

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for ASH

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Prosopis juliflora</i>	Seed	35000.0	300000.0	7.583168648678571	--
<i>Olea europaea</i>	Fruit	64000.0	294000.0	6.145904386315856	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Opuntia ficus-indica</i>	Seed	31700.0	241000.0	5.808588480786801	--
<i>Physalis angulata</i>	Fruit	20000.0	200000.0	3.711741728263894	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Limonia acidissima</i>	Fruit	19000.0	192300.0	3.5123475530830417	--
<i>Raphanus sativus</i>	Root	10000.0	185700.0	3.373579886442801	--
<i>Ribes uva-crispa</i>	Fruit	4000.0	183000.0	3.271520822020454	--
<i>Tetragonia tetragonioides</i>	Leaf	18000.0	300000.0	3.1916107928976043	--
<i>Lactuca sativa</i>	Leaf	7700.0	290000.0	3.0154230695036452	--
<i>Spinacia oleracea</i>	Plant	16850.0	285700.0	2.9752400785567166	--
<i>Prunus domestica</i>	Fruit	3810.0	170000.0	2.934881305481353	--
<i>Phaseolus vulgaris</i>	Fruit	6000.0	156000.0	2.572346441516167	--
<i>Hordeum vulgare</i>	Seed	9000.0	132000.0	2.530126814681668	Jim Duke's personal files.*
<i>Ipomoea batatas</i>	Leaf	12000.0	259000.0	2.4692411269823733	--
<i>Rumex crispus</i>	Root	39321.0	153000.0	2.4398154255721667	--
<i>Prunus persica</i>	Fruit	4000.0	150000.0	2.416974356959659	--
<i>Fucus vesiculosus</i>	Plant	29500.0	250000.0	2.3302844940890313	--
<i>Beta vulgaris</i>	Leaf	15000.0	250000.0	2.3106721759278104	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Nicotiana tabacum</i>	Leaf	120000.0	250000.0	2.3106721759278104	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Calathea macrosepala</i>	Flower	13000.0	168830.0	2.2861552062323294	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Vigna aconitifolia</i>	Fruit		144000.0	2.261602272403151	--
<i>Liquidambar styraciflua</i>	Stem	20000.0	120000.0	2.258236056279434	--
<i>Caulophyllum thalictroides</i>	Root	16060.0	146000.0	2.239927008872031	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Xanthosoma sagittifolium	Root	6000.0	146000.0	2.239927008872031	--
Momordica charantia	Fruit	4000.0	142000.0	2.2098115775509815	--
Vigna unguiculata	Seed	16000.0	120000.0	2.1691952551104605	--
Cucumis sativus	Fruit	3670.0	140000.0	2.158020882698812	--
Valeriana officinalis	Root	16874.0	143000.0	2.1542605445719727	--
Cichorium endivia	Leaf	13590.0	240000.0	2.1344844525338518	--
Amaranthus spinosus	Leaf	26000.0	240000.0	2.1344844525338518	--
Eryngium creticus	Shoot		194700.0	2.1332856120284123	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Musa x paradisiaca	Sprout Seedling		143000.0	2.083258616176623	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	7600.0	140000.0	2.0685940802719145	--
Symphytum officinale	Root		140000.0	2.0685940802719145	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hordeum vulgare	Plant	61000.0	235000.0	2.0592947527160543	Jim Duke's personal files.*
Sonchus oleraceus	Leaf	16000.0	235000.0	2.046390590836872	--
Quercus alba	Bark	31008.0	136000.0	1.9960678681458295	--
Ceiba pentandra	Wood		59000.0	1.989779114185175	--
Brassica oleracea	Stem	7000.0	111110.0	1.8856973536198134	--
Boehmeria nivea	Shoot	134000.0	182000.0	1.839201015340348	--
Zingiber officinale	Rhizome	7700.0	200000.0	1.829986028498204	--
Apium graveolens	Seed	6720.0	106294.0	1.7569512588202132	--
Aframomum melegueta	Seed	25000.0	105000.0	1.7180308056464513	Wealth of India.
