

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for ASCORBIC-ACID

Plant	Part	Low PPM	High PPM	StdDev	Reference
Foeniculum vulgare	Leaf		123600.0	11.024584916352621	Jim Duke's personal files.
Malpighia glabra	Fruit	16228.0	172231.0	10.424316629299783	--
Viburnum opulus	Fruit		126100.0	7.556029777700852	--
Rosa rubiginosa	Seed		12500.0	7.16590342273111	--
Armoracia rusticana	Root	1800.0	10000.0	5.070471286124204	--
Aspalathus linearis	Shoot	157.0	94000.0	4.1806764777423835	--
Armoracia rusticana	Plant	1220.0	18200.0	3.6789306859570874	--
Rosa canina	Flower	3000.0	13000.0	3.167459621576097	--
Phyllanthus emblica	Plant		15610.0	3.070904500002226	--
Raphanus sativus	Root	226.0	6216.0	2.907368548024328	--
Phaseolus vulgaris	Sprout Seedling	387.0	4161.0	2.245731295756901	USDA's Ag Handbook 8 and sequelae)
Tropaeolum tuberosum	Root	670.0	4800.0	2.097919954697313	--
Brassica oleracea var. botrytis l.	Flower	660.0	9300.0	2.0283569773652044	--
Syzygium aromaticum	Bark		810.0	1.9840107880269489	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
Alpinia galanga	Rhizome	260.0	1844.0	1.9734671239129031	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Rumex crispus	Root	1042.0	4054.0	1.6714731675349168	--
Petasites japonicus	Pt	315.0	5725.0	1.657820760823633	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Root	398.0	3976.0	1.6268848975635133	--
Chenopodium album	Plant	600.0	9000.0	1.5191465505189703	--
Myrica cerifera	Bark	143.0	656.0	1.4146859532018246	--
Solanum tuberosum	Tuber	170.0	990.0	1.4140741928771987	--
Phyllanthus emblica	Fruit	110.0	27293.0	1.4125076570892114	--
Blighia sapida	Seed	780.0	2735.0	1.3034973379274766	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea	Stem	620.0	6890.0	1.2602259509666862	--
Petroselinum crispum	Plant	430.0	7695.0	1.2127858660899764	--
Spinacia oleracea	Plant	239.0	7595.0	1.1893099515743446	--
Capsicum frutescens	Fruit	350.0	23000.0	1.1455818273019922	--
Capsicum annuum	Fruit	230.0	20982.0	1.0201086559741077	--
Nasturtium officinale	Herb	430.0	13690.0	1.0	--
Citrus mitis	Fruit Juice	300.0	445.0	1.0	--
Lepidium meyenii	Root	25.0	2860.0	0.9889296502803575	--
Cucurbita pepo	Flower	280.0	5773.0	0.9425150784106588	USDA's Ag Handbook 8 and sequelae)
Basella alba	Leaf	1020.0	14785.0	0.9279395035259072	--
Psidium guajava	Fruit	24.0	18315.0	0.8542826163648568	--
Brassica rapa	Root	210.0	2580.0	0.8288691939727557	--
Anacardium occidentale	Fruit	252.0	17500.0	0.8036083672904138	--
Pisum sativum	Seed	44.0	1892.0	0.7974032949690063	--
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.
Brassica napus var. napobrassica	Root	250.0	2415.0	0.7345478536486332	USDA's Ag Handbook 8 and sequelae)
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	--
Vicia faba	Seed	330.0	1735.0	0.7031485325200385	USDA's Ag Handbook 8 and sequelae)
Capsella bursa-pastoris	Plant	360.0	5500.0	0.6974895424718603	--
Cnidioscolus chayamansa	Leaf	1960.0	12200.0	0.6880844431743283	--
Apium graveolens	Seed	171.0	1700.0	0.6821363243307782	--
Rumex acetosella	Leaf	500.0	12000.0	0.6695269916964498	--
Oxalis tuberosa	Root	370.0	2284.0	0.6596624258761481	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.
Althaea officinalis	Seed		1640.0	0.6461153960063319	--
Hippophae rhamnoides	Fruit	500.0	14000.0	0.5859888927375912	--
Sambucus nigra	Leaf	739.0	11000.0	0.5767397343070575	--
Cola acuminata	Seed	540.0	1456.0	0.5356512158113633	--
Malva parviflora	Plant	454.0	4745.0	0.5202463878788408	--
Brassica oleracea var. botrytis l.	Leaf	911.0	10360.0	0.5173558895778465	--
Brassica oleracea var. italica	Leaf	911.0	10360.0	0.5173558895778465	--
Rosa spp	Fruit	1000.0	12500.0	0.49272340364352446	--
Manihot esculenta	Leaf	800.0	10000.0	0.4839524769176653	--
Allium schoenoprasum	Leaf	57.0	9875.0	0.4723540697439913	--
Iris x germanica	Flower		4200.0	0.458242521831271	--
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	--
Cajanus cajan	Seed	0.0	1279.0	0.4293894772542468	--
Cichorium endivia	Leaf	462.0	9302.0	0.41918697125986953	--
Phytolacca americana	Shoot	1360.0	16184.0	0.4125472323055765	--
Mentha spicata	Leaf	135.0	9200.0	0.4097226710061515	USDA's Ag Handbook 8 and sequelae)
Citrus mitis	Fruit	884.0	11130.0	0.40754092360427674	--
Phragmites australis	Leaf	2000.0	9100.0	0.40044394526721233	--
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.
