

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for PHYTOSTEROLS

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	240.0	2400.0	1.8739668130211007	--
Adonis vernalis	Plant				--
Aesculus hippocastanum	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Aleurites fordii	Seed				--
Allium cepa	Bulb	150.0	1455.0	1.0	--
Allium sativum var. sativum	Bulb	18.0	80.0	-1.0	--
Aloe vera	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Althaea officinalis	Root				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Anacardium occidentale	Seed	1580.0	1607.0	-0.20931854705927475	--
Anamirta cocculus	Fruit				--
Ananas comosus	Fruit	60.0	444.0	-0.6459122529026068	USDA's Ag Handbook 8 and sequelae)
Anaphalis margaritacea	Plant				--
Anethum graveolens	Plant		1240.0	0.15885150061665407	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Annona cherimola	Seed	15400.0	20000.0	4.8473171923086324	--
Apium graveolens	Pt	60.0	1120.0		--
Apium graveolens	Seed		600.0	-0.4861647488503628	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Arctium lappa	Root				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Armoracia rusticana	Root		910.0	0.014453690337214282	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Arnica montana	Flower				--
Artemisia dracunculus	Plant	89.0	810.0	-0.5460622792095707	--
Asparagus officinalis	Shoot	246.0	3097.0		--
Atropa bella-donna	Root				--
Avena sativa	Seed		580.0	-0.49166318384124835	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Beta vulgaris	Root	250.0	1972.0	2.6750890076116427	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf		210.0	-0.7631206262135088	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Boronia megastigma	Flower				--
Brassica oleracea var. capitata l.	Leaf	110.0	1471.0	-0.32996654372555645	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	70.0	700.0	-0.5116606379373904	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica oleracea var. botrytis l.	Flower	180.0	1800.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica oleracea var. gemmifera	Leaf	240.0	1710.0	-0.24786993332538154	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Leaf	120.0	1200.0	-0.4230551689073448	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica oleracea var. italica	Plant				--
Brassica oleracea var. viridis l.	Plant				--
Brassica oleracea var. botrytis l.	Plant				--
Brassica juncea	Leaf	20.0	600.0	-0.6291554460625958	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Camellia sinensis	Leaf	2600.0	11400.0	3.0806495427319205	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Capsicum frutescens	Fruit	90.0	130.0	-1.0504327164506866	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Capsicum annuum	Fruit	90.0	1750.0	1.0365836878419545	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Carum carvi	Seed		760.0	-0.4421772689232783	USDA's Ag Handbook 8 and sequelae)
Carum carvi	Fruit		760.0	-0.23881522589243726	--
Carya ovata	Seed Oil		3000.0		--
Carya illinoensis	Leaf				--
Caulophyllum thalictroides	Root				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cicer arietinum	Seed	350.0	395.0	-0.5425237075069398	USDA's Ag Handbook 8 and sequelae)
Cinnamomum verum	Bark		260.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrullus lanatus	Fruit	20.0	236.0	-0.9138748529599334	--
Citrus paradisi	Fruit		170.0	-0.9989014472088928	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus limon	Fruit		120.0	-1.0633155337611349	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus sinensis	Fruit		240.0	-0.9087217260357541	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Cocos nucifera	Seed	470.0	885.0	-0.40781205023024353	USDA's Ag Handbook 8 and sequelae)
Coffea arabica	Seed	920.0	940.0	-0.39269135400530825	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Colocasia esculenta	Root	190.0	650.0	-0.6369259541932486	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coriandrum sativum	Fruit		460.0	-0.6252997452058894	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Corylus avellana	Seed		5000.0	0.7234909491444607	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cucumis melo	Fruit	100.0	978.0	0.042030191475337916	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	14.0	3544.0	3.347761113336398	--
Cucurbita pepo	Fruit	120.0	1428.0	0.621756970445516	USDA's Ag Handbook 8 and sequelae)
Cuminum cyminum	Root		680.0	-0.5617667644397336	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Curcuma longa	Root		820.0	-0.21102387892333058	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Daucus carota	Root	120.0	980.0	0.18982513309541582	--
Dioscorea pentaphylla	Root	100.0	333.0	-1.43110805925539	--
Dioscorea villosa	Root	100.0	1000.0	0.23993125959775913	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Dodonaea viscosa	Leaf				--
Elettaria cardamomum	Seed	460.0	600.0	-0.4861647488503628	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Elettaria cardamomum	Fruit	460.0	500.0	-0.5737684759640957	Revised USDA data received 1993.
Eleutherococcus senticosus	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Eriobotrya japonica	Fruit	20.0	150.0	-1.0246670818297896	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eriodictyon californicum	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Erythroxylum coca	Plant				--
Euonymus atropurpureus	Plant				--
Fagopyrum esculentum	Seed	1980.0	2270.0	-0.027045427111418358	--
Ficus carica	Fruit	310.0	1484.0	0.6939007473840271	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	660.0	700.0	-0.45867257389593497	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Fragaria spp	Fruit	120.0	1423.0	0.6153155617902918	USDA's Ag Handbook 8 and sequelae)
Gentiana lutea	Root				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Gloriosa superba	Plant				--
Glycine max	Seed	500.0	1760.0	-0.16725551937900018	--
Helianthus annuus	Seed	5340.0	5642.0	0.8999907123518872	--
Hibiscus sabdariffa	Calyx				--
Hordeum vulgare	Sprout Seedling		2340.0	1.4787221837231173	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Hyoscyamus niger	Seed				--
