.0	-0.41038049882634875	--
<i>Anethum graveolens</i>	Seed	28.0	30.0	-0.3857324434479313	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
<i>Angelica sinensis</i>	Root	15.0	68.0	0.5147577614900641	--
<i>Annona diversifolia</i>	Fruit	21.0	75.0	0.19119140633704487	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Annona reticulata</i>	Fruit	5.0	38.0	-0.3034343823528566	--
<i>Annona muricata</i>	Fruit	9.0	77.0	0.21792793545541794	--
<i>Annona glabra</i>	Fruit	6.0	45.0	-0.20985653043855088	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona squamosa</i>	Fruit	8.0	36.0	-0.3301709114712296	--
<i>Annona cherimola</i>	Fruit	9.0	50.0	-0.14301520764261824	--
<i>Apium graveolens</i>	Seed	2.5	12.0	-0.9245464566376991	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Apium graveolens</i>	Pt	3.0	57.0	0.7071067811865468	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Apium graveolens	Fruit	3.0	12.0	-0.6510092608917062	--
Arachis hypogaea	Leaf	16.0	74.0	-0.28585370458355636	--
Arachis hypogaea	Seed	141.0	182.0	4.16425255682122	--
Aralia cordata	Leaf	8.0	170.0	0.8818508658733134	--
Arctium lappa	Root	3.0	13.0	-1.079268462705004	--
Arctostaphylos uva-ursi	Leaf	1.4	12.0	-1.0399962396702847	--
Areca catechu	Seed	6.0	6.8	-1.0802038382258543	--
Armoracia rusticana	Root	16.0	90.0	1.1523682511680913	--
Arracacia xanthorrhiza	Root	36.0	125.0	2.1667485756558618	--
Artemisia vulgaris	Leaf	30.0	235.0	1.6724841687868186	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia dracunculus	Plant		90.0	0.18616654712916966	USDA's Ag Handbook 8 and sequelae)
Artocarpus heterophyllus	Fruit	4.0	15.0	-0.6109044672141466	--
Artocarpus altilis	Fruit	9.0	30.0	-0.41038049882634875	--
Asparagus officinalis	Shoot	11.0	366.0	3.2237146691656355	--
Asparagus officinalis	Root	18.0	181.0	3.7897570948362946	--
Astragalus membranaceus	Root				--
Avena sativa	Seed	6.0	44.0	0.03334512236633281	Jim Duke's personal files.*
Avena sativa	Plant	17.0	75.0	-0.024042680398474098	--
Averrhoa carambola	Fruit	3.0	53.0	-0.10291041396505868	USDA's Ag Handbook 8 and sequelae)
Averrhoa bilimbi	Fruit	2.0	52.0	-0.1162786785242452	--
Bactris gasipaes	Fruit	6.0	40.0	-0.27669785323448354	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Barosma betulina	Leaf				--
Basella alba	Leaf	5.0	70.0	-0.33450806168592595	--
Benincasa hispida	Fruit	2.0	102.0	0.5521345494350811	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Berberis vulgaris	Root		81.0	0.8915275962998075	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark		81.0	0.2578378448300648	--
Bertholletia excelsa	Seed	2.0	17.0	-0.7748758974183192	--
Beta vulgaris	Root	2.0	32.0	-0.5286048579830713	--
Beta vulgaris	Leaf	4.0	68.0	-0.3588352402371107	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Fruit	3.0	19.0	-0.5574314089774005	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	16.0	84.0	1.2307095961213725	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	14.0	88.0		--
Boehmeria nivea	Leaf	7.0	54.0	-0.5291254900954042	--
Boehmeria nivea	Shoot		67.0	-0.5100692757231685	--
Borago officinalis	Leaf	9.0	129.0	0.3831437055740252	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	4.0	44.0		--
Brassica oleracea var. capitata l.	Leaf	3.0	40.0	-0.6994157399536978	--
Brassica oleracea var. italica	Leaf	6.4	83.0	-0.17638140110322484	--
Brassica nigra	Leaf	3.03	47.87	-0.6036882923547856	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	10.0	65.0	-0.3953260080638879	--
Brassica oleracea var. gemmifera	Leaf	6.0	64.0	-0.4074895973394803	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Leaf	5.0	107.0	0.11554474151099259	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Flower	5.0	85.0	-0.09352864336463278	--
Brassica napus var. napobrassica	Root	7.0	68.0	0.5147577614900641	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	4.0	49.0	-0.03590584323186845	--
Brassica oleracea var. viridis l.	Leaf	3.7	61.0	-0.4439803651662575	--
Brassica oleracea var. botrytis l.	Leaf				--
Brassica chinensis	Leaf	5.0	107.0	0.11554474151099259	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Bromelia pinguin	Shoot	4.0	57.0	-0.6349449929435298	--
Brosimum alicastrum	Fruit	8.0	50.0	-0.14301520764261824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	2.0	19.0	-0.9053746927928147	--