Ullucus tuberosus	Root	230.0	1750.0	0.3544042699180789	--
Anethum graveolens	Seed		1150.0	0.35194448135668727	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ribes nigrum	Fruit	150.0	10030.0	0.3391462316019611	--
Allium sativum var. sativum	Flower	440.0	3793.0	0.3329412309680728	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Leaf	1100.0	8333.0	0.32927611884954844	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	0.0	1063.0	0.29971413528624014	--
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.
Byrsonima crassifolia	Fruit	840.0	9275.0	0.2922026020912808	--
Althaea officinalis	Root	177.0	1640.0	0.29152337636866393	--
Brassica oleracea var. sabellica l.	Leaf	1200.0	7720.0	0.272397530069851	--
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.
Acalypha indica	Leaf	1470.0	7540.0	0.2556958237397604	Wealth of India.
Rosa gallica	Fruit	5450.0	8470.0	0.2421501229441316	--
Pisum sativum	Sprout Seedling		1650.0	0.23548384283782145	--
Ipomoea aquatica	Leaf	320.0	7300.0	0.2334268819663063	--
Phaseolus lunatus	Seed	0.0	952.0	0.23307541788601452	--
Manihot esculenta	Root	97.0	1530.0	0.2286424828192489	--
Sclerocarya caffra	Fruit	540.0	8190.0	0.2247405649799058	--
Raphanus sativus	Leaf	810.0	7043.0	0.20958055681723248	--
Solanum quitoensis	Fruit	310.0	7925.0	0.20826366190662066	--
Raphanus sativus	Fruit	690.0	7822.0	0.20185943165549472	--
Brassica oleracea var. capitata l.	Leaf	190.0	6774.0	0.18462078457948597	--
Viscum album	Fruit		7500.0	0.18183843999663504	--
Rosa canina	Fruit	1384.0	7400.0	0.17562074072369727	--
Glycine max	Seed	0.0	849.0	0.17123949092904842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Taraxacum officinale	Leaf	18.0	6520.0	0.16105282120258035	--
Lepidium sativum	Leaf	690.0	6510.0	0.16012494862868643	--
Polymnia edulis	Root	250.0	1400.0	0.15432869953357664	--
Fragaria spp	Fruit	400.0	6948.0	0.14751674001001847	--
Foeniculum vulgare	Plant	340.0	3148.0	0.1453360330642024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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	--
Benincasa hispida	Fruit	130.0	6750.0	0.13520569544960165	--
Carica papaya	Leaf	1400.0	6222.0	0.13340221850054146	--
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
Vigna radiata	Sprout Seedling	113.0	1506.0	0.12020083478511438	USDA's Ag Handbook 8 and sequelae)
Calendula officinalis	Flower	1330.0	3100.0	0.11959038436316784	--
Brassica oleracea var. gemmifera	Leaf	720.0	6069.0	0.11920576811996446	--
Actinidia chinensis	Fruit	750.0	6370.0	0.11157843821243804	--
Solanum melongena	Leaf	790.0	5809.0	0.09508108119872248	--
Pisum sativum	Fruit	600.0	5935.0	0.08453144637515866	--
Artemisia vulgaris	Leaf	720.0	5670.0	0.08218365242159696	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Seed	150.0	695.0	0.07878577489630294	--
Trifolium pratense	Flower	534.0	2966.0	0.07833639670796254	--
Boehmeria nivea	Leaf	730.0	5615.0	0.07708035326518038	--
Senna alexandrina	Leaf	1130.0	5566.0	0.0725337776531	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium ampeloprasum	Root	170.0	1241.0	0.06343722613033131	--
Citrus limon	Fruit	5208.0	5566.0	0.061588136058018224	--
Bupleurum chinense	Root	132.0	1200.0	0.039999802171003906	--
Ipomoea batatas	Root	201.0	1186.0	0.03199677935562381	--
Amaranthus spinosus	Leaf	98.0	5030.0	0.022799807692385765	--
Averrhoa carambola	Fruit	200.0	4935.0	0.022354453645780776	--
Trigonella foenum-graecum	Seed	78.0	600.0	0.02175263838259632	--
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	--
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	--
Carica papaya	Fruit	640.0	4741.0	0.010292117056281466	--
Iris x germanica	Leaf		4860.0	0.007025973936189085	--
Averrhoa bilimbi	Fruit	160.0	4665.0	0.005566665608848747	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	65.0	4615.0	0.0024578159723798528	--
Ruta graveolens	Leaf		4790.0	5.308659189316285E-4	--
Citrus aurantiifolia	Fruit	291.0	4444.0	-0.008174449784343766	--
Ginkgo biloba	Seed	150.0	545.0	-0.011266545914812775	--
Tropaeolum majus	Leaf	2000.0	4650.0	-0.012459350115583284	--
Cucumis melo	Fruit	397.0	4370.0	-0.012775547246317728	USDA's Ag Handbook 8 and sequelae)
Carica pentagona	Fruit	290.0	4265.0	-0.019304131482902408	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ananas comosus	Fruit	148.0	4178.0	-0.024713529850358282	--
Citrus sinensis	Fruit	500.0	4071.0	-0.03136646807240172	--
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.
