

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for PHOSPHORUS

Plant	Part	Low PPM	High PPM	StdDev	Reference
Beta vulgaris	Root	260.0	45580.0	7.390730333501335	--
Xanthosoma sagittifolium	Leaf	610.0	38416.0	6.153360815142381	--
Chenopodium album	Leaf	720.0	36833.0	5.862109430559832	--
Momordica charantia	Leaf	540.0	33467.0	5.2428092659958	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	400.0	30250.0	8.211303063678573	--
Linum usitatissimum	Seed	3961.0	20335.0	3.9590351958118073	--
Luffa aegyptiaca	Seed		18300.0	3.4212680955360475	--
Murraya koenigii	Leaf	6000.0	17800.0	2.36028529742043	--
Lepidium sativum	Seed	16500.0	17500.0	3.2098608816684266	--
Serenoa repens	Fruit	2105.0	16200.0	3.94375903676458	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Caulophyllum thalictroides	Root	1716.0	15600.0	2.122965110017675	--
Vigna unguiculata	Seed	520.0	15593.0	2.705918935611486	--
Limonia acidissima	Seed	14300.0	14895.0	2.5214661415119872	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrullus lanatus	Seed	8300.0	14600.0	2.443509731398302	--
Luffa aegyptiaca	Leaf	330.0	14141.0	1.687076948596962	--
Sesamum indicum	Leaf		14000.0	1.6611347848407145	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lactuca sativa	Leaf	108.0	13920.0	1.6464158266811415	--
Phaseolus vulgaris	Fruit	370.0	13500.0	3.123661608104951	--
Physalis angulata	Fruit	1350.0	13500.0	3.123661608104951	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita pepo	Seed	10600.0	12982.0	2.015938641351039	--
Ceiba pentandra	Seed	9700.0	12690.0	1.9387750082893578	--
Cucumis sativus	Fruit	158.0	12600.0	2.850295798551741	--
Ipomoea aquatica	Leaf	420.0	12360.0	1.3593961425694687	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Nasturtium officinale</i>	Herb	600.0	12000.0	1.0	--
<i>Acrocomia totai</i>	Fruit		12000.0	2.6680519255162682	--
<i>Cannabis sativa</i>	Seed	9700.0	11227.0	1.5521640659289466	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vaccinium myrtillus</i>	Fruit	856.0	10700.0	2.2731902006060767	--
<i>Phaseolus lunatus</i>	Sprout Seedling	3820.0	10611.0	2.046625909896273	--
<i>Eriodictyon californicum</i>	Leaf	2332.0	10600.0	1.0355790630588637	--
<i>Raphanus sativus</i>	Fruit	240.0	10526.0	2.2203394774257896	--
<i>Asparagus officinalis</i>	Shoot	390.0	10244.0	3.108349356664769	--
<i>Avena sativa</i>	Seed	500.0	10200.0	1.2807700551263885	Jim Duke's personal files.*
<i>Cucurbita pepo</i>	Flower	490.0	10100.0	2.686824447078974	USDA's Ag Handbook 8 and sequelae)
<i>Amaranthus sp.</i>	Leaf	487.0	10082.0	0.9402738089756288	--
<i>Crescentia alata</i>	Seed	9680.0	10020.0	1.233203432006174	--
<i>Arachis hypogaea</i>	Plant	800.0	10000.0	3.080888221630494	--
<i>Terminalia catappa</i>	Seed	7890.0	9835.0	1.1843155137992867	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Erythroxylum coca</i>	Leaf	3630.0	9740.0	0.8773502628434544	--
<i>Elytrigia repens</i>	Plant	2800.0	9510.0	2.845425049277088	--
<i>Sinapis alba</i>	Seed	8100.0	9330.0	1.0508647100453512	--
<i>Papaver somniferum</i>	Seed	8290.0	9277.0	1.0368589821266212	--
<i>Hordeum vulgare</i>	Seed	1890.0	9200.0	1.0165110377918627	Jim Duke's personal files.*
<i>Brassica oleracea var. botrytis l.</i>	Leaf	644.0	9090.0	0.7577587277969241	--
<i>Brassica oleracea var. italica</i>	Leaf	644.0	9090.0	0.7577587277969241	--
<i>Phaseolus lunatus</i>	Seed	1130.0	9000.0	0.9636592343249576	--
<i>Sesamum indicum</i>	Seed	5000.0	8898.0	0.936704814556836	--
<i>Phoenix dactylifera</i>	Fruit	370.0	8795.0	1.69456590371845	--
<i>Prunus dulcis</i>	Seed	4420.0	8735.0	0.8936305947313082	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Lycopersicon esculentum</i>	Fruit	110.0	8400.0	1.57458868730343	--
<i>Momordica charantia</i>	Fruit	320.0	8333.0	1.5542381214811356	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amorphophallus campanulatus</i>	Shoot		8100.0	2.1362214977672958	--
<i>Glycine max</i>	Seed	1580.0	8040.0	0.7099705776838129	--
<i>Brassica chinensis</i>	Leaf	370.0	7907.0	0.5401021340122389	--
<i>Brassica rapa</i>	Leaf	370.0	7907.0	0.5401021340122389	USDA's Ag Handbook 8 and sequelae)
<i>Abelmoschus esculentus</i>	Seed		7900.0	0.6729743152569793	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Apium graveolens</i>	Root	470.0	7900.0	0.7700033948467552	USDA's Ag Handbook 8 and sequelae)
<i>Portulaca oleracea</i>	Herb	320.0	7740.0	-1.0	--
<i>Mentha x piperita</i>	Leaf	1150.0	7720.0	0.5056965693142372	--
<i>Vaccinium macrocarpon</i>	Fruit	924.0	7700.0	1.3619708354287114	--
<i>Anethum graveolens</i>	Plant	600.0	7625.0	1.9396126413461277	--
<i>Borago officinalis</i>	Leaf	530.0	7579.0	0.47975440555798987	USDA's Ag Handbook 8 and sequelae)
<i>Rumex crispus</i>	Root	1945.0	7570.0	0.71201932133943	--
<i>Rumex crispus</i>	Leaf	560.0	7568.0	0.4777305488110486	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Brassica pekinensis</i>	Leaf	4560.0	7560.0	0.4762586529950913	--
<i>Basella alba</i>	Leaf	520.0	7535.0	0.47165897857022476	--
<i>Asparagus officinalis</i>	Root	746.0	7460.0	0.6926912968369884	--
<i>Helianthus annuus</i>	Seed	6930.0	7450.0	0.5540577574564426	--
<i>Brassica oleracea var. botrytis l.</i>	Flower	385.0	7375.0	1.5411143666705196	--
<i>Pastinaca sativa</i>	Root	400.0	7365.0	0.6759989120394251	--
<i>Glycine max</i>	Fruit	2250.0	7305.0	1.2419936190136918	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Acacia tortilis</i>	Seed		7300.0	0.5144189048562637	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Capsella bursa-pastoris	Plant	600.0	7288.0	1.7776716432173565	--
Oenothera biennis	Seed	4100.0	7257.0	0.5030557671108792	--
Brassica napus var. napobrassica	Root	290.0	7250.0	0.6557923409686905	--
Triticum aestivum	Plant	400.0	7200.0	1.7353843796110304	--
Lepidium sativum	Leaf	760.0	7170.0	0.4045037319671731	--
Nelumbo nucifera	Seed	590.0	7130.0	0.4694948719093944	--
Armoracia rusticana	Root	1278.0	7100.0	0.6294359439199063	--
Lupinus mutabilis	Seed	6350.0	7100.0	0.4615671013893586	--
Silybum marianum	Plant		7060.0	1.6681091875100573	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	1553.0	7060.0	0.3842651644977603	--
Eleutherococcus senticosus	Root	1470.0	7000.0	0.6118650125540502	--
Citrus mitis	Fruit	700.0	7000.0	1.149352983553993	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hydrangea arborescens	Root	2450.0	7000.0	0.6118650125540502	--
Hordeum vulgare	Plant	2300.0	6900.0	1.5912232536803737	Jim Duke's personal files.*
Apium graveolens	Pt	201.0	6849.0	1.363371911682067	--
Apium graveolens	Seed	980.0	6843.0	0.3936525339343855	--
Triticum aestivum	Seed	800.0	6800.0	0.3822893961890009	--
