

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for THIAMIN

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	0.8	20.0	1.8774907750760779	--
Abelmoschus esculentus	Seed		6.9	0.07535737236571377	Wealth of India.
Acacia farnesiana	Leaf	2.0	11.0	0.5617191393000665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Plant				--
Achillea millefolium	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Root		58.0	4.565797101129107	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	0.2	1.0	-0.5546097657802712	--
Aegle marmelos	Fruit	1.3	33.0	3.541559566188317	--
Agathosma betulina	Leaf	7.0	19.0	2.2289490986880964	--
Agrimonia eupatoria	Leaf		2.4	-1.2305530670420655	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
Aleurites moluccana	Seed		0.6	-1.4277167034693148	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	1.1	8.1	-0.04265172097809442	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	0.5	6.4	-0.39693808734805064	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	0.9	8.5	0.040709776991307144	--
Allium schoenoprasum	Leaf	0.5	12.0	0.7701228842235702	--
Allium sativum var. sativum	Flower	1.1	9.5	1.226854112674882	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	0.3	6.0	-1.0	--
Allium ampeloprasum	Flower	1.4	8.3	0.8756075364489447	--
Allium sativum var. sativum	Shoot	1.4	6.3	-0.6401693937758542	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	0.0	8.0	1.0	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium ampeloprasum	Root	1.1	8.0	0.11791616274938575	--
Alocasia macrorrhiza	Root	0.2	3.0	-0.32687193108858614	--
Alocasia macrorrhiza	Leaf	0.1	0.9	-1.543158684427321	--
Aloe vera	Leaf		0.8	-1.5639990589196717	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	1.0	4.0	-0.7518094115561123	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root		1.0	-0.5047871686237749	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Amaranthus spinosus	Leaf	0.1	0.6	-1.6056798079043724	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amaranthus sp.	Leaf	1.0	7.0	-0.2718958403939485	--
Amorphophallus campanulatus	Root	0.5	2.8	-0.34466345484210514	--
Amorphophallus konjac	Root				--
Anacardium occidentale	Leaf	0.1	0.3	-1.6682009313814234	--
Anacardium occidentale	Fruit	0.3	2.1	-0.413803944993851	--
Anacardium occidentale	Seed	2.0	8.7	0.5048071083185783	--
Ananas comosus	Fruit	0.0	7.0	0.21342198396383905	--
Anethum graveolens	Seed	4.0	5.0	-0.37795068225120004	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	4.0	5.0	-0.0425885992841977	--
Anethum graveolens	Plant	4.0	5.0	-0.2209949208584362	USDA's Ag Handbook 8 and sequelae)
Angelica sinensis	Root				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona cherimola	Fruit	1.0	4.0	-0.17059389090821606	--
Annona squamosa	Fruit	1.0	5.0	-0.0425885992841977	--
Annona reticulata	Fruit	0.7	5.0	-0.0425885992841977	--
Annona glabra	Fruit	0.4	3.0	-0.29859918253223444	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona diversifolia	Fruit	0.2	8.0	0.3414272755878574	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona muricata</i>	Fruit	0.7	4.8	-0.06818965760900128	--
<i>Apium graveolens</i>	Pt	0.0	10.0	1.2611720796963626	--
<i>Arachis hypogaea</i>	Seed	6.0	17.0	2.485047557434568	--
<i>Arachis hypogaea</i>	Leaf	2.3	11.0	0.5617191393000665	--
<i>Aralia cordata</i>	Leaf	0.6	13.0	0.978526629147074	--
<i>Arctium lappa</i>	Root	1.0	11.0	0.384789019052169	--
<i>Arctostaphylos uva-ursi</i>	Leaf		1.0	-1.5223183099349709	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Areca catechu</i>	Seed	1.7	1.9	-1.11755856083669	--
<i>Armoracia rusticana</i>	Root	0.0	3.0	-0.32687193108858614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Arracacia xanthorrhiza</i>	Root	0.7	2.4	-0.38024650234914276	--
<i>Artemisia vulgaris</i>	Leaf	1.5	12.0	0.7701228842235702	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia dracunculus</i>	Plant	2.0	3.0	-0.3909910138264638	--
<i>Artocarpus altilis</i>	Fruit	1.0	4.0	-0.17059389090821606	--
<i>Artocarpus heterophyllus</i>	Fruit	0.3	3.0	-0.29859918253223444	--
<i>Artocarpus altilis</i>	Seed	2.0	10.0	0.8149652509512033	--
<i>Asparagus officinalis</i>	Shoot	1.0	26.0	1.1875606145407158	--
<i>Avena sativa</i>	Seed	2.6	12.1	1.3159899428962132	--
<i>Avena sativa</i>	Plant	0.9	4.0	-0.3059929673424499	Jim Duke's personal files.*
<i>Averrhoa bilimbi</i>	Fruit	0.1	2.7	-0.33700077001944	--