Byrsonima crassifolia	Fruit	3.0	23.0	-0.5039583507406544	Morton, J.F., Major Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cajanus cajan	Seed	22.0	77.0	1.0211708132142405	--
Cajanus cajan	Fruit	18.0	75.0	0.19119140633704487	--
Calathea macrosepala	Flower	7.0	91.0	-0.03445792123960155	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	46.0	76.0	-0.2615265260323716	--
Canavalia ensiformis	Seed	18.0	35.0	-0.23606188422855112	--
Canavalia ensiformis	Fruit	20.0	93.0	0.43182016840240234	--
Canna indica	Root	4.0	13.0	-1.079268462705004	--
Cannabis sativa	Seed	21.0	24.0	-0.5653371145111872	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capsella bursa-pastoris	Plant	4.0	34.0	-0.5986145689740338	--
Capsicum frutescens	Fruit	9.0	158.0	1.3007573647495265	--
Capsicum annuum	Fruit	21.0	80.0	0.25803272913297753	--
Carica pentagona	Fruit	10.0	145.0	1.1269699254801016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Leaf	21.0	93.0	-0.05474550834730091	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Fruit	4.0	30.0	-0.41038049882634875	--
Carthamus tinctorius	Flower				--
Carthamus tinctorius	Seed	5.0	5.3	-1.1251050059916683	--
Carum carvi	Seed	21.0	56.0	0.3925544644928447	USDA's Ag Handbook 8 and sequelae)
Carum carvi	Fruit	21.0	56.0	-0.0628056202874991	--
Carya illinoensis	Seed	8.9	9.3	-1.0053685586161643	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Casimiroa edulis	Fruit	5.0	28.0	-0.4371170279447218	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Catha edulis	Leaf		148.0	0.6142519018102807	--
Caulophyllum thalictroides	Root	1.3	12.0	-1.1082507576903688	--
Centella asiatica	Leaf	12.0	112.0	0.17636268788895457	--
Chamaemelum nobile	Flower				--
Chenopodium album	Leaf	12.0	76.0	-0.2615265260323716	--
Chenopodium ambrosioides	Leaf	5.0	40.0	-0.6994157399536978	--
Chenopodium album	Seed		35.0	-0.23606188422855112	--
Chondrus crispus	Plant		83.0	0.08806890761626925	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	6.0	92.0	-0.06690909762289331	--
Chrysanthemum parthenium	Leaf	69.0	385.0	3.4970225601256777	--
Chrysanthemum coronarium	Bud	8.0	115.0	0.9999999999999998	--
Chrysanthemum parthenium	Plant				--
Chrysophyllum cainito	Fruit	9.0	58.0	-0.03606909116912605	--
Cicer arietinum	Seed	15.0	18.0	-0.7449417855744431	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	4.0	64.0	-0.4074895973394803	--
Cichorium intybus	Root	4.0	20.0	-0.8763923978074498	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	5.0	102.0	0.05472679513303063	USDA's Ag Handbook 8 and sequelae)
Cimicifuga racemosa	Root	6.6	31.5	-0.5430960054757538	--
Cinnamomum verum	Bark		8.0	-0.8750524278110635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	15.0	27.0	-0.45048529250390834	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	2.0	44.0	-0.2232247949977374	--
Citrus sinensis	Fruit	2.0	31.0	-0.39701223426716226	--
Citrus aurantiifolia	Fruit	1.0	29.0	-0.4237487633855353	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus aurantium	Fruit	3.0	24.0	-0.49059008618146793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus reticulata	Fruit	1.0	35.0	-0.3435391760304161	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Citrus limon	Fruit	10.0	19.0	-0.5574314089774005	--
Cnicus benedictus	Plant	0.4	3.1	-1.0316455776809799	--
Cnidioscolus chayamansa	Leaf	2.0	85.0	-0.15205422255204007	--
Cocos nucifera	Seed	5.0	10.0	-0.9844146803254511	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	13.0	14.0	-0.8646782329499472	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Leaf	52.0	56.0	-0.5047983115442195	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	13.0	48.0	0.1530815697418368	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Root	4.0	40.0	-0.2967464981001523	--
Colocasia esculenta	Leaf	8.0	105.0	0.0912175629598078	--
Corchorus olitorius	Leaf	11.0	102.0	0.05472679513303063	--
Coriandrum sativum	Leaf	13.0	136.0	0.468288830503172	--
Coriandrum sativum	Fruit	21.0	23.0	-0.5039583507406544	USDA's Ag Handbook 8 and sequelae)
Corylus avellana	Seed	10.0	54.0	0.33268624080509274	--
Crataegus rhipidophylla	Fruit				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus laevigata	Fruit				--
Crescentia alata	Seed		9.0	-1.014348792169327	--
Cucumis sativus	Fruit	3.0	76.0	0.2045596708962314	--
