

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for ASCORBIC-ACID

Plant	Part	Low PPM	High PPM	StdDev	Reference
Malpighia glabra	Fruit	16228.0	172231.0	10.424316629299783	--
Viburnum opulus	Fruit		126100.0	7.556029777700852	--
Foeniculum vulgare	Leaf		123600.0	11.024584916352621	Jim Duke's personal files.
Aspalathus linearis	Shoot	157.0	94000.0	4.1806764777423835	--
Momordica charantia	Fruit	570.0	36447.0	1.9816758485339367	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus emblica	Fruit	110.0	27293.0	1.4125076570892114	--
Capsicum frutescens	Fruit	350.0	23000.0	1.1455818273019922	--
Capsicum annuum	Fruit	230.0	20982.0	1.0201086559741077	--
Psidium guajava	Fruit	24.0	18315.0	0.8542826163648568	--
Armoracia rusticana	Plant	1220.0	18200.0	3.6789306859570874	--
Anacardium occidentale	Fruit	252.0	17500.0	0.8036083672904138	--
Phytolacca americana	Shoot	1360.0	16184.0	0.4125472323055765	--
Phyllanthus emblica	Plant		15610.0	3.070904500002226	--
Juglans regia	Fruit	4500.0	15000.0	0.6481658854669692	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Basella alba	Leaf	1020.0	14785.0	0.9279395035259072	--
Hippophae rhamnoides	Fruit	500.0	14000.0	0.5859888927375912	--
Nasturtium officinale	Herb	430.0	13690.0	1.0	--
Rosa canina	Flower	3000.0	13000.0	3.167459621576097	--
Juglans regia	Leaf	8000.0	13000.0	0.762314249085842	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rosa rubiginosa	Seed		12500.0	7.16590342273111	--
Rosa spp	Fruit	1000.0	12500.0	0.49272340364352446	--
Momordica charantia	Leaf	1700.0	12412.0	0.7077553417408794	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Rumex acetosa	Leaf	630.0	12400.0	0.7066418946522066	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cnidioscolus chayamansa	Leaf	1960.0	12200.0	0.6880844431743283	--
Rumex acetosella	Leaf	500.0	12000.0	0.6695269916964498	--
Citrus mitis	Fruit	884.0	11130.0	0.40754092360427674	--
Sambucus nigra	Leaf	739.0	11000.0	0.5767397343070575	--
Brassica oleracea var. botrytis l.	Leaf	911.0	10360.0	0.5173558895778465	--
Brassica oleracea var. italica	Leaf	911.0	10360.0	0.5173558895778465	--
Ribes nigrum	Fruit	150.0	10030.0	0.3391462316019611	--
Manihot esculenta	Leaf	800.0	10000.0	0.4839524769176653	--
Armoracia rusticana	Root	1800.0	10000.0	5.070471286124204	--
Allium schoenoprasum	Leaf	57.0	9875.0	0.4723540697439913	--
Brassica chinensis	Leaf	450.0	9713.0	0.45732253404690976	--
Brassica rapa	Leaf	450.0	9713.0	0.45732253404690976	USDA's Ag Handbook 8 and sequelae)
Luffa aegyptiaca	Leaf	950.0	9596.0	0.44646642493235084	--
Diospyros digyna	Fruit	1915.0	9330.0	0.2956223366913966	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cichorium endivia	Leaf	462.0	9302.0	0.41918697125986953	--
Brassica oleracea var. botrytis l.	Flower	660.0	9300.0	2.0283569773652044	--
Byrsonima crassifolia	Fruit	840.0	9275.0	0.2922026020912808	--
Mentha spicata	Leaf	135.0	9200.0	0.4097226710061515	USDA's Ag Handbook 8 and sequelae)
Phragmites australis	Leaf	2000.0	9100.0	0.40044394526721233	--
Chenopodium album	Plant	600.0	9000.0	1.5191465505189703	--
Moringa oleifera	Leaf	2200.0	8800.0	0.37260776805039464	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Passiflora mollissima	Fruit	700.0	8750.0	0.2595596809083574	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa gallica	Fruit	5450.0	8470.0	0.2421501229441316	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Leaf	1100.0	8333.0	0.32927611884954844	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sclerocarya caffra	Fruit	540.0	8190.0	0.2247405649799058	--
Solanum quitoensis	Fruit	310.0	7925.0	0.20826366190662066	--
Raphanus sativus	Fruit	690.0	7822.0	0.20185943165549472	--
Brassica oleracea var. sabellica l.	Leaf	1200.0	7720.0	0.272397530069851	--
Petroselinum crispum	Plant	430.0	7695.0	1.2127858660899764	--
Spinacia oleracea	Plant	239.0	7595.0	1.1893099515743446	--
Acalypha indica	Leaf	1470.0	7540.0	0.2556958237397604	Wealth of India.