<i>Averrhoa carambola</i>	Fruit	0.2	6.57	0.15837970856551117	--
<i>Bactris gasipaes</i>	Fruit	0.3	1.4	-0.5034076491306638	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Barosma betulina</i>	Leaf	7.0	19.0	2.2289490986880964	--
<i>Basella alba</i>	Leaf	0.5	7.0	-0.2718958403939485	--
<i>Benincasa hispida</i>	Fruit	0.0	10.0	0.5974378588358942	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Berberis vulgaris</i>	Root		10.0	0.29583140028457455	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed		10.0	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Root	0.1	2.4	-0.38024650234914276	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Leaf	0.6	14.0	1.1869303740705777	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bixa orellana</i>	Seed		2.3	-1.0221252861804977	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
<i>Blighia sapida</i>	Seed	0.7	7.0	0.09921569102976133	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	1.3	4.0	1.0933271415320287	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Leaf	0.3	2.3	-1.2513934415344161	--
<i>Boehmeria nivea</i>	Shoot		7.0	-0.5752246726681589	--
<i>Borago officinalis</i>	Leaf	1.0	9.0	0.144911649453059	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	0.6	8.0	-0.06349209547044472	--
<i>Brassica rapa</i>	Leaf	0.4	9.0	0.144911649453059	USDA's Ag Handbook 8 and sequelae)
<i>Brassica chinensis</i>	Leaf	0.4	9.0	0.144911649453059	--
<i>Brassica rapa</i>	Root	0.4	5.0	-0.1489566935533975	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	0.3	4.75	-0.7408042664718318	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	0.5	10.0	0.35331539437656273	--
<i>Brassica nigra</i>	Leaf	0.44	7.66	-0.13434936874443595	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	0.5	5.5	-1.3665296611918556	--
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	1.3	11.0	0.5617191393000665	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	0.6	8.0	-0.06349209547044472	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	1.0	9.0	0.20687378151698016	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	0.6	12.0	1.9586178131455851	--
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	1.0	7.0	-0.2718958403939485	--
<i>Bromelia pinguin</i>	Shoot	0.2	3.8	-0.8721148263033377	--
<i>Brosimum alicastrum</i>	Fruit	0.5	3.1	-0.2857986533698326	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	0.1	1.2	-0.5290087074554676	--
<i>Cajanus cajan</i>	Seed	4.0	13.0	1.5307148108726454	--
<i>Cajanus cajan</i>	Fruit	3.4	12.4	0.9046505587335385	--
<i>Calathea macrosepala</i>	Flower	0.4	5.2	-0.03177945213472767	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Camellia sinensis</i>	Leaf	1.0	4.0	-0.8971070751644596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canavalia ensiformis</i>	Seed	4.6	8.6	0.48094878965453075	--
<i>Canavalia ensiformis</i>	Fruit	1.0	10.0	0.5974378588358942	--
<i>Canna indica</i>	Root	0.3	1.0	-0.5047871686237749	--
<i>Cannabis sativa</i>	Seed	3.2	3.7	-0.6881088248838246	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capparis spinosa</i>	Flower	0.7	0.72	-1.3431000033782277	--
<i>Capsella bursa-pastoris</i>	Plant	2.5	21.2	1.1559734321825887	--
<i>Capsicum frutescens</i>	Fruit	0.0	8.0	0.3414272755878574	USDA's Ag Handbook 8 and sequelae)
<i>Capsicum annuum</i>	Fruit	1.0	15.0	1.237464316955986	USDA's Ag Handbook 8 and sequelae)
<i>Carica papaya</i>	Leaf	1.0	4.0	-0.8971070751644596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Fruit	0.2	2.6	-0.34980129918184183	USDA's Ag Handbook 8 and sequelae)
<i>Carica pentagona</i>	Fruit	0.2	3.0	-0.29859918253223444	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Seed	5.9	6.2	-0.09165085828262295	--
<i>Carum carvi</i>	Fruit	3.0	4.0	-0.17059389090821606	--
<i>Carum carvi</i>	Seed	3.0	4.0	-0.6165338688916807	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Carya illinoensis</i>	Seed	7.2	8.9	0.5525237456466752	--
<i>Casimiroa edulis</i>	Fruit	0.4	2.2	-0.4010034158314492	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Catha edulis</i>	Leaf		0.5	-1.6265201823967228	--
<i>Caulophyllum thalictroides</i>	Root		9.3	0.23356106714725886	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Centella asiatica</i>	Leaf	1.5	14.0	1.1869303740705777	--
<i>Chamaemelum nobile</i>	Flower		0.8	-1.319683564963165	--
<i>Chenopodium ambrosioides</i>	Leaf	0.6	4.0	-0.8971070751644596	--
<i>Chenopodium album</i>	Seed	1.0	2.0	-1.0937002421726418	--