Cucumis melo	Fruit	4.6	68.0	0.0976135544227392	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	6.0	71.0	0.1377183481002988	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Flower	7.0	142.0	0.4676432168231639	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita spp	Fruit	5.0	85.0	0.3248740519289101	--
Cucurbita pepo	Seed	14.0	22.0	-0.6252053381989392	--
Cuminum cyminum	Fruit	46.0	49.0	-0.1563834722018048	--
Cuminum cyminum	Seed	46.0	49.0	0.18301568158571277	--
Curcuma longa	Plant	22.0	70.0	-0.09411242290768869	--
Curcuma longa	Rhizome	5.0	62.0	-1.1295129485847604	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	3.0	75.0	0.19119140633704487	--
Cydonia oblonga	Fruit	2.0	22.0	-0.5173266152998409	--
Cynara cardunculus	Flower	10.0	82.0	-0.12306400442714839	--
Cyphomandra betacea	Fruit	10.0	85.0	0.3248740519289101	--
Cyrtosperma chamissonis	Root	4.0	22.0	-0.81842780783672	--
Daucus carota	Root				--
Dioscorea villosa	Root	2.4	10.0	-1.1662153476610986	--
Dioscorea alata	Root	0.7	17.0	-0.9633392827635444	--
Dioscorea sp.	Root				--
Dioscorea pentaphylla	Root	4.0	29.0	-0.6155517429391659	--
Diospyros digyna	Fruit	2.0	10.0	-0.6777457900100793	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Durio zibethinus	Fruit	7.0	37.0	-0.3168026469120431	J Cell Biochem VOL. 22=1995
Echinacea spp	Root		17.0	-0.9633392827635444	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Echinacea purpurea	Root	17.0	68.0	0.5147577614900641	--
Elaeagnus commutata	Fruit	4.0	30.0	-0.41038049882634875	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	8.3	45.0	-0.20985653043855088	--
Elaeis guineensis	Fruit	13.0	19.0	-0.5574314089774005	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Eleocharis dulcis</i>	Tuber	10.0	53.0	-0.1021163580687781	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Seed	11.0	12.0	-0.9245464566376991	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	15.0	72.0	0.6306869414315236	--
<i>Ephedra sinica</i>	Plant	19.0	90.0	0.18616654712916966	--
<i>Equisetum arvense</i>	Plant	9.0	42.0	-0.4865029809592904	--
<i>Eriobotrya japonica</i>	Fruit	2.0	25.0	-0.4772218216222814	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	15.0	70.0	-0.33450806168592595	--
<i>Eryngium floridanum</i>	Shoot		70.0	-0.4726065605570601	--
<i>Erythrina fusca</i>	Leaf	47.0	65.0	-0.3953260080638879	--
<i>Erythrina berteroana</i>	Shoot	12.0	75.0	-0.41016870194687943	--
<i>Erythroxyllum coca</i>	Leaf	13.0	61.0	-0.4439803651662575	--
<i>Eugenia uniflora</i>	Fruit	0.3	21.0	-0.5306948798590275	--
<i>Eugenia brasiliensis</i>	Fruit	3.3	20.0	-0.544063144418214	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Eugenia floribunda</i>	Fruit	2.0	16.0	-0.5975362026549601	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eupatorium perfoliatum</i>	Plant	8.0	90.0	0.18616654712916966	--
<i>Euphrasia officinalis</i>	Plant	52.0	337.0	3.647611827084371	--
<i>Fagopyrum esculentum</i>	Seed	20.0	44.0	0.03334512236633281	--
<i>Ficus carica</i>	Fruit	3.0	32.0	-0.3836439697079757	--
<i>Foeniculum vulgare</i>	Fruit	60.0	66.0	0.07087702530436615	--
<i>Foeniculum vulgare</i>	Seed	7.0	66.0	0.6918955829316046	--
<i>Foeniculum vulgare</i>	Plant	7.0	65.0	-0.16418216541690328	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Fragaria spp</i>	Fruit	2.3	27.0	-0.45048529250390834	USDA's Ag Handbook 8 and sequelae)
<i>Frangula purshiana</i>	Bark	8.0	29.0	-0.5491524863663554	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Fucus vesiculosus	Plant	6.0	47.0	-0.4164332384500758	--
Garcinia mangostana	Fruit	6.0	38.0	-0.3034343823528566	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Genipa americana	Fruit	5.0	15.0	-0.6109044672141466	--
Gentiana lutea	Root	13.0	61.0	0.31188169659251	--
Ginkgo biloba	Seed	12.0	134.0	2.727415188315172	--
Ginkgo biloba	Leaf	84.0	350.0	3.071296935479944	--
Gliricidia sepium	Leaf	10.0	65.0	-0.3953260080638879	--
Gliricidia sepium	Flower	6.0	43.0	-0.5070236982398514	--
Glycine max	Seed	13.0	32.0	-0.3258642197601791	--
Glycine max	Fruit	14.0	46.0	-0.19648826587936435	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	8.0	58.0	-0.5121152930992617	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	11.0	70.0	0.5727223514607939	--
Gossypium sp	Seed		16.0	-0.8048100092621951	--