Viscum album	Fruit		7500.0	0.18183843999663504	--
Rosa canina	Fruit	1384.0	7400.0	0.17562074072369727	--
Ipomoea aquatica	Leaf	320.0	7300.0	0.2334268819663063	--
Raphanus sativus	Leaf	810.0	7043.0	0.20958055681723248	--
Portulaca oleracea	Herb	105.0	7000.0	-1.0	--
Fragaria spp	Fruit	400.0	6948.0	0.14751674001001847	--
Brassica oleracea	Stem	620.0	6890.0	1.2602259509666862	--
Brassica oleracea var. capitata l.	Leaf	190.0	6774.0	0.18462078457948597	--
Benincasa hispida	Fruit	130.0	6750.0	0.13520569544960165	--
Taraxacum officinale	Leaf	18.0	6520.0	0.16105282120258035	--
Lepidium sativum	Leaf	690.0	6510.0	0.16012494862868643	--
Actinidia chinensis	Fruit	750.0	6370.0	0.11157843821243804	--
Coriandrum sativum	Leaf	780.0	6290.0	0.13971175200302013	--
Amaranthus sp.	Leaf	345.0	6263.0	0.13720649605350654	--
Aloe vera	Leaf		6260.0	0.13692813428133838	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Aloe spp.	Leaf	31.0	6260.0	0.13692813428133838	--
Carica papaya	Leaf	1400.0	6222.0	0.13340221850054146	--
Raphanus sativus	Root	226.0	6216.0	2.907368548024328	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. gemmifera	Leaf	720.0	6069.0	0.11920576811996446	--
Pisum sativum	Fruit	600.0	5935.0	0.08453144637515866	--
Solanum melongena	Leaf	790.0	5809.0	0.09508108119872248	--
Cucurbita pepo	Flower	280.0	5773.0	0.9425150784106588	USDA's Ag Handbook 8 and sequelae)
Petasites japonicus	Pt	315.0	5725.0	1.657820760823633	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Shoot	100.0	5714.0	-0.09444764278082439	--
Artemisia vulgaris	Leaf	720.0	5670.0	0.08218365242159696	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	730.0	5615.0	0.07708035326518038	--
Citrus limon	Fruit	5208.0	5566.0	0.061588136058018224	--
Senna alexandrina	Leaf	1130.0	5566.0	0.0725337776531	--
Capsella bursa-pastoris	Plant	360.0	5500.0	0.6974895424718603	--
Amaranthus spinosus	Leaf	98.0	5030.0	0.022799807692385765	--
Borago officinalis	Leaf	30.0	5005.0	0.020480126257650957	--
Allium cepa	Leaf	390.0	5000.0	0.020016189970703997	--
Tetragonia tetragonioides	Leaf	300.0	5000.0	0.020016189970703997	--
Chrysanthemum coronarium	Bud	370.0	4975.0		--
Averrhoa carambola	Fruit	200.0	4935.0	0.022354453645780776	--
Agathosma betulina	Leaf		4900.0	0.010737464231764774	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Barosma betulina	Leaf		4900.0	0.010737464231764774	--
Iris x germanica	Leaf		4860.0	0.007025973936189085	--
Tropaeolum tuberosum	Root	670.0	4800.0	2.097919954697313	--
Ruta graveolens	Leaf		4790.0	5.308659189316285E-4	--
Malva parviflora	Plant	454.0	4745.0	0.5202463878788408	--
Carica papaya	Fruit	640.0	4741.0	0.010292117056281466	--
Averrhoa bilimbi	Fruit	160.0	4665.0	0.005566665608848747	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tropaeolum majus	Leaf	2000.0	4650.0	-0.012459350115583284	--
Syzygium malaccense	Fruit	65.0	4615.0	0.0024578159723798528	--
Armoracia rusticana	Leaf	2440.0	4560.0	-0.020810203280628586	--
Arachis hypogaea	Leaf	980.0	4558.0	-0.02099577779540737	--
Sida rhombifolia	Leaf	900.0	4545.0	-0.022202012141469468	--
Sechium edule	Shoot	330.0	4460.0	-0.1551708112009148	--
Citrus aurantiifolia	Fruit	291.0	4444.0	-0.008174449784343766	--
Cucumis melo	Fruit	397.0	4370.0	-0.012775547246317728	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Leaf	3190.0	4350.0	-0.04029552733240095	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Carica pentagona	Fruit	290.0	4265.0	-0.019304131482902408	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ipomoea batatas	Leaf	210.0	4234.0	-0.05105884918957045	--
Iris x germanica	Flower		4200.0	0.458242521831271	--
Ananas comosus	Fruit	148.0	4178.0	-0.024713529850358282	--
Phaseolus vulgaris	Sprout Seedling	387.0	4161.0	2.245731295756901	USDA's Ag Handbook 8 and sequelae)
Chrysanthemum coronarium	Leaf	270.0	4155.0	-0.058389042523332435	--
Corchorus olitorius	Leaf	370.0	4080.0	-0.06534808682753686	--
Citrus sinensis	Fruit	500.0	4071.0	-0.03136646807240172	--
Solanum nigrum	Leaf	110.0	4067.0	-0.06655432117359895	--
Coccinia grandis	Fruit	280.0	4058.0	-0.03217476897788363	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex crispus	Leaf	300.0	4054.0	-0.06776055551966105	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex crispus	Root	1042.0	4054.0	1.6714731675349168	--
Brassica nigra	Leaf	234.0	4013.0	-0.07156483307262614	USDA's Ag Handbook 8 and sequelae)
Physalis alkekengi	Fruit		4000.0	-0.035781034556187544	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Asparagus officinalis</i>	Root	398.0	3976.0	1.6268848975635133	--
<i>Citrus aurantium</i>	Fruit	420.0	3947.0	-0.03907641517084457	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Zizyphus jujuba</i>	Fruit	460.0	3882.0	-0.04311791969825413	--
<i>Vitis vinifera</i>	Leaf	3490.0	3870.0	-0.08483341087930922	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Citrus paradisi</i>	Fruit	337.0	3862.0	-0.044361459552841695	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	233.0	3819.0	-0.08956556100616822	--
<i>Berberis vulgaris</i>	Fruit	1560.0	3800.0	-0.048216433102063125	--
<i>Muntingia calabura</i>	Fruit	805.0	3795.0	-0.048527318065710014	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium sativum</i> var. <i>sativum</i>	Flower	440.0	3793.0	0.3329412309680728	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hibiscus sabdariffa</i>	Fruit	540.0	3750.0	-0.05132528273853201	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Leaf	120.0	3696.0	-0.10097839366506348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus reticulata</i>	Fruit	280.0	3684.0	-0.05542896425867096	--
<i>Rubus idaeus</i>	Leaf	620.0	3670.0	-0.10339086235718767	--
<i>Colocasia esculenta</i>	Leaf	69.0	3625.0	-0.10756628893971032	--
<i>Vigna unguiculata</i>	Shoot	360.0	3523.0	-0.20054370498849433	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Shoot	360.0	3523.0	-0.20054370498849433	--
<i>Bromelia pinguin</i>	Shoot	192.0	3430.0	-0.20504709786175462	--
<i>Hippophae rhamnoides</i>	Leaf	1500.0	3400.0	-0.12844342185232357	--
<i>Piper auritum</i>	Leaf	490.0	3370.0	-0.13122703957400533	--
<i>Ficus carica</i>	Leaf	1050.0	3300.0	-0.1377221475912628	--
<i>Hordeum vulgare</i>	Stem		3300.0	-0.07434961362635317	--
<i>Perilla frutescens</i>	Leaf	460.0	3286.0	-0.13902116919471427	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Foeniculum vulgare	Plant	340.0	3148.0	0.1453360330642024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gliricidia sepium	Leaf	440.0	3145.0	-0.1521041724866186	--
Calendula officinalis	Flower	1330.0	3100.0	0.11959038436316784	--
Achillea millefolium	Leaf	580.0	3100.0	-0.15627959906914124	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Allium ampeloprasum	Leaf	170.0	3019.0	-0.163795366917682	--
Lactuca sativa	Leaf	180.0	3000.0	-0.16555832480808047	--
Pinus sylvestris	Leaf		3000.0	-0.16555832480808047	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Morus alba	Leaf	2000.0	3000.0	-0.16555832480808047	--
Citrus aurantium	Leaf		3000.0	-0.16555832480808047	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.
