

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for ASCORBIC-ACID

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	130.0	2340.0	-0.13899484248695484	--
Abelmoschus esculentus	Plant	190.0	2340.0	-0.044349356222101836	--
Acacia nilotica	Plant				--
Acacia farnesiana	Leaf	490.0	2636.0	-0.19933288649781924	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia senegal	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Acalypha indica	Leaf	1470.0	7540.0	0.2556958237397604	Wealth of India.
Achillea millefolium	Plant	119.0	672.0	-0.4359276103428388	--
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.
Acorus calamus	Plant				--
Actaea racemosa	Root		21.0	-0.6339690477813624	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	750.0	6370.0	0.11157843821243804	--
Aegle marmelos	Fruit	80.0	1330.0	-0.2017936051436265	--
Aesculus hippocastanum	Leaf		147.2	-0.4302618126885385	Jim Duke's personal files.
Aesculus hippocastanum	Seed		24.0	-0.32404827353208815	Jim Duke's personal files.
Agathosma betulina	Leaf		4900.0	0.010737464231764774	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Albizia lebeck	Seed		17.0	-0.3282507151699402	Wealth of India.
Aleurites moluccana	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alliaria petiolata	Plant				--
Allium sativum var. sativum	Leaf	390.0	2868.0	-0.17780624278348023	--
Allium cepa	Leaf	390.0	5000.0	0.020016189970703997	--
Allium ampeloprasum	Leaf	170.0	3019.0	-0.163795366917682	--
Allium sativum var. sativum	Root				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Flower	440.0	3793.0	0.3329412309680728	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb				--
Allium ampeloprasum	Flower	400.0	2367.0	-0.10607508542239547	--
Allium schoenoprasum	Leaf	57.0	9875.0	0.4723540697439913	--
Allium sativum var. sativum	Bulb	100.0	788.0		--
Allium ampeloprasum	Root	170.0	1241.0	0.06343722613033131	--
Allium sativum var. sativum	Shoot	420.0	1883.0	-0.2799583750115791	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alocasia macrorrhiza	Leaf		50.0	-0.43928073410678753	--
Alocasia macrorrhiza	Root		572.0	-0.3189929355474745	--
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	--
Alpinia galanga	Rhizome	260.0	1844.0	1.9734671239129031	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	177.0	1640.0	0.29152337636866393	--
Althaea officinalis	Seed		1640.0	0.6461153960063319	--
Amaranthus sp.	Leaf	345.0	6263.0	0.13720649605350654	--
Amaranthus spinosus	Leaf	98.0	5030.0	0.022799807692385765	--
Amorphophallus campanulatus	Root	15.0	279.0	-0.4864847701836436	--
Anacardium occidentale	Seed	20.0	21.0	-0.32584931994831046	--
Anacardium occidentale	Leaf	890.0	2957.0	-0.16954817687582432	--
Anacardium occidentale	Fruit	252.0	17500.0	0.8036083672904138	--
Ananas comosus	Fruit	148.0	4178.0	-0.024713529850358282	--
Anethum graveolens	Seed		1150.0	0.35194448135668727	--
Anethum graveolens	Plant	1214.0	1440.0	-0.2556325868627872	--
Angelica sinensis	Root	67.0	304.0	-0.4721936580133219	--
Annona reticulata	Fruit	150.0	1400.0	-0.19744121565257006	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona glabra</i>	Fruit	210.0	1590.0	-0.18562758703398824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona diversifolia</i>	Fruit		140.0	-0.2757842264915863	J Cell Biochem VOL. 22=1995
<i>Annona muricata</i>	Fruit	190.0	1540.0	-0.18873643667045714	--
<i>Annona cherimola</i>	Fruit	50.0	725.0	-0.23941068574490013	--
<i>Annona squamosa</i>	Fruit	340.0	1600.0	-0.18500581710669448	--
<i>Apium graveolens</i>	Pt	58.0	2778.0	-0.2550992791713734	--
<i>Apium graveolens</i>	Fruit	357.0	1700.0	-0.17878811783375667	--
<i>Apium graveolens</i>	Plant	17.0	129.0	-0.563401826162719	--
<i>Apium graveolens</i>	Shoot	17.0	129.0	-0.3648933330728539	--
<i>Apium graveolens</i>	Seed	171.0	1700.0	0.6821363243307782	--
<i>Arachis hypogaea</i>	Seed	0.0	190.0	-0.22439037183445343	--
<i>Arachis hypogaea</i>	Leaf	980.0	4558.0	-0.02099577779540737	--
<i>Aralia cordata</i>	Leaf	50.0	1065.0	-0.34510166785655444	--
<i>Arctium lappa</i>	Root	20.0	85.0	-0.5973838006253391	--
<i>Arctostaphylos uva-ursi</i>	Leaf	22.0	191.0	-0.4261977308148832	--
<i>Areca catechu</i>	Seed				--
<i>Armoracia rusticana</i>	Root	1800.0	10000.0	5.070471286124204	--
<i>Armoracia rusticana</i>	Plant	1220.0	18200.0	3.6789306859570874	--
<i>Armoracia rusticana</i>	Leaf	2440.0	4560.0	-0.020810203280628586	--
<i>Arracacia xanthorrhiza</i>	Root	310.0	1070.0	-0.034313981114668365	--
<i>Artemisia absinthium</i>	Leaf	1200.0	2600.0	-0.20267322776383737	--
<i>Artemisia vulgaris</i>	Leaf	720.0	5670.0	0.08218365242159696	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia dracunculus</i>	Leaf		588.0	-0.3893611896312945	--
<i>Artocarpus altilis</i>	Fruit	150.0	985.0	-0.22324466763526188	--
<i>Artocarpus heterophyllus</i>	Fruit	45.0	435.0	-0.2574420136364197	--
<i>Artocarpus altilis</i>	Seed	65.0	275.0	-0.1733607233748212	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Asimina triloba	Fruit	76.0	893.0	-0.22896495096636463	--
Aspalathus linearis	Shoot	157.0	94000.0	4.1806764777423835	--
Asparagus officinalis	Root	398.0	3976.0	1.6268848975635133	--
Asparagus officinalis	Shoot	100.0	5714.0	-0.09444764278082439	--
Astragalus membranaceus	Root				--
Avena sativa	Plant	26.0	120.0	-0.5655146584691259	--
Averrhoa carambola	Fruit	200.0	4935.0	0.022354453645780776	--
Averrhoa bilimbi	Fruit	160.0	4665.0	0.005566665608848747	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bacopa monnieri	Shoot		630.0	-0.34063311985238715	Wealth of India.
