

## Dr. Duke's Phytochemical and Ethnobotanical Databases

### List of Plants for SODIUM

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Olea europaea</i>	Fruit	24000.0	110092.0	10.255949931659968	--
<i>Rhodymenia palmata</i>	Plant		99170.0	5.185605745359144	--
<i>Chondrus crispus</i>	Plant		81200.0	4.190853118516457	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fucus vesiculosus</i>	Plant	6620.0	56100.0	2.801410106065068	--
<i>Rosa canina</i>	Fruit	8602.0	46000.0	4.178177551963441	--
<i>Tetragonia tetragonioides</i>	Leaf	1300.0	21665.0	3.2005681525591085	--
<i>Brassica chinensis</i>	Leaf	295.0	21477.0	3.167178059127073	--
<i>Brassica rapa</i>	Leaf	295.0	21477.0	3.167178059127073	USDA's Ag Handbook 8 and sequelae)
<i>Lactuca sativa</i>	Leaf	28.0	18560.0	2.649098790290649	--
<i>Lycium chinense</i>	Leaf	1910.0	18365.0	2.61446544869891	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Apium graveolens</i>	Pt	774.0	17135.0	1.413860124765121	--
<i>Beta vulgaris</i>	Leaf	1300.0	16571.0	2.2958387060549112	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Chrysanthemum coronarium</i>	Leaf	1060.0	16300.0	2.247707241586392	--
<i>Ipomoea aquatica</i>	Leaf	440.0	15000.0	2.0168182976414655	--
<i>Brassica rapa</i>	Root	400.0	11600.0	4.888361510042393	--
<i>Borago officinalis</i>	Plant	800.0	11440.0	0.3291979572172995	--
<i>Spinacia oleracea</i>	Plant	585.0	10669.0	0.28651825352805566	--
<i>Centella asiatica</i>	Leaf	1113.0	10400.0	1.1998266498363401	--
<i>Raphanus sativus</i>	Leaf	1100.0	9565.0	1.0515249050717141	--
<i>Daucus carota</i>	Root	340.0	9504.0	3.912432470592931	--
<i>Rhizophora mangle</i>	Leaf		9200.0	0.9866983938871772	--
<i>Aframomum melegueta</i>	Fruit		9200.0	0.6884748812271212	Wealth of India.
<i>Tephrosia purpurea</i>	Leaf		8700.0	0.8978949539083592	--
<i>Lantana camara</i>	Leaf		8200.0	0.8090915139295413	--
<i>Nasturtium officinale</i>	Herb	410.0	8200.0	1.0	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycyrrhiza glabra	Root	1284.0	8180.0	3.295958210940695	--
Coriandrum sativum	Leaf	940.0	7581.0	0.6991528552357646	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Portulaca oleracea	Herb	440.0	7400.0	-1.0	--
Chrysanthemum coronarium	Bud	520.0	6990.0	1.0	--
Cynara cardunculus	Flower	850.0	6840.0	3.402041351960371	--
Beta vulgaris	Root	590.0	6705.0	2.60917608632812	USDA's Ag Handbook 8 and sequelae)
Lycopersicon esculentum	Fruit	10.0	6600.0	0.4419198012294464	--
Mentha pulegium	Plant	2790.0	5410.0	-0.004600503542934433	--
Taraxacum officinale	Leaf	760.0	5300.0	0.2940315620523972	--
Petroselinum crispum	Plant	404.0	5110.0	-0.021207392137970946	--
Raphanus sativus	Root	100.0	5020.0	1.824614811770704	--
Cyrtosperma chamissonis	Root	440.0	4855.0	1.7477883368140432	--
Panax quinquefolius	Plant	500.0	4800.0	-0.038367843686175344	--
Trichosanthes anguina	Fruit	250.0	4630.0	0.2551069136927467	--
Brassica oleracea var. viridis l.	Leaf	280.0	4589.0	0.16775307040251808	--
Cichorium endivia	Leaf	179.0	4560.0	0.16260247088374666	--
Brassica oleracea var. capitata l.	Leaf	141.0	4510.0	0.15372212688586484	--
Brassica nigra	Leaf	274.0	4506.0	0.15301169936603431	USDA's Ag Handbook 8 and sequelae)
Curcuma longa	Rhizome	30.0	4290.0	4.312813192901911	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Panicum maximum	Leaf		4100.0	0.08090330610323414	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Avena sativa	Plant	862.0	3920.0	-0.08708138356494911	--
Glycine max	Seed	9.0	3800.0	5.316472466145284	--
Brassica oleracea var. sabellica l.	Leaf	290.0	3650.0	9.80210122297994E-4	--
Moringa oleifera	Fruit	420.0	3560.0	0.15364001538601127	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Symphytum officinale	Root		3510.0	1.1215361621673223	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Oryza sativa	Plant		3500.0	-0.11033102759800023	--
Anethum graveolens	Plant	1097.0	3308.0	-0.12095943629882361	USDA's Ag Handbook 8 and sequelae)
Syzygium aromaticum	Fruit	200.0	3250.0	0.12424306354013467	--
Syzygium aromaticum	Flower	200.0	3250.0	1.2911423278705607	--
Brassica oleracea var. italica	Leaf	252.0	3091.0	-0.09830203577402047	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Leaf	252.0	3091.0	-0.09830203577402047	--
Triticum aestivum	Plant	200.0	3000.0	-0.13800917525639442	--
Vicia faba	Fruit	435.0	2980.0	0.09863926677114537	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Eucommia ulmoides	Bark		2820.0	3.4734274213056127	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Agathosma betulina	Leaf		2760.0	-0.15708991303999795	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Barosma betulina	Leaf		2760.0	-0.15708991303999795	--
Manihot esculenta	Root	62.0	2655.0	0.7234353373918977	--
Vicia faba	Seed	500.0	2630.0	3.459193259951902	USDA's Ag Handbook 8 and sequelae)
Chamaemelum nobile	Flower		2580.0	0.8971862425947467	--
Mentha x rotundifolia	Leaf		2520.0	-0.19971556422983072	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cichorium intybus	Root	500.0	2500.0	0.6512650124326103	--
Morus alba	Fruit	370.0	2467.0	0.04999205291006569	--
Amaranthus sp.	Leaf	110.0	2406.0	-0.2199627485450012	--
Helianthus tuberosus	Tuber	140.0	2400.0	1.7737778163191231	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
Carthamus tinctorius	Flower	325.0	2320.0	0.7443077617414459	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. botrytis l.	Flower	120.0	2300.0	0.7325478785988843	--
Hordeum vulgare	Stem		2240.0	2.208894010961217	--
Brassica oleracea	Stem	200.0	2222.0	2.185328983729152	--
Pinellia ternata	Tuber	192.0	2200.0	1.5426667001863383	--
