

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for STIGMASTEROL

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Root		60.0	-0.4716637501266192	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Abelmoschus moschatus	Seed				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Abrus precatorius	Seed				Wealth of India.
Acacia farnesiana	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Acacia farnesiana	Seed				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Achillea millefolium	Plant				--
Achyranthes bidentata	Root				--
Aesculus hippocastanum	Seed				Jim Duke's personal files.
Aesculus hippocastanum	Leaf				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Aesculus hippocastanum	Bark				Jim Duke's personal files.
Ageratum conyzoides	Plant				Wealth of India.
Aleurites fordii	Plant				--
Allium cepa	Bulb		40.0		--
Allium cepa	Seed				Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Fecs. Int. Conf. Chem. Biotechnol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Allium cepa	Seed Oil				Grujic-Injac, B., Basarevic-Dinic, L., Lajsic, S., Stefanovic, D. 1985. Chemical Analysis of Seed Oil of the Onion (Allium cepa). Hrana Ishrana, 25: 167-169 (Inst Ishr Vet Fak Belgrade, Yugoslavia)
Allium sativum var. sativum	Plant				Stitt, Paul. Why George should eat broccoli.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Aloe vera	Shoot				Afzal, M., Ali, M., Hassan, R. A. H., Sweedan, N., Dhami, M. S. I. 1991. Identification of Some Prostanoids in Aloe vera Extracts. Plant Medica, 57(1): 38-40.
Amaranthus spinosus	Leaf				Wealth of India.
Ambrosia hispida	Shoot		22.5	-1.0	--
Ananas comosus	Fruit		0.0	-1.1725991994622522	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Anastatica hierochuntica	Plant				--
Anethum graveolens	Plant		420.0	1.1614156001580258	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Anethum graveolens	Root				--
Anethum graveolens	Seed Essent. Oil				--
Angelica archangelica	Fruit				--
Angelica archangelica	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Anisomeles indica	Trichome				Wealth of India.
Annona muricata	Plant				--
Annona cherimola	Seed	3080.0	4000.0	4.552307487053863	--
Apium graveolens	Pt		30.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Apium graveolens	Seed		300.0	-0.1490513045808515	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Arachis hypogaea	Plant				--
Arctium lappa	Root				Wealth of India.
Arctium lappa	Plant				Jim Duke's personal files.
Armoracia rusticana	Root		0.0	-0.8132428087578462	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
Artemisia vulgaris	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Artemisia annua	Plant				--
Artemisia herba-alba	Plant				--
Artemisia annua	Shoot				Wright, C.W. (Ed) 2002. Medicinal & Aromatic Plants-Industrial Profiles. Artemisia. 344pp. Maffei, M. (Ed) 2002. Vetiveria. The Genus Vetiveria. Taylor & Francis. NY, NY. 191pp. Southwell, I., Lowe, R. (Eds) 1999. Tea Tree. The Genus Melaleuca. Harwood Acad. Pub. Amsterdam, Netherlands.
Artemisia dracunculus	Plant				Stitt, Paul. Why George should eat broccoli.
Artemisia annua	Root				Wright, C.W. (Ed) 2002. Medicinal & Aromatic Plants-Industrial Profiles. Artemisia. 344pp. Maffei, M. (Ed) 2002. Vetiveria. The Genus Vetiveria. Taylor & Francis. NY, NY. 191pp. Southwell, I., Lowe, R. (Eds) 1999. Tea Tree. The Genus Melaleuca. Harwood Acad. Pub. Amsterdam, Netherlands.
Arundo donax	Plant				--
Avena sativa	Leaf				--
Avena sativa	Seed				--
Bacopa monnieri	Plant				Wealth of India.
Bidens pilosa	Leaf				Jim Duke's personal files.
Brassica oleracea var. gemmifera	Leaf		0.0	-0.9159783131731405	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.	Plant				--
Brassica rapa	Leaf		0.0	-0.9159783131731405	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				Stitt, Paul. Why George should eat broccoli.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. botrytis l.	Flower	20.0	200.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica juncea	Leaf		0.0	-0.9159783131731405	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica rapa	Root		0.0	-0.8132428087578462	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Bryonia alba	Plant				--
Bupleurum chinense	Root				--
Cajanus cajan	Leaf				Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Calendula officinalis	Flower				--
Calotropis sp.	Seed				--
Camellia sinensis	Seed Oil				--
Capsicum annuum	Fruit	10.0	180.0	1.3242602946608402	--
Capsicum frutescens	Fruit	10.0	20.0	-0.8951703667819086	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Carica papaya	Seed Oil				Jim Duke's personal files.