Agathosma betulina	Leaf		6780.0	0.33274881093925496	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Barosma betulina	Leaf		6780.0	0.33274881093925496	--
Corchorus olitorius	Leaf	830.0	6755.0	0.3281491365143884	--
Bertholletia excelsa	Seed	6000.0	6750.0	0.36907644532227457	--
Allium schoenoprasum	Leaf	410.0	6670.0	0.31251024346984213	--
Carum carvi	Seed	5650.0	6580.0	0.3241524123754052	--
Vigna radiata	Sprout Seedling	455.0	6560.0	0.11559491863278125	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. capitata l.	Leaf	214.0	6500.0	0.2812324573807496	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hibiscus sabdariffa	Leaf	480.0	6458.0	0.2735050043469738	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Leaf	720.0	6452.0	0.27240108248500583	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pisum sativum	Plant	1800.0	6400.0	1.3509547104626125	--
Passiflora edulis	Seed		6400.0	0.27658578925519056	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Luffa aegyptiaca	Fruit	190.0	6400.0	0.96710911051852	--
Vigna unguiculata	Seed	5342.0	6375.0	0.2699793138218274	USDA's Ag Handbook 8 and sequelae)
Calathea macrosepala	Flower	490.0	6365.0	1.1164658598035329	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sechium edule	Shoot	470.0	6350.0	1.342740269656019	--
Carica papaya	Leaf	1420.0	6311.0	0.24645891872875847	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Rhizome	640.0	6307.0	1.0401873086070448	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carum carvi	Fruit	5680.0	6302.0	0.9373426112560593	--
Abelmoschus esculentus	Fruit	630.0	6300.0	0.9367351316792745	USDA's Ag Handbook 8 and sequelae)
Anacardium occidentale	Seed	3730.0	6255.0	0.2382682317416843	--
Pisum sativum	Seed	1038.0	6250.0	0.23694693665501168	--
Cynara cardunculus	Flower	860.0	6240.0	1.0639103515279158	--
Pinus cembroides	Seed	5150.0	6235.0	0.23298305139499378	USDA's Ag Handbook 8 and sequelae)
Spinacia oleracea	Plant	250.0	6232.0	1.2702244799414446	--
Tropaeolum majus	Shoot	850.0	6200.0	1.2747275929607667	--
Albizia lebeck	Seed		6200.0	0.22373398578828538	Wealth of India.
Lens culinaris	Sprout Seedling	1610.0	6165.0	-0.07269371171752223	USDA's Ag Handbook 8 and sequelae)
Passiflora ligularis	Fruit	300.0	6095.0	0.8744684750588212	--
Ipomoea batatas	Leaf	300.0	6090.0	0.2057977968129382	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna subterranea	Seed	2240.0	6042.0	0.18198106104943032	--
Vetiveria zizanioides	Fruit	500.0	6000.0	0.8456131951615379	--
Hibiscus sabdariffa	Seed		6000.0	0.17088218232138022	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ginkgo biloba	Leaf	1440.0	6000.0	0.1892389688834186	--
Foeniculum vulgare	Seed	644.0	5960.0	0.1603118216279992	--
Foeniculum vulgare	Fruit	4449.0	5960.0	0.8334636036258397	--
Hordeum vulgare	Stem		5950.0	2.566643749048099	--
Beta vulgaris	Leaf	290.0	5946.0	0.17930367212570686	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	2130.0	5880.0	0.13917110024123713	--
Juglans nigra	Seed	4475.0	5880.0	0.13917110024123713	--
Lupinus mutabilis	Fruit	1680.0	5875.0	0.807645721612481	--
Raphanus sativus	Root	160.0	5850.0	0.4097993018467051	--
Solanum melongena	Fruit	189.0	5836.0	0.7957998698651753	--
Colocasia esculenta	Leaf	490.0	5800.0	0.1524415734844862	--
Cichorium endivia	Leaf	242.0	5760.0	0.14508209440469974	--
Cassia tora	Sprout Seedling		5700.0	-0.2943499474463605	--
Verbascum thapsus	Leaf	2508.0	5700.0	0.13404287578502	--
Theobroma bicolor	Seed	5490.0	5695.0	0.09028318203434986	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Leaf	750.0	5682.0	0.1307311101991161	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cuminum cyminum	Seed	4900.0	5673.0	0.0844694836529903	--
Cuminum cyminum	Fruit	4900.0	5673.0	0.7462902843572051	--
Cyclanthera pedata	Fruit	260.0	5615.0	0.7286733766304427	--
Panicum maximum	Leaf		5600.0	0.11564417808555381	--
Oryza sativa	Seed	528.0	5588.0	0.0620074671795556	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Theobroma cacao	Seed	3600.0	5571.0	0.05751506388486866	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Valerianella radicata	Plant	4647.0	5552.0	0.9434592611652892	--
Cucurbita spp	Fruit	350.0	5540.0	0.7058928925010086	--
Allium cepa	Leaf	310.0	5513.0	0.09963731108701822	--
Lycopersicon esculentum	Leaf		5500.0	0.09724548038608762	--
Pinus pinea	Seed	5080.0	5445.0	0.024218427700718415	USDA's Ag Handbook 8 and sequelae)
Sonchus oleraceus	Leaf	370.0	5440.0	0.08620626176640789	--
Vigna aconitifolia	Seed	2300.0	5418.0	0.01708343423268622	--
Glycine max	Plant	2400.0	5410.0	0.8752229948914451	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna aconitifolia	Plant	1800.0	5400.0	0.8704176240270899	--
Dipsacus fullonum	Plant		5400.0	0.8704176240270899	--
Artocarpus altilis	Seed	1750.0	5385.0	0.008362886660646867	USDA's Ag Handbook 8 and sequelae)
Perilla frutescens	Seed	330.0	5339.0	-0.00379302813674132	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Zingiber officinale	Rhizome	320.0	5323.0	0.4586280406131061	--
Aralia cordata	Leaf	250.0	5320.0	0.06412782452704846	--
Pistacia vera	Seed	4300.0	5280.0	-0.019384310159478342	--
Citrus paradisi	Fruit	76.0	5280.0	0.6269205475189703	--
Lens culinaris	Seed	2420.0	5275.0	-0.02070560524615097	--
Taraxacum officinale	Leaf	590.0	5268.0	0.054560501723326035	--
Moringa oleifera	Shoot	1120.0	5250.0	0.8439806405575019	USDA's Ag Handbook 8 and sequelae)
Pisum sativum	Fruit	530.0	5240.0	0.614770955983272	--
Cucurbita pepo	Fruit	440.0	5238.0	0.6141634764064872	USDA's Ag Handbook 8 and sequelae)
Phytolacca americana	Shoot	440.0	5238.0	0.8385396264218817	--
Ocimum basilicum	Leaf	380.0	5235.0	0.04848893148250219	--
Chrysanthemum coronarium	Leaf	340.0	5230.0	0.047568996597528876	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Bulb	880.0	5220.0	1.0	--
Perilla frutescens	Leaf	730.0	5214.0	0.044625204965614285	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Root	460.0	5204.0	0.29629108522327463	--
Tephrosia purpurea	Leaf	2600.0	5200.0	0.04204938728768902	--
Helianthus tuberosus	Tuber	660.0	5200.0	1.3911427637816502	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
Mimulus glabratus	Shoot	520.0	5200.0	0.8213097483257511	--
Panax quinquefolius	Plant	2700.0	5200.0	0.7743102067399853	--
Spondias dulcis	Fruit	670.0	5115.0	0.5768034824342152	--
Brassica oleracea	Stem	400.0	5110.0	1.9403763589789504	--
Juglans regia	Seed	2800.0	5100.0	-0.06695093327969298	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Plant	510.0	5100.0	0.7262564980964331	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Daucus carota	Root	340.0	5090.0	0.2762602234661987	--
Acalypha indica	Leaf	990.0	5075.0	0.01905101516335627	Wealth of India.