Syzygium jambos	Fruit	340.0	2200.0	0.024672742771842938	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Triticum aestivum	Seed	0.0	2200.0	2.7766034662227104	--
Santalum acuminatum	Fruit	510.0	2190.0	0.023724454002621114	--
Solanum melongena	Fruit	20.0	2150.0	0.01993129892573381	--
Lycium chinense	Fruit		2140.0	0.018983010156511982	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Apium graveolens	Seed	445.0	2120.0	2.6496100162265814	--
Apium graveolens	Fruit	445.0	2120.0	0.01708643261806833	--
Mentha spicata	Leaf	300.0	2075.0	-0.2787506258109787	USDA's Ag Handbook 8 and sequelae)
Allium cepa	Bulb	8.0	2052.0	1.4085638338778703	--
Cuminum cyminum	Seed	1680.0	2028.0	2.5035675487310334	--
Cuminum cyminum	Fruit	1680.0	2028.0	0.008362175941227531	--
Brassica oleracea var. gemmifera	Leaf	221.0	1990.0	-0.29384721060737773	USDA's Ag Handbook 8 and sequelae)
Foeniculum vulgare	Fruit	50.0	1980.0	0.0038103898489627655	--
Cistanche salsa	Plant		1970.0	-0.19502615943268645	--
Mentha x piperita	Leaf	291.0	1950.0	-0.30095148580568315	--
Nelumbo nucifera	Rhizome	395.0	1935.0	1.5998918622066602	--
Brassica pekinensis	Leaf	1463.0	1932.0	-0.3041484096449206	--
Blechnum orientale	Rhizome		1930.0	1.594131944307095	--
Brassica napus var. napobrassica	Root	200.0	1930.0	0.3858644625823273	USDA's Ag Handbook 8 and sequelae)
Psidium cattleianum	Fruit	40.0	1915.0	-0.002353487150979104	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Dioscorea villosa</i>	Root	425.0	1770.0	0.3113660626243531	--
<i>Senna alexandrina</i>	Leaf	335.0	1650.0	-0.35423354979297395	--
<i>Glycine max</i>	Sprout Seedling	300.0	1622.0	1.611978737919607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium cumini</i>	Fruit	90.0	1605.0	-0.03175043899685571	--
<i>Avena sativa</i>	Seed	100.0	1600.0	1.824152591251745	Jim Duke's personal files.*
<i>Arctium lappa</i>	Root	357.0	1520.0	0.1949623126900184	--
<i>Benincasa hispida</i>	Fruit	50.0	1500.0	-0.04170747107368489	--
<i>Thymus vulgaris</i>	Leaf	250.0	1490.0	-0.3826506505861957	--
<i>Curcuma longa</i>	Plant	462.0	1490.0	-0.22159718118474486	--
<i>Stellaria media</i>	Plant	122.0	1470.0	-0.22270430709108063	--
<i>Perilla frutescens</i>	Leaf	20.0	1429.0	-0.39348467026361145	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cichorium intybus</i>	Leaf	70.0	1428.0	-0.3936622771435691	USDA's Ag Handbook 8 and sequelae)
<i>Gymnema sylvestre</i>	Leaf	266.0	1400.0	-0.3986352697823829	--
<i>Phyllanthus emblica</i>	Fruit	42.0	1384.0	-0.05270762079665807	--
<i>Althaea officinalis</i>	Root	148.0	1370.0	0.12512006272941759	--
<i>Thymus vulgaris</i>	Plant	430.0	1341.0	-0.22984526918694634	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycyrrhiza uralensis</i>	Root	323.0	1340.0	0.11115161273729743	--
<i>Lepidium sativum</i>	Leaf	140.0	1320.0	-0.4128438201789938	--
<i>Petasites japonicus</i>	Pt	70.0	1270.0	-0.6795501299617708	USDA's Ag Handbook 8 and sequelae)
<i>Momordica charantia</i>	Leaf	190.0	1234.0	-0.4281180118553505	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ipomoea batatas</i>	Root	10.0	1229.0	0.059468347766452816	--
<i>Cnicus benedictus</i>	Plant	162.0	1220.0	-0.23654338092027774	--
<i>Malpighia glabra</i>	Fruit	35.0	1219.0	-0.0683543854888182	--
<i>Armoracia rusticana</i>	Root	216.0	1200.0	0.045965512774069996	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phytelephas aequatorialis	Mesocarp	180.0	1165.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Taraxacum officinale	Root	162.0	1130.0	0.013372462792456278	--
Passiflora edulis	Fruit	280.0	1124.0	-0.07736312879642554	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucumis melo	Fruit	66.0	1115.0	-0.07821658868872519	USDA's Ag Handbook 8 and sequelae)
Mammea americana	Fruit	150.0	1085.0	-0.08106145499639067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Salvia officinalis	Leaf	170.0	1080.0	-0.4554694713688264	--
Annona muricata	Fruit	65.0	1035.0	-0.0858028988424998	--
Cucurbita pepo	Flower	50.0	1030.0	-0.014204700953778359	USDA's Ag Handbook 8 and sequelae)
Peperomia pelucida	Leaf	80.0	1025.0	-0.46523784976649635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Seed	400.0	1014.0	0.8939255700301022	--
Artemisia capillaris	Plant		1010.0	-0.24816820293680328	--
Alocasia macrorrhiza	Root	300.0	1010.0	-0.04250133717602438	--
Abelmoschus esculentus	Fruit	10.0	1000.0	-0.08912190953477618	--
Scutellaria baicalensis	Root	740.0	991.0	-0.05134802217103382	--
Gardenia jasminoides	Fruit	731.0	985.0	-0.09054434268860892	--
Nigella sativa	Seed		980.0	0.8399533537817474	--
Plantago asiatica	Plant		950.0	-0.2514895806558106	--
Eriocaulon sp	Leaf		940.0	-0.48033443456289543	--
Cynanchum atratum	Root		940.0	-0.0750943871576381	--
Oryza sativa	Seed	90.0	939.0	0.7748692106587315	--
Origanum majorana	Plant	675.0	935.0	-0.25231992508556245	USDA's Ag Handbook 8 and sequelae)
Senna obtusifolia	Seed	770.0	930.0	0.760582447534167	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eleocharis dulcis	Tuber	100.0	920.0	0.06355555693651582	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Anthriscus cerefolium	Leaf	830.0	895.0	-0.48832674416098903	--
Stevia rebaudiana	Leaf		892.0	-0.48885956480086196	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ocimum basilicum	Leaf	120.0	890.0	-0.4892147785607772	--
Tragopogon porrifolius	Root	80.0	870.0	-0.10768743713925182	--
Areca catechu	Seed	151.0	867.0	0.6605751056622157	--
Pinus edulis	Seed	675.0	860.0	0.6494631787875544	--
Mentha arvensis var. piperascens	Plant		860.0	-0.25647164723432153	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Rheum rhabarbarum	Pt	20.0	855.0	-0.7343099948033504	--
Capparis spinosa	Leaf		850.0	-0.49631905375908264	Wealth of India.