Carum carvi	Seed		310.0	-0.13634492946832524	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Caulophyllum thalictroides	Root				Jim Duke's personal files.
Centella asiatica	Essential Oil		2000.0		Jim Duke's personal files.
Centella asiatica	Plant		40.0	-0.8073781309648732	=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
Ceratonia siliqua	Seed				Wealth of India.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chenopodium album	Plant				--
Chrysanthemum x morifolium	Flower				Wealth of India.
Cinnamomum verum	Bark		20.0		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	Seed				--
Citrullus lanatus	Seed Oil				--
Citrus reticulata	Root				--
Citrus paradisi	Fruit		20.0	-0.8951703667819086	--
Citrus limon	Fruit		10.0	-1.0338847831220805	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus reticulata	Pericarp				--
Citrus sinensis	Fruit		20.0	-0.8951703667819086	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Cnicus benedictus	Plant				--
Cnicus benedictus	Seed				Jim Duke's personal files.
Cnicus benedictus	Shoot				Jim Duke's personal files.
Cocos nucifera	Seed Oil				Jim Duke's personal files.
Coffea arabica	Seed	240.0	270.0	-0.18717042991843028	--
Coix lacryma-jobi	Seed				Chemical Constituents of Oriental Herbs (3 diff. books)
Commelina benghalensis	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Coriandrum sativum	Fruit		180.0	1.3242602946608402	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				--
Corylus avellana	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Cryptotaenia japonica	Shoot				--
Cucumis sativus	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucumis melo	Seed				--
Cucurbita pepo	Seed				--
Cuminum cyminum	Seed		310.0	-0.13634492946832524	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	Rhizome				--
Curcuma longa	Root		220.0	0.43921373955665255	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Cymbopogon parkeri	Plant				Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
Cynara cardunculus	Leaf				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Daucus carota	Root				--
Dioscorea villosa	Root	10.0	100.0	-0.24394437770580138	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Dipteryx odorata	Seed				CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Dodonaea viscosa	Stem				--
Echinacea spp	Shoot				Economic & Medicinal Plant Research, 5: 253.
Echinacea angustifolia	Root				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Elettaria cardamomum	Seed	60.0	80.0	-0.4285915570564291	--
Euphrasia officinalis	Plant				--
Fagopyrum esculentum	Seed	80.0	92.0	-0.4133439069213976	--
Ficus carica	Fruit	30.0	150.0	0.9081170456403248	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
Ficus carica	Leaf				ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Foeniculum vulgare	Seed Essent. Oil				Jim Duke's personal files.
Foeniculum vulgare	Root				--
Foeniculum vulgare	Seed	310.0	340.0	-0.09822580413074648	--
Foeniculum vulgare	Fruit				--
Fragaria spp	Fruit				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Fritillaria thunbergii	Bulb				Chemical Constituents of Oriental Herbs (3 diff. books)
Ginkgo biloba	Leaf				Jim Duke's personal files.
Ginkgo biloba	Pollen Or Spore				--
Gloriosa superba	Bulb				--
Glycine max	Seed	110.0	400.0	-0.02198755345558896	--
Glycine max	Seed Oil				--
Glycyrrhiza glabra	Root				--
Harpagophytum procumbens	Tuber				--
Helianthus annuus	Seed	610.0	650.0	0.2956718243575674	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Heliotropium indicus	Plant				--
Holarrhena pubescens	Tissue Culture				--
Hordeum vulgare	Sprout Seedling		1010.0	1.1166454979463096	--
Hordeum vulgare	Embryo				--
Hordeum vulgare	Plant				--
Humulus lupulus	Stem				--
Hylocereus undatus	Plant				--
Illicium verum	Fruit		80.0	-0.06288386874087785	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
Inula helenium	Root				--
Jatropha curcas	Leaf				--
Juglans regia	Seed	0.0	11.0	-0.5162655453328603	--
Juglans nigra	Fruit				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Kalanchoe spathulata	Flower				--
Lactuca sativa	Seed				--
Lawsonia inermis	Leaf				Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Lepidium meyenii	Root				--
Limonia acidissima	Fruit		150.0	0.9081170456403248	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Leaf		120.0	0.49096437586080327	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Seed				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Lycium chinense	Leaf				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.
