

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for SELENIUM

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Achillea millefolium</i>	Plant	0.3	1.6	-0.35611748372726487	--
<i>Actaea racemosa</i>	Root		3.2	-0.13481576486090638	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Agathosma betulina</i>	Leaf		70.0	4.995871526729794	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	0.1	1.6	1.0000000000000002	--
<i>Allium cepa</i>	Bulb	0.001	0.003	-1.0000000000000002	--
<i>Allium sativum</i> var. <i>sativum</i>	Root	0.6	1.6	-0.24863436856020282	--
<i>Aloe</i> spp.	Leaf		2.3	-0.20582736095134732	--
<i>Aloe vera</i>	Leaf		2.3	-0.20582736095134732	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Althaea officinalis</i>	Root	0.4	3.3	-0.12770210212970026	--
<i>Amorphophallus konjac</i>	Root				--
<i>Anacardium occidentale</i>	Seed		0.2	-0.26179413521870387	--
<i>Anethum graveolens</i>	Plant	0.001	0.012	-0.42698636145174623	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Angelica sinensis</i>	Root	0.1	0.4	-0.3339983213346751	--
<i>Apium graveolens</i>	Fruit		0.2	-0.3365919582076448	--
<i>Apium graveolens</i>	Root		0.002	-0.3623106990048751	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Apium graveolens</i>	Seed		0.2	-0.26179413521870387	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Arachis hypogaea</i>	Seed		0.02	-0.2635767939811563	--
<i>Arctium lappa</i>	Root	0.3	1.4	-0.26286169402261483	--
<i>Arctostaphylos uva-ursi</i>	Leaf	0.2	1.6	-0.2596115444281096	--
<i>Armoracia rusticana</i>	Root				--
<i>Asparagus officinalis</i>	Shoot	0.041	0.078	-0.4102298070132233	--
<i>Asparagus officinalis</i>	Root	0.1	1.0	-0.29131634494743897	--
<i>Astragalus membranaceus</i>	Root	0.2	1.0	-0.29131634494743897	--
<i>Avena sativa</i>	Plant	0.3	1.3	-0.3695058107533004	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Avena sativa	Bran				--
Barosma betulina	Leaf				--
Berberis vulgaris	Root		3.4	-0.12058843939849437	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark		3.4	-0.14068469031161568	--
Bertholletia excelsa	Seed	3.0	497.0	4.658344049149813	--
Beta vulgaris	Root		0.002	-0.3623106990048751	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica napus var. napobrassica	Leaf		0.031	-0.3801649499638808	--
Brassica pekinensis	Leaf	0.001	0.002	-0.3823931518507752	--
Brassica oleracea var. gemmifera	Leaf		0.024	-0.3807027917986485	--
Brassica oleracea var. italica	Leaf	0.002	0.024	-0.3807027917986485	--
Brassica napus var. napobrassica	Stem		0.017	-0.428602555754419	--
Brassica oleracea var. capitata l.	Leaf	0.003	0.25	-0.36333818399043666	--
Brassica oleracea var. botrytis l.	Stem		0.015	-0.42886426089167784	--
Brassica oleracea var. botrytis l.	Flower				--
Brassica napus var. napobrassica	Root		0.002	-0.3623106990048751	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica rapa	Root				--
Brassica oleracea var. gemmifera	Stem		0.012	-0.429256818597566	--
Brassica oleracea var. italica	Stem		0.015	-0.42886426089167784	--
Brassica oleracea var. botrytis l.	Leaf		0.024	-0.3807027917986485	--
Bupleurum chinense	Root				--
Capsicum annuum	Fruit	0.001	0.002	-0.38569128420884563	--
Carica papaya	Fruit	0.1	1.0	-0.13821084305127834	--
Carthamus tinctorius	Flower	0.3	2.0	-0.4856005150965234	--