Pimenta dioica	Fruit	800.0	842.0	-0.10410487208848104	--
Phoenix dactylifera	Seed	15.0	820.0	0.5859664537894901	Abstract (See species file)
Rosmarinus officinalis	Leaf	260.0	805.0	-0.5043113633571763	USDA's Ag Handbook 8 and sequelae)
Myristica fragrans	Aril		800.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Root Bark		793.0	1.5861862548512324	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Vigna radiata	Sprout Seedling	45.0	782.0	-0.03780760366122745	USDA's Ag Handbook 8 and sequelae)
Taraxacum mongolicum	Plant		763.0	-0.26184120788005	--
Trigonella foenum-graecum	Leaf	650.0	761.0	-0.5121260660753122	--
Myrica cerifera	Bark	166.0	760.0	0.5412869567682672	--
Verbascum thapsus	Leaf	334.0	760.0	-0.5123036729552699	--
Pachira macrocarpa	Seed	720.0	760.0	0.4907213662923935	--
Zea mays	Seed	0.0	757.0	0.48595911191753866	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Corchorus olitorius	Leaf	80.0	755.0	-0.513191707355058	--
Allium schoenoprasum	Leaf	20.0	750.0	-0.5140797417548463	--
Dioscorea pentaphylla	Root	120.0	750.0	-0.16356123710773246	--
Tamarindus indica	Fruit	49.0	743.0	-0.11349293090377711	--
Capsicum frutescens	Fruit	50.0	734.0	-0.11434639079607677	--
Terminalia catappa	Seed	700.0	730.0	0.44309882254384525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Harpagophytum procumbens	Root	136.0	718.0	-0.17846091709932732	--
Opuntia ficus-indica	Seed		714.0	0.4177001325446195	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucumis sativus	Fruit	16.0	714.0	-0.11624296833452041	--
Carica papaya	Leaf	160.0	711.0	-0.521006410073194	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	77.0	710.0	0.41135046004481307	--
Zingiber officinale	Rhizome	60.0	709.0	0.18755999323325184	--
Phaseolus vulgaris	Fruit	5.4	707.0	-0.1169067704729757	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Urtica dioica	Root		700.0	-0.1868419870945994	--
Vigna unguiculata	Shoot	70.0	685.0	1.246977776398358	--
Vigna unguiculata	Shoot	70.0	685.0	1.246977776398358	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Shoot	18.0	685.0	1.246977776398358	--
Musa x paradisiaca	Fruit	8.0	670.0	-0.12041543891909645	--
Urtica dioica	Seed		660.0	0.3319795537972326	--
Cymbopogon citratus	Plant		640.0	-0.268650032204015	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	46.0	634.0	0.2907066825484908	--
Phyllanthus acidus	Fruit	60.0	632.0	-0.12401893624213939	--
Piper nigrum	Fruit	320.0	627.0	-0.1244930806267503	USDA's Ag Handbook 8 and sequelae)



Plant	Part	Low PPM	High PPM	StdDev	Reference
Rehmannia glutinosa	Root		626.0	-0.22129749707516247	--
Cocos nucifera	Seed	145.0	626.0	0.2780073375488779	--
Artemisia dracunculus	Plant		620.0	-0.2697571581103508	--
Trachyspermum ammi	Fruit	560.0	605.0	-0.12657931591903832	--
Plantago major	Seed	180.0	600.0	0.2367344663001361	--
Luffa aegyptiaca	Fruit	30.0	600.0	-0.12705346030364922	--
Nardostachys chinensis	Rhizome		596.0	0.05738584870307634	--
Rosmarinus officinalis	Plant	462.0	592.0	-0.2713071343792208	--
Capsicum annuum	Fruit	152.0	590.0	-0.12800174907287107	--
Trigonella foenum-graecum	Seed	75.0	580.0	0.2049861038011039	--
Inula helenium	Root	128.0	580.0	-0.24271578706308006	--
Pisum sativum	Fruit	22.0	578.0	-0.12913969559593724	--
Pastinaca sativa	Root	100.0	575.0	-0.24504386206176676	--
Sechium edule	Fruit	40.0	570.0	-0.1298983266113147	--
Equisetum arvense	Plant	120.0	560.0	-0.27307853582935804	--
Allium sativum var. sativum	Bulb	158.0	559.0	-0.5949158142450202	--
Pachyrhizus erosus	Tuber	60.0	555.0	-0.35822223000581643	--
Lens culinaris	Sprout Seedling	56.0	545.0	-0.5032830357501057	USDA's Ag Handbook 8 and sequelae)
Xanthosoma sagittifolium	Leaf	87.0	540.0	-0.5513771865459498	--
Plantago psyllium	Seed	118.0	540.0	0.14148937880303955	--
Quercus velutina	Stem	14.0	539.0	-0.01800106246893865	--
Pistacia vera	Seed	54.0	538.0	0.13831454255313635	--
Sambucus nigra	Fruit	75.0	535.0	-0.1332173373035911	--
Averrhoa bilimbi	Fruit	40.0	533.0	-0.13340699505743547	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Belamcanda chinensis	Rhizome		527.0	-0.022101018310924623	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Persea americana</i>	Fruit	20.0	520.0	-0.13463977045742384	--
<i>Morus alba</i>	Root Bark	251.0	520.0	0.4024004495631337	--
<i>Aloe vera</i>	Leaf	40.0	510.0	-0.5567053929446788	--
<i>Aloe spp.</i>	Leaf	3.0	510.0	-0.5567053929446788	--
<i>Camellia sinensis</i>	Leaf	300.0	500.0	-0.5584814617442552	--
<i>Rumex acetosa</i>	Leaf	50.0	500.0	-0.5584814617442552	--
<i>Panax japonicus</i>	Rhizome		499.0	-0.05435655854849023	--
<i>Raphanus sativus</i>	Fruit	50.0	495.0	-0.1370104923804784	--