<i>Chenopodium album</i>	Leaf	1.0	10.0	0.35331539437656273	--
<i>Chondrus crispus</i>	Plant		2.3	-0.4504896463652736	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum coronarium</i>	Bud	0.3	4.2	0.9999999999999998	--
<i>Chrysanthemum parthenium</i>	Plant		4.1	-0.2974931626940486	--
<i>Chrysanthemum coronarium</i>	Leaf	0.9	14.0	1.1869303740705777	--
<i>Chrysophyllum cainito</i>	Fruit	0.1	2.3	-0.3882028866690472	--
<i>Cicer arietinum</i>	Seed	4.0	6.0	-0.13936749561071934	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Root	0.0	2.0	-0.41582954985618054	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Leaf	1.0	14.0	1.1869303740705777	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	0.7	14.0	1.1869303740705777	--
<i>Cimicifuga racemosa</i>	Root		58.0	4.565797101129107	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cinnamomum verum</i>	Bark		1.0	-0.0940720868383599	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cinnamomum aromaticum</i>	Bark		1.0	-0.0940720868383599	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrullus lanatus</i>	Fruit	4.0	9.0	0.46943256721187576	--
<i>Citrus paradisi</i>	Fruit	0.0	6.0	0.08541669233982067	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus limon	Fruit	4.0	6.0	0.08541669233982067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus aurantium	Fruit	1.0	6.0	0.08541669233982067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus sinensis	Fruit	1.0	7.0	0.21342198396383905	--
Citrus aurantiifolia	Fruit	0.0	3.0	-0.29859918253223444	--
Citrus reticulata	Fruit	1.0	8.0	0.3414272755878574	--
Cnicus benedictus	Plant		2.7	-0.41649042777166784	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnidoscopus chayamansa	Leaf	2.0	15.0	1.3953341189940813	--
Cocos nucifera	Seed	0.3	1.0	-1.3322834288131225	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed		2.0	-1.0937002421726418	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	2.8	3.2	-0.8074004182040649	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed		1.0	-1.3322834288131225	--
Colocasia esculenta	Root	0.3	5.0	-0.1489566935533975	--
Colocasia esculenta	Leaf	1.3	17.0	1.8121416088410889	--
Corchorus olitorius	Leaf	1.3	10.8	0.5200383903153659	--
Coriandrum sativum	Leaf	1.0	16.0	1.6037378639175852	--
Coriandrum sativum	Fruit	2.0	3.0	-0.29859918253223444	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Corylus avellana	Seed	1.6	6.0	-0.13936749561071934	--
Crataegus rhipidophylla	Fruit				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus laevigata	Fruit				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	7.3	7.6	0.24236560301405008	--
Crocus sativus	Silk Stigma Style	0.7	4.0	1.0000000000000009	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Cucumis sativus</i>	Fruit	0.3	7.6	0.29022515893825	--
<i>Cucumis melo</i>	Fruit	0.3	4.4	-0.11939177425860867	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita</i> spp	Fruit	0.6	10.0	0.5974378588358942	--
<i>Cucurbita pepo</i>	Flower	0.4	8.6	0.9634191805054287	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	1.9	3.7	-0.6881088248838246	--
<i>Cucurbita pepo</i>	Fruit	0.5	5.9	0.07261616317741888	USDA's Ag Handbook 8 and sequelae)
<i>Cuminum cyminum</i>	Seed	6.0	7.0	0.09921569102976133	--
<i>Cuminum cyminum</i>	Fruit	6.0	7.0	0.21342198396383905	--
<i>Curcuma longa</i>	Rhizome	0.0	8.0	0.17349447958987207	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	0.4	8.0	0.3414272755878574	--
<i>Cydonia oblonga</i>	Fruit	0.2	1.9	-0.43940500331865456	--
<i>Cynara cardunculus</i>	Flower	0.7	6.0	0.20238493201589755	--
<i>Cyphomandra betacea</i>	Fruit	0.3	7.0	0.21342198396383905	--
<i>Cyrtosperma chamissonis</i>	Root	0.1	1.2	-0.48699564487025615	--
<i>Daucus carota</i>	Root	1.0	6.0	-0.05999907478580307	--
<i>Dioscorea alata</i>	Root	0.3	1.4	-0.46920412111673715	--
<i>Dioscorea</i> sp.	Root		3.5	-0.2823931217047889	--
<i>Dioscorea pentaphylla</i>	Root	1.0	7.0	0.02895854398179134	--
<i>Durio zibethinus</i>	Fruit	2.4	18.0	1.621480191828041	--
<i>Echinacea</i> spp	Root		2.6	-0.3624549785956239	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Elaeagnus umbellatus</i>	Fruit	0.7	4.3	-0.13219230342101046	--
<i>Elaeagnus commutata</i>	Fruit	0.3	2.2	-0.4010034158314492	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	2.0	3.5	-0.23459653672022523	--