Trifolium pratense	Flower	534.0	2966.0	0.07833639670796254	--
Anacardium occidentale	Leaf	890.0	2957.0	-0.16954817687582432	--
Lycopersicon esculentum	Fruit	50.0	2952.0	-0.10094252293657557	--
Allium sativum var. sativum	Leaf	390.0	2868.0	-0.17780624278348023	--
Physalis peruviana	Fruit	365.0	2865.0	-0.10635192130403144	--
Lepidium meyenii	Root	25.0	2860.0	0.9889296502803575	--
Malva sylvestris	Leaf	240.0	2855.0	-0.17901247712954232	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	140.0	2800.0	-0.110393425831441	--
Cyamopsis tetragonoloba	Shoot		2800.0	-0.23555395280964694	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Apium graveolens	Pt	58.0	2778.0	-0.2550992791713734	--
Spondias dulcis	Fruit	360.0	2750.0	-0.1135022754679099	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Blighia sapida</i>	Seed	780.0	2735.0	1.3034973379274766	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	150.0	2680.0	-0.11785466495896635	--
<i>Sorbus aucubaria</i>	Fruit	39.0	2650.0	-0.1197199747408477	--
<i>Acacia farnesiana</i>	Leaf	490.0	2636.0	-0.19933288649781924	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Vigna unguiculata</i>	Fruit	56.0	2633.0	-0.12077698361724712	USDA's Ag Handbook 8 and sequelae)
<i>Artemisia absinthium</i>	Leaf	1200.0	2600.0	-0.20267322776383737	--
<i>Rheum rhabarbarum</i>	Pt	80.0	2581.0	-0.38297347254735453	--
<i>Brassica rapa</i>	Root	210.0	2580.0	0.8288691939727557	--
<i>Nigella sativa</i>	Leaf		2577.0	-0.20480733468379336	--
<i>Mimosa pudica</i>	Leaf	180.0	2570.0	-0.20545684548551912	--
<i>Ribes rubrum</i>	Fruit	300.0	2554.0	-0.12568896604286797	--
<i>Mangifera indica</i>	Leaf	530.0	2430.0	-0.21844706152003404	--
<i>Moringa oleifera</i>	Shoot	517.0	2425.0	-0.25371279504053523	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus var. napobrassica</i>	Root	250.0	2415.0	0.7345478536486332	USDA's Ag Handbook 8 and sequelae)
<i>Luffa aegyptiaca</i>	Fruit	120.0	2400.0	-0.13526422292319215	--
<i>Ribes uva-crispa</i>	Fruit	263.0	2397.0	-0.13545075390138028	--
<i>Phaseolus vulgaris</i>	Fruit	10.0	2389.0	-0.1359481698432153	--
<i>Syzygium jambos</i>	Fruit	30.0	2385.0	-0.13619687781413284	--
<i>Allium ampeloprasum</i>	Flower	400.0	2367.0	-0.10607508542239547	--
<i>Abelmoschus esculentus</i>	Plant	190.0	2340.0	-0.044349356222101836	--
<i>Erythrina berteroana</i>	Shoot	370.0	2340.0	-0.25782879927953656	--
<i>Abelmoschus esculentus</i>	Fruit	130.0	2340.0	-0.13899484248695484	--
<i>Cucurbita spp</i>	Fruit	148.0	2340.0	-0.13899484248695484	--
<i>Morinda citrifolia</i>	Leaf	520.0	2320.0	-0.22865365983286717	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capparis spinosa</i>	Flower	260.0	2300.0	-0.12670207924999813	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Oxalis tuberosa</i>	Root	370.0	2284.0	0.6596624258761481	--
<i>Lagenaria siceraria</i>	Fruit	101.0	2265.0	-0.14365811694165817	--
<i>Lobelia inflata</i>	Leaf	255.0	2252.0	-0.23496319333534585	--
<i>Datura metel</i>	Leaf		2220.0	-0.2379323855718064	--
<i>Urtica dioica</i>	Plant	640.0	2200.0	-0.07721563654398624	Jim Duke's personal files.
<i>Mimulus glabratus</i>	Shoot	220.0	2200.0	-0.2646081003790682	--
<i>Spondias pinnata</i>	Fruit	210.0	2165.0	-0.14987581621459597	--
<i>Plectranthus amboinicus</i>	Leaf	120.0	2145.0	-0.2448914298760108	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Echinacea</i> spp	Leaf		2140.0	-0.24535536616295778	Economic & Medicinal Plant Research, 5: 253.