Gymnema sylvestre	Leaf	4.2	22.0	-0.9183603469143609	--
Harpagophytum procumbens	Root	15.0	79.0	0.8335630063290778	--
Helianthus tuberosus	Tuber	1.0	64.0	0.5397578926492557	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Seed	45.0	48.0	0.1530815697418368	--
Hibiscus rosa-sinensis	Flower	6.0	60.0	-0.33965665221892954	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Leaf	12.0	132.0	0.4196344734008024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	1.3	12.0	-0.8122224292191794	--
Hordeum vulgare	Seed	17.0	115.0	2.1586670632815284	Jim Duke's personal files.*
Hordeum vulgare	Stem				--
Humulus lupulus	Flower	81.0	435.0	3.352263480595522	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Humulus lupulus</i>	Fruit		435.0	5.003766647644194	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Hydrangea arborescens</i>	Root	44.0	125.0	2.1667485756558618	--
<i>Hydrastis canadensis</i>	Root	17.0	62.0	0.3408639915778749	--
<i>Hylocereus undatus</i>	Fruit	3.0	19.0	-0.5574314089774005	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hylocereus guatemalensis</i>	Fruit	3.0	25.0	-0.4772218216222814	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Inga edulis</i>	Seed	12.0	33.0	-0.2959301079163031	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inula helenium</i>	Root	15.0	70.0	0.5727223514607939	--
<i>Ipomoea batatas</i>	Root	6.0	26.0	-0.7024986278952605	--
<i>Ipomoea batatas</i>	Leaf	7.0	68.0	-0.3588352402371107	--
<i>Ipomoea aquatica</i>	Leaf	7.0	120.0	0.2736714020936937	--
<i>Juglans regia</i>	Seed	6.0	31.0	-0.35579833160405505	--
<i>Juglans nigra</i>	Seed		7.0	-1.0742170158570792	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans nigra</i>	Pericarp	0.8	7.0		--
<i>Juglans nigra</i>	Fruit				--
<i>Juniperus communis</i>	Fruit	4.0	12.0	-0.6510092608917062	--
<i>Justicia pectoralis</i>	Leaf	25.0	165.0	0.8210329194953514	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	5.2	42.87	-4.804240172473494E-4	--
<i>Lablab purpureus</i>	Fruit	8.0	45.0	-0.20985653043855088	--
<i>Lactuca sativa</i>	Leaf	4.0	67.0	-0.37099882951270313	--
<i>Lagenaria siceraria</i>	Fruit	3.2	72.0	0.1510866126594853	--
<i>Larrea tridentata</i>	Plant		0.0	-1.0750888180366929	--
<i>Lens culinaris</i>	Sprout Seedling	10.0	40.0	-0.6887067734783175	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	17.0	30.0	-0.3857324434479313	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lepidium meyenii	Root		56.0	0.16697022166568568	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	10.0	95.0	-0.030418329796116125	--
Licania platypus	Fruit	15.0	43.0	-0.23659305955692395	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Seed		15.0	-0.8347441211060711	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lobelia inflata	Leaf	3.7	33.0	-0.7845608648828445	--
Luffa aegyptiaca	Fruit	4.0	80.0	0.25803272913297753	--
Lupinus mutabilis	Fruit	8.0	28.0	-0.4371170279447218	--
Lupinus albus	Seed	22.0	24.0	-0.5653371145111872	--
Lupinus mutabilis	Seed	25.0	29.0	-0.4156665552918073	--
Lycium chinense	Fruit	6.0	7.0	-0.7178505836876389	Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycium chinense	Leaf	8.0	77.0	-0.2493629367567792	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	6.0	99.0	0.5120297557575215	--
Macadamia spp	Seed	13.0	22.0	-0.6252053381989392	--
Malpighia glabra	Fruit	4.0	47.0	-0.18312000132017783	--
Malus domestica	Fruit	1.0	7.0	-0.7178505836876389	--
Malva parviflora	Plant		9.0	-0.9489632815201067	--
Malva sylvestris	Leaf	4.0	60.0	-0.4561439544418499	--
Mammea americana	Fruit	2.0	50.0	-0.14301520764261824	--
Mangifera indica	Fruit	6.5	63.0	0.030772231626806576	--
Mangifera indica	Leaf	22.0	100.0	0.03039961658184584	--
Manihot esculenta	Root	6.0	44.0	-0.1808173181586928	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Manihot esculenta	Leaf	15.0	75.0	-0.273690115307964	--
Manilkara zapota	Fruit	2.0	10.0	-0.6777457900100793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	5.0	16.0	-0.9923215777489093	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Matricaria recutita	Plant				Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Mauritia flexuosa	Fruit	2.9	6.3	-0.7272083688790695	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	18.0	97.0	0.2842641866420701	--