<i>Eleocharis dulcis</i>	Tuber	0.3	6.0	-0.07433779685362712	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Elettaria cardamomum</i>	Seed	1.0	2.0	-1.0937002421726418	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ephedra sinica</i>	Plant		47.0	3.3489230314701466	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Equisetum arvense</i>	Plant		0.0	-0.6459851532785054	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Eriobotrya japonica</i>	Fruit	0.2	1.8	-0.4522055324810564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eryngium floridanum</i>	Shoot		6.0	-0.6680028456791524	--
<i>Erythrina berteroana</i>	Shoot	1.9	12.0	-0.11133380761319199	--
<i>Erythrina fusca</i>	Leaf	2.4	9.0	0.144911649453059	--
<i>Erythroxylum coca</i>	Leaf	3.5	8.0	-0.06349209547044472	--
<i>Eugenia uniflora</i>	Fruit	0.2	2.1	-0.413803944993851	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	0.4	2.7	-0.33700077001944	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Eugenia floribunda</i>	Fruit	0.2	1.6	-0.4778065908058602	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Euphrasia officinalis</i>	Plant		4.3	-0.28049355339724585	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fagopyrum esculentum</i>	Seed	2.7	9.0	0.5763820643107227	--
<i>Ficus carica</i>	Fruit	0.0	3.3	-0.2601975950450288	--
<i>Foeniculum vulgare</i>	Fruit	4.0	5.0	-0.0425885992841977	--
<i>Foeniculum vulgare</i>	Seed	4.0	5.0	-0.37795068225120004	USDA's Ag Handbook 8 and sequelae)
<i>Foeniculum vulgare</i>	Plant	1.0	11.0	0.2889933580456471	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Fragaria spp</i>	Fruit	0.2	4.0	-0.17059389090821606	--
<i>Frangula purshiana</i>	Bark		0.0	-0.6585046078685182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Fucus vesiculosus	Plant		0.0	-0.6459851532785054	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Garcinia mangostana	Fruit	0.3	1.9	-0.43940500331865456	--
Genipa americana	Fruit	0.4	1.2	-0.5290087074554676	--
Gentiana lutea	Root		4.8	-0.1667482173069163	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ginkgo biloba	Seed	2.0	5.0	-0.37795068225120004	USDA's Ag Handbook 8 and sequelae)
Gliricidia sepium	Leaf	1.4	9.0	0.144911649453059	--
Gliricidia sepium	Flower	1.1	8.0	0.7877958923924601	--
Glycine max	Fruit	4.4	14.0	1.1094590253319676	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	1.9	17.0	0.07899870143001875	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	4.0	10.0	0.8149652509512033	--
Glycyrrhiza glabra	Root		2.1	-0.40693378797942115	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Gossypium sp	Seed		3.2	-0.8074004182040649	--
Helianthus tuberosus	Tuber	2.0	10.0	1.6248118455149858	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Seed	22.0	24.0	4.155129863917932	--
Hibiscus sabdariffa	Leaf	0.0	12.0	0.7701228842235702	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	0.3	3.0	-0.6757315085489463	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	0.0	3.0	-0.6757315085489463	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Seed	1.0	10.0	0.8149652509512033	--
Hordeum vulgare	Stem		13.0	0.99861782933251	--
Humulus lupulus	Fruit		3.4	-0.24739706588262703	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Hydrastis canadensis</i>	Root		2.6	-0.3624549785956239	--
<i>Hylocereus undatus</i>	Fruit	0.4	2.6	-0.34980129918184183	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hylocereus guatemalensis</i>	Fruit	0.3	2.5	-0.3626018283442436	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Inga feuillei</i>	Aril	0.2	1.2	-1.3235012765914023	J Cell Biochem VOL. 22=1995
<i>Inga edulis</i>	Seed	1.9	5.2	-0.33023404492310365	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ipomoea batatas</i>	Root	0.6	5.1	-0.1400609316766379	--
<i>Ipomoea batatas</i>	Leaf	0.8	9.8	0.31163464539186214	--
<i>Ipomoea aquatica</i>	Leaf	0.3	9.0	0.144911649453059	--
<i>Juglans regia</i>	Seed	3.0	5.0	-0.37795068225120004	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans nigra</i>	Seed		2.0	-1.0937002421726418	--
<i>Juglans nigra</i>	Fruit		2.0	-0.4266044741562528	--
<i>Juniperus communis</i>	Fruit		1.2	-0.5290087074554676	--
<i>Justicia pectoralis</i>	Leaf	0.4	2.7	-1.1680319435650144	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	0.77	12.0	1.2921316242321648	--
<i>Lactuca sativa</i>	Leaf	0.5	8.3	-9.709719933934542E-4	--
<i>Lagenaria siceraria</i>	Fruit	0.3	6.5	0.14941933815182984	--