<i>Serenoa repens</i>	Fruit	65.0	495.0	-0.1370104923804784	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Nelumbo nucifera</i>	Seed	10.0	490.0	0.06211847255545912	--
<i>Colocasia esculenta</i>	Leaf	20.0	484.0	-0.5613231718235774	--
<i>Colocasia esculenta</i>	Root	7.0	480.0	-0.28927728703681393	--
<i>Allium ampeloprasum</i>	Leaf	50.0	472.0	-0.563454454383069	--
<i>Platycodon grandiflorum</i>	Root	243.0	472.0	-0.29300220703471264	--
<i>Citrus limon</i>	Fruit		470.0	-0.13938121430353298	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Peperomia pereskiiifolia</i>	Leaf	70.0	465.0	-0.5646977025427724	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Acanthopanax gracilistylis</i>	Root Bark		463.0	0.15523638032715706	--
<i>Acorus calamus</i>	Rhizome		459.0	-0.10043590174501253	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Annona squamosa</i>	Fruit	50.0	457.0	-0.14061398970352135	--
<i>Physalis ixocarpa</i>	Fruit	0.0	454.0	-0.1408984763342879	--
<i>Vitis vinifera</i>	Fruit	2.0	454.0	-0.1408984763342879	--
<i>Lagenaria siceraria</i>	Fruit	20.0	450.0	-0.1412777918419766	--
<i>Vigna mungo</i>	Seed	398.0	449.0	-0.0029656705675568428	--
<i>Carica papaya</i>	Fruit	60.0	444.0	-0.14184676510350971	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Jussiaea repens	Plant		438.0	-0.2798320038580062	--
Erythroxylum coca	Leaf	400.0	435.0	-0.5700259089415015	--
Ephedra sinica	Plant	90.0	430.0	-0.28027485422054055	--
Coriandrum sativum	Fruit	308.0	430.0	-0.14317436938042027	USDA's Ag Handbook 8 and sequelae)
Psophocarpus tetragonolobus	Seed	31.0	429.0	-0.03471403306658902	--
Aralia cordata	Leaf	20.0	425.0	-0.5718019777410779	--
Glehnia littoralis	Root		425.0	-0.3148861120223676	--
Zingiber officinale	Root	30.0	423.0	-0.31581734202184225	--
Juniperus virginiana	Shoot	3.8	422.0	0.041260294072004496	--
Moringa oleifera	Shoot	90.0	420.0	0.03209133983378128	USDA's Ag Handbook 8 and sequelae)
Vaccinium corymbosum	Fruit	56.0	414.0	-0.1446916314111752	--
Larrea tridentata	Plant	135.0	410.0	-0.2813819801268763	--
Pyrus communis	Fruit	0.0	407.0	-0.14535543354963046	--
Xanthosoma sagittifolium	Root	38.0	400.0	-0.32652648701580106	--
Astragalus membranaceus	Root	64.0	400.0	-0.32652648701580106	--
Vaccinium macrocarpon	Fruit	48.0	400.0	-0.14601923568808575	--
Ipomoea batatas	Leaf	50.0	400.0	-0.5762421497400187	--
Fritillaria thunbergii	Bulb		396.0	-0.8136480196328508	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Quercus rubra	Stem	12.0	396.0	-0.2052121121459006	--
Canavalia ensiformis	Seed	23.0	394.0	-0.09027366743989515	--
Ocimum basilicum	Plant	294.0	386.0	-0.28271053121447925	--
Hibiscus sabdariffa	Flower	42.0	382.0	-0.3952249147727747	--
Eriodictyon californicum	Leaf	84.0	380.0	-0.5797942873391715	--
Phoenix dactylifera	Fruit	10.0	380.0	-0.1479158132265294	--
Quercus alba	Stem	4.0	380.0	-0.22615880301884742	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Dioscorea bulbifera	Rhizome		378.0	-0.1937465717179702	--
Ficus carica	Fruit	10.0	366.0	-0.14924341750343995	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	0.0	366.0	-0.14924341750343995	--
Lens culinaris	Seed	76.0	360.0	-0.14424588368824984	--
Eriobotrya japonica	Fruit	40.0	351.0	-0.1506658506572727	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa carambola	Fruit	17.0	351.0	-0.1506658506572727	--
Tamarindus indica	Leaf		351.0	-0.584944886857943	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Berberis vulgaris	Bark		350.0	-0.04229439782411715	--
Punica granatum	Fruit	9.0	350.0	-0.1507606795341949	--
Berberis vulgaris	Root		350.0	-0.34980723700266797	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ananas comosus	Fruit	10.0	347.0	-0.15104516616496144	--
Citrus paradisi	Fruit	0.0	341.0	-0.15161413942649452	--
Carum carvi	Seed	149.0	340.0	-0.17599424618728202	--
Dioscorea alata	Root	22.0	335.0	-0.3567914619987281	--
Momordica charantia	Fruit	20.0	333.0	-0.15237277044187197	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna unguiculata	Fruit	39.0	333.0	-0.15237277044187197	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	295.0	332.0	-0.1886935911868949	--
Valerianella locusta	Plant	321.0	331.0	-0.2857551274569026	--
Hyoscyamus niger	Seed		327.0	-0.19663068181165294	--
Solanum tuberosum	Tuber	2.6	323.0	-0.6263111247198467	--
Alisma plantago-aquatica	Rhizome	151.0	322.0	-0.25825765219310143	--
Cucurbita spp	Fruit	20.0	315.0	-0.15407969022647128	--
Vigna radiata	Seed	129.0	311.0	-0.22202937181087867	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Feijoa sellowiana	Fruit	50.0	310.0	-0.15455383461108219	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Stevia rebaudiana	Plant		310.0	-0.2869176096585552	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Cicer arietinum	Seed	220.0	310.0	-0.22361678993583028	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Leaf	72.0	300.0	-0.5940028377357823	--