Hypericum perforatum	Plant				ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Illicium verum	Fruit		1140.0	0.250731831904602	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Ipomoea batatas	Root	120.0	442.0	-1.158029669817619	--
Iris versicolor	Rhizome				--
Juglans regia	Seed	1080.0	1120.0	-0.3432054390873382	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans nigra	Seed	1080.0	1100.0	-0.34870387407822373	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lactuca sativa	Leaf	380.0	6333.0	1.3401327021558265	--
Lagenaria siceraria	Leaf		1300.0	-0.38870512271480295	--
Laurus nobilis	Seed		1510.0	-0.23598595676506973	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lavandula angustifolia	Flower				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Lepidium meyenii	Root	500.0	1000.0	0.23993125959775913	--
Lycium chinense	Leaf		2000.0	-0.14825479936701028	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.
Lycopersicon esculentum	Fruit	70.0	1157.0	0.2726326213323643	--
Lycopodium clavatum	Pollen Or Spore				Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
Malus domestica	Fruit	120.0	745.0	-0.2581394518581099	USDA's Ag Handbook 8 and sequelae)
Marrubium vulgare	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Mentha x piperita	Leaf	130.0	610.0	-0.6257204414433416	USDA's Ag Handbook 8 and sequelae)
Mentha spicata	Leaf	100.0	690.0	-0.5982404044893082	USDA's Ag Handbook 8 and sequelae)
Menyanthes trifoliata	Leaf				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Moringa oleifera	Root				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Murraya sp	Plant				--
Musa x paradisiaca	Plant				--
Musa x paradisiaca	Fruit	160.0	622.0	-0.41659810477662523	USDA's Ag Handbook 8 and sequelae)
Myristica fragrans	Seed		620.0	-0.4806663138594772	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril		730.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nerium oleander	Seed		140.0	-0.6126287536407308	--
Nicotiana tabacum	Leaf	1000.0	5000.0	0.8822465864092441	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed		5100.0	0.7509831240988885	--
Ocimum tenuiflorum	Plant				--
Ocimum basilicum	Leaf		1060.0	-0.47114523357690347	USDA's Ag Handbook 8 and sequelae)
Oenothera biennis	Plant				--
Ononis spinosa	Plant		1000.0	-0.2345887485886807	--
Origanum majorana	Plant	600.0	650.0	-0.8083557786797939	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	2030.0	2186.0	1.7096618162343489	USDA's Ag Handbook 8 and sequelae)
Paeonia suffruticosa	Root Bark				--
Papaver somniferum	Seed	890.0	955.0	-0.3885675277621441	--
Persea americana	Fruit				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Petroselinum crispum	Leaf	50.0	450.0	-0.6806805153514085	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Seed	760.0	1270.0	-0.30196717665569645	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Phaseolus vulgaris	Sprout Seedling		1210.0	-0.4125693472413681	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Phaseolus vulgaris	Fruit	140.0	1400.0	0.5856850819762605	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Physalis peruviana	Calyx		400.0		--
Pimenta dioica	Fruit		666.0	-0.35991370861065225	--
Pinus pinea	Seed	1410.0	1510.0	-0.23598595676506973	USDA's Ag Handbook 8 and sequelae)
Piper nigrum	Fruit	550.0	1028.0	0.10644427802757993	--
Pistacia vera	Seed	1080.0	1123.0	-0.34238067383870535	--
Plantago ovata	Seed				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Polypodium vulgare	Root				--
Prunus domestica	Sprout Seedling	70.0	700.0	-1.2661611001545428	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Prunus dulcis	Seed	1430.0	1490.0	-0.2414843917559553	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	180.0	1320.0	0.4826225434926733	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	100.0	810.0	-0.17440113934019524	--
Pterocarpus marsupium	Stem Bark				Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
Punica granatum	Fruit	170.0	892.0	-0.06876203739451835	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	80.0	494.0	-0.5814981663503648	--
Quisqualis indica	Fruit				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Raphanus sativus	Root	70.0	1355.0	1.1293150050143528	--
Rheum officinale	Root				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rosmarinus officinalis	Plant	440.0	1365.0	0.3637682970777659	USDA's Ag Handbook 8 and sequelae)
Salvia officinalis	Leaf		2440.0	0.0028854038801737	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Sarcostemma acidum	Plant				--
Satureja montana	Plant		310.0	-1.3657294650540182	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Satureja hortensis	Plant		310.0	-1.3657294650540182	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Serenoa repens	Fruit		128.0	-1.0530092799127762	--
Sesamum indicum	Seed	7140.0	7490.0	1.408046105509713	--
Solanum tuberosum	Tuber	50.0	240.0		--
Solanum melongena	Fruit	70.0	867.0	-0.10096908067063935	--
Spinacia oleracea	Plant	90.0	1800.0	1.0768787487624356	--
Syzygium aromaticum	Fruit		2560.0	2.080091889988275	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Tanacetum vulgare	Plant				--
Taraxacum officinale	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Thymus vulgaris	Plant	1520.0	1760.0	1.0113053738948798	--
Trigonella foenum-graecum	Seed		1400.0	-0.2662273492149403	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

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Ulmus rubra	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Urginea indica	Tuber				--
Urginea maritima	Bulb				--
Vicia faba	Seed	1240.0	5000.0	0.7234909491444607	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vigna radiata	Seed	230.0	253.0	-0.5815625959422273	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	760.0	878.0	-0.4097365024770535	--
Vigna radiata	Sprout Seedling	150.0	1576.0	0.20000826367279287	USDA's Ag Handbook 8 and sequelae)
Vitellaria paradoxa	Seed		290.0	-0.571390491209089	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vitis vinifera	Fruit	40.0	206.0	-0.9525233048912787	USDA's Ag Handbook 8 and sequelae)
Zea mays	Seed	600.0	2800.0	0.11866310014704903	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Zingiber officinale	Root	150.0	913.0	0.021969609312565776	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome	150.0	913.0		--