<i>Larrea tridentata</i>	Plant		5.1	-0.2124951162100347	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Lens culinaris</i>	Sprout Seedling	2.0	8.0	-0.63198961144015	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	2.6	6.0	-0.13936749561071934	--
<i>Lepidium meyenii</i>	Root		2.0	-0.41582954985618054	--
<i>Lepidium sativum</i>	Leaf	0.8	7.5	-0.1676939679321966	--
<i>Licania platypus</i>	Fruit	0.05	4.5	-0.10659124509620688	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Linum usitatissimum	Seed		1.8	-1.141416879500738	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lobelia inflata	Leaf		3.2	-1.0638300711032627	--
Luffa aegyptiaca	Fruit	0.5	10.0	0.5974378588358942	--
Luffa aegyptiaca	Leaf	0.5	5.0	-0.688703330240956	--
Lupinus mutabilis	Fruit	0.9	3.1	-0.2857986533698326	--
Lupinus albus	Seed	6.0	7.0	0.09921569102976133	--
Lupinus mutabilis	Seed	4.7	5.2	-0.33023404492310365	--
Lycium chinense	Leaf	0.8	7.7	-0.12601321894749598	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	Fruit		0.8	-0.5802108241050747	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	1.0	10.0	0.5974378588358942	--
Macadamia spp	Seed	3.0	4.0	-0.6165338688916807	USDA's Ag Handbook 8 and sequelae)
Malpighia glabra	Fruit	0.2	2.3	-0.3882028866690472	--
Malus domestica	Fruit	1.0	2.0	-0.4266044741562528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malva sylvestris	Leaf	1.0	20.0	2.4373528436116003	--
Malva parviflora	Plant		1.0	-0.5609871067944916	--
Mammea americana	Fruit	0.2	2.3	-0.3882028866690472	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Leaf	0.4	1.8	-1.3555953139961678	--
Mangifera indica	Fruit	0.4	3.4	-0.24739706588262703	--
Manihot esculenta	Leaf	2.0	10.0	0.35331539437656273	--
Manihot esculenta	Root	0.3	7.1	0.03785430585855091	--
Manilkara zapota	Fruit	0.0	0.4	-0.6314129407546821	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Maranta arundinacea	Root	0.8	4.0	-0.23791431232099172	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Matricaria recutita	Plant				Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Mauritia flexuosa	Fruit	1.2	2.6	-0.34980129918184183	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	1.3	7.5	-0.008499804648401508	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mentha x piperita	Leaf		12.1	0.7909632587159201	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	1.0	3.0	-0.3909910138264638	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha spicata	Leaf	0.8	5.0	-0.688703330240956	--
Mimosa pudica	Leaf	1.2	17.0	1.8121416088410889	--
Mimulus glabratus	Shoot	0.8	8.0	-0.4824464996571655	--
Momordica charantia	Fruit	0.2	12.0	0.8534484420839309	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	1.3	8.0	-0.06349209547044472	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	1.6	7.0	-0.2718958403939485	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	2.0	12.0	-0.11133380761319199	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	0.5	4.5	-0.10659124509620688	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	0.0	2.0	-0.4266044741562528	--
Mucuna pruriens	Seed	1.4	5.7	-0.2109424516028633	--
Muntingia calabura	Fruit	0.3	2.9	-0.3113997116946362	--
Murraya koenigii	Leaf	0.0	3.0	-1.1055108200879633	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	0.48	1.6	-0.4778065908058602	--
Musa x paradisiaca	Fruit	0.3	6.9	0.20062145480143725	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Myrciaria dubia	Fruit	0.1	1.7	-0.4650060616434584	--
Myrciaria cauliflora	Fruit	0.1	0.6	-0.6058118824298786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Bark				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Myristica fragrans	Seed	3.0	4.0	-0.6165338688916807	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril		3.0	0.23017413505937473	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	1.0	18.0	1.0	--
Nelumbo nucifera	Seed	1.5	7.5	0.21850728435000166	--
Nelumbo nucifera	Rhizome	2.2	14.0	1.5614503163088487	--
Ocimum basilicum	Leaf	1.0	6.0	-0.4802995853174522	--
Opuntia ficus-indica	Fruit	0.1	1.3	-0.5162081782930655	--
Opuntia ficus-indica	Bud		0.1	-0.9999999999999998	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	3.0	4.0	-0.3059929673424499	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant		3.0	-0.3909910138264638	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	2.2	3.9	-0.6403921875557287	--
Oxalis tuberosa	Root	0.5	3.1	-0.31797616921182675	--
Pachira macrocarpa	Seed		0.3	-1.499291659461459	--