Melicoccus bijugatas	Fruit	1.0	32.0	-0.3836439697079757	--
Mentha x piperita	Leaf	17.0	114.0	0.20068986644013934	--
Mentha spicata	Plant	4.0	65.0	-0.16418216541690328	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mimulus glabratus	Shoot	9.0	92.0	-0.19787998267226514	--
Momordica charantia	Leaf	15.0	103.0	0.06689038440862302	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	3.0	50.0	-0.14301520764261824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	72.0	321.0	2.718552846487764	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	8.0	105.0	-0.03554155028579542	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	2.0	52.0	-0.1162786785242452	--
Morus alba	Fruit	7.0	54.0	-0.08954214940587216	--
Mucuna pruriens	Seed	17.0	34.0	-0.2659959960724271	--
Muntingia calabura	Fruit	4.0	25.0	-0.4772218216222814	--
Murraya sp	Fruit	6.8	20.0	-0.544063144418214	--
Murraya koenigii	Leaf	23.0	85.0	-0.15205422255204007	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Pith		2.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Fruit	5.0	29.0	-0.4237487633855353	--
Musa x paradisiaca	Hull Husk		50.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Flower		6.0	-0.8712931513442106	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria dubia	Fruit	6.0	100.0	0.525398020316708	--
Myrciaria cauliflora	Fruit	2.0	18.0	-0.5707996735365871	--
Myrica cerifera	Bark	6.0	28.0	-0.5646715311970558	--
Nasturtium officinale	Herb	2.0	113.0	1.0	--
Nelumbo nucifera	Seed	4.0	78.0	1.0511049250581166	--
Nelumbo nucifera	Rhizome	21.0	130.0	0.9186705315156052	--
Nepeta cataria	Plant				--
Ocimum basilicum	Leaf	8.0	69.0	-0.34667165096151836	--
Opuntia ficus-indica	Fruit	3.0	27.0	-0.45048529250390834	--
Opuntia ficus-indica	Bud		4.6	-0.9999999999999999	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	41.0	44.0	-0.45847508395560455	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	62.0	67.0	-0.13615426841321743	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	40.0	65.0	0.6619614710877286	--
Oxalis tuberosa	Root	4.0	25.0	-0.7314809228806254	--
Pachira macrocarpa	Seed	38.0	40.0	-0.08639132500917115	--
Pachyrhizus erosus	Tuber	3.0	28.0	-1.5609214733370365	--
Panax quinquefolius	Plant	47.0	60.0	-0.23425190792611786	--
Panax ginseng	Root	17.0	80.0	0.8625453013144426	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Papaver somniferum</i>	Seed	9.2	11.0	-0.9544805684815751	--
<i>Parthenium integrifolium</i>	Root				--
<i>Passiflora foetida</i>	Fruit	14.0	78.0	0.23129620001460446	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Seed	19.0	88.0	1.3504460434968764	--
<i>Passiflora mollissima</i>	Fruit	25.0	310.0	3.3327335777458784	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora incarnata</i>	Flower	11.0	95.0	0.004922560177085936	--
<i>Passiflora edulis</i>	Fruit	15.0	60.0	-0.009332562050753002	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	38.0	680.0	8.278991464644891	--
<i>Passiflora ligularis</i>	Fruit	14.0	100.0	0.525398020316708	--
<i>Pastinaca sativa</i>	Root	2.0	34.0	-0.47064026801234154	--
<i>Peperomia pereskiiifolia</i>	Leaf	7.0	45.0	-0.6385977935757358	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	5.0	75.0	-0.273690115307964	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	5.0	312.0	3.3594701068642516	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Seed	5.0	42.0	-0.026523101321419173	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	8.0	57.0	-0.49263472226862703	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea schiedeana</i>	Fruit	6.0	30.0	-0.41038049882634875	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Persea americana</i>	Fruit	14.0	101.0	0.5387662848758945	--
<i>Petasites japonicus</i>	Pt	2.0	36.0	-1.4142135623730951	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	7.0	87.0	0.1441247016236409	--
<i>Phaseolus acutifolius</i>	Seed	28.0	31.0	-0.35579833160405505	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Leaf	13.0	98.0	0.006072438030661054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	10.0	49.5	0.19798273750765077	--
Phaseolus vulgaris	Sprout Seedling	29.0	312.0	1.9797867078051916	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	5.0	77.0	0.21792793545541794	--