Bactris gasipaes	Fruit	110.0	828.0	-0.2330064554937742	--
Balanites aegyptiacus	Fruit		390.0	-0.2602399783092417	--
Barosma betulina	Leaf		4900.0	0.010737464231764774	--
Basella alba	Leaf	1020.0	14785.0	0.9279395035259072	--
Benincasa hispida	Fruit	130.0	6750.0	0.13520569544960165	--
Berberis vulgaris	Fruit	1560.0	3800.0	-0.048216433102063125	--
Berberis vulgaris	Root		0.0	-0.6459735820044326	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Leaf				Jim Duke's personal files.
Berberis vulgaris	Bark				--
Bertholletia excelsa	Seed		7.0	-0.3342542032240146	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	50.0	868.0	-0.14978616745086681	--
Beta vulgaris	Leaf	120.0	3696.0	-0.10097839366506348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Fruit	20.0	130.0	-0.2764059964188801	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	780.0	2735.0	1.3034973379274766	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	260.0	1530.0		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Boehmeria nivea</i>	Leaf	730.0	5615.0	0.07708035326518038	--
<i>Borago officinalis</i>	Shoot		39.0	-0.3692514552082671	Jim Duke's personal files.
<i>Borago officinalis</i>	Leaf	30.0	5005.0	0.020480126257650957	--
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	911.0	10360.0	0.5173558895778465	--
<i>Brassica chinensis</i>	Leaf	450.0	9713.0	0.45732253404690976	--
<i>Brassica rapa</i>	Root	210.0	2580.0	0.8288691939727557	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	233.0	3819.0	-0.08956556100616822	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	911.0	10360.0	0.5173558895778465	--
<i>Brassica oleracea</i>	Stem	620.0	6890.0	1.2602259509666862	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	190.0	6774.0	0.18462078457948597	--
<i>Brassica nigra</i>	Leaf	234.0	4013.0	-0.07156483307262614	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	660.0	9300.0	2.0283569773652044	--
<i>Brassica rapa</i>	Leaf	450.0	9713.0	0.45732253404690976	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	250.0	2415.0	0.7345478536486332	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	1200.0	7720.0	0.272397530069851	--
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	720.0	6069.0	0.11920576811996446	--
<i>Bromelia pinguin</i>	Shoot	192.0	3430.0	-0.20504709786175462	--
<i>Brosimum alicastrum</i>	Fruit	280.0	1750.0	-0.1756792681972878	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bupleurum chinense</i>	Root	132.0	1200.0	0.039999802171003906	--
<i>Byrsonima crassifolia</i>	Fruit	840.0	9275.0	0.2922026020912808	--
<i>Cajanus cajan</i>	Seed	0.0	1279.0	0.4293894772542468	--
<i>Cajanus cajan</i>	Fruit	320.0	1601.0	-0.18494364011396508	--
<i>Calathea macrosepala</i>	Flower	70.0	910.0	-0.5546352347778739	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Calendula officinalis</i>	Flower	1330.0	3100.0	0.11959038436316784	--
<i>Camellia sinensis</i>	Leaf				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Canavalia ensiformis	Fruit	320.0	1488.0	-0.19196964029238478	--
Canavalia ensiformis	Seed	0.0	23.0	-0.3246486223374956	--
Canna indica	Root	70.0	210.0	-0.5259282397737313	--
Cannabis sativa	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capparis spinosa	Fruit		1335.0	-0.20148272017997962	Wealth of India.
Capparis spinosa	Leaf		710.0	-0.3780411442297887	Wealth of India.