Pachyrhizus erosus	Tuber	0.4	3.7	-1.0513488412155791	--
Panax ginseng	Root		1.7	-0.4425168354864589	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Papaver somniferum	Seed	7.8	9.9	0.7911069322871558	--
Passiflora quadrangularis	Seed				--
Passiflora foetida	Fruit	0.1	0.6	-0.6058118824298786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Fruit				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Passiflora edulis</i>	Fruit	0.0	1.4	-0.5034076491306638	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora ligularis</i>	Fruit	0.0	5.2	-0.016987540959394115	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Pastinaca sativa</i>	Root	0.8	11.4	0.42037206655920695	--
<i>Peperomia pereskiiifolia</i>	Leaf	1.5	10.0	0.35331539437656273	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	0.3	3.8	-0.9387878241491603	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	0.2	6.3	0.12381827982702627	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Seed	1.0	7.0	0.09921569102976133	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	1.0	5.0	-0.688703330240956	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea schiedeana</i>	Fruit	0.5	3.0	-0.29859918253223444	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Persea americana</i>	Fruit	0.5	4.2	-0.14499283258341247	--
<i>Petasites japonicus</i>	Pt	0.2	3.6	-1.184737408199613	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	0.0	7.0	-0.050998827890408445	--
<i>Phaseolus vulgaris</i>	Leaf	1.8	13.6	1.1035688761011757	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	1.6	7.4	0.1946489656859541	--
<i>Phaseolus acutifolius</i>	Seed	3.3	3.6	-0.7119671435478726	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Sprout Seedling	3.7	40.0	1.89596883432045	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	0.5	8.8	0.4438315088870722	--
<i>Phaseolus coccineus</i>	Seed	3.0	3.5	-0.7358254622119208	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Seed	3.7	10.0	0.8149652509512033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Sprout Seedling	0.1	4.7	-0.8926853261592119	--
Phaseolus coccineus	Fruit	3.4	5.4	0.008613517365409695	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phoenix dactylifera	Fruit	0.1	1.7	-0.4650060616434584	--
Phyllanthus emblica	Fruit	0.3	1.9	-0.43940500331865456	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	0.1	6.0	0.08541669233982067	--
Physalis ixocarpa	Fruit	0.5	6.0	0.08541669233982067	--
Physalis peruviana	Fruit	0.5	4.7	-0.0809901867714033	--
Phytolacca americana	Shoot	1.0	10.0	-0.2968901536351788	--
Picrasma excelsa	Plant				--
Pimenta dioica	Leaf	1.1	1.7	-1.3764356884885183	--
Pimenta dioica	Fruit		1.1	-0.5418092366178694	--
Pinus pinea	Seed	6.0	9.0	0.5763820643107227	--
Pinus cembroides	Seed	7.0	12.0	1.2921316242321648	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	12.0	13.0	1.5307148108726454	USDA's Ag Handbook 8 and sequelae)
Piper betel	Leaf	0.1	4.8	-0.7303840792256565	--
Piper auritum	Leaf	1.2	6.7	-0.33441696387099973	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper nigrum	Fruit	0.5	1.6	-0.4778065908058602	--
Pisum sativum	Seed	2.4	13.9	1.7454396788490785	--
Pisum sativum	Fruit	1.5	15.0	1.237464316955986	--
Plantago psyllium	Seed		0.0	-1.5708666154536033	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Platonia insignis	Fruit	0.4	1.4	-0.5034076491306638	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Platycodon grandiflorum	Root	1.0	1.3	-0.4780998829934966	--
Plectranthus amboinicus	Leaf	0.3	5.4	-0.6053418322715544	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root		0.1	-0.5848490255146099	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	0.2	1.1	-0.49589140674701554	--
Portulaca oleracea	Herb	1.0	10.0	-1.0	--
Pourouma cecropiaefolia	Fruit		0.0	-0.6826150574042895	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	0.2	7.7	0.3030256881006518	--
Pouteria viridis	Fruit	0.1	0.3	-0.644213469917084	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria campechiana	Fruit	0.2	4.5	-0.10659124509620688	--
Prunus domestica	Fruit	0.4	2.9	-0.3113997116946362	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	0.3	2.5	-0.3626018283442436	USDA's Ag Handbook 8 and sequelae)
Prunus salicifolia	Fruit	0.2	1.3	-0.5162081782930655	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus persica	Fruit	1.0	2.0	-0.4266044741562528	--