Cyclanthera pedata	Fruit	7000.0	122800.0	1.7126209069701552	--
Cucurbita foetidissima	Leaf		215000.0	1.6940151440489546	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna mungo	Fruit		122000.0	1.6919046290292874	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Blighia sapida</i>	Seed	14000.0	104000.0	1.687953175682184	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Plectranthus amboinicus</i>	Leaf	12000.0	214285.0	1.6814177218262865	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Helianthus tuberosus</i>	Tuber	11000.0	115500.0	1.67848958729065	--
<i>Ipomoea aquatica</i>	Leaf	13000.0	212500.0	1.649968213200465	--
<i>Capparis spinosa</i>	Flower	79000.0	140000.0	1.6289278252895272	--
<i>Brassica pekinensis</i>	Leaf	190000.0	210000.0	1.6059212823519753	--
<i>Asparagus officinalis</i>	Shoot	6000.0	171000.0	1.5844820733270641	--
<i>Phaseolus lunatus</i>	Seed	15000.0	100000.0	1.5676426558251149	--
<i>Pimpinella anisum</i>	Seed	60000.0	100000.0	1.5676426558251149	--
<i>Anethum graveolens</i>	Plant	26000.0	205880.0	1.5332133347973154	--
<i>Taraxacum officinale</i>	Leaf	18000.0	205000.0	1.5178274206549958	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Morus alba</i>	Leaf	80000.0	204000.0	1.5002086483155999	--
<i>Basella alba</i>	Leaf	14000.0	202900.0	1.4808279987422646	--
<i>Rumex crispus</i>	Leaf	15000.0	202703.0	1.4773571005914035	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Avena sativa</i>	Seed	19000.0	96000.0	1.4473321359680458	--
<i>Armoracia rusticana</i>	Plant		200000.0	1.4269853561791084	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Musa x paradisiaca</i>	Hull Husk		121000.0	1.409427715949451	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Amorphophallus campanulatus</i>	Shoot		163000.0	1.3992319336810395	--
<i>Citrus paradisi</i>	Fruit	3050.0	110000.0	1.381160459916271	--
<i>Cucumis melo</i>	Fruit	6950.0	110000.0	1.381160459916271	--
<i>Rheum rhabarbarum</i>	Leaf	10000.0	194000.0	1.3240209249216413	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Shoot	11710.0	158300.0	1.290397476639	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Zea mays	Seed	10000.0	90000.0	1.266866356182442	--
Foeniculum vulgare	Seed	9720.0	90000.0	1.266866356182442	--
Pisum sativum	Plant	60000.0	191000.0	1.2643915113553221	--
Lycopersicon esculentum	Fruit	5700.0	105461.0	1.2636214779492727	--
Prunus armeniaca	Fruit	7000.0	105000.0	1.2516837227858475	USDA's Ag Handbook 8 and sequelae)
Cuminum cyminum	Seed	58000.0	89000.0	1.2367887262181747	--
Carica papaya	Seed		88000.0	1.2067110962539076	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Acrocomia totai	Fruit		103200.0	1.205072097418895	--
Brassica oleracea var. botrytis l.	Flower	6600.0	121250.0	1.2014906628657485	--
Aframomum melegueta	Fruit	42000.0	103000.0	1.1998930279336781	--
Oryza sativa	Plant	75000.0	185800.0	1.17044840101269	--
Cajanus cajan	Leaf		185000.0	1.1654519738670783	--
Artocarpus altilis	Seed	15000.0	85850.0	1.142044191830733	USDA's Ag Handbook 8 and sequelae)
Glycyrrhiza glabra	Root	16799.0	107000.0	1.1262629729712743	--
Humulus lupulus	Fruit	70000.0	100000.0	1.1222069856554242	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Perilla frutescens	Seed	10000.0	85000.0	1.1164782063611056	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Salix alba	Bark	18480.0	110000.0	1.115087296711096	--