Vicia faba	Fruit	740.0	5070.0	0.5631351919565547	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Erythrina berteroana	Shoot	800.0	5060.0	0.7578312500768489	--
Psophocarpus tetragonolobus	Seed	334.0	5058.0	-0.07804981200774307	--
Chrysanthemum parthenium	Plant		5010.0	0.683008160317236	--
Chrysanthemum parthenium	Leaf	902.0	5010.0	0.0070918616587032435	--
Tanacetum parthenium	Plant		5010.0	0.683008160317236	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Theobroma cacao	Fruit	500.0	5000.0	0.5418734067690828	J Cell Biochem VOL. 22=1995
Ephedra nevadensis	Plant		5000.0	0.6782027894528808	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Brassica rapa	Root	270.0	5000.0	0.2604463852369282	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Bromelia pinguin	Shoot	225.0	5000.0	0.7306261793987481	--
Malva sylvestris	Leaf	360.0	5000.0	0.005251991888756623	--
Coix lacryma-jobi	Seed	500.0	5000.0	-0.09337683501314556	--
Vicia faba	Seed	950.0	5000.0	-0.09337683501314556	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. gemmifera	Leaf	690.0	4927.0	-0.0081790574318537	USDA's Ag Handbook 8 and sequelae)
Lupinus albus	Seed	4400.0	4900.0	-0.11980273674659814	--
Malva parviflora	Plant	670.0	4891.0	0.6258242470314088	--
Glycine max	Sprout Seedling	580.0	4891.0	-0.6799841296068554	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cajanus cajan	Fruit	1240.0	4888.0	0.5078545504691282	--
Benincasa hispida	Fruit	70.0	4870.0	0.502387234278064	--
Pimpinella anisum	Fruit		4862.0	0.4999573159709243	--
Pimpinella anisum	Seed	4400.0	4862.0	-0.12984457940531013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna unguiculata	Fruit	590.0	4856.0	0.4981348772405696	USDA's Ag Handbook 8 and sequelae)
Anthriscus cerefolium	Leaf	4500.0	4850.0	-0.022346054660442673	--
Juglans cinerea	Seed	4085.0	4834.0	-0.13724383189067685	--
Lablab purpureus	Seed	490.0	4800.0	-0.14622863848005072	--
Solanum torvum	Fruit	700.0	4795.0	0.47960675014862986	--
Nelumbo nucifera	Rhizome	1000.0	4785.0	0.14066169286845265	--
Trachyspermum ammi	Fruit	4430.0	4784.0	0.4762656124763128	--
Humulus lupulus	Flower	885.0	4760.0	0.44165313354460856	--
Humulus lupulus	Fruit		4760.0	0.4689758575548939	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	600.0	4706.0	0.5369248860408372	--
Mucuna pruriens	Seed	3200.0	4700.0	-0.1726545402135033	--
Xanthosoma sagittifolium	Root	470.0	4700.0	0.20773359113935988	--
Coriandrum sativum	Fruit	3907.0	4687.0	0.4468028530022447	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tetragonia tetragonioides	Leaf	280.0	4665.0	-0.05638364540445514	--
Apium graveolens	Fruit	979.0	4660.0	0.4386018787156484	--
Corylus avellana	Seed	2900.0	4622.0	-0.1932667435655963	--
Prunus serotina	Leaf	261.0	4608.0	-0.06687090309315087	--
Amaranthus spinosus	Leaf	500.0	4600.0	-0.06834279890910817	--
Ricinus communis	Leaf		4600.0	-0.06834279890910817	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Brassica nigra	Leaf	290.0	4563.0	-0.07515031705791066	USDA's Ag Handbook 8 and sequelae)
Allium ampeloprasum	Leaf	480.0	4528.0	-0.08158986125272383	--
Acacia farnesiana	Leaf	840.0	4519.0	-0.08324574404567579	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trifolium pratense	Shoot	900.0	4500.0	0.5039172570812402	--
Morus alba	Leaf	2400.0	4500.0	-0.08674149660857437	--
Vigna radiata	Seed	3260.0	4500.0	-0.22550634368040845	--
Cajanus cajan	Seed	1270.0	4500.0	-0.22550634368040845	--
Stellaria media	Plant	372.0	4480.0	0.42832350450640905	--
Urtica dioica	Leaf	894.0	4470.0	-0.09226110591841423	--
Allium sativum var. sativum	Root	1650.0	4460.0	0.16556335586130524	--
Vigna angularis	Seed	3810.0	4402.0	-0.251403727379192	--
Sphenostylis stenocarpa	Seed	3980.0	4393.0	-0.2537820585352027	--
Arctium lappa	Root	1027.0	4370.0	0.14974951763203476	--
Peperomia pelucida	Leaf	340.0	4360.0	-0.11249967338782704	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coccinia grandis	Fruit	300.0	4350.0	0.34444254431398735	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Eupatorium odoratum	Leaf		4350.0	-0.11433954315777366	Tramil
Vigna mungo	Seed	348.0	4321.0	-0.2728087077832886	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Chrysanthemum coronarium</i>	Bud	320.0	4300.0	1.0	--
<i>Cichorium intybus</i>	Leaf	210.0	4284.0	-0.12648268363942136	--
<i>Cicer arietinum</i>	Seed	3540.0	4275.0	-0.2849646225806768	USDA's Ag Handbook 8 and sequelae)
<i>Schisandra chinensis</i>	Fruit	639.0	4260.0	0.317110596335866637	--
<i>Arachis hypogaea</i>	Seed	2450.0	4248.0	-0.29209961604870893	--
<i>Moringa oleifera</i>	Fruit	500.0	4235.0	0.309512468648855	USDA's Ag Handbook 8 and sequelae)
<i>Theobroma speciosum</i>	Fruit	1650.0	4230.0	0.30799376970689274	J Cell Biochem VOL. 22=1995
<i>Secale cereale</i>	Seed	3725.0	4225.0	-0.29817757344740303	--
<i>Symphoricarpos orbiculatus</i>	Stem	228.0	4224.0	1.2798133737393482	--
<i>Physalis peruviana</i>	Fruit	550.0	4215.0	0.30343767288100587	--
<i>Solanum tuberosum</i>	Tuber	320.0	4200.0	0.7953217499555455	--
<i>Acrocomia totai</i>	Seed		4200.0	-0.3047840488807662	--
<i>Chenopodium album</i>	Seed		4160.0	-0.31535440957414723	--
<i>Camellia sinensis</i>	Leaf	3200.0	4150.0	-0.15113693855670607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lycium chinense</i>	Leaf	430.0	4135.0	-0.153896743211626	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Salix alba</i>	Bark	689.0	4100.0	2.414322016750521	--
<i>Petroselinum crispum</i>	Plant	324.0	4100.0	0.2457194116609105	--
<i>Cnidioscolus chayamansa</i>	Leaf	540.0	4100.0	-0.16033628740643915	--
<i>Prunus domestica</i>	Fruit	70.0	4080.0	0.26243280144802444	--
<i>Eleocharis dulcis</i>	Tuber	650.0	4075.0	0.7208441232272823	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Zea mays</i>	Seed	600.0	4066.0	-0.34019475720359266	--
<i>Phaseolus acutifolius</i>	Seed	2800.0	4050.0	-0.34442290148094507	--
<i>Phaseolus coccineus</i>	Seed	3280.0	4046.0	-0.34547993755028317	--
<i>Allium cepa</i>	Bulb	275.0	4038.0	-1.0	--
<i>Solanum nigrum</i>	Leaf	540.0	4000.0	-0.17873498510590535	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eupatorium perfoliatum	Plant	360.0	4000.0	0.19766570301735822	--
Balanites aegyptiacus	Fruit		4000.0	0.23813361837662805	--
Phaseolus vulgaris	Sprout Seedling	370.0	3978.0	-1.1151930397583163	USDA's Ag Handbook 8 and sequelae)
Allium sativum var. sativum	Flower	460.0	3966.0	0.10782054497788832	--
Muntingia calabura	Fruit	720.0	3965.0	0.22750272578289213	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phragmites australis	Shoot		3900.0	0.23186655030023104	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Canavalia ensiformis	Seed	2700.0	3898.0	-0.384590272115793	--
Rhodymenia palmata	Plant		3860.0	0.13039051091638507	--
Arachis hypogaea	Leaf	820.0	3814.0	-0.21295656282691247	--
Mangifera indica	Leaf	720.0	3800.0	-0.21553238050483775	--