Prunus cerasus	Fruit	0.0	5.0	-0.0425885992841977	--
Prunus dulcis	Seed	2.2	2.6	-0.9505503301883533	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed		1.5	-1.2129918354928821	--
Psidium guajava	Fruit	0.4	4.0	-0.17059389090821606	--
Psidium cattleianum	Fruit	0.2	1.9	-0.43940500331865456	--
Psophocarpus tetragonolobus	Seed	1.4	11.2	1.10126507491978	--
Punica granatum	Fruit	0.0	4.0	-0.17059389090821606	--
Pyrus communis	Fruit	0.2	1.2	-0.5290087074554676	--
Quararibea cordata	Fruit	0.2	2.1	-0.413803944993851	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Quercus alba	Bark		0.0	-0.6585046078685182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Raphanus sativus	Fruit	0.3	7.9	0.3286267464254556	--
Raphanus sativus	Root	0.3	9.7	0.2691441146542965	--
Raphanus sativus	Leaf	1.4	7.0	-0.2718958403939485	--
Rheum rhabarbarum	Pt	0.2	6.5	-0.07643467149674896	--
Rheum rhabarbarum	Leaf	0.2	3.3	-1.0429896966109122	--
Rhizophora mangle	Leaf				--
Rhodymenia palmata	Plant		1.6	-0.5099882789040833	--
Ribes nigrum	Fruit	1.0	3.0	-0.29859918253223444	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	0.0	3.0	-0.29859918253223444	--
Ribes rubrum	Fruit	1.0	2.0	-0.4266044741562528	--
Rollinia mucosa	Fruit	0.4	1.8	-0.4522055324810564	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit		3.8	-0.19619494923301964	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rosmarinus officinalis	Leaf	3.0	6.0	-0.4802995853174522	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Plant	5.0	6.0	-0.13599687437442232	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	0.3	2.2	-0.4010034158314492	Revised USDA data received 1993.
Rubus idaeus	Leaf		3.4	-1.0221493221185618	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rumex crispus	Leaf	0.6	8.1	-0.04265172097809442	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex acetosa	Leaf	0.8	9.0	0.144911649453059	--
Rumex crispus	Root		8.1	0.12681192462614532	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ruscus aculeatus	Root		8.3	0.14460344837966446	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Salix alba	Bark		0.0	-0.6585046078685182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salvia officinalis	Leaf	7.0	8.0	-0.06349209547044472	Father Nature's Farmacy: The aggregate of all these three-letter citations.
Sambucus canadensis	Fruit	1.0	3.0	-0.29859918253223444	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Plant		1.0	-0.5609871067944916	--
Satureja hortensis	Plant		4.0	-0.3059929673424499	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit		0.0	-0.6826150574042895	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Seed		0.4	-1.4754333407974107	--
Sclerocarya caffra	Fruit	0.3	3.6	-0.22179600755782344	--
Scutellaria lateriflora	Plant		2.8	-0.40799062312326667	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Secale cereale	Seed	3.0	3.0	-0.8551170555321612	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Shoot	0.3	4.0	-0.853559191701139	--
Sechium edule	Plant				--
Serenoa repens	Fruit	0.6	5.0	-0.0425885992841977	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	5.0	10.0	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Sicana odorifera	Fruit	0.5	4.0	-0.17059389090821606	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	2.2	11.0	0.5617191393000665	--
Sinapis alba	Seed	5.0	6.0	-0.13936749561071934	--
Solanum tuberosum	Tuber	1.0	5.0	-0.49912520744578037	--
Solanum melongena	Fruit	0.4	10.0	0.5974378588358942	--
Solanum sessiliflorum	Fruit	0.25	2.5	-0.3626018283442436	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	1.2	8.0	0.3414272755878574	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Solanum quitoensis	Fruit	0.4	7.0	0.21342198396383905	--
Solanum nigrum	Leaf	1.0	12.0	0.7701228842235702	--
Sonchus oleraceus	Leaf	0.7	19.0	2.2289490986880964	--
Sphenostylis stenocarpa	Seed	6.9	7.6	0.24236560301405008	--
Spinacia oleracea	Plant	0.7	10.2	0.2209949208584362	USDA's Ag Handbook 8 and sequelae)
Spirulina pratensis	Plant		51.0	3.688915217406202	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias mombin	Fruit	0.4	4.5	-0.10659124509620688	--
Spondias purpurea	Fruit	0.7	3.7	-0.20899547839542165	--
Spondias dulcis	Fruit	0.5	4.0	-0.17059389090821606	--
Spondias pinnata	Fruit	0.2	2.1	-0.413803944993851	--
Stellaria media	Plant	0.2	2.1	-0.46748925566207633	--