Phaseolus coccineus	Seed	21.0	26.0	-0.5054688908234353	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	15.0	38.0	-0.14625954869692315	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Sprout Seedling	8.0	56.0	-0.5317365686969346	--
Phaseolus coccineus	Fruit		23.0	-0.5039583507406544	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phoenix dactylifera	Fruit	10.0	135.0	0.9932872798882364	--
Phyllanthus acidus	Fruit	4.0	58.0	-0.03606909116912605	--
Phyllanthus emblica	Fruit	2.0	12.0	-0.6510092608917062	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis peruviana	Fruit	3.0	81.0	0.271400993692164	--
Physalis ixocarpa	Fruit	20.0	253.0	2.5707424978722466	--
Phytolacca americana	Shoot	12.0	143.0	0.4389861751515776	--
Pimenta dioica	Leaf	1.4	1.8	-1.1640648502813271	--
Pimenta dioica	Fruit		3.1	-0.7699868154684664	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Pinus cembroides	Seed	45.0	100.0	1.7096553856233883	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	43.0	46.0	0.0932133460540848	USDA's Ag Handbook 8 and sequelae)
Pinus pinea	Seed	35.0	38.0	-0.14625954869692315	USDA's Ag Handbook 8 and sequelae)
Piper nigrum	Fruit	2.0	14.5	-0.6175885994937399	--
Piper betel	Leaf	6.0	48.0	-0.6021070257489586	--
Piper auritum	Leaf	9.0	100.0	0.03039961658184584	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Pistacia vera</i>	Seed	11.0	15.0	-0.8347441211060711	--
<i>Pisum sativum</i>	Seed	20.0	105.0	1.8593259448427684	--
<i>Pisum sativum</i>	Fruit	6.0	59.0	-0.022700826609939526	--
<i>Plantago major</i>	Seed	20.0	65.0	0.6619614710877286	--
<i>Plantago psyllium</i>	Seed		0.0	-1.283755798764211	--
<i>Platonia insignis</i>	Fruit	5.0	18.0	-0.5707996735365871	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Platycodon grandiflorum</i>	Root	78.0	103.0	1.5291380859778347	--
<i>Plectranthus amboinicus</i>	Leaf	2.0	36.0	-0.7480700970560673	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polymnia edulis</i>	Root	14.0	82.0	0.9205098912851724	--
<i>Portulaca oleracea</i>	Herb	5.0	79.0	-1.0	--
<i>Pourouma cecropiaefolia</i>	Fruit	3.0	16.7	-0.5881784174635295	J Cell Biochem VOL. 22=1995
<i>Pouteria caimito</i>	Fruit	34.0	130.0	0.9264459570923038	--
<i>Pouteria viridis</i>	Fruit	19.0	60.0	-0.009332562050753002	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	4.0	94.0	0.4451884329615889	--
<i>Prunus salicifolia</i>	Fruit	6.0	49.0	-0.1563834722018048	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus persica</i>	Fruit	10.0	82.0	0.2847692582513506	--
<i>Prunus cerasus</i>	Fruit	4.0	32.0	-0.3836439697079757	--
<i>Prunus armeniaca</i>	Seed		17.0	-0.7748758974183192	--
<i>Prunus dulcis</i>	Seed	26.0	63.0	0.6020932473999766	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Fruit	6.0	61.0	0.004035702508433525	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	5.0	34.0	-0.35690744058960266	USDA's Ag Handbook 8 and sequelae)
<i>Psidium guajava</i>	Fruit	0.3	86.0	0.33824231648809666	--
<i>Psidium cattleianum</i>	Fruit	3.0	38.0	-0.3034343823528566	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psophocarpus tetragonolobus	Seed	9.0	69.0	0.7816979184632326	--
Punica granatum	Fruit	3.0	50.0	-0.14301520764261824	--
Pyrus communis	Fruit	1.0	6.0	-0.7312188482468254	--
Quararibea cordata	Fruit	3.0	31.0	-0.39701223426716226	--
Quercus alba	Bark				--
Raphanus sativus	Leaf	40.0	348.0	3.046969756928759	--
Raphanus sativus	Fruit	2.0	59.0	-0.022700826609939526	--
Raphanus sativus	Root	3.0	68.0	0.5147577614900641	--
Rheum rhabarbarum	Leaf	1.0	33.0	-0.7845608648828445	--
Rheum rhabarbarum	Pt	2.0	57.0	0.7071067811865468	--
Rhizophora mangle	Leaf				--
Rhodymenia palmata	Plant				--
Ribes nigrum	Fruit	3.0	17.0	-0.5841679380957736	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	3.0	25.0	-0.4772218216222814	--
Ribes rubrum	Fruit	1.0	6.0	-0.7312188482468254	--
Ricinus communis	Seed		13.0	-0.8946123447938231	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rollinia mucosa	Fruit	5.0	22.0	-0.5173266152998409	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	13.0	68.0	0.0976135544227392	--
Rosmarinus officinalis	Leaf	9.0	30.0	-0.8210516327096217	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Plant	10.0	11.0	-0.9209353845164209	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	9.0	67.0	0.08424528986355267	Revised USDA data received 1993.