Papaver somniferum	Seed	155.0	300.0	-0.23949097118534637	--
Pisum sativum	Seed	37.0	297.0	-0.2442532255602012	--
Carya glabra	Shoot	12.0	297.0	-0.5317993458169468	--
Coptis chinensis	Rhizome	54.0	296.0	-0.2882092252708409	--
Coptis japonica	Rhizome	54.0	296.0	-0.2882092252708409	--
Coptis spp	Rhizome	54.0	296.0	-0.2882092252708409	--
Actinidia chinensis	Fruit	50.0	295.0	-0.1559762677649149	--
Allium sativum var. sativum	Leaf	40.0	294.0	-0.5950684790155282	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juncus effusus	Pith		291.0	1.0	--
Anemarrhena asphodeloides	Rhizome	52.0	289.0	-0.2962731103302323	--
Cinnamomum aromaticum	Bark	42.0	287.0	-0.13196665474928823	--
Cinnamomum verum	Bark		287.0	-0.13196665474928823	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Paeonia lactiflora	Root	196.0	286.0	-0.3796065969858577	--
Annona cherimola	Fruit	57.0	285.0	-0.15692455653413676	--
Allium sativum var. sativum	Root	104.0	280.0	-0.3824002869842817	--
Chamissoa altissima	Leaf	28.0	280.0	-0.5975549753349351	Tramil
Ruscus aculeatus	Root	85.0	280.0	-0.3824002869842817	--
Asiasarum heterotropoides	Root	226.0	278.0	-0.3833315169837564	--
Asiasarum sieboldii	Root	226.0	278.0	-0.3833315169837564	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona reticulata</i>	Fruit	25.0	275.0	-0.15787284530335857	--
<i>Ophiopogon japonicus</i>	Tuber	113.0	273.0	-0.684088903753043	--
<i>Carya ovata</i>	Shoot	5.0	270.0	-0.6555802280329606	--
<i>Chrysophyllum cainito</i>	Fruit	50.0	270.0	-0.15834698968796948	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	5.0	269.0	-0.28870093305884625	--
<i>Satureja hortensis</i>	Plant		264.0	-0.28946399924312743	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Anethum graveolens</i>	Fruit	158.0	262.0	-0.15910562070334694	--
<i>Anethum graveolens</i>	Seed	158.0	262.0	-0.29981285993350754	USDA's Ag Handbook 8 and sequelae)
<i>Arachis hypogaea</i>	Seed	40.0	260.0	-0.30298769618341076	--
<i>Lablab purpureus</i>	Seed	20.0	260.0	-0.30298769618341076	--
<i>Anacardium occidentale</i>	Seed	140.0	257.0	-0.30774995055826554	--
<i>Hordeum vulgare</i>	Sprout Seedling		256.0	-1.0708880985082736	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Cyperus rotundus</i>	Rhizome		254.0	-0.3365925356271893	--
<i>Genipa americana</i>	Fruit	50.0	250.0	-0.16024356722641314	--
<i>Artemisia herba-alba</i>	Plant		250.0	-0.2902389873775625	--
<i>Chenopodium album</i>	Leaf		250.0	-0.6028831817336642	--
<i>Tamarindus indica</i>	Flower		250.0	-0.4728401435136814	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cydonia oblonga</i>	Fruit		247.0	-0.1605280538571797	--
<i>Polygala tenuifolia</i>	Root		247.0	-0.3977655819756139	--
<i>Psidium guajava</i>	Fruit	26.0	246.0	-0.16062288273410188	USDA's Ag Handbook 8 and sequelae)
<i>Asparagus officinalis</i>	Root	24.0	239.0	-0.4014905019735126	--
<i>Atractylodes ovata</i>	Rhizome	220.0	238.0	-0.35502427290579824	--
<i>Citrullus lanatus</i>	Fruit	135.0	236.0	-0.1615711715033237	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Syzygium malaccense</i>	Fruit	20.0	235.0	-0.16166600038024587	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amorphophallus campanulatus</i>	Root	41.0	233.0	-0.40428419197193666	--
<i>Valeriana officinalis</i>	Root	27.0	230.0	-0.40568103697114866	--
<i>Gastrodia elata</i>	Rhizome		228.0	-0.3665441087049288	--
<i>Phaseolus acutifolius</i>	Seed	30.0	222.0	-0.3633095849315719	--
<i>Citrus aurantiifolia</i>	Fruit	10.0	222.0	-0.16289877578023426	--
<i>Liquidambar styraciflua</i>	Plant	30.0	220.0	-0.2918996762370661	--
<i>Prunus cerasus</i>	Plant	30.0	216.0	-0.29212110141833325	--
<i>Pulsatilla chinensis</i>	Root		213.0	-0.4135964919666834	--
<i>Carum carvi</i>	Fruit	149.0	212.0	-0.16384706454945608	--
<i>Houttuynia cordata</i>	Plant		212.0	-0.2923425265996004	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Albizia julibrissin</i>	Bark		211.0	-0.2401427107225107	--
<i>Morinda sp</i>	Root		206.0	-0.41685579696484476	--
<i>Cajanus cajan</i>	Seed	156.0	205.0	-0.39029569305574924	--
<i>Origanum vulgare</i>	Plant	109.0	205.0	-0.2927300206668179	USDA's Ag Handbook 8 and sequelae)
<i>Aconitum carmichaelii</i>	Tuber		204.0	-0.7638222388188537	--
<i>Perilla frutescens</i>	Plant		204.0	-0.29278537696213475	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Parthenium integrifolium</i>	Root	32.0	200.0	-0.4196494869632688	--
<i>Vigna unguiculata</i>	Seed	38.0	200.0	-0.39823278368050724	USDA's Ag Handbook 8 and sequelae)
<i>Achyranthes bidentata</i>	Root	133.0	198.0	-0.42058071696274346	--
<i>Atractylodes lancea</i>	Rhizome		197.0	-0.40225559968223357	--
