

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for PANTOTHENIC-ACID

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium endivia	Leaf	9.0	145.0	3.2839422517877095	--
Pisum sativum	Fruit	7.5	74.0	3.5653748983354596	--
Brassica oleracea var. botrytis l.	Leaf	5.35	63.0	0.8524389937224381	--
Cucumis sativus	Fruit	2.5	63.0	2.863724767267177	--
Brassica oleracea var. italica	Leaf	5.35	63.0	0.8524389937224381	USDA's Ag Handbook 8 and sequelae)
Nasturtium officinale	Plant	3.0	62.0	1.8932630005051823	--
Lycopersicon esculentum	Fruit	1.0	61.0	2.7361520161638526	--
Rhizophora mangle	Leaf		53.0	0.5559142061535026	--
Tetragonia tetragonioides	Leaf	3.0	50.0	0.466956769882822	--
Vicia faba	Seed		50.0	3.483240123326536	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna radiata	Sprout Seedling	2.9	48.0	1.0	USDA's Ag Handbook 8 and sequelae)
Avena sativa	Plant	3.5	45.3	0.9128756483055993	Jim Duke's personal files.*
Allium schoenoprasum	Leaf	2.0	40.0	0.17043198231388648	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	3.4	40.0	1.396638129578948	USDA's Ag Handbook 8 and sequelae)
Persea americana	Fruit	8.0	37.7	1.2499294658101254	--
Triticum aestivum	Plant	9.7	37.0	0.42561726367945957	--
Apium graveolens	Pt	1.0	36.0	0.9999999999999997	USDA's Ag Handbook 8 and sequelae)
Malpighia glabra	Fruit	3.0	36.0	1.1414926273722996	--
Zea mays	Seed	4.0	34.0	1.8074305020007495	USDA's Ag Handbook 8 and sequelae)
Lactuca sativa	Leaf	2.0	33.0	-0.03713536898436839	--
Punica granatum	Fruit	6.0	31.0	0.8225607496139891	USDA's Ag Handbook 8 and sequelae)
Citrus paradisi	Plant	3.0	31.0	0.07338228684128613	--
Arachis hypogaea	Seed	17.0	30.0	1.3884780966693027	--
Pastinaca sativa	Root	6.0	29.0	1.6633178021608177	--
Avena sativa	Seed	4.4	28.3	1.2104233244034384	Jim Duke's personal files.*

Plant	Part	Low PPM	High PPM	StdDev	Reference
Petroselinum crispum	Plant	3.0	26.0	-0.2201468605238584	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	2.0	25.0	1.085330921101074	--
Citrullus lanatus	Fruit		25.0	0.4398424963040165	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Rosmarinus officinalis	Leaf	8.0	25.0	-0.27435519903951683	USDA's Ag Handbook 8 and sequelae)
Abelmoschus esculentus	Fruit	2.0	24.0	0.3760561207523544	USDA's Ag Handbook 8 and sequelae)
Ipomoea batatas	Root	5.0	24.0	0.940834200836138	--
Ribes uva-crispa	Fruit	3.0	24.0	0.3760561207523544	--
Cynara cardunculus	Flower	3.0	23.0	1.0	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Shoot	2.0	22.4		--
Vigna radiata	Seed	18.0	22.0	0.5505732860064096	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	16.0	22.0	0.5505732860064096	--
Brassica oleracea var. gemmifera	Leaf	3.1	22.0	-0.3633126353101975	USDA's Ag Handbook 8 and sequelae)
Ribes nigrum	Fruit	4.0	22.0	0.24848336964903023	USDA's Ag Handbook 8 and sequelae)
Artocarpus altilis	Seed	8.0	20.0	0.34109708334068634	USDA's Ag Handbook 8 and sequelae)
Cajanus cajan	Seed	6.8	20.0	0.34109708334068634	--
Triticum aestivum	Seed	6.8	20.0	0.34109708334068634	--
Lens culinaris	Sprout Seedling	5.0	20.0	-1.0	USDA's Ag Handbook 8 and sequelae)
Theobroma cacao	Seed	13.0	20.0	0.34109708334068634	--