Arracacia xanthorrhiza	Root	310.0	1070.0	-0.034313981114668365	--
Physalis alkekengi	Fruit		4000.0	-0.035781034556187544	--
Citrus aurantium	Fruit	420.0	3947.0	-0.03907641517084457	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
Zizyphus jujuba	Fruit	460.0	3882.0	-0.04311791969825413	--
Abelmoschus esculentus	Plant	190.0	2340.0	-0.044349356222101836	--
Citrus paradisi	Fruit	337.0	3862.0	-0.044361459552841695	--
Berberis vulgaris	Fruit	1560.0	3800.0	-0.048216433102063125	--
Muntingia calabura	Fruit	805.0	3795.0	-0.048527318065710014	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ipomoea batatas	Leaf	210.0	4234.0	-0.05105884918957045	--
Hibiscus sabdariffa	Fruit	540.0	3750.0	-0.05132528273853201	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus reticulata	Fruit	280.0	3684.0	-0.05542896425867096	--
Chrysanthemum coronarium	Leaf	270.0	4155.0	-0.058389042523332435	--
Corchorus olitorius	Leaf	370.0	4080.0	-0.06534808682753686	--
Solanum nigrum	Leaf	110.0	4067.0	-0.06655432117359895	--
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.
Brassica nigra	Leaf	234.0	4013.0	-0.07156483307262614	USDA's Ag Handbook 8 and sequelae)
Hordeum vulgare	Stem		3300.0	-0.07434961362635317	--
Urtica dioica	Plant	640.0	2200.0	-0.07721563654398624	Jim Duke's personal files.

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.
Brassica oleracea var. viridis l.	Leaf	233.0	3819.0	-0.08956556100616822	--
Asparagus officinalis	Shoot	100.0	5714.0	-0.09444764278082439	--
Lycopersicon esculentum	Fruit	50.0	2952.0	-0.10094252293657557	--
Beta vulgaris	Leaf	120.0	3696.0	-0.10097839366506348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
Rubus idaeus	Leaf	620.0	3670.0	-0.10339086235718767	--
Allium ampeloprasum	Flower	400.0	2367.0	-0.10607508542239547	--
Physalis peruviana	Fruit	365.0	2865.0	-0.10635192130403144	--
Colocasia esculenta	Leaf	69.0	3625.0	-0.10756628893971032	--
Cyclanthera pedata	Fruit	140.0	2800.0	-0.110393425831441	--
Spondias dulcis	Fruit	360.0	2750.0	-0.1135022754679099	--
Passiflora quadrangularis	Fruit	150.0	2680.0	-0.11785466495896635	--
Sorbus aucubaria	Fruit	39.0	2650.0	-0.1197199747408477	--
Vigna unguiculata	Fruit	56.0	2633.0	-0.12077698361724712	USDA's Ag Handbook 8 and sequelae)
Inga edulis	Seed	130.0	355.0	-0.12533281894222614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ribes rubrum	Fruit	300.0	2554.0	-0.12568896604286797	--
Capparis spinosa	Flower	260.0	2300.0	-0.12670207924999813	--
Hippophae rhamnoides	Leaf	1500.0	3400.0	-0.12844342185232357	--
Piper auritum	Leaf	490.0	3370.0	-0.13122703957400533	--
Luffa aegyptiaca	Fruit	120.0	2400.0	-0.13526422292319215	--
Ribes uva-crispa	Fruit	263.0	2397.0	-0.13545075390138028	--
Phaseolus vulgaris	Fruit	10.0	2389.0	-0.1359481698432153	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Syzygium jambos	Fruit	30.0	2385.0	-0.13619687781413284	--
Ficus carica	Leaf	1050.0	3300.0	-0.1377221475912628	--
Abelmoschus esculentus	Fruit	130.0	2340.0	-0.13899484248695484	--
Cucurbita spp	Fruit	148.0	2340.0	-0.13899484248695484	--
Perilla frutescens	Leaf	460.0	3286.0	-0.13902116919471427	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lagenaria siceraria	Fruit	101.0	2265.0	-0.14365811694165817	--
Iris x germanica	Root		870.0	-0.14864287847724109	--
Beta vulgaris	Root	50.0	868.0	-0.14978616745086681	--
Spondias pinnata	Fruit	210.0	2165.0	-0.14987581621459597	--
Gliricidia sepium	Leaf	440.0	3145.0	-0.1521041724866186	--
Eugenia uniflora	Fruit	140.0	2115.0	-0.15298466585106485	--
Psidium cattleianum	Fruit	150.0	2100.0	-0.15391732074200554	--
Sechium edule	Shoot	330.0	4460.0	-0.1551708112009148	--
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.
Cyphomandra betacea	Fruit	223.0	2060.0	-0.15640440045118065	--
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.
Spondias purpurea	Fruit	450.0	2025.0	-0.15858059519670886	--
Ficus carica	Fruit	20.0	2013.0	-0.1593267191094614	--
Pachyrhizus erosus	Plant	140.0	1845.0	-0.1605551330744788	--
Allium ampeloprasum	Leaf	170.0	3019.0	-0.163795366917682	--
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.
Lactuca sativa	Leaf	180.0	3000.0	-0.16555832480808047	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<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>Morus alba</i>	Leaf	2000.0	3000.0	-0.16555832480808047	--
<i>Citrus aurantium</i>	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.