Balanites aegyptiacus	Shoot		3800.0	0.18652476583672947	--
Capsicum frutescens	Fruit	455.0	3794.0	0.17556322196778232	USDA's Ag Handbook 8 and sequelae)
Commelina benghalensis	Leaf	520.0	3770.0	-0.2210519898146776	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Origanum majorana	Plant	2670.0	3725.0	0.06551800424758951	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	2102.0	3723.0	0.153997696991918	--
Anethum graveolens	Seed	2102.0	3723.0	-0.430835600149335	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Fruit	260.0	3715.0	0.15156777868477836	--
Passiflora incarnata	Flower	407.0	3700.0	-0.0040175766326249985	--
Trichosanthes anguina	Fruit	200.0	3700.0	0.14701168185889152	--
Oenothera biennis	Plant	1700.0	3700.0	0.05350457708670144	--
Allium ampeloprasum	Root	500.0	3650.0	0.02323881179787081	--
Taraxacum officinale	Root	518.0	3620.0	0.01796753238811398	--
Limonia acidissima	Fruit	800.0	3605.0	0.1181564019616083	--
Brassica oleracea var. sabellica l.	Leaf	560.0	3600.0	-0.25232977590377015	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chenopodium ambrosioides	Leaf	520.0	3585.0	-0.2550895805586901	--
Carthamus tinctorius	Seed	3100.0	3526.0	-0.4828946265642366	--
Canavalia ensiformis	Fruit	100.0	3509.0	0.08899738227593261	--
Melilotus indica	Plant		3500.0	-0.04260284020040307	--
Glechoma hederacea	Plant	2100.0	3500.0	-0.04260284020040307	Chem. & Pharm. Bull. 38: 2205.
Ribes nigrum	Fruit	490.0	3500.0	0.08626372418040051	--
Bixa orellana	Seed	2820.0	3490.0	-0.4924079511882795	--
Oryza sativa	Plant	600.0	3478.0	-0.05317465610198457	--
Rheum rhabarbarum	Leaf	160.0	3472.0	-0.2758801089590869	--
Rheum rhabarbarum	Pt	100.0	3462.0	-0.35624352955446276	--
Boehmeria nivea	Leaf	450.0	3460.0	-0.27808795268302283	--
Rhus copallina	Leaf	243.0	3456.0	-0.2788239005910015	--
Lablab purpureus	Fruit	600.0	3409.0	0.0586234034366871	--
Anogeissus latifolia	Leaf		3400.0	-0.28912717130270255	--
Cyphomandra betacea	Fruit	130.0	3400.0	0.055889745341155005	--
Annona muricata	Fruit	210.0	3400.0	0.055889745341155005	--
Ocimum tenuiflorum	Leaf		3400.0	-0.28912717130270255	=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
Acacia tortilis	Fruit		3400.0	0.055889745341155005	--
Carthamus tinctorius	Plant		3400.0	-0.09065654884395533	--
Artemisia dracuncululus	Plant	3130.0	3391.0	-0.09498138262187504	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	460.0	3382.0	-0.29243893688860645	--
Angelica sinensis	Root	735.0	3340.0	-0.031231075436283107	--
Carya illinoensis	Seed	2890.0	3340.0	-0.5320468037884584	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ribes rubrum	Fruit	418.0	3310.0	0.02855316438583405	--
Sambucus nigra	Fruit	540.0	3300.0	0.0255157665019095	--
Ginkgo biloba	Seed	1240.0	3268.0	-0.5510734530365442	--
Nelumbo nucifera	Fruit	2940.0	3267.0	0.015492353484958482	--
Sassafras albidum	Leaf	396.0	3264.0	-0.3141494001739766	--
Tragopogon porrifolius	Root	500.0	3262.0	-0.044936401901650866	--
Spondias mombin	Fruit	310.0	3250.0	0.010328777082286746	--
Ephedra sinica	Plant	678.0	3230.0	-0.17234785353799417	--
Trifolium pratense	Flower	580.0	3220.0	-0.2058307284109949	--
Chamaemelum nobile	Flower		3220.0	-0.2058307284109949	--
Eryngium floridanum	Shoot		3215.0	-0.07872467327475456	--
Fagopyrum esculentum	Seed	2820.0	3200.0	-0.569043066215292	--
Morus alba	Fruit	320.0	3200.0	-0.004858212337336008	--
Robinia pseudoacacia	Leaf	2600.0	3200.0	-0.32592456670163494	--
Gleditsia triacanthos	Seed		3200.0	-0.569043066215292	--
Fragaria spp	Fruit	185.0	3191.0	-0.007591870432868103	--
Spirulina spp.	Plant		3190.0	-0.19156933699541506	--
Spirulina pratensis	Plant		3190.0	-0.19156933699541506	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Punica granatum	Fruit	80.0	3182.0	-0.010325528528400199	--
Stevia rebaudiana	Leaf		3180.0	-0.3296043062415282	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Psophocarpus tetragonolobus	Leaf	525.0	3175.0	-0.3305242411265015	--
Juniperus virginiana	Shoot	228.0	3168.0	-0.10003531197260028	--
Solanum quitoensis	Fruit	120.0	3155.0	-0.018526502814996487	--
Prunus persica	Bark		3150.0	1.620595203076627	--
Artemisia vulgaris	Leaf	400.0	3150.0	-0.33512391555136806	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anacardium occidentale	Fruit	100.0	3125.0	-0.027638696466770137	--
Alocasia macrorrhiza	Root	440.0	3125.0	-0.06900857787287373	--
Acacia senegal	Seed		3100.0	-0.5954689679487446	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peucedanum decursivum	Plant	2800.0	3100.0	-0.2348176747746121	--
Elaeis guineensis	Fruit	440.0	3100.0	-0.035232191176581516	--
Abrus precatorius	Leaf	650.0	3095.0	-0.34524319928607444	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Actinidia chinensis	Fruit	300.0	3060.0	-0.04738178271227972	--
Cichorium intybus	Root	610.0	3050.0	-0.0821867763972658	--
Capsicum annuum	Fruit	784.0	3040.0	-0.053456578480128816	--
Passiflora quadrangularis	Fruit	170.0	3035.0	-0.054975277422091094	--
Persea americana	Cr	260.0	3030.0		--
Persea americana	Plant	260.0	3030.0	-0.2684552708250987	--
Pereskia aculeata	Fruit	90.0	3025.0	-0.05801267530601564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pachira macrocarpa	Seed	2860.0	3025.0	-0.615288394248834	--
Amorphophallus campanulatus	Root	320.0	3020.0	-0.08745805580702264	--
Genipa americana	Fruit	580.0	3000.0	-0.06560617001582703	--
Tropaeolum tuberosum	Root	220.0	3000.0	-0.09097224208019386	--
Prunus armeniaca	Seed		3000.0	-0.6218948696821971	--
Cenchrus biflorus	Seed	2700.0	2990.0	-0.6245374598555424	--
Prunus armeniaca	Fruit	180.0	2982.0	-0.07107348620689122	USDA's Ag Handbook 8 and sequelae)
Liquidambar styraciflua	Leaf	360.0	2952.0	-0.3715533369963111	--
Achillea millefolium	Plant	522.0	2950.0	-0.3068982377399405	--
Gymnema sylvestre	Leaf	561.0	2950.0	-0.37192131095030045	--
Sida rhombifolia	Leaf	580.0	2930.0	-0.37560105049019366	--
Piper auritum	Leaf	490.0	2920.0	-0.3774409202601403	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lagenaria siceraria	Fruit	130.0	2915.0	-0.0914240520291857	--
Phytelephas aequatorialis	Flower	850.0	2910.0	-0.33616838893452544	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Citrullus lanatus	Fruit	1.0	2900.0	-0.09598014885507253	--
Liquidambar styraciflua	Stem	60.0	2880.0	0.27778554962871027	--
Trigonella foenum-graecum	Seed	374.0	2880.0	-0.6536059517623403	--
Cyamopsis tetragonoloba	Shoot	1600.0	2855.0	-0.24195509734336013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria dubia	Fruit	150.0	2835.0	-0.1157232351005821	--
Avena sativa	Plant	618.0	2810.0	-0.3741734298409137	--
Manihot esculenta	Leaf	560.0	2800.0	-0.39951935749949974	--
Moringa oleifera	Leaf	700.0	2800.0	-0.39951935749949974	USDA's Ag Handbook 8 and sequelae)
Fallopia japonica	Plant	2300.0	2800.0	-0.3789788007052689	Chem. & Pharm. Bull. 38: 2205.