<i>Elettaria cardamomum</i>	Seed	180.0	196.0	-0.4045824561803137	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Rubia cordifolia</i>	Root		195.0	-0.4219775619619555	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita pepo	Seed	180.0	193.0	-0.4093447105551685	--
Murraya sp	Fruit	3.0	192.0	-0.16574364208789974	--
Sechium edule	Shoot	14.0	190.0	-1.0223383975618894	--
Lepidium meyenii	Root		190.0	-0.4243056369606422	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Amomum xanthioides	Seed		187.0	-0.4188692193048782	--
Vigna unguiculata	Seed	170.0	186.0	-0.4204566374298298	USDA's Ag Handbook 8 and sequelae)
Cnidium officinale	Rhizome		185.0	-0.41607940264119025	--
Viburnum opulus	Bark		184.0	-0.2785736779761555	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Valerianella radicata	Plant	99.1	181.0	-0.29405857175442085	--
Paeonia moutan	Root Bark	178.0	180.0	-1.071911542370762	--
Paeonia suffruticosa	Root Bark	178.0	180.0	-1.071911542370762	--
Oenothera biennis	Seed		180.0	-0.4299811461795394	--
Pimpinella anisum	Fruit		177.0	-0.16716607524173246	--
Pimpinella anisum	Seed	160.0	177.0	-0.43474340055439425	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Symphoricarpos orbiculatus	Stem	11.0	176.0	-0.493229111648919	--
Rheum palmatum	Rhizome	140.0	175.0	-0.42759923844032083	--
Medicago sativa	Plant	32.0	170.0	-0.2946674910029055	--
Amaranthus spinosus	Leaf	60.0	168.0	-0.6174469458901903	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Genipa americana	Seed		165.0	-0.4537924180538136	--
Lupinus albus	Seed	150.0	165.0	-0.4537924180538136	--
Myristica fragrans	Seed	109.0	160.0	-0.4617295086785716	--
Trifolium pratense	Flower	29.0	160.0	-0.5257596176552087	--
Ginkgo biloba	Seed	70.0	160.0	-0.4617295086785716	--
Scutellaria lateriflora	Plant	22.0	160.0	-0.2952210539560734	--



Plant	Part	Low PPM	High PPM	StdDev	Reference
Dendrobium nobile	Stem		156.0	-0.5194124752401025	--
Vitis vinifera	Stem		156.0	-0.5194124752401025	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Prunella vulgaris	Flower		155.0	-0.5286995884408491	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lycopodium clavatum	Plant		155.0	-0.29549783543265734	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Citrus reticulata	Fruit	8.0	154.0	-0.16934713941094268	--
Artocarpus heterophyllus	Fruit	20.0	150.0	-0.1697264549186314	--
Lobelia inflata	Leaf	17.0	150.0	-0.6206438697294278	--
Prunus dulcis	Seed	20.0	147.0	-0.48236594430294255	USDA's Ag Handbook 8 and sequelae)
Manilkara zapota	Fruit	30.0	145.0	-0.17020059930324233	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Fruit	13.0	143.0	-0.17039025705708669	--
Angelica dahurica	Root		143.0	-0.44618954194829713	--
Gentiana scabra	Root		140.0	-0.44758638694750913	--
Asparagus lucidus	Root		139.0	-0.4480520019472465	--
Cornus officinalis	Fruit		138.0	-0.1708644014416976	--
Celosia cristata	Flower		137.0	-0.5392834832691545	--
Aristolochia debilis	Fruit		136.0	-0.17105405919554195	--
Simmondsia chinensis	Seed		136.0	-0.4998275436774102	--
Broussonetia papyrifera	Fruit		135.0	-0.17114888807246414	--
Isatis tinctoria	Root		134.0	-0.4503800769459332	--
Raphanus sativus	Seed		134.0	-0.5030023799273134	--
Quercus stellata	Stem	5.0	134.0	-0.5482141751904044	--
Malus domestica	Fruit	0.0	133.0	-0.1713385458263085	--
Zea mays	Silk Stigma Style		130.0		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans nigra	Pericarp	16.0	130.0		--
Juglans nigra	Fruit		130.0	-0.17162303245707505	--
Tussilago farfara	Flower		130.0	-0.5433994423690511	--
Amorphophallus konjac	Root		130.0	-0.45224253694488253	--
Juglans regia	Seed	20.0	130.0	-0.5093520524271199	--
Zizyphus jujuba	Fruit	30.0	130.0	-0.17162303245707505	--
Spirulina spp.	Plant		128.0	-0.29699245540621066	--
Lophatherum gracile	Plant		128.0	-0.29699245540621066	--
Spirulina pratensis	Plant		128.0	-0.29699245540621066	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salix alba	Bark	20.0	120.0	-0.36966930405886916	--
Bupleurum chinense	Root	13.0	120.0	-0.45689868694225594	--
Cucurbita pepo	Fruit	10.0	119.0	-0.17266615010321906	USDA's Ag Handbook 8 and sequelae)
Schizonepeta tenuifolia	Plant		118.0	-0.29754601835937855	--
Polygonum multiflorum	Rhizome		117.0	-0.49441428607527815	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Citrus aurantium	Fruit	54.0	116.0	-0.1729506367339856	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Citrus medica	Fruit		113.0	-0.17323512336475216	--
Arisaema consanguineum	Rhizome		112.0	-0.5001742039748435	--
Phaseolus vulgaris	Seed	0.85	112.0	-0.5379255786762488	--
Ribes nigrum	Fruit	20.0	111.0	-0.17342478111859652	USDA's Ag Handbook 8 and sequelae)
Yucca baccata	Root	23.0	110.0	-0.4615548369396293	--
