

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for MELATONIN

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium cepa	Bulb				Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. Biochem. Mol. Biol. Int., 35(3): 627-634.
Avena sativa	Seed				Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. Biochem. Mol. Biol. Int., 35(3): 627-634.
Hordeum vulgare	Seed				Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. Biochem. Mol. Biol. Int., 35(3): 627-634.
Juglans regia	Seed				--
Malus domestica	Fruit				Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. Biochem. Mol. Biol. Int., 35(3): 627-634.
Petasites japonicus	Shoot				Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. Biochem. Mol. Biol. Int., 35(3): 627-634.
Punica granatum	Fruit Juice				--
Scutellaria baicalensis	Leaf		7.0	-0.7050095792557313	--
Scutellaria lateriflora	Leaf		0.09	-0.7092019118053704	--
Tanacetum parthenium	Leaf	6.0	3500.0	1.4142114910611014	--
Zea mays	Seed		0.001		Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. Biochem. Mol. Biol. Int., 35(3): 627-634.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zingiber officinale	Rhizome		0.001		Hattori, A., et. al. 1995. Identification of Melatonin in Plants and its Effects on Plasma Melatonin Levels and Binding to Melatonin Receptors in Vertebrates. <i>Biochem. Mol. Biol. Int.</i> , 35(3): 627-634.