Centella asiatica	Leaf	300.0	2800.0	-0.39951935749949974	--
Solanum melongena	Leaf	380.0	2794.0	-0.4006232793614677	--
Ullucus tuberosus	Root	350.0	2775.0	-0.1305068376533701	--
Phaseolus coccineus	Fruit	1600.0	2770.0	-0.13546632134609168	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ficus carica	Fruit	129.0	2764.0	-0.13728876007644641	--
Piper betel	Leaf	400.0	2740.0	-0.4105585761191793	--
Sophora japonica	Seed		2723.0	-0.6950946174838608	--
Cnicus benedictus	Plant	359.0	2700.0	-0.42703250934882114	--
Gentiana lutea	Root	594.0	2700.0	-0.14368503617776215	--
Acacia farnesiana	Seed	2000.0	2700.0	-0.7011725748825549	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Leaf		2700.0	-0.41791805519896574	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Terminalia bellirica</i>	Leaf		2700.0	-0.41791805519896574	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amorphophallus konjac</i>	Leaf	70.0	2692.0	-0.41938995101492305	--
<i>Artocarpus heterophyllus</i>	Seed	1300.0	2685.0	-0.7051364601425728	--
<i>Eriobotrya japonica</i>	Fruit	140.0	2667.0	-0.16675151955051457	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pereskiaifolia</i>	Leaf	400.0	2665.0	-0.42435759939377893	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora foetida</i>	Fruit	480.0	2665.0	-0.16735899912729948	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ribes uva-crispa</i>	Fruit	150.0	2665.0	-0.16735899912729948	--
<i>Gliricidia sepium</i>	Flower	370.0	2645.0	-0.44758606647883387	--
<i>Cucumis melo</i>	Fruit	121.0	2640.0	-0.17495249383711084	--
<i>Carya glabra</i>	Shoot	8.0	2640.0	-0.3394399339398884	--
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	160.0	2622.0	-0.4322690394045494	--
<i>Hibiscus rosa-sinensis</i>	Flower	265.0	2615.0	-0.460199388464982	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Raphanus sativus</i>	Leaf	300.0	2609.0	-0.43466087010548	--
<i>Spartium junceum</i>	Stem		2600.0	0.06902975293899401	--
<i>Cucurbita foetidissima</i>	Leaf		2600.0	-0.43631675289843197	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root		2600.0	-0.16125596754361826	Izidoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Diospyros virginiana</i>	Stem	132.0	2592.0	0.06306530160500212	--
<i>Prunus serotina</i>	Stem	114.0	2592.0	0.06306530160500212	--
<i>Zingiber officinale</i>	Root	181.0	2580.0	-0.1647701538167895	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora edulis	Fruit	480.0	2570.0	-0.19621427902458272	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	277.0	2560.0	-0.1682843400899607	--
Rosa canina	Fruit	479.0	2560.0	-0.19925167690850726	--
Mentha pulegium	Plant		2520.0	-0.5135291849072152	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Thymus vulgaris	Plant	1703.0	2502.0	-0.5221788524630546	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Fruit		2500.0	-0.21747606421205457	--
Rubus chamaemorus	Fruit	320.0	2500.0	-0.21747606421205457	--
Passiflora mollissima	Fruit	200.0	2500.0	-0.21747606421205457	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Tribulus terrestris	Leaf	800.0	2500.0	-0.45471545059789814	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Platycodon grandiflorum	Root	1890.0	2493.0	-0.18005686410508445	--
Fucus vesiculosus	Plant	294.0	2490.0	-0.5279452975002809	--
Blighia sapida	Seed	700.0	2455.0	-0.7659160341295137	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	200.0	2442.0	-0.23509297193881695	--
Pueraria montana	Shoot	470.0	2440.0	-0.43012350286689155	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Quercus alba	Stem	120.0	2432.0	-0.056223725074835744	--
Rhus glabra	Stem	126.0	2412.0	-0.07113485340981547	--
Nepeta cataria	Plant	289.0	2410.0	-0.5663882644151227	--
Origanum vulgare	Plant	1769.0	2402.0	-0.5702325611066069	USDA's Ag Handbook 8 and sequelae)
Chrysanthemum cinerariifolium	Shoot		2400.0	-0.44826021665229215	--
Amphicarpaea bracteata	Shoot		2400.0	-0.44826021665229215	--
Stillingia sylvatica	Plant		2400.0	-0.571193635279478	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Myristica fragrans</i>	Seed	2130.0	2400.0	-0.7804502800829126	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Rhynchosia minima</i>	Shoot		2400.0	-0.44826021665229215	--
<i>Cajanus cajan</i>	Plant		2400.0	-0.571193635279478	--
<i>Boehmeria nivea</i>	Shoot	1400.0	2400.0	-0.44826021665229215	--
<i>Azadirachta indica</i>	Fruit	2265.0	2400.0	-0.24785004305130007	--
<i>Musa x paradisiaca</i>	Leaf		2400.0	-0.47311414829736437	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Azadirachta indica</i>	Leaf	1900.0	2400.0	-0.47311414829736437	--
<i>Cocos nucifera</i>	Seed	830.0	2400.0	-0.7804502800829126	--
<i>Viscum album</i>	Leaf		2400.0	-0.47311414829736437	--
<i>Tamarindus indica</i>	Seed		2370.0	-0.7883780506029484	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Carthamus tinctorius</i>	Flower	332.0	2370.0	-0.5632081846851916	--
<i>Elaeagnus umbellatus</i>	Fruit	380.0	2355.0	-0.26151833352896053	--
<i>Rubus idaeus</i>	Leaf	395.0	2340.0	-0.4841533669170441	--
<i>Curcuma longa</i>	Plant	725.0	2340.0	-0.6000258604656092	--
<i>Justicia pectoralis</i>	Leaf	350.0	2335.0	-0.4850733018020174	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium sativum</i> var. <i>sativum</i>	Shoot	520.0	2332.0	-0.4790926300874732	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cola acuminata</i>	Seed	860.0	2318.0	-0.8021195195043437	--
<i>Psidium cattleianum</i>	Fruit	170.0	2305.0	-0.2767053229485833	--