<i>Piper betel</i>	Leaf	43.0	2130.0	-0.2462832387368517	--
<i>Eugenia uniflora</i>	Fruit	140.0	2115.0	-0.15298466585106485	--
<i>Psidium cattleianum</i>	Fruit	150.0	2100.0	-0.15391732074200554	--
<i>Pimenta dioica</i>	Leaf	2012.0	2067.0	-0.2521288359523834	--
<i>Cyphomandra betacea</i>	Fruit	223.0	2060.0	-0.15640440045118065	--
<i>Menyanthes trifoliata</i>	Leaf		2047.0	-0.25398458110017125	--
<i>Cichorium intybus</i>	Leaf	100.0	2040.0	-0.254634091901897	--
<i>Spondias purpurea</i>	Fruit	450.0	2025.0	-0.15858059519670886	--
<i>Ficus carica</i>	Fruit	20.0	2013.0	-0.1593267191094614	--
<i>Ocimum basilicum</i>	Leaf	27.0	2000.0	-0.25834558219747267	--
<i>Rosa multiflora</i>	Leaf		2000.0	-0.25834558219747267	--
<i>Eryngium floridanum</i>	Shoot		1958.0	-0.2763266065654014	--
<i>Pisum sativum</i>	Seed	44.0	1892.0	0.7974032949690063	--
<i>Pouteria caimito</i>	Fruit	490.0	1890.0	-0.16697448921517488	--
<i>Allium sativum</i> var. <i>sativum</i>	Shoot	420.0	1883.0	-0.2799583750115791	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Rubus idaeus</i>	Fruit	70.0	1870.0	-0.16821802906976244	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Justicia pectoralis	Leaf	280.0	1867.0	-0.27068628743026185	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vaccinium vitis-idaea	Fruit	280.0	1865.0	-0.16852891403340933	--
Diospyros virginiana	Fruit	660.0	1855.0	-0.1691506839607031	--
Pachyrhizus erosus	Plant	140.0	1845.0	-0.1605551330744788	--
Alpinia galanga	Rhizome	260.0	1844.0	1.9734671239129031	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Rheum rhabarbarum	Leaf	110.0	1833.0	-0.2738410541815012	--
Crataegus laevigata	Leaf	166.4	1800.0	-0.27690303367535113	--
Crataegus rhipidophylla	Leaf		1800.0	-0.27690303367535113	--
Eugenia floribunda	Fruit	230.0	1785.0	-0.17350307345175955	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Humulus lupulus	Fruit		1782.0	-0.17368960442994769	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	332.0	1782.0	-0.2861764494395231	--
Sambucus canadensis	Fruit	360.0	1782.0	-0.17368960442994769	USDA's Ag Handbook 8 and sequelae)
Myrciaria cauliflora	Fruit	170.0	1770.0	-0.1744357283427002	--
Mangifera indica	Fruit	30.0	1760.0	-0.175057498269994	--
Feijoa sellowiana	Fruit	280.0	1750.0	-0.1756792681972878	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Brosimum alicastrum	Fruit	280.0	1750.0	-0.1756792681972878	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ullucus tuberosus	Root	230.0	1750.0	0.3544042699180789	--
Vicia faba	Seed	330.0	1735.0	0.7031485325200385	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Seed	171.0	1700.0	0.6821363243307782	--
Apium graveolens	Fruit	357.0	1700.0	-0.17878811783375667	--
Opuntia ficus-indica	Fruit	65.0	1690.0	-0.17940988776105046	--
Pisum sativum	Sprout Seedling		1650.0	0.23548384283782145	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vaccinium myrtillus	Fruit	132.0	1650.0	-0.18189696747022557	--
Althaea officinalis	Seed		1640.0	0.6461153960063319	--
Althaea officinalis	Root	177.0	1640.0	0.29152337636866393	--
Spondias mombin	Fruit	160.0	1615.0	-0.1840731622157538	--
Catha edulis	Leaf		1610.0	-0.29453261257933566	--
Cajanus cajan	Fruit	320.0	1601.0	-0.18494364011396508	--
Annona squamosa	Fruit	340.0	1600.0	-0.18500581710669448	--
Tropaeolum majus	Pt	1000.0	1600.0	-1.0197480091049047	--
Annona glabra	Fruit	210.0	1590.0	-0.18562758703398824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sechium edule	Fruit	110.0	1570.0	-0.1868711268885758	--
Annona muricata	Fruit	190.0	1540.0	-0.18873643667045714	--
Manihot esculenta	Root	97.0	1530.0	0.2286424828192489	--
Blighia sapida	Aril	260.0	1530.0		--
Mammea americana	Fruit	100.0	1515.0	-0.1902908614886916	--
Sambucus nigra	Fruit	128.0	1515.0	-0.1902908614886916	--
Vigna radiata	Sprout Seedling	113.0	1506.0	0.12020083478511438	USDA's Ag Handbook 8 and sequelae)
Canavalia ensiformis	Fruit	320.0	1488.0	-0.19196964029238478	--
Pouteria campechiana	Fruit	400.0	1475.0	-0.1927779411978667	--
Medicago sativa	Plant	276.0	1470.0	-0.24858981250809772	--
Cola acuminata	Seed	540.0	1456.0	0.5356512158113633	--
Rollinia mucosa	Fruit	330.0	1450.0	-0.19433236601610115	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Anethum graveolens	Plant	1214.0	1440.0	-0.2556325868627872	--
Chrysobalanus icaco	Fruit	90.0	1420.0	-0.19619767579798247	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Prunus salicifolia</i>	Fruit	222.0	1415.0	-0.19650856076162937	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Polymnia edulis</i>	Root	250.0	1400.0	0.15432869953357664	--
<i>Annona reticulata</i>	Fruit	150.0	1400.0	-0.19744121565257006	--
<i>Casimiroa edulis</i>	Fruit	230.0	1395.0	-0.19775210061621692	--
<i>Musa x paradisiaca</i>	Hull Husk		1380.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pouteria viridis</i>	Fruit	430.0	1360.0	-0.19992829536174517	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capparis spinosa</i>	Fruit		1335.0	-0.20148272017997962	Wealth of India.