Capparis spinosa	Flower	260.0	2300.0	-0.12670207924999813	--
Capsella bursa-pastoris	Plant	360.0	5500.0	0.6974895424718603	--
Capsicum annuum	Fruit	230.0	20982.0	1.0201086559741077	--
Capsicum frutescens	Fruit	350.0	23000.0	1.1455818273019922	--
Carica papaya	Leaf	1400.0	6222.0	0.13340221850054146	--
Carica papaya	Fruit	640.0	4741.0	0.010292117056281466	--
Carica pentagona	Fruit	290.0	4265.0	-0.019304131482902408	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	14.0	100.0	-0.8040063541862045	--
Carthamus tinctorius	Seed		0.0	-0.33845664486186666	--
Carya illinoensis	Seed	20.0	21.0	-0.32584931994831046	--
Casimiroa edulis	Fruit	230.0	1395.0	-0.19775210061621692	--
Catha edulis	Leaf		1610.0	-0.29453261257933566	--
Caulophyllum thalictroides	Root	5.7	51.5	-0.6165338909335701	--
Centella asiatica	Plant		138.0	-0.5612889938563121	--
Centella asiatica	Leaf	40.0	374.0	-0.40921766271262444	--
Cephaelis ipecacuanha	Plant				--
Chamaemelum nobile	Flower		267.0	-0.7525928024069561	--
Chenopodium album	Plant	600.0	9000.0	1.5191465505189703	--
Chenopodium ambrosioides	Leaf	110.0	1020.0	-0.34927709443907706	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chondrus crispus	Plant		130.0	-0.5631670670175627	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	370.0	4975.0		--
Chrysanthemum parthenium	Plant		330.0	-0.5162152379862993	--
Chrysanthemum parthenium	Leaf	59.0	330.0	-0.4133003020377577	--
Chrysanthemum coronarium	Leaf	270.0	4155.0	-0.058389042523332435	--
Chrysobalanus icaco	Fruit	90.0	1420.0	-0.19619767579798247	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysophyllum cainito	Fruit	30.0	640.0	-0.24469573012689724	--
Cicer arietinum	Seed	30.0	56.0	-0.30483711175905015	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	50.0	250.0	-0.5030624603012167	--
Cichorium intybus	Leaf	100.0	2040.0	-0.254634091901897	--
Cichorium endivia	Leaf	462.0	9302.0	0.41918697125986953	--
Cimicifuga racemosa	Root	28.0	135.0	-0.568801576284696	--
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
Citrullus lanatus	Fruit		94.0	-0.27864436815713767	--
Citrullus colocynthis	Fruit		122.0	-0.2769034123607151	--
Citrus mitis	Fruit	884.0	11130.0	0.40754092360427674	--
Citrus paradisi	Fruit	337.0	3862.0	-0.044361459552841695	--
Citrus limon	Fruit	5208.0	5566.0	0.061588136058018224	--
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.
Citrus mitis	Fruit Juice	300.0	445.0	1.0	--
Citrus sinensis	Fruit	500.0	4071.0	-0.03136646807240172	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus aurantiifolia	Fruit	291.0	4444.0	-0.008174449784343766	--
Citrus aurantium	Fruit	420.0	3947.0	-0.03907641517084457	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus limon	Fruit Juice				Jim Duke's personal files.
Citrus reticulata	Fruit	280.0	3684.0	-0.05542896425867096	--
Cnicus benedictus	Plant	4.0	30.0	-0.5866429815331944	--
Cnidioscolus chayamansa	Leaf	1960.0	12200.0	0.6880844431743283	--
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.
Cocos nucifera	Seed	20.0	88.0	-0.2856259499860121	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed	540.0	1456.0	0.5356512158113633	--
Colocasia esculenta	Leaf	69.0	3625.0	-0.10756628893971032	--
Colocasia esculenta	Root	0.0	325.0	-0.4601891237902518	--
Corchorus olitorius	Leaf	370.0	4080.0	-0.06534808682753686	--
Coriandrum sativum	Leaf	780.0	6290.0	0.13971175200302013	--
Coriandrum sativum	Fruit		920.0	-0.22728617216267144	--
Corylus avellana	Leaf				--
Corylus avellana	Seed	10.0	22.0	-0.325248971142903	--
Crataegus laevigata	Leaf	166.4	1800.0	-0.27690303367535113	--
Crataegus laevigata	Fruit	24.0	85.0	-0.2792039610917021	--
Crataegus rhipidophylla	Fruit		85.0	-0.2792039610917021	--
Crataegus rhipidophylla	Leaf		1800.0	-0.27690303367535113	--
Cucumis melo	Fruit	397.0	4370.0	-0.012775547246317728	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	90.0	1071.0	-0.21789744626053537	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Flower	280.0	5773.0	0.9425150784106588	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita spp	Fruit	148.0	2340.0	-0.13899484248695484	--
Cuminum cyminum	Tissue Culture				--
Cuminum cyminum	Fruit	0.0	76.0	-0.27976355402626646	--
Cuminum cyminum	Seed	0.0	76.0	-0.2928301356509014	--
Curcuma longa	Rhizome	0.0	293.0	-0.34465428565155654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant				--
Cyamopsis tetragonoloba	Fruit		490.0	-0.2540222790363039	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot		2800.0	-0.23555395280964694	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	140.0	2800.0	-0.110393425831441	--
Cydonia oblonga	Fruit	100.0	960.0	-0.2247990924534963	--
Cynara cardunculus	Flower	0.0	828.0	-0.5798802122982235	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyperus rotundus	Root		90.0	-0.5945255781912748	--
Cyphomandra betacea	Fruit	223.0	2060.0	-0.15640440045118065	--
Cyrtosperma chamissonis	Root	0.0	762.0	-0.21038048305303036	--
Datura stramonium	Plant				--
Datura metel	Leaf		2220.0	-0.2379323855718064	--
Daucus carota	Root	91.0	775.0	-0.20294910472446315	--
Dioscorea sp.	Root		194.0	-0.5350745515627371	--
Dioscorea villosa	Root	110.0	460.0	-0.3830171180705152	--
Dioscorea villosa	Rhizome		149.0	-0.5598763894409068	--
Dioscorea pentaphylla	Root	26.0	140.0	-0.5659433538506317	--
Dioscorea alata	Root		100.0	-0.5888091333231462	--
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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Diospyros virginiana	Fruit	660.0	1855.0	-0.1691506839607031	--
Duchesnea indica	Leaf				--
Durio zibethinus	Fruit	240.0	1270.0	-0.20552422470738918	--
Echinacea purpurea	Root	212.0	843.0	-0.16407727962118843	--
Echinacea spp	Leaf		2140.0	-0.24535536616295778	Economic & Medicinal Plant Research, 5: 253.