<i>Pouteria caimito</i>	Fruit	490.0	1890.0	-0.16697448921517488	--
<i>Rubus idaeus</i>	Fruit	70.0	1870.0	-0.16821802906976244	--
<i>Vaccinium vitis-idaea</i>	Fruit	280.0	1865.0	-0.16852891403340933	--
<i>Diospyros virginiana</i>	Fruit	660.0	1855.0	-0.1691506839607031	--
<i>Anacardium occidentale</i>	Leaf	890.0	2957.0	-0.16954817687582432	--
<i>Pastinaca sativa</i>	Root	160.0	830.0	-0.17150865794975564	--
<i>Artocarpus altilis</i>	Seed	65.0	275.0	-0.1733607233748212	--
<i>Eugenia floribunda</i>	Fruit	230.0	1785.0	-0.17350307345175955	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Humulus lupulus</i>	Fruit		1782.0	-0.17368960442994769	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sambucus canadensis</i>	Fruit	360.0	1782.0	-0.17368960442994769	USDA's Ag Handbook 8 and sequelae)
<i>Myrciaria cauliflora</i>	Fruit	170.0	1770.0	-0.1744357283427002	--
<i>Mangifera indica</i>	Fruit	30.0	1760.0	-0.175057498269994	--
<i>Feijoa sellowiana</i>	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.
<i>Brosimum alicastrum</i>	Fruit	280.0	1750.0	-0.1756792681972878	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium sativum</i> var. <i>sativum</i>	Leaf	390.0	2868.0	-0.17780624278348023	--
<i>Apium graveolens</i>	Fruit	357.0	1700.0	-0.17878811783375667	--
<i>Malva sylvestris</i>	Leaf	240.0	2855.0	-0.17901247712954232	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Opuntia ficus-indica	Fruit	65.0	1690.0	-0.17940988776105046	--
Vaccinium myrtillus	Fruit	132.0	1650.0	-0.18189696747022557	--
Spondias mombin	Fruit	160.0	1615.0	-0.1840731622157538	--
Cajanus cajan	Fruit	320.0	1601.0	-0.18494364011396508	--
Annona squamosa	Fruit	340.0	1600.0	-0.18500581710669448	--
Pachira macrocarpa	Seed	240.0	255.0	-0.18536769948296997	--
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	--
Mammea americana	Fruit	100.0	1515.0	-0.1902908614886916	--
Sambucus nigra	Fruit	128.0	1515.0	-0.1902908614886916	--
Canavalia ensiformis	Fruit	320.0	1488.0	-0.19196964029238478	--
Pouteria campechiana	Fruit	400.0	1475.0	-0.1927779411978667	--
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.
Chrysobalanus icaco	Fruit	90.0	1420.0	-0.19619767579798247	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
Annona reticulata	Fruit	150.0	1400.0	-0.19744121565257006	--
Casimiroa edulis	Fruit	230.0	1395.0	-0.19775210061621692	--
Acacia farnesiana	Leaf	490.0	2636.0	-0.19933288649781924	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria viridis	Fruit	430.0	1360.0	-0.19992829536174517	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna unguiculata	Shoot	360.0	3523.0	-0.20054370498849433	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	360.0	3523.0	-0.20054370498849433	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Capparis spinosa	Fruit		1335.0	-0.20148272017997962	Wealth of India.
Syzygium cumini	Fruit	57.0	1330.0	-0.2017936051436265	--
Aegle marmelos	Fruit	80.0	1330.0	-0.2017936051436265	--
Artemisia absinthium	Leaf	1200.0	2600.0	-0.20267322776383737	--
Daucus carota	Root	91.0	775.0	-0.20294910472446315	--
Eugenia brasiliensis	Fruit	188.0	1290.0	-0.2042806848528016	--
Nigella sativa	Leaf		2577.0	-0.20480733468379336	--
Phyllanthus acidus	Fruit	20.0	1279.0	-0.20496463177282476	--
Bromelia pinguin	Shoot	192.0	3430.0	-0.20504709786175462	--
Mimosa pudica	Leaf	180.0	2570.0	-0.20545684548551912	--
Sicana odorifera	Fruit	139.0	1270.0	-0.20552422470738918	--
Durio zibethinus	Fruit	240.0	1270.0	-0.20552422470738918	--
Pereskia aculeata	Fruit	20.0	1250.0	-0.20676776456197674	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Petroselinum crispum	Fruit		1220.0	-0.20863307434385805	--
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
Vaccinium macrocarpon	Fruit	144.0	1200.0	-0.2098766141984456	--
Cyrtosperma chamissonis	Root	0.0	762.0	-0.21038048305303036	--
Platonia insignis	Fruit	180.0	1190.0	-0.2104983841257394	--
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)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Perilla frutescens</i>	Seed	0.0	200.0	-0.21838688378037904	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Mangifera indica</i>	Leaf	530.0	2430.0	-0.21844706152003404	--
<i>Morus alba</i>	Fruit	50.0	1040.0	-0.21982493303514608	--
<i>Schisandra chinensis</i>	Fruit	153.0	1022.0	-0.22094411890427487	--
<i>Genipa americana</i>	Fruit	330.0	1020.0	-0.22106847288973364	--
<i>Theobroma bicolor</i>	Fruit	210.0	1010.0	-0.22169024281702743	--
<i>Licania platypus</i>	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.