<i>Syzygium cumini</i>	Fruit	57.0	1330.0	-0.2017936051436265	--
<i>Aegle marmelos</i>	Fruit	80.0	1330.0	-0.2017936051436265	--
<i>Syringa vulgaris</i>	Leaf		1315.0	-0.3219048535092064	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hypericum perforatum</i>	Plant		1300.0	-0.28849886718467166	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tropaeolum majus</i>	Flower		1300.0	-0.43456765876645553	--
<i>Eugenia brasiliensis</i>	Fruit	188.0	1290.0	-0.2042806848528016	--
<i>Peperomia pelucida</i>	Leaf	100.0	1280.0	-0.3251524075178351	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cajanus cajan</i>	Seed	0.0	1279.0	0.4293894772542468	--
<i>Phyllanthus acidus</i>	Fruit	20.0	1279.0	-0.20496463177282476	--
<i>Sicana odorifera</i>	Fruit	139.0	1270.0	-0.20552422470738918	--
<i>Durio zibethinus</i>	Fruit	240.0	1270.0	-0.20552422470738918	--
<i>Pereskia aculeata</i>	Fruit	20.0	1250.0	-0.20676776456197674	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Root	170.0	1241.0	0.06343722613033131	--
<i>Petroselinum crispum</i>	Fruit		1220.0	-0.20863307434385805	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora edulis	Fruit	300.0	1205.0	-0.20956572923479874	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit		1200.0	-0.2098766141984456	=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
Bupleurum chinense	Root	132.0	1200.0	0.039999802171003906	--
Vaccinium macrocarpon	Fruit	144.0	1200.0	-0.2098766141984456	--
Platonia insignis	Fruit	180.0	1190.0	-0.2104983841257394	--
Ipomoea batatas	Root	201.0	1186.0	0.03199677935562381	--
Malva neglecta	Leaf		1175.0	-0.3348950695437213	--
Anethum graveolens	Seed		1150.0	0.35194448135668727	--
Prunus persica	Fruit	14.0	1127.0	-0.2144155346676902	--
Papaver somniferum	Fruit		1120.0	-0.21485077361679586	--
Cucurbita pepo	Fruit	90.0	1071.0	-0.21789744626053537	USDA's Ag Handbook 8 and sequelae)
Arracacia xanthorrhiza	Root	310.0	1070.0	-0.034313981114668365	--
Aralia cordata	Leaf	50.0	1065.0	-0.34510166785655444	--
Lablab purpureus	Seed	0.0	1063.0	0.29971413528624014	--
Morus alba	Fruit	50.0	1040.0	-0.21982493303514608	--
Scutellaria lateriflora	Plant	140.0	1025.0	-0.35305763210265884	--
Schisandra chinensis	Fruit	153.0	1022.0	-0.22094411890427487	--
Genipa americana	Fruit	330.0	1020.0	-0.22106847288973364	--
Chenopodium ambrosioides	Leaf	110.0	1020.0	-0.34927709443907706	--
Theobroma bicolor	Fruit	210.0	1010.0	-0.22169024281702743	--
Licania platypus	Fruit	110.0	1005.0	-0.2220011277806743	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Persea americana	Fruit	65.0	994.0	-0.22268507470069746	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Solanum tuberosum	Tuber	170.0	990.0	1.4140741928771987	--
Artocarpus altilis	Fruit	150.0	985.0	-0.22324466763526188	--
Turnera diffusa	Leaf	206.0	983.0	-0.3527102229624846	--
Cydonia oblonga	Fruit	100.0	960.0	-0.2247990924534963	--
Phaseolus lunatus	Seed	0.0	952.0	0.23307541788601452	--
Passiflora ligularis	Fruit	108.0	950.0	-0.2254208623807901	--
Glycine max	Sprout Seedling	100.0	949.0	-0.32572024497431507	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Solanum melongena	Fruit	13.0	947.0	-0.22560739335897823	--
Glycine max	Fruit	290.0	942.0	-0.22591827832262512	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Flower		940.0	-0.5453992673923802	--
Terminalia chebula	Fruit		920.0	-0.22728617216267144	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Coriandrum sativum	Fruit		920.0	-0.22728617216267144	--
Calathea macrosepala	Flower	70.0	910.0	-0.5546352347778739	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Asimina triloba	Fruit	76.0	893.0	-0.22896495096636463	--
Vaccinium corymbosum	Fruit	125.0	878.0	-0.2298976058573053	--
Prunus cerasus	Fruit	70.0	873.0	-0.23020849082095218	--
Iris x germanica	Root		870.0	-0.14864287847724109	--
Beta vulgaris	Root	50.0	868.0	-0.14978616745086681	--
Glycine max	Seed	0.0	849.0	0.17123949092904842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Echinacea purpurea	Root	212.0	843.0	-0.16407727962118843	--
Echinacea spp	Root		843.0	-0.16407727962118843	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Eriobotrya japonica	Fruit	10.0	840.0	-0.23226033158102166	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Passiflora foetida</i>	Fruit	150.0	835.0	-0.23257121654466856	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ocimum tenuiflorum</i>	Leaf		830.0	-0.3669066733430616	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pastinaca sativa</i>	Root	160.0	830.0	-0.17150865794975564	--
<i>Urtica dioica</i>	Leaf	166.0	830.0	-0.3669066733430616	--
<i>Ocimum sanctum</i>	Leaf		830.0	-0.3669066733430616	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cynara cardunculus</i>	Flower	0.0	828.0	-0.5798802122982235	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bactris gasipaes</i>	Fruit	110.0	828.0	-0.2330064554937742	--
<i>Vicia faba</i>	Fruit	120.0	820.0	-0.23350387143560922	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Syzygium aromaticum</i>	Bark		810.0	1.9840107880269489	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Symphytum officinale</i>	Leaf	88.0	800.0	-0.3696902910647434	--
<i>Gymnema sylvestre</i>	Leaf	152.0	800.0	-0.3696902910647434	--
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	100.0	788.0		--
<i>Erythrina fusca</i>	Leaf	30.0	780.0	-0.3715460362125312	--
<i>Verbascum thapsus</i>	Leaf	341.0	776.0	-0.3719171852420888	--
<i>Daucus carota</i>	Root	91.0	775.0	-0.20294910472446315	--
<i>Lycium chinense</i>	Leaf	80.0	769.0	-0.37256669604381454	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyrtosperma chamissonis</i>	Root	0.0	762.0	-0.21038048305303036	--
<i>Larrea tridentata</i>	Plant	250.0	760.0	-0.4152688055690829	--
<i>Phoenix dactylifera</i>	Fruit	0.0	750.0	-0.23785626092666567	--
<i>Prunus armeniaca</i>	Fruit	100.0	745.0	-0.23816714589031257	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Elaeagnus commutata</i>	Fruit	100.0	725.0	-0.23941068574490013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona cherimola</i>	Fruit	50.0	725.0	-0.23941068574490013	--
<i>Ephedra sinica</i>	Plant	151.0	721.0	-0.42442441223017924	--
<i>Capparis spinosa</i>	Leaf		710.0	-0.3780411442297887	Wealth of India.
<i>Prunus domestica</i>	Fruit	86.0	699.0	-0.24102728755586394	USDA's Ag Handbook 8 and sequelae)
<i>Persea schiedeana</i>	Fruit	57.0	698.0	-0.2410894645485933	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora quadrangularis</i>	Seed	150.0	695.0	0.07878577489630294	--
<i>Hydrastis canadensis</i>	Root	189.0	681.0	-0.25668368648487233	--
<i>Rosmarinus officinalis</i>	Leaf	11.0	675.0	-0.3812886982384174	USDA's Ag Handbook 8 and sequelae)
<i>Rosmarinus officinalis</i>	Plant	612.0	673.0	-0.4356928511976825	USDA's Ag Handbook 8 and sequelae)
<i>Achillea millefolium</i>	Plant	119.0	672.0	-0.4359276103428388	--
<i>Quararibea cordata</i>	Fruit	90.0	660.0	-0.2434521902723097	--
<i>Myrica cerifera</i>	Bark	143.0	656.0	1.4146859532018246	--
<i>Ginkgo biloba</i>	Fruit		640.0	-0.24469573012689724	Jim Duke's personal files.