Echinacea spp	Root		843.0	-0.16407727962118843	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus angustifolia	Fruit	40.0	500.0	-0.25340050910901013	--
Elaeagnus umbellatus	Fruit	10.0	57.0	-0.2809449168881247	--
Elaeagnus commutata	Fruit	100.0	725.0	-0.23941068574490013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	120.0	163.0	-0.2743541556588106	--
Eleocharis dulcis	Tuber	40.0	317.0	-0.6898431213593998	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	42.0	200.0	-0.5316446846418599	--
Ephedra sinica	Plant	151.0	721.0	-0.42442441223017924	--
Equisetum arvense	Plant	45.0	208.0	-0.5448558536953699	--
Eriobotrya japonica	Fruit	10.0	840.0	-0.23226033158102166	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriodictyon californicum	Leaf	0.4	1.7	-0.4437623586386951	--
Eryngium floridanum	Shoot		1958.0	-0.2763266065654014	--
Erythrina berteroana	Shoot	370.0	2340.0	-0.25782879927953656	--
Erythrina fusca	Leaf	30.0	780.0	-0.3715460362125312	--
Erythroxylum coca	Leaf	14.0	15.0	-0.4425282881154163	--
Eugenia floribunda	Fruit	230.0	1785.0	-0.17350307345175955	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	140.0	2115.0	-0.15298466585106485	--
Eugenia brasiliensis	Fruit	188.0	1290.0	-0.2042806848528016	--
Eupatorium perfoliatum	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Euphorbia hirta	Leaf		443.0	-0.40281534195275637	--
Euphrasia officinalis	Plant	10.0	67.0	-0.5779568931624107	--
Fagopyrum esculentum	Seed		0.0	-0.33845664486186666	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
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.
Ficus carica	Fruit	20.0	2013.0	-0.1593267191094614	--
Ficus carica	Leaf	1050.0	3300.0	-0.1377221475912628	--
Filipendula ulmaria	Flower				--
Filipendula ulmaria	Plant				--
Foeniculum vulgare	Seed		0.0	-0.33845664486186666	--
Foeniculum vulgare	Plant	340.0	3148.0	0.1453360330642024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Leaf		123600.0	11.024584916352621	Jim Duke's personal files.
Foeniculum vulgare	Fruit				--
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.
Fragaria spp	Fruit	400.0	6948.0	0.14751674001001847	--
Frangula purshiana	Bark		0.0	-1.0104899665727316	--
Fucus vesiculosus	Plant	30.0	258.0	-0.5331178964375541	--
Garcinia mangostana	Fruit	10.0	255.0	-0.26863387232770786	--
Genipa americana	Fruit	330.0	1020.0	-0.22106847288973364	--
Gentiana lutea	Root	40.0	183.0	-0.5413626409176785	--
Ginkgo biloba	Fruit		640.0	-0.24469573012689724	Jim Duke's personal files.
Ginkgo biloba	Seed	150.0	545.0	-0.011266545914812775	--
Ginkgo biloba	Leaf				--
Gliricidia sepium	Leaf	440.0	3145.0	-0.1521041724866186	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycine max	Seed	0.0	849.0	0.17123949092904842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	290.0	942.0	-0.22591827832262512	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	100.0	949.0	-0.32572024497431507	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	98.0	626.0	-0.2881241332595798	--
Gymnema sylvestre	Leaf	152.0	800.0	-0.3696902910647434	--
Harpagophytum procumbens	Root				--
Helianthus tuberosus	Tuber	40.0	306.0	-0.7242310715177989	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.
Hibiscus sabdariffa	Fruit	540.0	3750.0	-0.05132528273853201	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	22.0	200.0	-0.7732197962345587	--
Hippophae rhamnoides	Leaf	1500.0	3400.0	-0.12844342185232357	--
Hippophae rhamnoides	Fruit	500.0	14000.0	0.5859888927375912	--
Hordeum vulgare	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Stem		3300.0	-0.07434961362635317	--
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	--
Hydrangea arborescens	Root				--
Hydrastis canadensis	Root	189.0	681.0	-0.25668368648487233	--
Hylocereus undatus	Fruit	80.0	515.0	-0.2524678542180695	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hypericum perforatum	Shoot		16.5	-0.3703409857421204	--
Hypericum perforatum	Leaf				--
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.
Hypericum perforatum	Plant		1300.0	-0.28849886718467166	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Inga edulis	Seed	130.0	355.0	-0.12533281894222614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inula helenium	Leaf				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Inula helenium	Root	4.4	20.0	-0.6345406922681753	--
Ipomoea batatas	Root	201.0	1186.0	0.03199677935562381	--
Ipomoea batatas	Leaf	210.0	4234.0	-0.05105884918957045	--
Ipomoea aquatica	Leaf	320.0	7300.0	0.2334268819663063	--
Iris x germanica	Root		870.0	-0.14864287847724109	--
Iris x germanica	Leaf		4860.0	0.007025973936189085	--
Iris x germanica	Flower		4200.0	0.458242521831271	--
Juglans nigra	Fruit		0.0	-0.2844890054736992	--
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.
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.
Juglans nigra	Pericarp				--
Juglans nigra	Hull Husk				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans regia	Seed	0.0	52.0	-0.3072385069806799	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juniperus communis	Leaf		600.0	-0.3882477425426218	--
Juniperus communis	Fruit				--
Justicia pectoralis	Leaf	280.0	1867.0	-0.27068628743026185	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	0.0	1063.0	0.29971413528624014	--
Lablab purpureus	Fruit	7.7	63.6	-0.2805345487361107	--
Lactuca sativa	Leaf	180.0	3000.0	-0.16555832480808047	--
Lagenaria siceraria	Leaf	50.0	330.0	-0.4133003020377577	--
Lagenaria siceraria	Fruit	101.0	2265.0	-0.14365811694165817	--
Larrea tridentata	Plant	250.0	760.0	-0.4152688055690829	--
Lens culinaris	Sprout Seedling	148.0	605.0	-0.6011185419891155	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	42.0	70.0	-0.296432228483346	--
Leonurus cardiaca	Plant		42.0	-0.5838258717913186	--
Lepidium meyenii	Root	25.0	2860.0	0.9889296502803575	--
Lepidium sativum	Leaf	690.0	6510.0	0.16012494862868643	--
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.