<i>Persea americana</i>	Fruit	65.0	994.0	-0.22268507470069746	--
<i>Artocarpus altilis</i>	Fruit	150.0	985.0	-0.22324466763526188	--
<i>Arachis hypogaea</i>	Seed	0.0	190.0	-0.22439037183445343	--
<i>Cydonia oblonga</i>	Fruit	100.0	960.0	-0.2247990924534963	--
<i>Passiflora ligularis</i>	Fruit	108.0	950.0	-0.2254208623807901	--
<i>Solanum melongena</i>	Fruit	13.0	947.0	-0.22560739335897823	--
<i>Glycine max</i>	Fruit	290.0	942.0	-0.22591827832262512	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<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>Coriandrum sativum</i>	Fruit		920.0	-0.22728617216267144	--
<i>Morinda citrifolia</i>	Leaf	520.0	2320.0	-0.22865365983286717	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Asimina triloba</i>	Fruit	76.0	893.0	-0.22896495096636463	--
<i>Vaccinium corymbosum</i>	Fruit	125.0	878.0	-0.2298976058573053	--
<i>Prunus cerasus</i>	Fruit	70.0	873.0	-0.23020849082095218	--
<i>Phaseolus vulgaris</i>	Seed	0.0	177.0	-0.23219490630475012	--
<i>Eriobotrya japonica</i>	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
Passiflora foetida	Fruit	150.0	835.0	-0.23257121654466856	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bactris gasipaes	Fruit	110.0	828.0	-0.2330064554937742	--
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.
Lobelia inflata	Leaf	255.0	2252.0	-0.23496319333534585	--
Cyamopsis tetragonoloba	Shoot		2800.0	-0.23555395280964694	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phoenix dactylifera	Fruit	0.0	750.0	-0.23785626092666567	--
Datura metel	Leaf		2220.0	-0.2379323855718064	--
Prunus armeniaca	Fruit	100.0	745.0	-0.23816714589031257	USDA's Ag Handbook 8 and sequelae)
Elaeagnus commutata	Fruit	100.0	725.0	-0.23941068574490013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona cherimola	Fruit	50.0	725.0	-0.23941068574490013	--
Prunus domestica	Fruit	86.0	699.0	-0.24102728755586394	USDA's Ag Handbook 8 and sequelae)
Persea schiedeana	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.
Quararibea cordata	Fruit	90.0	660.0	-0.2434521902723097	--
Ginkgo biloba	Fruit		640.0	-0.24469573012689724	Jim Duke's personal files.
Chrysophyllum cainito	Fruit	30.0	640.0	-0.24469573012689724	--
Plectranthus amboinicus	Leaf	120.0	2145.0	-0.2448914298760108	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Punica granatum	Fruit	40.0	636.0	-0.24494443809781474	--
Echinacea spp	Leaf		2140.0	-0.24535536616295778	Economic & Medicinal Plant Research, 5: 253.
Manilkara zapota	Fruit	90.0	625.0	-0.2456283850178379	--
Piper betel	Leaf	43.0	2130.0	-0.2462832387368517	--
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	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Fruit	161.0	596.0	-0.24743151780698985	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Fruit	24.0	585.0	-0.248115464727013	--
Medicago sativa	Plant	276.0	1470.0	-0.24858981250809772	--
Pimenta dioica	Leaf	2012.0	2067.0	-0.2521288359523834	--
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	--
Moringa oleifera	Shoot	517.0	2425.0	-0.25371279504053523	USDA's Ag Handbook 8 and sequelae)
Menyanthes trifoliata	Leaf		2047.0	-0.25398458110017125	--
Cyamopsis tetragonoloba	Fruit		490.0	-0.2540222790363039	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cichorium intybus	Leaf	100.0	2040.0	-0.254634091901897	--
Apium graveolens	Pt	58.0	2778.0	-0.2550992791713734	--
Anethum graveolens	Plant	1214.0	1440.0	-0.2556325868627872	--
Physalis ixocarpa	Fruit	20.0	460.0	-0.25588758881818524	--
Hydrastis canadensis	Root	189.0	681.0	-0.25668368648487233	--
Artocarpus heterophyllus	Fruit	45.0	435.0	-0.2574420136364197	--
Erythrina berteroana	Shoot	370.0	2340.0	-0.25782879927953656	--
Pimenta dioica	Fruit		426.0	-0.2580016065709841	--
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.
Ocimum basilicum	Leaf	27.0	2000.0	-0.25834558219747267	--
Rosa multiflora	Leaf		2000.0	-0.25834558219747267	--
Malus domestica	Fruit	20.0	402.0	-0.2594938543964892	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Balanites aegyptiacus	Fruit		390.0	-0.2602399783092417	--
Zizyphus spina-christi	Fruit	300.0	330.0	-0.26397059787300436	--
Mimulus glabratus	Shoot	220.0	2200.0	-0.2646081003790682	--
Solanum torvum	Fruit	40.0	275.0	-0.2673903324731203	--
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.