Spirulina pratensis	Plant		182000.0	1.1017976665315359	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rhodymenia palmata	Plant		182000.0	1.1017976665315359	--
Mimulus glabratus	Shoot	15000.0	150000.0	1.0982004567562496	--
Anethum graveolens	Seed	64000.0	84000.0	1.0864005763968383	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium intybus	Leaf	6000.0	180000.0	1.0773581121700988	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Leaf	5000.0	179000.0	1.059739339830703	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Anthriscus cerefolium	Leaf	166000.0	178950.0	1.0588584012137332	--
Cedrela odorata	Seed		83000.0	1.0563229464325712	--
Vanilla planifolia	Fruit	45000.0	97000.0	1.04452094337717	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Apium graveolens	Pt	6000.0	219000.0	1.0411508948922918	--
Lagenaria siceraria	Fruit	4300.0	96400.0	1.0289837349215192	--
Eryngium floridanum	Shoot		146900.0	1.026416027643415	--
Ceiba pentandra	Seed	61000.0	82000.0	1.0262453164683039	--
Phaseolus vulgaris	Leaf	26000.0	177000.0	1.0245017951519113	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita spp	Fruit	5550.0	96045.0	1.0197908865852592	--
Crocus sativus	Silk Stigma Style	42700.0	133000.0	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nasturtium officinale	Herb	13000.0	179000.0	1.0	--
Blighia sapida	Aril	12000.0	449000.0	1.0	--
Phaseolus acutifolius	Hay	92000.0	123000.0	1.0	--
Opuntia ficus-indica	Bud		235000.0	1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Allium sativum var. sativum	Bulb	10000.0	395000.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetrapanax papyrifera	Pith		59000.0	1.0	--
Sterculia urens	Gum		59200.0	1.0	--
Cucurbita pepo	Fruit	7500.0	95238.0	0.9988933412124088	--
Cucurbita foetidissima	Fruit		95000.0	0.9927302485250006	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psophocarpus tetragonolobus	Seed	6120.0	80863.0	0.9920470511989319	--
Pereskia aculeata	Fruit	3000.0	94000.0	0.9668349010989159	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malva neglecta	Plant	172500.0	174500.0	0.9663027958450474	--
Artemisia vulgaris	Leaf	22000.0	173220.0	0.9579028357089948	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Fruit	79600.0	93026.0	0.9416128327059095	--
Trichosanthes anguina	Fruit	5000.0	92590.0	0.9303224612281364	--
Apium graveolens	Root	8300.0	100000.0	0.9263745562711385	ACTA AGRIC SCAND SUPPL 22: 1980
Berberis vulgaris	Root		100000.0	0.9263745562711385	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cassia tora	Sprout Seedling		99000.0	0.9199790131216808	--
Brassica chinensis	Leaf	8000.0	170960.0	0.9180844102219602	--
Brassica rapa	Leaf	8000.0	170960.0	0.9180844102219602	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Stem		88000.0	0.9172643481683129	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphoricarpos orbiculatus	Stem	38000.0	88000.0	0.9172643481683129	--
Oenothera biennis	Seed	47800.0	78000.0	0.9059347966112347	--
Chrysanthemum parthenium	Plant		171000.0	0.9030718561913528	--
Tanacetum parthenium	Plant		171000.0	0.9030718561913528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Lepidium sativum	Leaf	18000.0	169800.0	0.897646634308261	--
Anredera baselloides	Tuber	14000.0	93335.0	0.8908401351238305	Wealth of India.