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.
Lobelia inflata	Leaf	255.0	2252.0	-0.23496319333534585	--
Luffa aegyptiaca	Leaf	950.0	9596.0	0.44646642493235084	--
Luffa aegyptiaca	Fruit	120.0	2400.0	-0.13526422292319215	--
Lycium chinense	Leaf	80.0	769.0	-0.37256669604381454	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

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.
Lycopersicon esculentum	Fruit	50.0	2952.0	-0.10094252293657557	--
Lycopus europeus	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Macadamia spp	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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
Malpighia glabra	Fruit	16228.0	172231.0	10.424316629299783	--
Malus domestica	Fruit	20.0	402.0	-0.2594938543964892	--
Malva neglecta	Leaf		1175.0	-0.3348950695437213	--
Malva sylvestris	Leaf	240.0	2855.0	-0.17901247712954232	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malva parviflora	Plant	454.0	4745.0	0.5202463878788408	--
Mammea americana	Fruit	100.0	1515.0	-0.1902908614886916	--
Mangifera indica	Fruit	30.0	1760.0	-0.175057498269994	--
Mangifera indica	Leaf	530.0	2430.0	-0.21844706152003404	--
Manihot esculenta	Root	97.0	1530.0	0.2286424828192489	--
Manihot esculenta	Leaf	800.0	10000.0	0.4839524769176653	--
Manilkara zapota	Fruit	90.0	625.0	-0.2456283850178379	--
Maranta arundinacea	Root	70.0	215.0	-0.523070017339667	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Marrubium vulgare	Plant				--
Marrubium vulgare	Flower				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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		0.0	-0.2844890054736992	J Cell Biochem VOL. 22=1995
Medicago sativa	Leaf				--
Medicago sativa	Plant	276.0	1470.0	-0.24858981250809772	--
Melicoccus bijugatas	Fruit	8.0	230.0	-0.2701882971459423	--
Mentha spicata	Leaf	135.0	9200.0	0.4097226710061515	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	30.0	201.0	-0.4252698582409893	--
Menyanthes trifoliata	Leaf		2047.0	-0.25398458110017125	--
Mimosa pudica	Leaf	180.0	2570.0	-0.20545684548551912	--
Mimulus glabratus	Shoot	220.0	2200.0	-0.2646081003790682	--
Momordica charantia	Leaf	1700.0	12412.0	0.7077553417408794	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	570.0	36447.0	1.9816758485339367	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	520.0	2320.0	-0.22865365983286717	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
Moringa oleifera	Shoot	517.0	2425.0	-0.25371279504053523	USDA's Ag Handbook 8 and sequelae)
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.
Morus alba	Leaf	2000.0	3000.0	-0.16555832480808047	--
Morus alba	Fruit	50.0	1040.0	-0.21982493303514608	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Muntingia calabura	Fruit	805.0	3795.0	-0.048527318065710014	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	161.0	596.0	-0.24743151780698985	--
Murraya koenigii	Leaf	40.0	445.0	-0.4026297674379776	--
Musa x paradisiaca	Fruit	161.0	596.0	-0.24743151780698985	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Hull Husk		1380.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	170.0	1770.0	-0.1744357283427002	--
Myrciaria dubia	Fruit				Jim Duke's personal files.
Myrica cerifera	Bark	143.0	656.0	1.4146859532018246	--
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.
Nasturtium officinale	Shoot		370.0	-0.35322325046580305	--
Nasturtium officinale	Herb	430.0	13690.0	1.0	--
Nelumbo nucifera	Rhizome		15.0	-0.760152513800441	--
Nelumbo nucifera	Seed				--
Nepeta cataria	Plant				--
Nigella sativa	Leaf		2577.0	-0.20480733468379336	--
Ocimum sanctum	Leaf		830.0	-0.3669066733430616	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Leaf	27.0	2000.0	-0.25834558219747267	--
Ocimum tenuiflorum	Leaf		830.0	-0.3669066733430616	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Opuntia ficus-indica	Flower		940.0	-0.5453992673923802	--
Opuntia ficus-indica	Fruit	65.0	1690.0	-0.17940988776105046	--
Origanum vulgare	Plant				--
Origanum majorana	Plant	514.0	555.0	-0.4633944303261279	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Oryza sativa	Seed				--
Oxalis tuberosa	Root	370.0	2284.0	0.6596624258761481	--
Pachira macrocarpa	Seed	240.0	255.0	-0.18536769948296997	--
Pachyrhizus erosus	Plant	140.0	1845.0	-0.1605551330744788	--
Panax ginseng	Root		0.0	-0.6459735820044326	--
Panax ginseng	Leaf				--
Panax quinquefolius	Plant		39.0	-0.5845301492267876	--
Papaver somniferum	Seed		0.0	-0.33845664486186666	--
Papaver somniferum	Tissue Culture				--
Papaver somniferum	Fruit		1120.0	-0.21485077361679586	--
Parthenium integrifolium	Root				--
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.
Passiflora edulis	Fruit	300.0	1205.0	-0.20956572923479874	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Flower	11.0	100.0	-0.8040063541862045	--
Passiflora ligularis	Fruit	108.0	950.0	-0.2254208623807901	--
Passiflora quadrangularis	Seed	150.0	695.0	0.07878577489630294	--
Passiflora foetida	Fruit	150.0	835.0	-0.23257121654466856	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Fruit	150.0	2680.0	-0.11785466495896635	--
Pastinaca sativa	Root	160.0	830.0	-0.17150865794975564	--
Peperomia pelucida	Leaf	100.0	1280.0	-0.3251524075178351	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiiifolia	Leaf	50.0	335.0	-0.41283636575081073	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	20.0	1250.0	-0.20676776456197674	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Perideridia gairdneri</i>	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.