Garcinia mangostana	Fruit	10.0	255.0	-0.26863387232770786	--
Pyrus communis	Fruit	40.0	250.0	-0.2689447572913547	--
Theobroma speciosum	Fruit	90.0	230.0	-0.2701882971459423	J Cell Biochem VOL. 22=1995
Melicoccus bijugatas	Fruit	8.0	230.0	-0.2701882971459423	--
Justicia pectoralis	Leaf	280.0	1867.0	-0.27068628743026185	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Psophocarpus tetragonolobus	Fruit		190.0	-0.2726753768551174	--
Rheum rhabarbarum	Leaf	110.0	1833.0	-0.2738410541815012	--
Elaeis guineensis	Fruit	120.0	163.0	-0.2743541556588106	--
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
Annona diversifolia	Fruit		140.0	-0.2757842264915863	J Cell Biochem VOL. 22=1995
Eryngium floridanum	Shoot		1958.0	-0.2763266065654014	--
Bixa orellana	Fruit	20.0	130.0	-0.2764059964188801	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Crataegus laevigata	Leaf	166.4	1800.0	-0.27690303367535113	--
Crataegus rhipidophylla	Leaf		1800.0	-0.27690303367535113	--
Citrullus colocynthis	Fruit		122.0	-0.2769034123607151	--
Citrullus lanatus	Fruit		94.0	-0.27864436815713767	--
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	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Crataegus laevigata</i>	Fruit	24.0	85.0	-0.2792039610917021	--
<i>Cuminum cyminum</i>	Fruit	0.0	76.0	-0.27976355402626646	--
<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>Theobroma cacao</i>	Fruit	30.0	70.0	-0.2801366159826427	J Cell Biochem VOL. 22=1995
<i>Limonia acidissima</i>	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.
<i>Lablab purpureus</i>	Fruit	7.7	63.6	-0.2805345487361107	--
<i>Elaeagnus umbellatus</i>	Fruit	10.0	57.0	-0.2809449168881247	--
<i>Pourouma cecropiaefolia</i>	Fruit	10.0	55.0	-0.2810692708735834	J Cell Biochem VOL. 22=1995
<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.
<i>Pimpinella anisum</i>	Fruit	8.0	9.0	-0.2839294125391348	--
<i>Juglans nigra</i>	Fruit		0.0	-0.2844890054736992	--
<i>Mauritia flexuosa</i>	Fruit		0.0	-0.2844890054736992	J Cell Biochem VOL. 22=1995
<i>Cocos nucifera</i>	Seed	20.0	88.0	-0.2856259499860121	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Humulus lupulus</i>	Flower	332.0	1782.0	-0.2861764494395231	--
<i>Zea mays</i>	Seed	0.0	85.0	-0.28742699640223446	--
<i>Glycyrrhiza glabra</i>	Root	98.0	626.0	-0.2881241332595798	--
<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>Cuminum cyminum</i>	Seed	0.0	76.0	-0.2928301356509014	--
<i>Vigna unguiculata</i>	Seed	15.0	75.0	-0.2934304844563088	USDA's Ag Handbook 8 and sequelae)
<i>Catha edulis</i>	Leaf		1610.0	-0.29453261257933566	--
<i>Lens culinaris</i>	Seed	42.0	70.0	-0.296432228483346	--
<i>Cicer arietinum</i>	Seed	30.0	56.0	-0.30483711175905015	USDA's Ag Handbook 8 and sequelae)

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
Zingiber officinale	Rhizome	0.0	317.0	-0.3087839350199982	--
Vigna aconitifolia	Seed	20.0	44.0	-0.3120412974239394	--
Alocasia macrorrhiza	Root		572.0	-0.3189929355474745	--
Theobroma cacao	Seed		31.0	-0.3198458318942361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
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	--
Peperomia pelucida	Leaf	100.0	1280.0	-0.3251524075178351	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corylus avellana	Seed	10.0	22.0	-0.325248971142903	--
Vigna mungo	Seed	0.0	22.0	-0.325248971142903	--
Glycine max	Sprout Seedling	100.0	949.0	-0.32572024497431507	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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	--
Anacardium occidentale	Seed	20.0	21.0	-0.32584931994831046	--
Albizia lebeck	Seed		17.0	-0.3282507151699402	Wealth of India.
Vigna unguiculata	Seed	16.0	17.0	-0.3282507151699402	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	0.0	13.0	-0.33065211039157	USDA's Ag Handbook 8 and sequelae)
Pinus cembroides	Seed	0.0	10.0	-0.3324531568077923	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pimpinella anisum	Seed	8.0	9.0	-0.33305350561319974	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psidium guajava	Seed		8.0	-0.3336538544186072	--
Bertholletia excelsa	Seed		7.0	-0.3342542032240146	USDA's Ag Handbook 8 and sequelae)
Malva neglecta	Leaf		1175.0	-0.3348950695437213	--
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	--
Terminalia catappa	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Papaver somniferum	Seed		0.0	-0.33845664486186666	--
Macadamia spp	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Seed		0.0	-0.33845664486186666	--
Coix lacryma-jobi	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Seed		0.0	-0.33845664486186666	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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
Bacopa monnieri	Shoot		630.0	-0.34063311985238715	Wealth of India.
Tabebuia heptaphylla	Bark	32.0	181.0	-0.34134843992761776	--
Curcuma longa	Rhizome	0.0	293.0	-0.34465428565155654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aralia cordata	Leaf	50.0	1065.0	-0.34510166785655444	--
Chenopodium ambrosioides	Leaf	110.0	1020.0	-0.34927709443907706	--
Turnera diffusa	Leaf	206.0	983.0	-0.3527102229624846	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Scutellaria lateriflora	Plant	140.0	1025.0	-0.35305763210265884	--
Nasturtium officinale	Shoot		370.0	-0.35322325046580305	--
Apium graveolens	Shoot	17.0	129.0	-0.3648933330728539	--
Tragopogon porrifolius	Root	80.0	491.0	-0.3652961389793164	--
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.