<i>Chrysophyllum cainito</i>	Fruit	30.0	640.0	-0.24469573012689724	--
<i>Punica granatum</i>	Fruit	40.0	636.0	-0.24494443809781474	--
<i>Bacopa monnieri</i>	Shoot		630.0	-0.34063311985238715	Wealth of India.
<i>Glycyrrhiza glabra</i>	Root	98.0	626.0	-0.2881241332595798	--
<i>Sonchus oleraceus</i>	Leaf	50.0	625.0	-0.385928061107887	--
<i>Manilkara zapota</i>	Fruit	90.0	625.0	-0.2456283850178379	--
<i>Lens culinaris</i>	Sprout Seedling	148.0	605.0	-0.6011185419891155	USDA's Ag Handbook 8 and sequelae)
<i>Juniperus communis</i>	Leaf		600.0	-0.3882477425426218	--
<i>Tamarindus indica</i>	Flower		600.0	-0.6500735644279758	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Trigonella foenum-graecum</i>	Seed	78.0	600.0	0.02175263838259632	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Fruit	99.0	600.0	-0.24718280983607235	USDA's Ag Handbook 8 and sequelae)
Murraya sp	Fruit	161.0	596.0	-0.24743151780698985	--
Musa x paradisiaca	Fruit	161.0	596.0	-0.24743151780698985	USDA's Ag Handbook 8 and sequelae)
Artemisia dracunculus	Leaf		588.0	-0.3893611896312945	--
Tamarindus indica	Fruit	24.0	585.0	-0.248115464727013	--
Alocasia macrorrhiza	Root		572.0	-0.3189929355474745	--
Origanum majorana	Plant	514.0	555.0	-0.4633944303261279	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Seed	150.0	545.0	-0.011266545914812775	--
Trigonella foenum-graecum	Leaf		520.0	-0.3956707231337732	--
Hylocereus guatemalensis	Fruit	80.0	515.0	-0.2524678542180695	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	80.0	515.0	-0.2524678542180695	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus angustifolia	Fruit	40.0	500.0	-0.25340050910901013	--
Tragopogon porrifolius	Root	80.0	491.0	-0.3652961389793164	--
Cyamopsis tetragonoloba	Fruit		490.0	-0.2540222790363039	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sophora japonica	Leaf		470.0	-0.4003100860032428	--
Physalis ixocarpa	Fruit	20.0	460.0	-0.25588758881818524	--
Dioscorea villosa	Root	110.0	460.0	-0.3830171180705152	--
Murraya koenigii	Leaf	40.0	445.0	-0.4026297674379776	--
Citrus mitis	Fruit Juice	300.0	445.0	1.0	--
Euphorbia hirta	Leaf		443.0	-0.40281534195275637	--
Artocarpus heterophyllus	Fruit	45.0	435.0	-0.2574420136364197	--
Vigna mungo	Sprout Seedling		426.0	-0.7444217256101888	--
Pimenta dioica	Fruit		426.0	-0.2580016065709841	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lycium chinense	Fruit		425.0	-0.25806378356371346	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.
Tribulus terrestris	Leaf		420.0	-0.4049494488727124	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	40.0	405.0	-0.710107352433685	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Malus domestica	Fruit	20.0	402.0	-0.2594938543964892	--
Hypericum perforatum	Seed		395.0	-0.10131886672592849	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.
Balanites aegyptiacus	Fruit		390.0	-0.2602399783092417	--
Taraxacum officinale	Root	54.0	376.0	-0.4310352549627957	--
Centella asiatica	Leaf	40.0	374.0	-0.40921766271262444	--
Nasturtium officinale	Shoot		370.0	-0.35322325046580305	--
Inga edulis	Seed	130.0	355.0	-0.12533281894222614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Salvia officinalis	Leaf	55.0	350.0	-0.4114445568899699	--
Peperomia pereskifolia	Leaf	50.0	335.0	-0.41283636575081073	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysanthemum parthenium	Plant		330.0	-0.5162152379862993	--
Chrysanthemum parthenium	Leaf	59.0	330.0	-0.4133003020377577	--
Tanacetum parthenium	Plant		330.0	-0.5162152379862993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Lagenaria siceraria	Leaf	50.0	330.0	-0.4133003020377577	--
Zizyphus spina-christi	Fruit	300.0	330.0	-0.26397059787300436	--
Colocasia esculenta	Root	0.0	325.0	-0.4601891237902518	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eleocharis dulcis	Tuber	40.0	317.0	-0.6898431213593998	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Zingiber officinale	Rhizome	0.0	317.0	-0.3087839350199982	--
Vitis vinifera	Stem		310.0	-1.1858763373403332	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cinnamomum verum	Bark		309.0	0.13185661758936892	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum aromaticum	Bark		309.0	0.13185661758936892	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus tuberosus	Tuber	40.0	306.0	-0.7242310715177989	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Angelica sinensis	Root	67.0	304.0	-0.4721936580133219	--
Perideridia gairdneri	Root	112.0	302.0	-0.47333694698694767	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
Rubus idaeus	Seed		300.0	-0.15835200323963525	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Curcuma longa	Rhizome	0.0	293.0	-0.34465428565155654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Zingiber officinale	Root	20.0	288.0	-0.48133996980232785	--
Amorphophallus campanulatus	Root	15.0	279.0	-0.4864847701836436	--
Solanum torvum	Fruit	40.0	275.0	-0.2673903324731203	--
Artocarpus altilis	Seed	65.0	275.0	-0.1733607233748212	--
Phaseolus coccineus	Fruit		270.0	-0.26770121743676717	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Chamaemelum nobile	Flower		267.0	-0.7525928024069561	--
Tamarindus indica	Leaf		263.0	-0.41951704828284697	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Fucus vesiculosus</i>	Plant	30.0	258.0	-0.5331178964375541	--
<i>Ruscus aculeatus</i>	Root	77.0	256.0	-0.4996325933803395	--
<i>Garcinia mangostana</i>	Fruit	10.0	255.0	-0.26863387232770786	--
<i>Pachira macrocarpa</i>	Seed	240.0	255.0	-0.18536769948296997	--