Lycium chinense	Seed				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				--
Maclura pomifera	Leaf				--
Magnolia kobus	Seed				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Matricaria recutita	Flower				--
Medicago sativa	Plant				--
Medicago sativa	Fruit		40.0	-0.6177415341015651	--
Mentha spicata	Leaf				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Mentha spicata	Shoot				--
Mitchella repens	Plant				--
Momordica charantia	Tissue Culture				Jim Duke's personal files.
Momordica charantia	Fruit				--
Moringa oleifera	Seed				--
Musa x paradisiaca	Fruit				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Myristica fragrans	Aril		110.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Myristica fragrans	Seed		130.0	-0.3650596814937978	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Nerium oleander	Plant				--
Nicotiana tabacum	Leaf				ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed				--
Nigella sativa	Seed Oil				--
Ocimum suave	Leaf				J. Nat. Prod. 44: 308.
Ocimum basilicum	Plant				Stitt, Paul. Why George should eat broccoli.
Ocimum basilicum	Leaf		180.0	1.194435720377775	--
Oenanthe javanica	Root				--
Oenothera biennis	Inflorescence				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Oenothera biennis</i>	Fruit				--
<i>Ononis spinosa</i>	Root		555.0	2.346363483581003	--
<i>Ophiopogon japonicus</i>	Tuber				--
<i>Opuntia ficus-indica</i>	Seed Oil		65000.0		--
<i>Origanum majorana</i>	Plant	50.0	55.0	-0.7296625889468641	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Origanum vulgare</i>	Plant		150.0	-0.23746415616613933	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Oryza sativa</i>	Juice				--
<i>Panax ginseng</i>	Root				--
<i>Panax quinquefolius</i>	Root				--
<i>Panax quinquefolius</i>	Plant		500.0	1.5758984909207412	--
<i>Papaver somniferum</i>	Seed	50.0	55.0	-0.46035749483774474	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Passiflora incarnata</i>	Plant				--
<i>Passiflora incarnata</i>	Shoot				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Perilla frutescens</i>	Plant				Han, J. S. 1978. A Study on Sterol in <i>Perilla frutescens</i> . Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon, 11: 211-215.
<i>Petasites hybridus</i>	Root				--
<i>Petroselinum crispum</i>	Sprout Seedling	20.0	180.0	-0.8172423753879353	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Pfaffia paniculata</i>	Plant				Abstract (See species file)
<i>Pfaffia paniculata</i>	Root		7.8	-0.7688375311357866	--
<i>Phaseolus vulgaris</i>	Seed	310.0	350.0	-0.08551942901822024	--
<i>Phoenix dactylifera</i>	Fruit				Abstract (See species file)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Physostigma venenosum	Seed				--
Pimenta dioica	Fruit		30.0	-0.7564559504417369	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pimpinella anisum	Plant				--
Pimpinella anisum	Tissue Culture				--
Pimpinella anisum	Seed				--
Pinus sylvestris	Plant				--
Piper nigrum	Fruit	140.0	210.0	1.7404035436813556	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Piper methysticum	Rhizome				--
Pistacia vera	Seed				--
Pisum sativum	Seed				--
Plantago psyllium	Seed				--
Plantago ovata	Seed				--
Prosopis glandulosa	Stem				Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of Prosopis glandulosa Stems. Planta Med. Suppl. 32: 244-246.