<i>Perilla frutescens</i>	Flower				Lamparska, K. 1966. Studies on Vitamin C Dynamics in <i>Perilla ocymoides</i> and in <i>Calendula officinalis</i> Grown in Short and Long Day Conditions. Zesz Nauk Uniw Mikolaja Kopernika Toruniu Biol, 8: 69-.
<i>Perilla frutescens</i>	Seed	0.0	200.0	-0.21838688378037904	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	460.0	3286.0	-0.13902116919471427	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<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>Persea americana</i>	Fruit	65.0	994.0	-0.22268507470069746	--
<i>Petasites japonicus</i>	Pt	315.0	5725.0	1.657820760823633	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Shoot				--
<i>Petroselinum crispum</i>	Plant	430.0	7695.0	1.2127858660899764	--
<i>Petroselinum crispum</i>	Leaf				--
<i>Petroselinum crispum</i>	Fruit		1220.0	-0.20863307434385805	--
<i>Phaseolus lunatus</i>	Seed	0.0	952.0	0.23307541788601452	--
<i>Phaseolus vulgaris</i>	Leaf	1100.0	8333.0	0.32927611884954844	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Seed	0.0	23.0	-0.3246486223374956	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Sprout Seedling	387.0	4161.0	2.245731295756901	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	10.0	2389.0	-0.1359481698432153	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Phaseolus coccineus</i>	Fruit		270.0	-0.26770121743676717	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus acutifolius</i>	Seed	0.0			CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	0.0	177.0	-0.23219490630475012	--
<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>Phoenix dactylifera</i>	Fruit	0.0	750.0	-0.23785626092666567	--
<i>Phragmites australis</i>	Leaf	2000.0	9100.0	0.40044394526721233	--
<i>Phyllanthus emblica</i>	Fruit	110.0	27293.0	1.4125076570892114	--
<i>Phyllanthus emblica</i>	Plant		15610.0	3.070904500002226	--
<i>Phyllanthus acidus</i>	Fruit	20.0	1279.0	-0.20496463177282476	--
<i>Physalis alkekengi</i>	Fruit		4000.0	-0.035781034556187544	--
<i>Physalis peruviana</i>	Fruit	365.0	2865.0	-0.10635192130403144	--
<i>Physalis ixocarpa</i>	Fruit	20.0	460.0	-0.25588758881818524	--
<i>Phytolacca americana</i>	Shoot	1360.0	16184.0	0.4125472323055765	--
<i>Pimenta dioica</i>	Fruit		426.0	-0.2580016065709841	--
<i>Pimenta dioica</i>	Leaf	2012.0	2067.0	-0.2521288359523834	--
<i>Pimpinella anisum</i>	Fruit	8.0	9.0	-0.2839294125391348	--
<i>Pimpinella anisum</i>	Seed	8.0	9.0	-0.33305350561319974	--
<i>Pinus sylvestris</i>	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.
<i>Pinus cembroides</i>	Seed	0.0	10.0	-0.3324531568077923	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus edulis</i>	Seed	20.0	21.0	-0.32584931994831046	USDA's Ag Handbook 8 and sequelae)
<i>Piper nigrum</i>	Fruit		10.0	-0.2838672355464054	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Piper betel	Leaf	43.0	2130.0	-0.2462832387368517	--
Piper auritum	Leaf	490.0	3370.0	-0.13122703957400533	--
Pisum sativum	Sprout Seedling		1650.0	0.23548384283782145	--
Pisum sativum	Seed	44.0	1892.0	0.7974032949690063	--
Pisum sativum	Fruit	600.0	5935.0	0.08453144637515866	--
Plantago major	Seed				--
Plantago psyllium	Seed		0.0	-0.33845664486186666	--
Plantago major	Plant				--
Platonia insignis	Fruit	180.0	1190.0	-0.2104983841257394	--
Platycodon grandiflorum	Root				--
Plectranthus amboinicus	Leaf	120.0	2145.0	-0.2448914298760108	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	250.0	1400.0	0.15432869953357664	--
Portulaca oleracea	Herb	105.0	7000.0	-1.0	--
Pothomorphe sp.	Plant				--
Pourouma cecropiaefolia	Fruit	10.0	55.0	-0.2810692708735834	J Cell Biochem VOL. 22=1995
Pouteria campechiana	Fruit	400.0	1475.0	-0.1927779411978667	--
Pouteria caimito	Fruit	490.0	1890.0	-0.16697448921517488	--
Pouteria viridis	Fruit	430.0	1360.0	-0.19992829536174517	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus persica	Fruit	14.0	1127.0	-0.2144155346676902	--
Prunus cerasus	Fruit	70.0	873.0	-0.23020849082095218	--
Prunus dulcis	Seed	0.0	13.0	-0.33065211039157	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	100.0	745.0	-0.23816714589031257	USDA's Ag Handbook 8 and sequelae)
Prunus salicifolia	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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Prunus domestica</i>	Fruit	86.0	699.0	-0.24102728755586394	USDA's Ag Handbook 8 and sequelae)
<i>Psidium guajava</i>	Seed		8.0	-0.3336538544186072	--
<i>Psidium guajava</i>	Fruit	24.0	18315.0	0.8542826163648568	--
<i>Psidium cattleianum</i>	Fruit	150.0	2100.0	-0.15391732074200554	--
<i>Psophocarpus tetragonolobus</i>	Fruit		190.0	-0.2726753768551174	--
<i>Psophocarpus tetragonolobus</i>	Seed				--
<i>Psoralea esculenta</i>	Root	4.0	171.0	-0.5482223747594329	--
<i>Punica granatum</i>	Fruit	40.0	636.0	-0.24494443809781474	--
<i>Punica granatum</i>	Fruit Juice				--
<i>Pyrus communis</i>	Fruit	40.0	250.0	-0.2689447572913547	--
<i>Quararibea cordata</i>	Fruit	90.0	660.0	-0.2434521902723097	--
<i>Quercus alba</i>	Bark	29.0	127.0	-0.5409818235675965	--
<i>Raphanus sativus</i>	Fruit	690.0	7822.0	0.20185943165549472	--
<i>Raphanus sativus</i>	Root	226.0	6216.0	2.907368548024328	--
<i>Raphanus sativus</i>	Leaf	810.0	7043.0	0.20958055681723248	--
<i>Rhamnus cathartica</i>	Leaf				--
<i>Rhamnus cathartica</i>	Fruit				--
<i>Rheum rhabarbarum</i>	Pt	80.0	2581.0	-0.38297347254735453	--
<i>Rheum rhabarbarum</i>	Leaf	110.0	1833.0	-0.2738410541815012	--
<i>Rhodymenia palmata</i>	Plant		120.0	-0.5655146584691259	--
<i>Ribes uva-crispa</i>	Fruit	263.0	2397.0	-0.13545075390138028	--
<i>Ribes rubrum</i>	Fruit	300.0	2554.0	-0.12568896604286797	--
<i>Ribes nigrum</i>	Leaf				--
<i>Ribes nigrum</i>	Fruit	150.0	10030.0	0.3391462316019611	--
<i>Rollinia mucosa</i>	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.