<i>Prunus cerasus</i>	Fruit	150.0	2302.0	-0.27761654231376065	--
<i>Melia azedarach</i>	Leaf	220.0	2300.0	-0.49151284599683054	--
<i>Blighia sapida</i>	Aril	160.0	2300.0	1.0903216729896206	--
<i>Zizyphus jujuba</i>	Shoot		2300.0	-0.4936020011157937	--
<i>Sclerocarya caffra</i>	Seed	190.0	2290.0	-0.8095187719897105	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tamarindus indica	Leaf	1000.0	2281.0	-0.4950085985597291	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sphenostylis stenocarpa	Root	800.0	2273.0	-0.21871291310996788	--
Asimina triloba	Fruit	420.0	2265.0	-0.2888549144842815	--
Brosimum alicastrum	Fruit	360.0	2250.0	-0.29341101131016833	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	380.0	2249.0	-0.614081916695989	--
Pothomorphe sp.	Leaf	400.0	2235.0	-0.5034719995014836	--
Manihot esculenta	Root	310.0	2225.0	-0.2271469601655788	--
Gliricidia sepium	Leaf	340.0	2220.0	-0.5062318041564036	--
Erythrina fusca	Leaf	400.0	2220.0	-0.5062318041564036	--
Symphytum officinale	Leaf	242.0	2200.0	-0.5099115436962968	--
Prosopis juliflora	Leaf		2200.0	-0.5099115436962968	--
Tamarindus indica	Flower		2200.0	-0.634683675940031	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Rauvolfia serpentina	Seed	700.0	2200.0	-0.8333020835498178	--
Canna indica	Root	630.0	2200.0	-0.23153969300704283	--
Dioscorea alata	Root	48.0	2190.0	-0.23329678614362845	--
Nyssa sylvatica	Leaf	300.0	2184.0	-0.5128553353282114	--
Petasites japonicus	Pt	120.0	2180.0	-1.0071283821276042	USDA's Ag Handbook 8 and sequelae)
Aleurites moluccana	Seed	2000.0	2150.0	-0.8465150344165441	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cymbopogon citratus	Plant		2140.0	-0.6961332777527138	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zizyphus jujuba	Fruit	270.0	2120.0	-0.3328971838011875	--
Symphytum officinale	Root		2111.0	-0.24717782192265478	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Averrhoa carambola	Fruit	140.0	2100.0	-0.3389719795690366	--
Euphrasia officinalis	Plant	323.0	2100.0	-0.7153547612101347	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Oxalis tuberosa</i>	Root	340.0	2099.0	-0.2492863336865575	--
<i>Cimicifuga racemosa</i>	Root	437.0	2080.0	-0.2526248106460702	--
<i>Actaea racemosa</i>	Root		2080.0	-0.2526248106460702	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sicana odorifera</i>	Fruit	245.0	2065.0	-0.3496028721627725	--
<i>Carica pentagona</i>	Fruit	140.0	2060.0	-0.3511215711047348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Rosmarinus officinalis</i>	Plant	490.0	2050.0	-0.7393816155319108	USDA's Ag Handbook 8 and sequelae)
<i>Piper nigrum</i>	Fruit	700.0	2040.0	-0.3571963668725839	--
<i>Sambucus canadensis</i>	Fruit	369.0	2036.0	-0.3584113260261537	USDA's Ag Handbook 8 and sequelae)
<i>Durio zibethinus</i>	Fruit	380.0	2010.0	-0.36630856052435756	--
<i>Prunus persica</i>	Fruit	90.0	2000.0	-0.3693459584082821	--
<i>Ipomoea batatas</i>	Root	261.0	2000.0	-0.26668155573875507	--
<i>Elettaria cardamomum</i>	Fruit	1600.0	2000.0	-0.3693459584082821	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Zizyphus jujuba</i>	Leaf		2000.0	-0.5467089390952291	--
<i>Citrus aurantiifolia</i>	Fruit	110.0	2000.0	-0.3693459584082821	--
<i>Opuntia ficus-indica</i>	Fruit	320.0	1985.0	-0.3739020552341689	--
<i>Citrus sinensis</i>	Fruit	136.0	1980.0	-0.3754207541761312	--
<i>Citrus limon</i>	Fruit	100.0	1979.0	-0.3757244939645237	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Secale cereale</i>	Leaf		1970.0	-0.552228548405069	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Theobroma bicolor</i>	Fruit	410.0	1970.0	-0.37845815206005573	--
<i>Elettaria cardamomum</i>	Seed	1780.0	1941.0	-0.90174516903946	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Quararibea cordata</i>	Fruit	170.0	1940.0	-0.3875703457118294	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Averrhoa bilimbi	Fruit	110.0	1915.0	-0.39516384042164077	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Arracacia xanthorrhiza	Root	550.0	1900.0	-0.28425248710461115	--
Coffea arabica	Seed	1780.0	1900.0	-0.9125797887501755	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aframomum melegueta	Fruit		1900.0	-0.3997199372475276	Wealth of India.
Equisetum arvense	Plant	407.0	1900.0	-0.811462178497239	--
Artemisia vulgaris	Shoot		1900.0	-0.6749691389697999	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna mungo	Fruit		1900.0	-0.3997199372475276	--
Areca catechu	Seed	630.0	1892.0	-0.9146938608888517	--
Sorbus aucubaria	Fruit	360.0	1880.0	-0.4057947330153767	--
Inga feuillei	Aril	300.0	1875.0	0.2348385141823803	J Cell Biochem VOL. 22=1995
Vitis vinifera	Fruit	117.0	1848.0	-0.41551440624393526	--
Lepidium meyenii	Root		1830.0	-0.29655213906071043	--
Dioscorea pentaphylla	Root	340.0	1830.0	-0.29655213906071043	--
Annona glabra	Fruit	240.0	1820.0	-0.424019120318924	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Leaf	1700.0	1816.0	-0.580562542862247	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona diversifolia	Fruit	515.0	1815.0	-0.4255378192608863	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Scutellaria lateriflora	Plant	248.0	1810.0	-0.854710516276436	--
Stachys officinalis	Plant	302.0	1800.0	-0.8595158871407913	--
Vigna aconitifolia	Leaf		1800.0	-0.5835063344941616	--
Passiflora quadrangularis	Seed	390.0	1800.0	-0.9390056904836281	--
Petasites japonicus	Plant	400.0	1800.0	-0.8595158871407913	Chem. & Pharm. Bull. 38: 2205.