Carya ovata	Seed		0.02	-0.2635767939811563	--
Carya illinoensis	Seed		0.02	-0.2635767939811563	--
Caulophyllum thalictroides	Root	0.4	3.5	-0.11347477666728824	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Centella asiatica	Leaf	0.1	1.2	-0.29034536355768803	--
Chamaemelum nobile	Flower				--
Chondrus crispus	Plant		18.0	0.3757777270293432	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum parthenium	Plant				--
Chrysanthemum parthenium	Leaf	0.3	1.7	-0.251928089645715	--
Cichorium endivia	Leaf	0.008	0.024	-0.3807027917986485	--
Cimicifuga racemosa	Root	0.7	3.2	-0.13481576486090638	--
Citrus paradisi	Fruit	0.0	0.027	-0.3794918743602091	--
Citrus sinensis	Fruit	0.0	0.002	-0.38569128420884563	--
Citrus reticulata	Fruit		0.0	-0.38618723699673646	ACTA AGRIC SCAND SUPPL 22: 1980
Cnicus benedictus	Plant	0.5	3.4	-0.2757875215710519	--
Cocos nucifera	Seed		0.02	-0.2635767939811563	Furr, A.K., et al. 1979
Corylus avellana	Seed	0.01	0.08	-0.2629825743936721	--
Crataegus rhipidophylla	Fruit		20.0	4.573340641912426	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus laevigata	Fruit	0.6	2.0	0.10976555089417979	--
Cucumis sativus	Fruit	0.001	2.8	0.30814666605054625	--
Cucumis melo	Fruit	0.003	0.004	-0.38519533142095475	--
Cucurbita pepo	Seed	0.08	0.4	-0.2598134032604234	--
Curcuma longa	Plant	0.5	1.6	-0.35611748372726487	--
Cymbopogon citratus	Plant		62.0	2.339399024181219	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cypripedium pubescens	Root		49.0	3.123241766031455	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Daucus carota	Root	0.001	0.02	-0.3610302397132581	--
Dioscorea villosa	Root	0.2	0.8	-0.305543670409851	--
Dioscorea sp.	Root				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Echinacea purpurea	Root	0.5	2.1	-0.21306605490417255	--
Echinacea spp	Root		0.5	-0.3268846586034691	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Eleutherococcus senticosus	Root	0.2	1.0	-0.29131634494743897	--
Elytrigia repens	Plant		102.0	4.124509294319289	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	0.3	1.2	-0.37396858642864567	--
Equisetum arvense	Plant	0.3	1.3	-0.3695058107533004	--
Eriodictyon californicum	Leaf	2.6	12.0	0.5394677529409286	--
Eupatorium perfoliatum	Plant	0.1	1.0	-0.38289413777933595	--
Euphrasia officinalis	Plant	0.1	0.5	-0.40520801615606183	--
Fagopyrum esculentum	Seed		0.2	-0.26179413521870387	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Foeniculum vulgare	Fruit				--
Foeniculum vulgare	Seed	17.3	160.0	1.3208106994473363	--
Fragaria spp	Fruit		0.002	-0.38569128420884563	ACTA AGRIC SCAND SUPPL 22: 1980
Frangula purshiana	Bark	0.3	1.1	-0.4642594780283318	--
Fucus vesiculosus	Plant	0.2	1.7	-0.3516547080519198	--
Gentiana lutea	Root	0.4	1.8	-0.2344070430977907	--
Ginkgo biloba	Leaf	0.5	2.0	-0.22887772529853118	--
Glycine max	Seed	0.04	2.6	-0.23802535171933914	--
Glycyrrhiza glabra	Root		0.1	-0.3553393095282933	--
Gymnema sylvestre	Leaf	0.4	2.3	-0.20582736095134732	--
Harpagophytum procumbens	Root	0.3	1.5	-0.25574803129140883	--
Hibiscus sabdariffa	Flower	1.6	14.3	1.7265796092320822	--
Hordeum vulgare	Stem		24.0	2.7096345976838996	--
Humulus lupulus	Fruit		1.7	0.03537263271054239	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Humulus lupulus</i>	Flower	0.3	1.7	-0.5395561278850259	--