<i>Rosa multiflora</i>	Leaf		2000.0	-0.25834558219747267	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rosa canina	Flower	3000.0	13000.0	3.167459621576097	--
Rosa gallica	Fruit	5450.0	8470.0	0.2421501229441316	--
Rosa spp	Fruit	1000.0	12500.0	0.49272340364352446	--
Rosa canina	Fruit	1384.0	7400.0	0.17562074072369727	--
Rosa rubiginosa	Seed		12500.0	7.16590342273111	--
Rosmarinus officinalis	Plant	612.0	673.0	-0.4356928511976825	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	11.0	675.0	-0.3812886982384174	USDA's Ag Handbook 8 and sequelae)
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.
Rubus idaeus	Leaf	620.0	3670.0	-0.10339086235718767	--
Rubus idaeus	Fruit	70.0	1870.0	-0.16821802906976244	--
Rubus fruticosus	Leaf				--
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 acetosella	Leaf	500.0	12000.0	0.6695269916964498	--
Rumex acetosa	Leaf	630.0	12400.0	0.7066418946522066	--
Rumex crispus	Root	1042.0	4054.0	1.6714731675349168	--
Ruscus aculeatus	Root	77.0	256.0	-0.4996325933803395	--
Ruta graveolens	Leaf		4790.0	5.308659189316285E-4	--
Salix alba	Bark	11.0	68.0	-0.7590997797668324	--
Salvia officinalis	Leaf	55.0	350.0	-0.4114445568899699	--
Sambucus canadensis	Fruit	360.0	1782.0	-0.17368960442994769	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Leaf	739.0	11000.0	0.5767397343070575	--
Sambucus nigra	Fruit	128.0	1515.0	-0.1902908614886916	--
Schisandra chinensis	Fruit	153.0	1022.0	-0.22094411890427487	--
Sclerocarya caffra	Fruit	540.0	8190.0	0.2247405649799058	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Scutellaria lateriflora	Plant	140.0	1025.0	-0.35305763210265884	--
Sechium edule	Shoot	330.0	4460.0	-0.1551708112009148	--
Sechium edule	Fruit	110.0	1570.0	-0.1868711268885758	--
Senna alexandrina	Leaf	1130.0	5566.0	0.0725337776531	--
Serenoa repens	Fruit	11.0	88.0	-0.27901743011351393	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sicana odorifera	Fruit	139.0	1270.0	-0.20552422470738918	--
Sida rhombifolia	Leaf	900.0	4545.0	-0.022202012141469468	--
Silybum marianum	Leaf	26.0	120.0	-0.4327856260895301	--
Sinapis alba	Plant				--
Smilax spp	Root				--
Smilax officinalis	Root				--
Solanum nigrum	Leaf	110.0	4067.0	-0.06655432117359895	--
Solanum quitoensis	Fruit	310.0	7925.0	0.20826366190662066	--
Solanum tuberosum	Tuber	170.0	990.0	1.4140741928771987	--
Solanum melongena	Leaf	790.0	5809.0	0.09508108119872248	--
Solanum torvum	Fruit	40.0	275.0	-0.2673903324731203	--
Solanum melongena	Fruit	13.0	947.0	-0.22560739335897823	--
Sonchus oleraceus	Leaf	50.0	625.0	-0.385928061107887	--
Sophora japonica	Leaf		470.0	-0.4003100860032428	--
Sorbus aucubaria	Fruit	39.0	2650.0	-0.1197199747408477	--
Spinacia oleracea	Fruit Juice		55.0	-1.0	--
Spinacia oleracea	Leaf				--
Spinacia oleracea	Plant	239.0	7595.0	1.1893099515743446	--
Spirulina spp.	Plant				--
Spirulina pratensis	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias purpurea	Fruit	450.0	2025.0	-0.15858059519670886	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spondias dulcis	Fruit	360.0	2750.0	-0.1135022754679099	--
Spondias pinnata	Fruit	210.0	2165.0	-0.14987581621459597	--
Spondias mombin	Fruit	160.0	1615.0	-0.1840731622157538	--
Stachys officinalis	Plant	1.3	8.0	-0.5918076827266334	--
Stellaria media	Shoot	0.0	0.0	-0.3711399748002795	--
Stellaria media	Plant	6.0	69.0	-0.577487374872098	--
Stevia rebaudiana	Leaf		110.0	-0.433713498663424	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root		132.0	-0.5705165097451346	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	88.0	800.0	-0.3696902910647434	--
Syringa vulgaris	Leaf		1315.0	-0.3219048535092064	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Syzygium malaccense	Fruit	65.0	4615.0	0.0024578159723798528	--
Syzygium jambos	Fruit	30.0	2385.0	-0.13619687781413284	--
Syzygium cumini	Fruit	57.0	1330.0	-0.2017936051436265	--
Syzygium aromaticum	Bark		810.0	1.9840107880269489	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tabebuia heptaphylla	Bark	32.0	181.0	-0.34134843992761776	--
Tamarindus indica	Flower		600.0	-0.6500735644279758	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf		263.0	-0.41951704828284697	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	24.0	585.0	-0.248115464727013	--
Tanacetum parthenium	Plant		330.0	-0.5162152379862993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	18.0	6520.0	0.16105282120258035	--
Taraxacum officinale	Root	54.0	376.0	-0.4310352549627957	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Terminalia chebula</i>	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.