Prunella vulgaris	Leaf				--
Prunus dulcis	Sprout Seedling	30.0	33.0	-1.159750227653157	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Prunus persica	Seed				--
Prunus cerasus	Plant				--
Psoralea corylifolia	Seed		50.0	-0.46671068239400787	--
Pterocarpus santalinus	Plant				--
Ptychopetalum olacoides	Root				Ito, Y., Hirayama, F., Aikawa, Y., Kondo, H., Sagara, K., Shoji, J. 1995. Constituents from Muira-Puama (The Roots of Ptychopetalum olacoides). Nat. Med. 49, 4: 487.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pueraria montana	Stem				--
Punica granatum	Seed				--
Rauvolfia vomitoria	Root				--
Rauvolfia serpentina	Plant				--
Ricinus communis	Leaf				Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Rosmarinus officinalis	Shoot	50.0	700.0	1.0	--
Rubus fruticosus	Plant				--
Ruellia tuberosa	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Ruscus aculeatus	Root				--
Salvia officinalis	Leaf	5.0	230.0	1.7806618408085848	--
Salvia officinalis	Fruit Essent. Oil				--
Sambucus nigra	Leaf				--
Sambucus canadensis	Leaf				--
Sambucus nigra	Flower				--
Sambucus canadensis	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Sarracenia purpurea	Shoot				--
Satureja montana	Leaf		10.0	-0.7987330890869785	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		10.0	-0.9628092150008916	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Saussurea lappa	Root				--
Scutellaria baicalensis	Root				--
Serenoa repens	Fruit	12.0	38.0	-0.6454844173695994	--
Sesamum indicum	Seed Oil				--
Sesamum indicum	Seed		780.0	0.4608547008204087	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Siegesbeckia orientalis	Plant				--
Sinomenium acutum	Rhizome				--
Sinomenium acutum	Stem				--
Smilax regelii	Root				Simpson, J. C. E., Williams, N. E. 1937. The Ether-Soluble Constituents of Sarsaparilla Root. Part I. J. Chem. Soc., 1937: 733-738.
Smilax spp	Root				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Solanum dulcamara	Leaf				--
Solanum tuberosum	Tuber	10.0	45.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Solanum tuberosum	Plant				--
Sophora angustifolia	Root				--
Stevia rebaudiana	Tissue Culture		10.0	-1.0	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Stevia rebaudiana	Leaf				--
Strychnos nux-vomica	Seed				--
Symphytum officinale	Root				--
Syzygium aromaticum	Plant				--
Syzygium aromaticum	Fruit		140.0	0.7694026293001529	--
Tagetes erecta	Flower				Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Tanacetum parthenium	Fruit Essent. Oil				--
Taraxacum officinale	Leaf				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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Taraxacum officinale	Root				--
Teucrium chamaedrys	Plant				Abstract (See species file)
Teucrium scordium	Plant				ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Theobroma cacao	Plant				--
Theobroma cacao	Seed				Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Thymus vulgaris	Leaf	80.0	85.0	0.08060609155923636	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Tilia sp.	Wood				--
Tribulus terrestris	Flower				--
Trichosanthes kirilowii	Root				--
Trigonella foenum-graecum	Seed		70.0	-0.44129793216895535	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Trigonella foenum-graecum	Tissue Culture	12.0	400.0	1.0	--
Tussilago farfara	Leaf				--
Uncaria tomentosa	Bark				--
Urginea maritima	Bulb				--
Urtica dioica	Root				Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
Valeriana officinalis	Plant				Lokar, L. C., Martini, F. 1997. Chemotaxonomic Investigations on the Genus Valeriana L. in the Northeastern Italy and in Tuscany. I. Phytosterols. Dept. of Biology, University of Trieste. Allionia 35: 103-115.
Verbascum thapsus	Root				--
Verbascum thapsus	Leaf				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Verbascum thapsus	Seed				--
Verbascum thapsus	Stem				--
Vernonia cinerea	Seed				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Vicia faba	Seed	90.0	450.0	0.041544322107042314	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	80.0	230.0	-0.23799593036853528	--
Vigna unguiculata	Seed		250.0	-0.21258318014348276	--
Vigna radiata	Sprout Seedling	90.0	900.0	0.8603471050947832	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vigna angularis	Seed				--
Vigna unguiculata	Seed	14.0	250.0	-0.21258318014348276	--
Vitellaria paradoxa	Seed		10.0	-0.5175361828441128	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	Root				--
Vitis vinifera	Plant				--
Vitis vinifera	Seed				--
Withania somnifera	Tissue Culture				--
Withania somnifera	Plant				--
Zea mays	Silk Stigma Style				--
Zea mays	Seed		210.0	-0.2634086805935878	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Zea mays	Shoot				--
Zea mays	Seed Oil				--
Zea mays	Root				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zingiber officinale	Root	40.0	200.0	0.32535405334624357	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)