<i>Hydrangea arborescens</i>	Root	0.6	1.6	-0.24863436856020282	--
<i>Hydrastis canadensis</i>	Root	0.3	1.0	-0.29131634494743897	--
<i>Inula helenium</i>	Root				--
<i>Juglans nigra</i>	Fruit				--
<i>Juglans cinerea</i>	Seed		0.1	-0.26278450119784413	--
<i>Juglans nigra</i>	Pericarp	0.4	3.0		--
<i>Juglans nigra</i>	Seed		0.02	-0.2635767939811563	Furr, A.K., et al. 1979
<i>Juniperus communis</i>	Fruit	0.1	0.2	-0.3365919582076448	--
<i>Juniperus virginiana</i>	Shoot	0.01	0.04	-0.9669702593883122	--
<i>Lactuca sativa</i>	Leaf	0.0	0.058	-0.3780904171726343	--
<i>Larrea tridentata</i>	Plant	0.6	1.9	-0.3427291567012295	--
<i>Liquidambar styraciflua</i>	Plant	0.01	0.4	-0.40967079183140703	--
<i>Lobelia inflata</i>	Leaf	0.1	0.5	-0.34412954703445015	--
<i>Lycopersicon esculentum</i>	Fruit	0.001	0.034	-0.37775603960259097	--
<i>Malus domestica</i>	Fruit		0.0	-0.38618723699673646	--
<i>Medicago sativa</i>	Plant		0.0	-0.42752189453278766	--
<i>Medicago sativa</i>	Leaf		0.026	-0.38054912270300056	--
<i>Medicago sativa</i>	Stem		0.015	-0.42886426089167784	--
<i>Mentha x piperita</i>	Leaf	0.2	1.1	-0.2980288183400826	--
<i>Mentha pulegium</i>	Plant		25.0	0.6881720243035053	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Musa x paradisiaca</i>	Fruit	0.001	0.04	-0.37626818123891814	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Myrica cerifera</i>	Bark	1.0	3.4	-0.14068469031161568	--
<i>Nepeta cataria</i>	Plant	2.0	12.3	0.12139951353466857	--
<i>Panax ginseng</i>	Root	0.5	2.5	-0.18461140397934853	--
<i>Parthenium integrifolium</i>	Root	0.4	2.5	-0.18461140397934853	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora incarnata	Flower				--
Petroselinum crispum	Plant	0.001	0.021	-0.4265847116409652	--
Phaseolus vulgaris	Fruit	0.001	0.008	-0.3842034258451728	--
Phaseolus vulgaris	Seed	0.0	0.01	-0.26367583057907024	--
Phyllanthus emblica	Fruit	2.4	12.0	2.5895294903487613	--
Pimenta dioica	Plant		0.04	-0.42573678426264966	--
Pinus echinata	Shoot	0.02	0.2	1.3772000664015358	--
Pistacia vera	Seed		0.1	-0.26278450119784413	--
Pisum sativum	Seed	0.001	0.002	-0.26375505985740155	--
Plantago major	Seed	0.3	1.0	-0.2538712073855823	--
Plantago psyllium	Seed	0.3	1.4	-0.24990974346902142	--
Polygonum multiflorum	Root		74.0	4.901657448832962	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Prunus persica	Fruit	0.0	0.003	-0.3854433078149001	--
Prunus domestica	Fruit	0.0	0.013	-0.38296354387544557	--
Prunus persica	Bark				--
Prunus dulcis	Seed	0.005	0.06	-0.26318064758950016	--
Pyrus communis	Fruit	0.0	0.001	-0.38593926060279093	--
Quercus phellos	Stem	0.01	0.3	-0.39157127883230575	--
Quercus stellata	Stem	0.0	0.04	-0.4255929466759434	--
Quercus alba	Stem	0.0	0.04	-0.4255929466759434	--
Quercus rubra	Seed		0.02	-0.2635767939811563	--
Quercus alba	Bark	0.3	1.5	-0.4079856019036855	--
Raphanus sativus	Root				--
Rheum rhabarbarum	Pt				--
Rhodymenia palmata	Plant				--
Rhus glabra	Stem	0.0	0.25	-0.3981139072637745	--
Ribes nigrum	Fruit		0.002	-0.38569128420884563	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ribes uva-crispa	Fruit				--
Ribes rubrum	Fruit				--
Rosa canina	Fruit	0.4	2.1	0.13456319028872551	--
Rubus idaeus	Leaf	0.4	2.5	-0.19046045138655818	--
Rubus chamaemorus	Fruit				--
Rumex crispus	Root	0.6	2.5	-0.18461140397934853	--