Rubus idaeus	Leaf	65.0	382.0	3.4605317922989003	--
Rumex crispus	Leaf	4.0	54.0	-0.5291254900954042	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rumex acetosa	Leaf	5.0	50.0	-0.5777798471977739	--
Rumex crispus	Root	14.0	54.0	0.10900563169495592	--
Ruscus aculeatus	Root	25.0	81.4	0.9031205142939536	--
Salix alba	Bark	17.0	99.0	0.5371806517826718	--
Salvia officinalis	Leaf	10.0	62.0	-0.4318167758906651	--
Sambucus nigra	Fruit	4.0	7.0	-0.7178505836876389	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Sambucus canadensis	Fruit	5.0	25.0	-0.4772218216222814	USDA's Ag Handbook 8 and sequelae)
Satureja hortensis	Plant		45.0	-0.44446113545376165	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit				--
Sclerocarya caffra	Seed		7.0	-1.0742170158570792	--
Sclerocarya caffra	Fruit	2.0	24.0	-0.49059008618146793	--
Scutellaria lateriflora	Plant	5.0	35.0	-0.5846006204721909	--
Secale cereale	Seed	10.0	111.0	2.038930615906024	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sechium edule	Shoot	8.0	110.0	0.026896308324385245	--
Sechium edule	Fruit	5.0	70.0	0.12435008354111225	--
Senna alexandrina	Leaf	15.0	73.9	-0.2870700635111155	--
Serenoa repens	Fruit	10.0	75.0	0.19119140633704487	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	36.0	57.0	0.4224885763367207	--
Sicana odorifera	Fruit	8.0	64.0	0.044140496185993104	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	21.0	105.0	0.0912175629598078	--
Silybum marianum	Leaf	2.2	10.0	-1.0643234182214696	--
Silybum marianum	Plant		10.0	-0.9349493330182638	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sinapis alba	Seed	79.0	84.0	1.2307095961213725	--
Smilax officinalis	Root				--
Smilax spp	Root				--
Solanum torvum	Fruit	26.0	178.0	1.568122655933257	--
Solanum sessiliflorum	Fruit	5.0	50.0	-0.14301520764261824	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum melongena	Fruit	0.9	98.0	0.49866149119833497	--
Solanum quitoensis	Fruit	12.0	180.0	1.59485918505163	--
Solanum tuberosum	Tuber	148.0	74.0	1.123279938756559	USDA's Ag Handbook 8 and sequelae)
Sonchus oleraceus	Leaf	8.0	118.0	0.2493442235425089	--
Spinacia oleracea	Plant	6.9	89.8	0.18336375742880084	USDA's Ag Handbook 8 and sequelae)
Spirulina spp.	Plant		160.0	1.1671429422581738	--
Spirulina pratensis	Plant		160.0	1.1671429422581738	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias mombin	Fruit	5.0	117.0	0.752658517822879	--
Spondias purpurea	Fruit	4.0	42.0	-0.24996132411611047	--
Spondias dulcis	Fruit	14.0	105.0	0.5922393431126406	--
Spondias pinnata	Fruit	3.0	31.0	-0.39701223426716226	--
Stachys officinalis	Plant				--
Stellaria media	Plant	4.0	47.0	-0.4164332384500758	--
Stevia rebaudiana	Leaf				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	10.0	89.0	-0.10339986544967049	--
Symphytum officinale	Root		67.0	0.48577546650469927	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium malaccense	Fruit	1.0	35.0	-0.3435391760304161	--
Syzygium jambos	Fruit	5.0	34.0	-0.35690744058960266	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Syzygium cumini	Fruit	2.0	21.0	-0.5306948798590275	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tabebuia heptaphylla	Bark	1.0	5.7	-0.9107462309216744	--
Tamarindus indica	Flower		60.0	-0.33965665221892954	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf		66.0	-0.38316241878829554	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	16.0	33.0	-0.3702757051487892	USDA's Ag Handbook 8 and sequelae)