<i>Pyrus communis</i>	Fruit	40.0	250.0	-0.2689447572913547	--
<i>Cichorium intybus</i>	Root	50.0	250.0	-0.5030624603012167	--
<i>Theobroma speciosum</i>	Fruit	90.0	230.0	-0.2701882971459423	J Cell Biochem VOL. 22=1995
<i>Melicoccus bijugatas</i>	Fruit	8.0	230.0	-0.2701882971459423	--
<i>Maranta arundinacea</i>	Root	70.0	215.0	-0.523070017339667	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canna indica</i>	Root	70.0	210.0	-0.5259282397737313	--
<i>Equisetum arvense</i>	Plant	45.0	208.0	-0.5448558536953699	--
<i>Mentha x piperita</i>	Leaf	30.0	201.0	-0.4252698582409893	--
<i>Hibiscus sabdariffa</i>	Flower	22.0	200.0	-0.7732197962345587	--
<i>Eleutherococcus senticosus</i>	Root	42.0	200.0	-0.5316446846418599	--
<i>Perilla frutescens</i>	Seed	0.0	200.0	-0.21838688378037904	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Sprout Seedling	70.0	194.0	-0.9301554608062169	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Dioscorea sp.</i>	Root		194.0	-0.5350745515627371	--
<i>Arctostaphylos uva-ursi</i>	Leaf	22.0	191.0	-0.4261977308148832	--
<i>Arachis hypogaea</i>	Seed	0.0	190.0	-0.22439037183445343	--
<i>Psophocarpus tetragonolobus</i>	Fruit		190.0	-0.2726753768551174	--
<i>Gentiana lutea</i>	Root	40.0	183.0	-0.5413626409176785	--
<i>Tabebuia heptaphylla</i>	Bark	32.0	181.0	-0.34134843992761776	--
<i>Phaseolus vulgaris</i>	Seed	0.0	177.0	-0.23219490630475012	--
<i>Psoralea esculenta</i>	Root	4.0	171.0	-0.5482223747594329	--
<i>Elaeis guineensis</i>	Fruit	120.0	163.0	-0.2743541556588106	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Maclura pomifera	Fruit	30.0	150.0	-0.2751624565642925	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Dioscorea villosa	Rhizome		149.0	-0.5598763894409068	--
Aesculus hippocastanum	Leaf		147.2	-0.4302618126885385	Jim Duke's personal files.
Dioscorea pentaphylla	Root	26.0	140.0	-0.5659433538506317	--
Annona diversifolia	Fruit		140.0	-0.2757842264915863	J Cell Biochem VOL. 22=1995
Centella asiatica	Plant		138.0	-0.5612889938563121	--
Cimicifuga racemosa	Root	28.0	135.0	-0.568801576284696	--
Symphytum officinale	Root		132.0	-0.5705165097451346	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Yucca baccata	Root	27.0	131.0	-0.5710881542319475	--
Bixa orellana	Fruit	20.0	130.0	-0.2764059964188801	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chondrus crispus	Plant		130.0	-0.5631670670175627	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Apium graveolens	Plant	17.0	129.0	-0.563401826162719	--
Apium graveolens	Shoot	17.0	129.0	-0.3648933330728539	--
Quercus alba	Bark	29.0	127.0	-0.5409818235675965	--
Citrullus colocynthis	Fruit		122.0	-0.2769034123607151	--
Avena sativa	Plant	26.0	120.0	-0.5655146584691259	--
Rhodymenia palmata	Plant		120.0	-0.5655146584691259	--
Silybum marianum	Leaf	26.0	120.0	-0.4327856260895301	--
Stevia rebaudiana	Leaf		110.0	-0.433713498663424	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Passiflora incarnata	Flower	11.0	100.0	-0.8040063541862045	--
Dioscorea alata	Root		100.0	-0.5888091333231462	--
Carthamus tinctorius	Flower	14.0	100.0	-0.8040063541862045	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Nandina domestica	Leaf		100.0	-0.43464137123731794	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Citrullus lanatus	Fruit		94.0	-0.27864436815713767	--
Cyperus rotundus	Root		90.0	-0.5945255781912748	--
Cocos nucifera	Seed	20.0	88.0	-0.2856259499860121	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Serenoa repens	Fruit	11.0	88.0	-0.27901743011351393	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit		85.0	-0.2792039610917021	--
Arctium lappa	Root	20.0	85.0	-0.5973838006253391	--
Crataegus laevigata	Fruit	24.0	85.0	-0.2792039610917021	--
Zea mays	Seed	0.0	85.0	-0.28742699640223446	--
Cuminum cyminum	Fruit	0.0	76.0	-0.27976355402626646	--
Cuminum cyminum	Seed	0.0	76.0	-0.2928301356509014	--
Vigna unguiculata	Seed	15.0	75.0	-0.2934304844563088	USDA's Ag Handbook 8 and sequelae)
Theobroma cacao	Fruit	30.0	70.0	-0.2801366159826427	J Cell Biochem VOL. 22=1995
Lens culinaris	Seed	42.0	70.0	-0.296432228483346	--
Stellaria media	Plant	6.0	69.0	-0.577487374872098	--
Salix alba	Bark	11.0	68.0	-0.7590997797668324	--
Euphrasia officinalis	Plant	10.0	67.0	-0.5779568931624107	--
Limonia acidissima	Fruit	20.0	65.0	-0.2804475009462896	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lablab purpureus	Fruit	7.7	63.6	-0.2805345487361107	--
Elaeagnus umbellatus	Fruit	10.0	57.0	-0.2809449168881247	--
Cicer arietinum	Seed	30.0	56.0	-0.30483711175905015	USDA's Ag Handbook 8 and sequelae)
Spinacia oleracea	Fruit Juice		55.0	-1.0	--
Pourouma cecropiaefolia	Fruit	10.0	55.0	-0.2810692708735834	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna radiata	Seed	48.0	53.0	-0.30663815817527246	--
Juglans regia	Seed	0.0	52.0	-0.3072385069806799	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Caulophyllum thalictroides	Root	5.7	51.5	-0.6165338909335701	--
Alocasia macrorrhiza	Leaf		50.0	-0.43928073410678753	--
Vigna aconitifolia	Seed	20.0	44.0	-0.3120412974239394	--
Leonurus cardiaca	Plant		42.0	-0.5838258717913186	--
Panax quinquefolius	Plant		39.0	-0.5845301492267876	--
Borago officinalis	Shoot		39.0	-0.3692514552082671	Jim Duke's personal files.
Theobroma cacao	Seed		31.0	-0.3198458318942361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cnicus benedictus	Plant	4.0	30.0	-0.5866429815331944	--
Aesculus hippocastanum	Seed		24.0	-0.32404827353208815	Jim Duke's personal files.