Symphytum officinale	Leaf	12.0	110.0	-0.6277481449277332	--
Quercus phellos	Stem	4.0	109.0	-0.5809433796793837	--
Rhus glabra	Stem	2.0	107.0	-0.583561716038502	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Fragaria spp	Fruit	8.0	106.0	-0.17389892550320743	--
Forsythia suspensa	Fruit		105.0	-0.17399375438012962	--
Phytelephas aequatorialis	Flower	30.0	105.0	-0.5580992962972531	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Lygodium japonicum	Pollen Or Spore		104.0		--
Tetrapanax papyrifera	Pith		103.0	-1.0	--
Sinomenium acutum	Rhizome		102.0	-0.511694039773974	--
Eleutherococcus senticosus	Root	21.0	99.0	-0.46667660193674004	--
Artocarpus altilis	Fruit	11.0	98.0	-0.1746575565185849	--
Rubus chingii	Fruit		97.0	-0.17475238539550708	--
Schisandra chinensis	Fruit	15.0	97.0	-0.17475238539550708	--
Scrophularia buergeriana	Root		96.0	-0.46807344693595204	--
Ephedra spp	Plant		96.0	-0.2987638568563479	--
Frangula purshiana	Bark	26.0	93.0	-0.408100271312514	--
Echinacea purpurea	Root	23.0	90.0	-0.4708671369343761	--
Echinacea spp	Root		90.0	-0.4708671369343761	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Siegesbeckia orientalis	Plant		90.0	-0.2990959946282486	--
Opuntia ficus-indica	Bud		90.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Prunus armeniaca	Fruit	10.0	88.0	-0.17560584528780673	USDA's Ag Handbook 8 and sequelae)
Annona cherimola	Seed	68.0	88.0	-0.5760236136750875	--
Cimicifuga dahurica	Rhizome		85.0	-0.531277760632496	--
Actaea dahurica	Rhizome		85.0	-0.531277760632496	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Equisetum hyemale	Plant		85.0	-0.29937277610483254	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spondias purpurea	Fruit	20.0	83.0	-0.17607998967241764	--
Achillea millefolium	Plant	15.0	82.0	-0.2995388449907829	--
Ribes uva-crispa	Fruit	10.0	82.0	-0.1761748185493398	--
Muntingia calabura	Fruit	20.0	80.0	-0.1763644763031842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lonicera japonica	Flower		80.0	-0.5727991502254551	--
Chaenomeles lagenaria	Fruit		80.0	-0.1763644763031842	--
Notopterygium incisum	Rhizome		79.0	-0.5381896621119744	--
Firmiana simplex	Seed		78.0	-0.5918977949246036	--
Rubus idaeus	Leaf	13.0	77.0	-0.6336091719663351	--
Rumex crispus	Root	20.0	77.0	-0.4769201319309615	--
Sophora subprostrata	Root		76.0	-0.4773857469306988	--
Spondias dulcis	Fruit	10.0	75.0	-0.1768386206877951	--
Sophora angustifolia	Root	70.0	74.0	-0.4783169769301735	--
Rosa laevigata	Fruit		73.0	-0.17702827844163946	--
Crataegus cuneata	Fruit		73.0	-0.17702827844163946	--
Ribes rubrum	Fruit	8.0	72.0	-0.17712310731856165	--
Magnolia denudata	Flower		71.0	-0.5780910976396079	--
Magnolia fargesii	Flower		71.0	-0.5780910976396079	--
Magnolia kobus	Flower		71.0	-0.5780910976396079	--
Pueraria pseudohirsuta	Root	57.0	70.0	-0.48017943692912285	--
Secale cereale	Seed	45.0	70.0	-0.6045971399242164	USDA's Ag Handbook 8 and sequelae)
Salvia miltiorrhiza	Root		70.0	-0.48017943692912285	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Chenopodium ambrosioides	Leaf	10.0	70.0	-0.6348524201260386	--
Drynaria fortunei	Rhizome		68.0	-0.550861481491018	--
Castanea sativa	Seed	30.0	66.0	-0.6109468124240228	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Garcinia mangostana</i>	Fruit	10.0	64.0	-0.1778817383339391	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriobotrya japonica</i>	Leaf		63.0	-0.636095668285742	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), <i>Kaohsiung J. Med. Sci.</i> , 4: 259-272.
<i>Pinus echinata</i>	Shoot	3.0	63.0	-1.604566991689064	--
<i>Sinapis alba</i>	Seed	43.0	61.0	-0.6188839030487809	--
<i>Arctostaphylos uva-ursi</i>	Leaf	7.0	60.0	-0.636628488925615	--
<i>Cassia tora</i>	Seed		59.0	-0.6220587392986842	--
<i>Turnera diffusa</i>	Leaf	12.2	58.0	-0.6369837026855303	--
<i>Physalis peruviana</i>	Fruit	9.0	58.0	-0.1784507115954722	--
<i>Vigna angularis</i>	Seed	50.0	58.0	-0.6236461574236357	--
<i>Cimicifuga racemosa</i>	Root	12.0	58.0	-0.4857668169259709	--
<i>Geranium thunbergii</i>	Plant		58.0	-0.3008673960783858	--
<i>Fraxinus rhynchophylla</i>	Bark		58.0	-0.457918191826498	--
<i>Phellodendron amurense</i>	Bark		55.0	-0.46218829929912525	--
<i>Crataegus laevigata</i>	Fruit	15.0	55.0	-0.17873519822623876	--
<i>Crataegus rhipidophylla</i>	Fruit		55.0	-0.17873519822623876	Pedersen, M. 1987. <i>Nutritional Herbology</i> . Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Prunus domestica</i>	Fruit	0.0	54.0	-0.17883002710316093	--
<i>Ligustrum japonicum</i>	Fruit		54.0	-0.17883002710316093	--
<i>Ligustrum lucidum</i>	Fruit		54.0	-0.17883002710316093	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), <i>Kaohsiung J. Med. Sci.</i> , 4: 259-272.