Urtica dioica	Leaf	166.0	830.0	-0.3669066733430616	--
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.
Borago officinalis	Shoot		39.0	-0.3692514552082671	Jim Duke's personal files.
Symphytum officinale	Leaf	88.0	800.0	-0.3696902910647434	--
Gymnema sylvestre	Leaf	152.0	800.0	-0.3696902910647434	--
Hypericum perforatum	Shoot		16.5	-0.3703409857421204	--
Stellaria media	Shoot	0.0	0.0	-0.3711399748002795	--
Erythrina fusca	Leaf	30.0	780.0	-0.3715460362125312	--
Verbascum thapsus	Leaf	341.0	776.0	-0.3719171852420888	--
Lycium chinense	Leaf	80.0	769.0	-0.37256669604381454	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capparis spinosa	Leaf		710.0	-0.3780411442297887	Wealth of India.
Rosmarinus officinalis	Leaf	11.0	675.0	-0.3812886982384174	USDA's Ag Handbook 8 and sequelae)
Rheum rhabarbarum	Pt	80.0	2581.0	-0.38297347254735453	--
Dioscorea villosa	Root	110.0	460.0	-0.3830171180705152	--
Sonchus oleraceus	Leaf	50.0	625.0	-0.385928061107887	--
Juniperus communis	Leaf		600.0	-0.3882477425426218	--
Artemisia dracuncululus	Leaf		588.0	-0.3893611896312945	--
Trigonella foenum-graecum	Leaf		520.0	-0.3956707231337732	--
Sophora japonica	Leaf		470.0	-0.4003100860032428	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Murraya koenigii	Leaf	40.0	445.0	-0.4026297674379776	--
Euphorbia hirta	Leaf		443.0	-0.40281534195275637	--
Tribulus terrestris	Leaf		420.0	-0.4049494488727124	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Centella asiatica	Leaf	40.0	374.0	-0.40921766271262444	--
Salvia officinalis	Leaf	55.0	350.0	-0.4114445568899699	--
Peperomia pereskiiifolia	Leaf	50.0	335.0	-0.41283636575081073	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysanthemum parthenium	Leaf	59.0	330.0	-0.4133003020377577	--
Lagenaria siceraria	Leaf	50.0	330.0	-0.4133003020377577	--
Larrea tridentata	Plant	250.0	760.0	-0.4152688055690829	--
Tamarindus indica	Leaf		263.0	-0.41951704828284697	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ephedra sinica	Plant	151.0	721.0	-0.42442441223017924	--
Mentha x piperita	Leaf	30.0	201.0	-0.4252698582409893	--
Arctostaphylos uva-ursi	Leaf	22.0	191.0	-0.4261977308148832	--
Aesculus hippocastanum	Leaf		147.2	-0.4302618126885385	Jim Duke's personal files.
Taraxacum officinale	Root	54.0	376.0	-0.4310352549627957	--
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.
Tropaeolum majus	Flower		1300.0	-0.43456765876645553	--
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.
Rosmarinus officinalis	Plant	612.0	673.0	-0.4356928511976825	USDA's Ag Handbook 8 and sequelae)
Achillea millefolium	Plant	119.0	672.0	-0.4359276103428388	--
Alocasia macrorrhiza	Leaf		50.0	-0.43928073410678753	--
Erythroxylum coca	Leaf	14.0	15.0	-0.4425282881154163	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Eriodictyon californicum</i>	Leaf	0.4	1.7	-0.4437623586386951	--
<i>Thymus vulgaris</i>	Leaf		0.0	-0.4439200969762572	--
<i>Colocasia esculenta</i>	Root	0.0	325.0	-0.4601891237902518	--
<i>Origanum majorana</i>	Plant	514.0	555.0	-0.4633944303261279	USDA's Ag Handbook 8 and sequelae)
<i>Angelica sinensis</i>	Root	67.0	304.0	-0.4721936580133219	--
<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>Zingiber officinale</i>	Root	20.0	288.0	-0.48133996980232785	--
<i>Amorphophallus campanulatus</i>	Root	15.0	279.0	-0.4864847701836436	--
<i>Ruscus aculeatus</i>	Root	77.0	256.0	-0.4996325933803395	--
<i>Cichorium intybus</i>	Root	50.0	250.0	-0.5030624603012167	--
<i>Chrysanthemum parthenium</i>	Plant		330.0	-0.5162152379862993	--
<i>Tanacetum parthenium</i>	Plant		330.0	-0.5162152379862993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<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>Eleutherococcus senticosus</i>	Root	42.0	200.0	-0.5316446846418599	--
<i>Fucus vesiculosus</i>	Plant	30.0	258.0	-0.5331178964375541	--
<i>Dioscorea sp.</i>	Root		194.0	-0.5350745515627371	--
<i>Quercus alba</i>	Bark	29.0	127.0	-0.5409818235675965	--
<i>Gentiana lutea</i>	Root	40.0	183.0	-0.5413626409176785	--
<i>Equisetum arvense</i>	Plant	45.0	208.0	-0.5448558536953699	--
<i>Opuntia ficus-indica</i>	Flower		940.0	-0.5453992673923802	--
<i>Psoralea esculenta</i>	Root	4.0	171.0	-0.5482223747594329	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Calathea macrosepala</i>	Flower	70.0	910.0	-0.5546352347778739	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Dioscorea villosa</i>	Rhizome		149.0	-0.5598763894409068	--
<i>Centella asiatica</i>	Plant		138.0	-0.5612889938563121	--