<i>Terminalia catappa</i>	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tetragonia tetragonioides</i>	Leaf	300.0	5000.0	0.020016189970703997	--
<i>Theobroma bicolor</i>	Fruit	210.0	1010.0	-0.22169024281702743	--
<i>Theobroma cacao</i>	Seed		31.0	-0.3198458318942361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Theobroma cacao</i>	Fruit	30.0	70.0	-0.2801366159826427	J Cell Biochem VOL. 22=1995
<i>Theobroma bicolor</i>	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Theobroma speciosum</i>	Fruit	90.0	230.0	-0.2701882971459423	J Cell Biochem VOL. 22=1995
<i>Thuja occidentalis</i>	Branches				--
<i>Thymus vulgaris</i>	Leaf		0.0	-0.4439200969762572	--
<i>Tilia sp.</i>	Leaf				--
<i>Tragopogon porrifolius</i>	Root	80.0	491.0	-0.3652961389793164	--
<i>Tribulus terrestris</i>	Leaf		420.0	-0.4049494488727124	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Trichosanthes anguina</i>	Fruit				--
<i>Trifolium pratense</i>	Flower	534.0	2966.0	0.07833639670796254	--
<i>Trigonella foenum-graecum</i>	Shoot				--
<i>Trigonella foenum-graecum</i>	Seed	78.0	600.0	0.02175263838259632	--
<i>Trigonella foenum-graecum</i>	Leaf		520.0	-0.3956707231337732	--
<i>Triticum aestivum</i>	Seed				--
<i>Tropaeolum majus</i>	Pt	1000.0	1600.0	-1.0197480091049047	--
<i>Tropaeolum majus</i>	Leaf	2000.0	4650.0	-0.012459350115583284	--
<i>Tropaeolum tuberosum</i>	Root	670.0	4800.0	2.097919954697313	--
<i>Tropaeolum majus</i>	Flower		1300.0	-0.43456765876645553	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tulipa gesneriana	Stem				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Turnera diffusa	Leaf	206.0	983.0	-0.3527102229624846	--
Ullucus tuberosus	Root	230.0	1750.0	0.3544042699180789	--
Ulmus rubra	Bark		0.0	-1.0104899665727316	--
Urtica dioica	Plant	640.0	2200.0	-0.07721563654398624	Jim Duke's personal files.
Urtica dioica	Leaf	166.0	830.0	-0.3669066733430616	--
Vaccinium vitis-idaea	Fruit	280.0	1865.0	-0.16852891403340933	--
Vaccinium corymbosum	Fruit	125.0	878.0	-0.2298976058573053	--
Vaccinium myrtillus	Fruit	132.0	1650.0	-0.18189696747022557	--
Vaccinium macrocarpon	Fruit	144.0	1200.0	-0.2098766141984456	--
Valeriana officinalis	Root		0.0	-0.6459735820044326	--
Verbascum thapsus	Leaf	341.0	776.0	-0.3719171852420888	--
Viburnum opulus	Fruit		126100.0	7.556029777700852	--
Vicia faba	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.
Vicia faba	Seed	330.0	1735.0	0.7031485325200385	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	16.0	17.0	-0.3282507151699402	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	48.0	53.0	-0.30663815817527246	--
Vigna angularis	Seed				--
Vigna unguiculata	Shoot	360.0	3523.0	-0.20054370498849433	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	56.0	2633.0	-0.12077698361724712	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	360.0	3523.0	-0.20054370498849433	--
Vigna mungo	Sprout Seedling		426.0	-0.7444217256101888	--
Vigna aconitifolia	Seed	20.0	44.0	-0.3120412974239394	--
Vigna unguiculata	Seed	15.0	75.0	-0.2934304844563088	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna radiata	Sprout Seedling	113.0	1506.0	0.12020083478511438	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	0.0	22.0	-0.325248971142903	--
Viscum album	Fruit		7500.0	0.18183843999663504	--
Vitis vinifera	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.
Vitis vinifera	Fruit	99.0	600.0	-0.24718280983607235	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Stem		310.0	-1.1858763373403332	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Yucca baccata	Root	27.0	131.0	-0.5710881542319475	--
Zea mays	Seed	0.0	85.0	-0.28742699640223446	--
Zea mays	Silk Stigma Style		11.0		--
Zingiber officinale	Rhizome	0.0	317.0	-0.3087839350199982	--
Zingiber officinale	Root	20.0	288.0	-0.48133996980232785	--
Zizyphus jujuba	Fruit	460.0	3882.0	-0.04311791969825413	--
Zizyphus spina-christi	Fruit	300.0	330.0	-0.26397059787300436	--