<i>Quercus alba</i>	Bark	12.0	54.0	-0.4636116684566676	--
<i>Castanea dentata</i>	Seed	30.0	53.0	-0.6315832480483937	--
<i>Castanea mollissima</i>	Seed	30.0	53.0	-0.6315832480483937	--
<i>Vaccinium myrtillus</i>	Fruit	4.0	50.0	-0.17920934261084967	--
<i>Angelica laxiflora</i>	Root		50.0	-0.48949173692386966	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora incarnata	Flower	6.0	50.0	-0.5904389749392975	--
Macadamia spp	Seed		50.0	-0.6363455024232486	USDA's Ag Handbook 8 and sequelae)
Urtica dioica	Leaf	10.0	49.0	-0.6385821646051489	--
Viscum album	Leaf		49.0	-0.6385821646051489	--
Chrysanthemum parthenium	Plant		48.0	-0.3014209590315537	--
Chrysanthemum parthenium	Leaf	9.0	48.0	-0.6387597714851067	--
Tanacetum parthenium	Plant		48.0	-0.3014209590315537	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	9.0	47.0	-0.5922029574106819	--
Humulus lupulus	Fruit		47.0	-0.17949382924161622	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bletilla striata	Tuber		45.0	-0.9475555761444178	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Senna occidentalis	Seed		45.0	-0.6442825930480066	--
Pinus pinea	Seed	40.0	43.0	-0.6474574292979098	USDA's Ag Handbook 8 and sequelae)
Polygonum multiflorum	Root		42.0	-0.49321665692176836	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Phaseolus coccineus	Seed		42.0	-0.6490448474228615	--
Gentiana lutea	Root	9.0	41.0	-0.49368227192150566	--
Quisqualis indica	Fruit		36.0	-0.18053694688776023	--
Dioscorea sp.	Root		36.0	-0.49601034692019236	--
Euodia rutaecarpa	Fruit		34.0	-0.1807266046416046	--
Helianthus annuus	Seed	30.0	32.0	-0.6649190286723775	--
Corylus avellana	Seed	3.3	32.0	-0.6649190286723775	--
Juglans nigra	Seed	3.0	31.0	-0.6665064467973292	--
Carya illinoensis	Seed	0.0	31.0	-0.6665064467973292	--
Durio zibethinus	Fruit	10.0	30.0	-0.1811059201492933	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Prunus persica</i>	Seed		29.0	-0.6696812830472324	--
<i>Caulophyllum thalictroides</i>	Root	3.2	29.0	-0.49926965191835376	--
<i>Citrus sinensis</i>	Fruit	0.0	29.0	-0.1812007490262155	--
<i>Diospyros virginiana</i>	Fruit	10.0	28.0	-0.1812955779031377	--
<i>Magnolia officinalis</i>	Bark		27.0	-0.5020426357103125	--
<i>Catalpa ovata</i>	Fruit		24.0	-0.1816748934108264	--
<i>Panax ginseng</i>	Root	5.0	24.0	-0.5015977269170404	--
<i>Smilax officinalis</i>	Root	4.4	21.0	-0.5029945719162524	--
<i>Smilax</i> spp	Root	4.4	21.0	-0.5029945719162524	--
<i>Bertholletia excelsa</i>	Seed	7.0	20.0	-0.6839680461717969	--
<i>Prunus armeniaca</i>	Seed	18.0	19.0	-0.6855554642967485	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, <i>Shoykugaku Zasshi</i> 36(3):190-195.
<i>Akebia quinata</i>	Stem		18.0	-0.7000776840192686	--
<i>Juglans cinerea</i>	Seed	2.7	12.0	-0.6966673911714097	--
<i>Salvia officinalis</i>	Plant	11.0	12.0	-0.30341378566295807	Father Nature's Farmacy: The aggregate of all these three-letter citations.
<i>Spondias tuberosa</i>	Fruit		11.1	-0.18289818592312254	--
<i>Ulmus rubra</i>	Bark	1.6	10.0	-0.5262399113885332	--
<i>Quercus rubra</i>	Seed		6.0	-0.7061918999211194	--
<i>Coix lacryma-jobi</i>	Seed		4.0	-0.7093667361710226	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, <i>Shoykugaku Zasshi</i> 36(3):190-195.
<i>Stachys officinalis</i>	Plant	0.5	3.0	-0.3039119923208092	--
<i>Carya ovata</i>	Seed		2.8	-0.7112716379209646	--
<i>Rubus idaeus</i>	Fruit	0.0	1.0	-0.18385595758003662	Revised USDA data received 1993.
<i>Fagopyrum esculentum</i>	Seed		0.0	-0.7157164086708291	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in <i>J. Ethnobiology</i> 9(1):27-29.
<i>Spondias pinnata</i>	Fruit				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Elytrigia repens	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cypripedium pubescens	Root				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Acacia nilotica	Plant				--
Nepeta cataria	Plant				--
Eupatorium perfoliatum	Plant				--
Prunus persica	Bark				--
Acacia senegal	Plant				--
Aspalathus linearis	Leaf				--
Angelica sinensis	Root				--
Juniperus communis	Fruit				--
Silybum marianum	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tabebuia heptaphylla	Bark				--
Hydrangea arborescens	Root				--
Euphrasia officinalis	Plant				--
Silybum marianum	Leaf				--
Hydrastis canadensis	Root				--
Spondias mombin	Fruit				--