Syzygium malaccense	Fruit	30.0	1800.0	-0.4300939160867731	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chondrus crispus	Plant		1800.0	-0.8595158871407913	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Artemisia herba-alba	Plant		1790.0	-0.8643212580051465	--
Sassafras albidum	Stem	132.0	1776.0	-0.545308734462171	--
Castanea mollissima	Seed	940.0	1774.0	-0.9458764249343258	--
Alpinia galanga	Rhizome	250.0	1773.0	-1.6394770420886036	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Smilax spp	Root	372.0	1770.0	-0.3070946978802241	--
Smilax officinalis	Root	372.0	1770.0	-0.3070946978802241	--
Macadamia spp	Seed	1015.0	1750.0	-0.9522186413503544	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	60.0	1740.0	-0.4483183033903204	--
Pouteria caimito	Fruit	410.0	1740.0	-0.4483183033903204	--
Dioscorea sp.	Root		1730.0	-0.3141230704265665	--
Dioscorea villosa	Root	415.0	1730.0	-0.3141230704265665	--
Artocarpus heterophyllus	Fruit	260.0	1725.0	-0.45287440021620723	--
Vitis vinifera	Stem		1710.0	-0.5945154579676041	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Castanea dentata	Seed	960.0	1709.0	-0.9630532610610699	--
Acacia catechu	Leaf		1700.0	-0.6019050321936278	--
Colubrina texensis	Shoot		1700.0	-0.7656527078968032	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Leaf		1700.0	-0.6019050321936278	--
Mimosa pudica	Leaf	530.0	1700.0	-0.6019050321936278	--
Spondias purpurea	Fruit	350.0	1680.0	-0.4665426906938677	--
Ruscus aculeatus	Root	504.0	1670.0	-0.32466562924608017	--
Hylocereus undatus	Fruit	260.0	1665.0	-0.47109878751975454	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chamissoa altissima	Leaf	165.0	1660.0	-0.6092645112734142	Tramil
Pachyrhizus erosus	Tuber	180.0	1660.0	-0.7180636251627609	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Polymnia edulis	Root	150.0	1650.0	-0.3281798155192514	--
Tamarindus indica	Fruit	1080.0	1647.0	-0.47656610371081876	--
Carya ovata	Shoot	110.0	1620.0	-0.8019261354676044	--
Opuntia ficus-indica	Seed		1605.0	-0.9905361988638606	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cinnamomum burmannii	Bark		1600.0	0.325567243924485	--
Citrus aurantium	Fruit	120.0	1600.0	-0.4908418737652641	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona squamosa	Fruit	260.0	1600.0	-0.4908418737652641	--
Vigna mungo	Plant		1600.0	-0.9556233044278958	--
Passiflora incarnata	Fruit	430.0	1564.0	-0.5017765061473926	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Quercus velutina	Stem	105.0	1550.0	-0.713804484647442	--
Persea schiedeana	Fruit	355.0	1540.0	-0.5090662610688115	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Lobelia inflata	Leaf	174.0	1540.0	-0.6313429485127736	--
Satureja hortensis	Plant		1538.0	-0.9854166037868982	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Quercus phellos	Stem	168.0	1512.0	-0.7421356284839035	--
Pinus echinata	Shoot	306.0	1512.0	-0.850895262688186	--
Quercus stellata	Stem	150.0	1512.0	-0.7421356284839035	--
Annona cherimola	Fruit	240.0	1510.0	-0.5181784547205851	--
Diospyros virginiana	Leaf	450.0	1500.0	-0.6387024275925601	--
Lantana camara	Shoot		1500.0	-0.8563362768238063	--
Medicago sativa	Plant	282.0	1500.0	-1.003677013071448	--
Cornus florida	Seed		1500.0	-1.0182833956839858	--
Cinnamomum sieboldii	Bark		1500.0	0.24201705301144358	--
Inula helenium	Root	330.0	1500.0	-0.3545362125680356	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona reticulata</i>	Fruit	147.0	1475.0	-0.528809347314321	--
<i>Rhus copallina</i>	Stem	75.0	1464.0	-0.7779223364878548	--
<i>Artocarpus altilis</i>	Fruit	240.0	1460.0	-0.5333654441402078	--
<i>Elaeagnus commutata</i>	Fruit	200.0	1450.0	-0.5364028420241324	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Crataegus laevigata</i>	Fruit	405.0	1450.0	-0.5364028420241324	--
<i>Crataegus rhipidophylla</i>	Fruit		1450.0	-0.5364028420241324	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Plectranthus amboinicus</i>	Leaf	80.0	1428.0	-0.6519494899361759	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Solanum sessiliflorum</i>	Fruit	140.0	1400.0	-0.5515898314437552	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Acacia senegal</i>	Leaf		1400.0	-0.6571011252920264	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Rhizophora mangle</i>	Leaf		1400.0	-0.6571011252920264	--
<i>Alocasia macrorrhiza</i>	Leaf	250.0	1400.0	-0.6571011252920264	--
<i>Pimenta dioica</i>	Leaf	1173.0	1399.0	-0.657285112269021	--
<i>Phyllanthus emblica</i>	Fruit	200.0	1390.0	-0.5546272293276797	--
<i>Citrus reticulata</i>	Fruit	90.0	1385.0	-0.5561459282696419	--
<i>Senna alexandrina</i>	Leaf	276.0	1360.0	-0.6644606043718129	--
<i>Capparis spinosa</i>	Leaf		1350.0	-0.6663004741417594	Wealth of India.
<i>Syzygium aromaticum</i>	Flower	1000.0	1337.0	-0.9975269050748918	--
<i>Syzygium aromaticum</i>	Fruit	1000.0	1337.0	-0.5707254381124798	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pyrus communis</i>	Fruit	90.0	1332.0	-0.5722441370544421	--
<i>Aegle marmelos</i>	Fruit	500.0	1300.0	-0.5819638102830006	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Platonia insignis</i>	Fruit	360.0	1300.0	-0.5819638102830006	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Salvia officinalis</i>	Leaf	201.0	1280.0	-0.6791795625313858	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Inga edulis	Seed		1280.0	-1.0764203794975815	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malpighia glabra	Fruit	110.0	1280.0	-0.5880386060508498	--
Carica papaya	Fruit	170.0	1260.0	-0.5941134018186989	--
Quercus rubra	Stem	112.0	1254.0	-0.934489184005142	--
Pimenta dioica	Fruit	1100.0	1235.0	-0.6017068965285103	--
Cypripedium pubescens	Root		1230.0	-0.401977727255847	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrastis canadensis	Root	341.0	1230.0	-0.401977727255847	--
Prunus avium	Fruit	175.0	1175.0	-0.6199312838320575	--
Turnera diffusa	Leaf	242.0	1150.0	-0.7030978695406919	--
Rollinia mucosa	Fruit	260.0	1140.0	-0.6305621764257935	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Larrea tridentata	Plant	375.0	1140.0	-1.1766703641882361	--
Spondias pinnata	Fruit	110.0	1135.0	-0.6320808753677557	--
Vaccinium vitis-idaea	Fruit	150.0	1130.0	-0.633599574309718	--
Musa x paradisiaca	Fruit	110.0	1127.0	-0.6345107936748954	--
Castanea sativa	Seed	490.0	1122.0	-1.1181733042364366	--
Phoenix dactylifera	Seed		1120.0	-1.1187018222711056	Abstract (See species file)
Diospyros digyna	Fruit	230.0	1120.0	-0.6366369721936426	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Hay		1110.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	1000.0	1100.0	-1.325160187171999	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum verum	Bark	674.0	1100.0	-0.09218371064072212	--
Arundo donax	Plant		1100.0	-1.195891847645657	--
Kalmia latifolia	Leaf		1100.0	-0.7122972183904249	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans nigra	Pericarp	128.0	1070.0		--
Juglans nigra	Fruit		1070.0	-0.6518239616132653	--
Juglans nigra	Hull Husk		1070.0	1.0	--
Psophocarpus tetragonolobus	Tuber	450.0	1056.0	-1.0779395175137283	--
Nyssa sylvatica	Stem	90.0	1056.0	-1.0821093545214413	--
Mangifera indica	Fruit	103.0	1050.0	-0.6578987573811144	--
Prunus salicifolia	Fruit	160.0	1050.0	-0.6578987573811144	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cydonia oblonga	Fruit	150.0	1049.0	-0.6582024971695069	--
Polygonum multiflorum	Root		1040.0	-0.4353624968509736	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Murraya sp	Fruit	290.0	1040.0	-0.660936155265039	--
Pouteria campechiana	Fruit	300.0	1040.0	-0.660936155265039	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria cauliflora	Fruit	90.0	1030.0	-0.6639735531489636	--
Pinus gerardiana	Seed	925.0	1000.0	-1.1504129043512488	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cinnamomum aromaticum	Bark		1000.0	-0.17573390155376353	--
Casimiroa edulis	Fruit	180.0	1000.0	-0.6730857468007372	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	110.0	1000.0	-1.1392165553859557	--
Dioscorea bulbifera	Tuber	290.0	1000.0	-1.11130549428799	--
Chrysophyllum cainito	Fruit	160.0	985.0	-0.6776418436266239	--
Stevia rebaudiana	Plant		980.0	-1.2535562980179198	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Rubus idaeus	Fruit	110.0	955.0	-0.6867540372783977	Revised USDA data received 1993.