<i>Chondrus crispus</i>	Plant		130.0	-0.5631670670175627	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Apium graveolens</i>	Plant	17.0	129.0	-0.563401826162719	--
<i>Avena sativa</i>	Plant	26.0	120.0	-0.5655146584691259	--
<i>Rhodymenia palmata</i>	Plant		120.0	-0.5655146584691259	--
<i>Dioscorea pentaphylla</i>	Root	26.0	140.0	-0.5659433538506317	--
<i>Cimicifuga racemosa</i>	Root	28.0	135.0	-0.568801576284696	--
<i>Symphytum officinale</i>	Root		132.0	-0.5705165097451346	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Yucca baccata</i>	Root	27.0	131.0	-0.5710881542319475	--
<i>Stellaria media</i>	Plant	6.0	69.0	-0.577487374872098	--
<i>Euphrasia officinalis</i>	Plant	10.0	67.0	-0.5779568931624107	--
<i>Cynara cardunculus</i>	Flower	0.0	828.0	-0.5798802122982235	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Leonurus cardiaca</i>	Plant		42.0	-0.5838258717913186	--
<i>Panax quinquefolius</i>	Plant		39.0	-0.5845301492267876	--
<i>Cnicus benedictus</i>	Plant	4.0	30.0	-0.5866429815331944	--
<i>Dioscorea alata</i>	Root		100.0	-0.5888091333231462	--
<i>Stachys officinalis</i>	Plant	1.3	8.0	-0.5918076827266334	--
<i>Cyperus rotundus</i>	Root		90.0	-0.5945255781912748	--
<i>Arctium lappa</i>	Root	20.0	85.0	-0.5973838006253391	--
<i>Lens culinaris</i>	Sprout Seedling	148.0	605.0	-0.6011185419891155	USDA's Ag Handbook 8 and sequelae)
<i>Caulophyllum thalictroides</i>	Root	5.7	51.5	-0.6165338909335701	--
<i>Actaea racemosa</i>	Root		21.0	-0.6339690477813624	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Inula helenium	Root	4.4	20.0	-0.6345406922681753	--
Valeriana officinalis	Root		0.0	-0.6459735820044326	--
Panax ginseng	Root		0.0	-0.6459735820044326	--
Berberis vulgaris	Root		0.0	-0.6459735820044326	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tamarindus indica	Flower		600.0	-0.6500735644279758	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleocharis dulcis	Tuber	40.0	317.0	-0.6898431213593998	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.
Helianthus tuberosus	Tuber	40.0	306.0	-0.7242310715177989	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna mungo	Sprout Seedling		426.0	-0.7444217256101888	--
Chamaemelum nobile	Flower		267.0	-0.7525928024069561	--
Salix alba	Bark	11.0	68.0	-0.7590997797668324	--
Nelumbo nucifera	Rhizome		15.0	-0.760152513800441	--
Hibiscus sabdariffa	Flower	22.0	200.0	-0.7732197962345587	--
Passiflora incarnata	Flower	11.0	100.0	-0.8040063541862045	--
Carthamus tinctorius	Flower	14.0	100.0	-0.8040063541862045	--
Phaseolus lunatus	Sprout Seedling	70.0	194.0	-0.9301554608062169	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Spinacia oleracea	Fruit Juice		55.0	-1.0	--
Portulaca oleracea	Herb	105.0	7000.0	-1.0	--
Frangula purshiana	Bark		0.0	-1.0104899665727316	--
Ulmus rubra	Bark		0.0	-1.0104899665727316	--
Tropaeolum majus	Pt	1000.0	1600.0	-1.0197480091049047	--
Vitis vinifera	Stem		310.0	-1.1858763373403332	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.
Chrysanthemum coronarium	Bud	370.0	4975.0		--
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				--
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				--
Blighia sapida	Aril	260.0	1530.0		--
Allium cepa	Bulb				--
Eupatorium perfoliatum	Plant				--
Trigonella foenum-graecum	Shoot				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Alliaria petiolata	Plant				--
Vigna angularis	Seed				--
Phaseolus acutifolius	Seed	0.0			CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	100.0	788.0		--
Plantago major	Seed				--
Foeniculum vulgare	Fruit				--
Platycodon grandiflorum	Root				--
Marrubium vulgare	Flower				--
Nelumbo nucifera	Seed				--
Trichosanthes anguina	Fruit				--
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.
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				--
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				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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				--
Zea mays	Silk Stigma Style		11.0		--
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				--
Lycopus europeus	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Petroselinum crispum	Shoot				--
Petroselinum crispum	Leaf				--
Oryza sativa	Seed				--
Acacia nilotica	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Smilax officinalis	Root				--
Sinapis alba	Plant				--
Polygonum multiflorum	Root				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Allium sativum var. sativum	Root				--
Areca catechu	Seed				--
Juglans nigra	Pericarp				--