Carica papaya	Fruit	2.0	19.0	0.05712424299404392	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. capitata l.	Leaf	1.4	19.0	-0.4522700715808781	USDA's Ag Handbook 8 and sequelae)
Citrus sinensis	Fruit	2.0	19.0	0.05712424299404392	USDA's Ag Handbook 8 and sequelae)
Raphanus sativus	Root	0.8	18.0	0.07385387924652301	--
Solanum tuberosum	Tuber	3.0	18.0		USDA's Ag Handbook 8 and sequelae)
Cicer arietinum	Seed	15.0	18.0	0.13162088067496297	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Medicago sativa	Plant	2.0	18.0	-0.6897934963080896	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Seed	1.5	18.0	0.13162088067496297	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Flower	1.4	18.0	-1.0	--
Carya illinoensis	Seed	17.0	18.0	0.13162088067496297	--
Brassica oleracea	Stem	1.6	18.0		--
Citrus aurantiifolia	Fruit	2.0	18.0	-0.006662132557618176	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	2.4	18.0	-0.006662132557618176	Revised USDA data received 1993.
Cucurbita spp	Fruit	1.0	18.0	-0.006662132557618176	--
Prunus armeniaca	Fruit	2.4	17.6	-0.03217668277828292	USDA's Ag Handbook 8 and sequelae)
Mentha spicata	Leaf	2.5	17.0	-0.5115750290946652	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	6.0	17.0	0.026882779342101273	--
Annona reticulata	Fruit	5.0	17.0	-0.07044850810928027	--
Daucus carota	Root	2.0	17.0	-0.07064284101841282	--
Vigna unguiculata	Seed	15.0	17.0	0.026882779342101273	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	3.0	16.0	-0.5412275078515588	USDA's Ag Handbook 8 and sequelae)
Vaccinium macrocarpon	Fruit	2.2	16.0	-0.13423488366094238	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Seed	2.3	16.0	-0.07785532199076041	--
Citrus reticulata	Fruit	2.0	16.0	-0.13423488366094238	USDA's Ag Handbook 8 and sequelae)
Allium cepa	Bulb	1.0	16.0	1.0	USDA's Ag Handbook 8 and sequelae)
Artocarpus altilis	Fruit	4.0	15.5	-0.1661280714367734	--
Brassica napus var. napobrassica	Root	2.0	15.0	-0.35963628154828453	USDA's Ag Handbook 8 and sequelae)
Ficus carica	Fruit	3.0	14.0	-0.26180763476426655	USDA's Ag Handbook 8 and sequelae)
Fagopyrum esculentum	Seed		14.0	-0.28733152465648376	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucumis melo	Fruit	1.2	14.0	-0.26180763476426655	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	2.0	14.0	-0.26180763476426655	--
Rheum rhabarbarum	Pt	0.8	13.3	-1.0000000000000002	--
Annona muricata	Fruit	2.5	13.0	-0.32559401031592866	--
Anacardium occidentale	Seed	12.0	13.0	-0.39206962598934547	--
Prunus domestica	Fruit	1.8	13.0	-0.32559401031592866	USDA's Ag Handbook 8 and sequelae)
Hordeum vulgare	Seed	2.0	12.0	-0.4968077273222071	Jim Duke's personal files.*
Corylus avellana	Seed	11.0	12.0	-0.4968077273222071	USDA's Ag Handbook 8 and sequelae)
Glycine max	Seed	6.0	12.0	-0.4968077273222071	--
Beta vulgaris	Root	1.5	11.8	-0.822025786396079	USDA's Ag Handbook 8 and sequelae)
Ananas comosus	Fruit	1.0	11.0	-0.4531667614192529	--
Zingiber officinale	Root	2.0	11.0	-0.9376231626080279	USDA's Ag Handbook 8 and sequelae)
Gossypium sp	Seed		11.0	-0.6015458286550688	--
Secale cereale	Seed	10.0	11.0	-0.6015458286550688	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Zingiber officinale	Rhizome	2.0	11.0		--