Tanacetum parthenium	Plant		285.0	2.918886504988539	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	8.0	71.0	-0.32234447241033354	--
Taraxacum officinale	Root	4.7	33.1	-0.4967243334991701	--
Terminalia catappa	Seed	6.0	7.0	-1.0742170158570792	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	5.0	85.0	-0.15205422255204007	--
Theobroma bicolor	Seed	16.0	17.0	-0.7748758974183192	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Fruit	32.0	155.0	1.260652571071967	--
Theobroma cacao	Seed	17.0	50.0	0.21294979342958875	--
Theobroma speciosum	Fruit	12.0	30.0	-0.41038049882634875	J Cell Biochem VOL. 22=1995
Theobroma cacao	Fruit	19.0	45.0	-0.20985653043855088	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Leaf	9.0	54.0	-0.5291254900954042	--
Thymus vulgaris	Plant		54.0	-0.3183355989371754	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tragopogon porrifolius	Root	5.0	22.0	-0.81842780783672	--
Trichosanthes anguina	Fruit	3.0	56.0	-0.0628056202874991	--
Trifolium pratense	Flower	23.0	125.0	0.30027617080224206	--
Trigonella foenum-graecum	Seed	2.1	16.0	-0.8048100092621951	--
Triticum aestivum	Seed	15.0	117.0	2.21853528696928	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Triticum aestivum	Plant	20.0	73.0	-0.05207057740215993	--
Tropaeolum majus	Shoot	10.0	75.0	-0.41016870194687943	--
Tropaeolum tuberosum	Root	6.0	50.0	-0.006923548246503574	--
Turnera diffusa	Leaf	21.0	102.0	0.05472679513303063	--
Ullucus tuberosus	Root	3.0	39.0	-0.32572879308551717	--
Ulmus rubra	Bark	33.0	200.0	2.104604179683411	--
Urtica dioica	Leaf	10.0	52.0	-0.553452668646589	--
Vaccinium myrtillus	Fruit	5.0	65.0	0.057508760745179625	--
Vaccinium macrocarpon	Fruit	10.0	80.0	0.25803272913297753	--
Vaccinium corymbosum	Fruit	3.4	24.0	-0.49059008618146793	--
Valeriana officinalis	Root	6.0	52.0	0.051041041724226174	--
Verbascum thapsus	Leaf	42.0	95.0	-0.030418329796116125	--
Vicia faba	Seed	15.0	75.0	0.9613025895264885	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	8.0	55.0	-0.07617388484668562	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Fruit	1.0	59.0	-0.022700826609939526	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	18.0	20.0	-0.6850735618866912	--
Vigna mungo	Seed	20.0	26.0	-0.5054688908234353	--
Vigna unguiculata	Shoot	11.2	110.0	0.026896308324385245	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	6.8	85.0	-0.2472280725306782	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	21.0	36.0	-0.2061277723846751	--
Vigna unguiculata	Seed	13.0	48.0	0.1530815697418368	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	21.0	24.0	-0.5653371145111872	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	21.0	27.0	-0.47553477897955926	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	28.0	31.0	-0.35579833160405505	--
Vigna unguiculata	Shoot	11.2	110.0	0.026896308324385245	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Stem				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	3.0	15.4	-0.605557161390472	USDA's Ag Handbook 8 and sequelae)
Xanthosoma sagittifolium	Root	7.0	20.0	-0.8763923978074498	--
Yucca baccata	Root		0.0	-1.4560382975147472	--
Zea mays	Silk Stigma Style		25.0		--
Zea mays	Seed	16.0	71.0	0.8415661421509846	--
Zea mays	Cob	4.0	16.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Zingiber officinale	Root	3.6	51.0	0.0220587467388613	--
Zingiber officinale	Rhizome	5.0	135.0	1.0692722579935732	--
Zizyphus spina-christi	Fruit		41.0	-0.263329588675297	--
Zizyphus jujuba	Fruit	0.7	53.0	-0.10291041396505868	--