Stevia rebaudiana	Leaf				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root		1.2	-0.48699564487025615	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium aromaticum	Flower		1.0	-1.2611424689255089	--
Syzygium cumini	Fruit	0.0	1.8	-0.4522055324810564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium aromaticum	Fruit		1.0	-0.5546097657802712	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	0.1	3.5	-0.23459653672022523	--
Syzygium jambos	Fruit	0.1	1.1	-0.5418092366178694	--
Tabebuia heptaphylla	Bark				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tamarindus indica	Fruit	2.0	9.0	0.46943256721187576	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Flower		4.0	-0.383026028360665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf		4.0	-0.8971070751644596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tanacetum parthenium	Plant		4.1	-0.2974931626940486	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	1.0	17.0	1.8121416088410889	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Seed	3.0	7.0	0.09921569102976133	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	0.4	6.7	-0.33441696387099973	--
Theobroma cacao	Fruit	1.8	4.2	-0.14499283258341247	J Cell Biochem VOL. 22=1995
Theobroma speciosum	Fruit	9.0	25.0	2.51751723319617	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Fruit	18.0	85.0	10.197834730637272	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	1.0	3.0	-0.855117055321612	--
Theobroma bicolor	Seed	2.2	2.3	-1.0221252861804977	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	5.0	6.0	-0.13599687437442232	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trachyspermum ammi	Fruit	2.1	2.3	-0.3882028866690472	--
Tragopogon porrifolius	Root	1.0	3.0	-0.32687193108858614	--
Trichosanthes anguina	Fruit	0.4	7.4	0.26462410061344643	--
Trifolium pratense	Flower		4.2	-0.32448493232300896	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trigonella foenum-graecum	Seed	3.0	14.0	1.769297997513126	--
Triticum aestivum	Seed	1.1	12.0	1.2921316242321648	--
Triticum aestivum	Plant	3.3	4.0	-0.3059929673424499	--
Tropaeolum tuberosum	Root	0.6	9.3	0.23356106714725886	--
Tropaeolum majus	Shoot	0.9	6.5	-0.6216137591736556	--
Turnera diffusa	Leaf		1.8	-1.3555953139961678	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	0.4	4.3	-0.2112270266907135	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ulmus rubra	Bark		5.0	2.1636579972822734	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Urtica dioica	Leaf	0.3	5.4	-0.6053418322715544	--
Vaccinium myrtillus	Fruit	7.0	8.0	0.3414272755878574	--
Vaccinium macrocarpon	Fruit	0.3	2.5	-0.3626018283442436	--
Vaccinium corymbosum	Fruit	0.5	3.1	-0.2857986533698326	--
Valeriana officinalis	Root		1.6	-0.45141259736321837	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Verbascum thapsus	Leaf				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	0.8	5.4	0.008613517365409695	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	1.7	9.0	0.5763820643107227	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	0.7	10.3	-0.45029259815110706	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	3.4	6.6	0.003782416373569394	--
Vigna unguiculata	Seed	1.1	10.0	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	9.0	10.0	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	3.5	35.0	2.0225641716396563	--
Vigna unguiculata	Fruit	0.8	10.0	0.5974378588358942	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	5.4	7.7	0.26622392167809805	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	5.6	6.2	-0.09165085828262295	--
Vigna subterranea	Seed	1.8	5.2	-0.33023404492310365	--
Vigna mungo	Seed	4.2	6.5	-0.020075902290479012	--
Vigna unguiculata	Shoot	3.5	35.0	2.0225641716396563	USDA's Ag Handbook 8 and sequelae)
Vitellaria paradoxa	Seed		5.6	-0.2348007702669113	--
Vitis vinifera	Stem		11.0	0.36791183185934545	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Fruit	0.8	4.9	-0.05538912844659949	USDA's Ag Handbook 8 and sequelae)
Xanthosoma sagittifolium	Root	1.3	3.8	-0.2557058360745107	--
Yucca baccata	Root		2.4	-0.38024650234914276	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zea mays	Silk Stigma Style		2.1	-0.9999999999999999	--
Zea mays	Fruit	2.0	8.0	0.3414272755878574	--
Zingiber officinale	Root	0.0	3.0	-0.32687193108858614	--
Zingiber officinale	Rhizome	0.0	3.0	-0.9831353843426084	--
Zizyphus spina-christi	Fruit		0.4	-0.6314129407546821	--
Zizyphus jujuba	Fruit	0.2	1.3	-0.5162081782930655	--