Psidium guajava	Fruit	2.0	11.0	-0.4531667614192529	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. viridis l.	Leaf	0.64	10.5	-0.7043161410144733	--
Musa x paradisiaca	Fruit	2.5	10.1	-0.5105744994157486	USDA's Ag Handbook 8 and sequelae)
Solanum melongena	Fruit	0.8	10.0	-0.5169531369709149	--
Sesamum indicum	Seed	0.5	10.0	-0.7062839299879305	--
Phoenix dactylifera	Fruit	8.0	10.0	-0.5169531369709149	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	0.9	10.0	-0.5169531369709149	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Seed	9.0	10.0	-0.7062839299879305	USDA's Ag Handbook 8 and sequelae)
Prunus cerasus	Fruit	1.0	10.0	-0.5169531369709149	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Urtica dioica	Leaf		10.0	-0.7191423803929201	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Juglans regia	Seed	3.0	10.0	-0.7062839299879305	--
Panax quinquefolius	Plant	7.0	10.0	-1.1594401320923207	--
Mangifera indica	Fruit	1.6	8.8	-0.5934967876329093	--
Spinacia oleracea	Plant	0.57	8.7	-1.2357577104072583	--
Annona squamosa	Fruit	2.0	8.0	-0.6445258880742392	--
Murraya sp	Fruit	2.5	7.7	-0.6636618007397376	--
Allium sativum var. sativum	Bulb	2.6	7.5	-1.0	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic-The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.
Zea mays	Cob	3.0	7.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Erythroxylum coca	Leaf		7.0	-0.8080998166636008	--
Sambucus canadensis	Fruit	1.0	7.0	-0.7083122636259013	USDA's Ag Handbook 8 and sequelae)
Panax ginseng	Root		6.6	-1.5734087317737453	--
Vaccinium corymbosum	Fruit	0.9	6.0	-0.7720986391775634	--
Brassica oleracea var. sabellica l.	Leaf	1.0	6.0	-0.8377522954204943	--
Pisum sativum	Seed	1.0	5.0	-1.229974436652239	--
Capsicum frutescens	Fruit	1.0	5.0	-0.8358850147292255	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	4.0	5.0	-1.229974436652239	USDA's Ag Handbook 8 and sequelae)
Capsicum annum	Fruit	0.0	5.0	-0.8358850147292255	USDA's Ag Handbook 8 and sequelae)
Malus domestica	Fruit	1.0	4.0	-0.8996713902808875	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Seed	1.0	4.0	-1.3347125379851006	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	1.0	4.0	-0.8996713902808875	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Pyrus communis</i>	Fruit	0.7	4.0	-0.8996713902808875	--
<i>Bertholletia excelsa</i>	Seed	2.0	3.0	-1.4394506393179622	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	0.19	2.79	-0.9329367522301226	USDA's Ag Handbook 8 and sequelae)
<i>Tamarindus indica</i>	Fruit	1.0	2.0	-1.0272441413842117	USDA's Ag Handbook 8 and sequelae)
<i>Vitis vinifera</i>	Fruit	0.2	1.3	-1.0718946042703752	USDA's Ag Handbook 8 and sequelae)
<i>Linum usitatissimum</i>	Seed				ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Portulaca oleracea</i>	Plant				--
<i>Salvia officinalis</i>	Plant				Stitt, Paul. Why George should eat broccoli.
<i>Alisma plantago-aquatica</i>	Plant				--
<i>Anemarrhena asphodeloides</i>	Rhizome				Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Angelica sinensis</i>	Root				Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Ilex paraguariensis</i>	Leaf				--
<i>Camellia sinensis</i>	Leaf				--
<i>Lablab purpureus</i>	Plant				--