Thymus vulgaris	Leaf	160.0	950.0	-0.7398952649396242	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Eugenia brasiliensis</i>	Fruit	136.0	950.0	-0.6882727362203599	--
<i>Aloe vera</i>	Leaf	6.0	940.0	-0.7417351347095709	--
<i>Aloe spp.</i>	Leaf	5.0	940.0	-0.7417351347095709	--
<i>Malus domestica</i>	Fruit	68.0	925.0	-0.6958662309301713	--
<i>Mammea americana</i>	Fruit	78.0	925.0	-0.6958662309301713	--
<i>Melicoccus bijugatas</i>	Fruit	98.0	925.0	-0.6958662309301713	--
<i>Ananas comosus</i>	Fruit	60.0	923.0	-0.6964737105069562	--
<i>Olea europaea</i>	Leaf		900.0	-0.7490946137893574	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polystichum polyblepharum</i>	Plant		900.0	-1.2919992649327616	--
<i>Juniperus communis</i>	Fruit	279.0	900.0	-0.7034597256399827	--
<i>Areca catechu</i>	Shoot		890.0	-1.1329211620511657	--
<i>Pouteria viridis</i>	Fruit	280.0	885.0	-0.7080158224658695	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Vigna unguiculata</i>	Shoot	90.0	881.0	-1.137001922652881	--
<i>Vigna unguiculata</i>	Shoot	90.0	881.0	-1.137001922652881	USDA's Ag Handbook 8 and sequelae)
<i>Syzygium jambos</i>	Fruit	115.0	852.0	-0.7180392354828206	--
<i>Licania platypus</i>	Fruit	245.0	822.0	-0.7271514291345942	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Eugenia uniflora</i>	Fruit	90.0	815.0	-0.7292776076533414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Yucca baccata</i>	Root	169.0	810.0	-0.4757756389924427	--
<i>Cinnamomum sieboldii</i>	Root Bark		800.0		--
<i>Echinacea purpurea</i>	Root	198.0	790.0	-0.47928982526561387	--
<i>Cyrtosperma chamissonis</i>	Root	140.0	790.0	-0.47928982526561387	--
<i>Echinacea spp</i>	Root		790.0	-0.47928982526561387	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Glycyrrhiza glabra</i>	Root	124.0	790.0	-0.47928982526561387	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Olea europaea</i>	Fruit	170.0	780.0	-0.7399085002470773	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Diospyros virginiana</i>	Fruit	260.0	730.0	-0.7550954896667	--
<i>Harpagophytum procumbens</i>	Root	134.0	707.0	-0.49387369829927447	--
<i>Vanilla planifolia</i>	Fruit		700.0	-0.7642076833184737	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia floribunda</i>	Fruit	90.0	700.0	-0.7642076833184737	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bupleurum chinense</i>	Root	77.0	700.0	-0.4951036634948844	--
<i>Boehmeria nivea</i>	Plant	270.0	700.0	-1.388106682219866	--
<i>Artemisia vulgaris</i>	Plant	270.0	700.0	-1.388106682219866	Chem. & Pharm. Bull. 38: 2205.
<i>Spondias dulcis</i>	Seed		700.0	-1.2296906095516065	--
<i>Garcinia mangostana</i>	Fruit	100.0	685.0	-0.7687637801443605	--
<i>Vaccinium corymbosum</i>	Fruit	96.0	675.0	-0.7718011780282851	--
<i>Morinda citrifolia</i>	Leaf	150.0	670.0	-0.7914116184981296	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Astragalus membranaceus</i>	Root	104.0	650.0	-0.5038891291778125	--
<i>Viburnum opulus</i>	Bark		650.0	-0.46815956974940875	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bixa orellana</i>	Fruit	100.0	641.0	-0.7821283308336285	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Plantago psyllium</i>	Seed	137.0	630.0	-1.2481887407650232	--
<i>Feijoa sellowiana</i>	Fruit	100.0	625.0	-0.7869881674479078	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Peganum harmala</i>	Plant		600.0	-1.4361603908634184	--
<i>Parthenium integrifolium</i>	Root	96.0	600.0	-0.5126745948607405	--
<i>Plantago major</i>	Seed	180.0	600.0	-1.256116511285059	--
<i>Pinus edulis</i>	Seed	145.0	590.0	-1.2587591014584043	USDA's Ag Handbook 8 and sequelae)
<i>Mauritia flexuosa</i>	Fruit	270.0	585.0	-0.7991377589836061	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago psyllium	Hull Husk		578.0	-1.0	--
Pueraria montana	Root	180.0	575.0	-0.5170673277022045	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Frangula purshiana	Bark	158.0	570.0	-0.5349997224798418	--
Maranta arundinacea	Root	180.0	561.0	-0.5195272580934244	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Fruit		560.0	-0.8067312536934174	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.
Pourouma cecropiaefolia	Fruit	100.0	555.0	-0.8082499526353797	J Cell Biochem VOL. 22=1995
Manilkara zapota	Fruit	100.0	530.0	-0.8158434473451911	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Panax ginseng	Root	112.0	528.0	-0.5253256654441569	--
Phytelephas aequatorialis	Mesocarp	120.0	505.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Psoralea esculenta	Root		500.0	-0.5302455262265966	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.
Musa x paradisiaca	Flower		500.0	-1.3494385884884244	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cyamopsis tetragonoloba	Fruit		500.0	-0.8249556409969647	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Berberis vulgaris	Bark		450.0	-0.6352599515754915	--
Berberis vulgaris	Root		450.0	-0.5390309919095246	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitellaria paradoxa	Seed		430.0	-1.3010405442319284	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Albizia lebbeck	Leaf	300.0	400.0	-0.8410881022866883	Wealth of India.
Arctostaphylos uva-ursi	Leaf	43.0	370.0	-0.8466077115965281	--
Phaseolus lunatus	Leaf		360.0	-0.8484475813664748	--
Valeriana officinalis	Root	39.0	330.0	-0.560116109548552	--
Zea mays	Silk Stigma Style		287.0		--
Opuntia ficus-indica	Bud		243.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita foetidissima	Root		220.0	-0.5794441340509937	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Ulmus rubra	Bark	36.0	220.0	-0.8274253906754868	--
Spondias tuberosa	Fruit		210.0	-0.9130401796307767	--
Bacopa monnieri	Shoot		160.0	-1.463916188634727	Wealth of India.
Sophora secundiflora	Seed		140.0	-1.377675659258941	--
Syzygium cumini	Fruit	130.0	127.0	-0.9382505820673505	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tabebuia heptaphylla	Bark	21.0	120.0	-0.9109755815885283	--
Byrsonima crassifolia	Fruit	125.0	100.0	-0.9464515563539467	--
Musa x paradisiaca	Pith		100.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Quercus alba	Bark	15.0	64.0	-0.9577636884998315	--
Amorphophallus konjac	Root		39.0	-0.6112475198231933	--
Petroselinum crispum	Shoot				--
Myrica cerifera	Bark				--
Inula helenium	Plant				--
Zizyphus spina-christi	Fruit				--