Phaseolus coccineus	Seed	0.0	23.0	-0.3246486223374956	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Canavalia ensiformis	Seed	0.0	23.0	-0.3246486223374956	--
Corylus avellana	Seed	10.0	22.0	-0.325248971142903	--
Vigna mungo	Seed	0.0	22.0	-0.325248971142903	--
Pinus edulis	Seed	20.0	21.0	-0.32584931994831046	USDA's Ag Handbook 8 and sequelae)
Carya illinoensis	Seed	20.0	21.0	-0.32584931994831046	--
Actaea racemosa	Root		21.0	-0.6339690477813624	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Anacardium occidentale	Seed	20.0	21.0	-0.32584931994831046	--
Inula helenium	Root	4.4	20.0	-0.6345406922681753	--
Albizia lebbek	Seed		17.0	-0.3282507151699402	Wealth of India.
Vigna unguiculata	Seed	16.0	17.0	-0.3282507151699402	USDA's Ag Handbook 8 and sequelae)
Hypericum perforatum	Shoot		16.5	-0.3703409857421204	--
Nelumbo nucifera	Rhizome		15.0	-0.760152513800441	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Erythroxylum coca	Leaf	14.0	15.0	-0.4425282881154163	--
Prunus dulcis	Seed	0.0	13.0	-0.33065211039157	USDA's Ag Handbook 8 and sequelae)
Zea mays	Silk Stigma Style		11.0		--
Piper nigrum	Fruit		10.0	-0.2838672355464054	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus cembroides	Seed	0.0	10.0	-0.3324531568077923	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pimpinella anisum	Fruit	8.0	9.0	-0.2839294125391348	--
Pimpinella anisum	Seed	8.0	9.0	-0.33305350561319974	--
Psidium guajava	Seed		8.0	-0.3336538544186072	--
Stachys officinalis	Plant	1.3	8.0	-0.5918076827266334	--
Bertholletia excelsa	Seed		7.0	-0.3342542032240146	USDA's Ag Handbook 8 and sequelae)
Eriodictyon californicum	Leaf	0.4	1.7	-0.4437623586386951	--
Aleurites moluccana	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Plantago psyllium	Seed		0.0	-0.33845664486186666	--
Juglans nigra	Fruit		0.0	-0.2844890054736992	--
Terminalia catappa	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Leaf		0.0	-0.4439200969762572	--
Papaver somniferum	Seed		0.0	-0.33845664486186666	--
Valeriana officinalis	Root		0.0	-0.6459735820044326	--
Frangula purshiana	Bark		0.0	-1.0104899665727316	--
Stellaria media	Shoot	0.0	0.0	-0.3711399748002795	--
Macadamia spp	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Panax ginseng	Root		0.0	-0.6459735820044326	--
Carthamus tinctorius	Seed		0.0	-0.33845664486186666	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coix lacryma-jobi	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ulmus rubra	Bark		0.0	-1.0104899665727316	--
Berberis vulgaris	Root		0.0	-0.6459735820044326	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Theobroma bicolor	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit		0.0	-0.2844890054736992	J Cell Biochem VOL. 22=1995
Foeniculum vulgare	Seed		0.0	-0.33845664486186666	--
Hordeum vulgare	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Fagopyrum esculentum	Seed		0.0	-0.33845664486186666	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cannabis sativa	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Triticum aestivum	Seed				--
Spirulina spp.	Plant				--
Astragalus membranaceus	Root				--
Tulipa gesneriana	Stem				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Inula helenium	Leaf				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Juniperus communis	Fruit				--
Citrus limon	Fruit Juice				Jim Duke's personal files.
Datura stramonium	Plant				--
Berberis vulgaris	Bark				--
Myrciaria dubia	Fruit				Jim Duke's personal files.
Corylus avellana	Leaf				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Nepeta cataria	Plant				--
Berberis vulgaris	Leaf				Jim Duke's personal files.
Thuja occidentalis	Branches				--
Parthenium integrifolium	Root				--
Juglans nigra	Hull Husk				--
Acacia senegal	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Ginkgo biloba	Leaf				--
Pothomorphe sp.	Plant				--
Allium cepa	Bulb				--
Eupatorium perfoliatum	Plant				--
Trigonella foenum-graecum	Shoot				--
Alliaria petiolata	Plant				--
Vigna angularis	Seed				--
Phaseolus acutifolius	Seed	0.0			CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Plantago major	Seed				--
Foeniculum vulgare	Fruit				--
Platycodon grandiflorum	Root				--
Marrubium vulgare	Flower				--
Nelumbo nucifera	Seed				--
Trichosanthes anguina	Fruit				--
Punica granatum	Fruit Juice				--
Perilla frutescens	Flower				Lamparska, K. 1966. Studies on Vitamin C Dynamics in Perilla ocymoides and in Calendula officinalis Grown in Short and Long Day Conditions. Zesz Nauk Uniw Mikolaja Kopernika Toruniu Biol, 8: 69-.
Marrubium vulgare	Plant				--
Origanum vulgare	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Papaver somniferum	Tissue Culture				--
Rubus fruticosus	Leaf				--
Filipendula ulmaria	Plant				--
Filipendula ulmaria	Flower				--
Smilax spp	Root				--
Cuminum cyminum	Tissue Culture				--
Medicago sativa	Leaf				--
Harpagophytum procumbens	Root				--
Psophocarpus tetragonolobus	Seed				--
Spirulina pratensis	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hypericum perforatum	Leaf				--
Duchesnea indica	Leaf				--
Rhamnus cathartica	Fruit				--
Rhamnus cathartica	Leaf				--
Ribes nigrum	Leaf				--
Spinacia oleracea	Leaf				--
Panax ginseng	Leaf				--
Curcuma longa	Plant				--
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.
Plantago major	Plant				--
Camellia sinensis	Leaf				--
Hydrangea arborescens	Root				--
Acorus calamus	Plant				--
Tilia sp.	Leaf				--
Cephaelis ipecacuanha	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Lycopus europeus</i>	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Petroselinum crispum</i>	Shoot				--
<i>Petroselinum crispum</i>	Leaf				--
<i>Oryza sativa</i>	Seed				--
<i>Acacia nilotica</i>	Plant				--
<i>Smilax officinalis</i>	Root				--
<i>Sinapis alba</i>	Plant				--
<i>Polygonum multiflorum</i>	Root				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Allium sativum</i> var. <i>sativum</i>	Root				--
<i>Areca catechu</i>	Seed				--
<i>Juglans nigra</i>	Pericarp				--