Ruscus aculeatus	Root	0.4	1.4	-0.26286169402261483	--
Salix alba	Bark	0.2	1.1	-0.4642594780283318	--
Salvia officinalis	Leaf				--
Schisandra chinensis	Fruit	0.1	0.7	-0.21260376123491576	--
Scutellaria lateriflora	Plant	0.1	0.8	-0.3918196891300263	--
Senna alexandrina	Leaf	0.3	1.6	-0.2596115444281096	--
Senna obtusifolia	Seed				--
Serenoa repens	Fruit	0.3	2.6	0.2585513872614546	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	2.0	7.1	0.16297846860359344	--
Silybum marianum	Plant		7.1	-0.11066482158328053	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Smilax officinalis	Root	0.7	3.1	-0.14192942759211227	--
Smilax spp	Root	0.7	3.1	-0.14192942759211227	--
Solanum melongena	Fruit	0.001	0.002	-0.38569128420884563	--
Solanum tuberosum	Tuber		0.01		--
Sorbus aucubaria	Fruit	0.001	0.011	-0.3834594966633364	--
Spinacia oleracea	Leaf		0.057	-0.3781672517204582	ACTA AGRIC SCAND SUPPL 22: 1980
Spirulina spp.	Plant		1.0	-0.38289413777933595	--
Stachys officinalis	Plant	0.5	2.8	-0.3025641756231228	--
Stellaria media	Plant		0.4	-0.40967079183140703	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Stevia rebaudiana</i>	Leaf		25.0	1.5383168746522264	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphoricarpos orbiculatus</i>	Stem	0.02	0.08	-0.4203588439307684	--
<i>Symphytum officinale</i>	Leaf	0.1	1.2	-0.29034536355768803	--
<i>Symphytum officinale</i>	Root		5.7	0.043025803419244356	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Tabebuia heptaphylla</i>	Bark		0.2	-0.5908756993087858	--
<i>Tanacetum parthenium</i>	Plant		1.7	-0.3516547080519198	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Root	0.1	0.9	-0.29843000767864497	--
<i>Thymus vulgaris</i>	Leaf		16.0	0.8468059442367126	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Trifolium pratense</i>	Stem		0.018	-0.4284717031857897	--
<i>Trifolium pratense</i>	Leaf		0.024	-0.3807027917986485	--
<i>Trifolium pratense</i>	Flower	0.1	0.8	-0.7014229662505338	--
<i>Trigonella foenum-graecum</i>	Seed	0.2	1.6	-0.24792901151074112	--
<i>Turnera diffusa</i>	Leaf	0.2	0.7	-0.328762637469661	--
<i>Ulmus rubra</i>	Bark	0.3	1.5	-0.4079856019036855	--
<i>Urtica dioica</i>	Plant				--
<i>Urtica dioica</i>	Leaf	0.4	2.2	-0.21351081573374203	--
<i>Vaccinium vitis-idaea</i>	Fruit	0.0	0.013	-0.38296354387544557	--
<i>Vaccinium myrtillus</i>	Fruit	0.2	2.8	0.30814666605054625	--
<i>Vaccinium macrocarpon</i>	Fruit		0.002	-0.38569128420884563	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Valeriana officinalis</i>	Root	0.5	4.4	-0.04945181208643408	--
<i>Verbascum thapsus</i>	Leaf	0.2	0.5	-0.34412954703445015	--
<i>Viburnum opulus</i>	Bark		23.0	2.6167352397960517	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Vigna unguiculata</i>	Seed	0.014	0.14	-0.262388354806188	--
<i>Vigna unguiculata</i>	Seed	0.014	0.14	-0.262388354806188	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Viscum album	Leaf				--
Vitis vinifera	Stem		18.0	1.924519185907645	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	0.0	0.012	-0.3832115202693911	--
Yucca baccata	Root	0.2	0.9	-0.29843000767864497	--
Zea mays	Silk Stigma Style		5.7		--
Zea mays	Seed	0.0	0.5	-0.2588230372812833	--
Zingiber officinale	Rhizome				--
Zingiber officinale	Root	0.1	1.0	-0.29131634494743897	--