Chrysanthemum coronarium	Leaf	11000.0	169230.0	0.8876039340748053	--
Foeniculum vulgare	Plant	17000.0	170000.0	0.8850058734331543	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Fruit	38000.0	90475.0	0.8755538014219674	J Cell Biochem VOL. 22=1995
Santalum acuminatum	Fruit	21000.0	90130.0	0.8666199065599681	--
Cynara cardunculus	Flower	10600.0	106000.0	0.8538417707610751	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Malva parviflora	Plant	23000.0	168000.0	0.8488739079167574	--
Tribulus terrestris	Leaf	46000.0	167000.0	0.8483140717579525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ficus carica	Leaf	53000.0	167000.0	0.8483140717579525	--
Chamissoa altissima	Leaf	16670.0	166700.0	0.8430284400561338	Tramil
Theobroma bicolor	Fruit	7000.0	89060.0	0.8389118848140575	--
Cuminum cyminum	Fruit	58000.0	89000.0	0.8373581639684924	--
Chenopodium ambrosioides	Leaf	24000.0	166000.0	0.8306952994185566	--
Valerianella locusta	Plant	12000.0	166666.0	0.8247738869173207	--
Bromelia pinguin	Shoot	10700.0	138000.0	0.8203252472872126	--
Papaver somniferum	Seed	65450.0	75060.0	0.8175065645162889	--
Curcuma longa	Rhizome	9000.0	148000.0	0.8154551817141439	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Leaf	144000.0	165000.0	0.8130765270791607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora mollissima	Fruit	7000.0	87500.0	0.7985151428293654	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Lycium chinense	Leaf	17000.0	163000.0	0.777838982400369	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Berberis vulgaris	Bark		100000.0	0.7762486153900449	--
Boehmeria nivea	Leaf	21000.0	161540.0	0.752115574784851	--
Quercus stellata	Stem	25000.0	84000.0	0.7496428846544227	--
Trachyspermum ammi	Fruit	79000.0	85313.0	0.7418820180085182	--
Panicum maximum	Leaf	7100.0	160000.0	0.7249826653821814	--
Capsella bursa-pastoris	Plant	19000.0	161000.0	0.7224120286093682	--
Anethum graveolens	Fruit	64000.0	84000.0	0.707881426838069	--
Acalypha indica	Leaf	31000.0	159000.0	0.7073638930427855	Wealth of India.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tridax procumbens	Leaf		159000.0	0.7073638930427855	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cannabis sativa	Seed	46000.0	71000.0	0.6953913868613637	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cucurbita pepo	Flower	4800.0	98970.0	0.6935813306629863	USDA's Ag Handbook 8 and sequelae)
Piper betel	Leaf	23000.0	157500.0	0.6809357345336916	--
Cucurbita pepo	Seed	47530.0	70000.0	0.6653137568970965	--
Moringa oleifera	Fruit	9700.0	82200.0	0.6612698014711165	USDA's Ag Handbook 8 and sequelae)
Physalis ixocarpa	Fruit	6000.0	82000.0	0.6560907319858995	--
Quisqualis indica	Seed	65000.0	69519.0	0.6508464168842839	--
Stellaria media	Plant	13031.0	157000.0	0.6501480975765742	--
Pastinaca sativa	Root	9800.0	90000.0	0.6408196752709441	--
Brassica napus var. napobrassica	Root	5700.0	90000.0	0.6408196752709441	ACTA AGRIC SCAND SUPPL 22: 1980
Colocasia esculenta	Leaf	13000.0	155000.0	0.636888803685202	--
Malva sylvestris	Leaf	13000.0	155000.0	0.636888803685202	--
Balanites aegyptiacus	Fruit	52000.0	81000.0	0.6301953845598148	--
Hordeum vulgare	Stem		81000.0	0.6239267870190052	--
Carica papaya	Leaf	22000.0	154000.0	0.619270031345806	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiiifolia	Leaf	23000.0	153335.0	0.6075535477401078	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Luffa aegyptiaca	Fruit	4000.0	80000.0	0.6043000371337302	--
Solanum melongena	Fruit	5000.0	80000.0	0.6043000371337302	--
Coriandrum sativum	Leaf	19000.0	153000.0	0.6016512590064101	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Justicia pectoralis	Leaf	23000.0	153000.0	0.6016512590064101	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Solanum tuberosum	Tuber	8100.0	85000.0	0.5946498268084486	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carum carvi	Seed	55000.0	67620.0	0.5937289975821403	--
Ocimum basilicum	Plant	20000.0	153000.0	0.5778841665437804	--
Corchorus olitorius	Leaf	15800.0	151000.0	0.5664137143276184	--
Centella asiatica	Leaf	16050.0	150000.0	0.5487949419882225	--
Artemisia absinthium	Seed		66000.0	0.5450032370400273	--
Momordica charantia	Leaf	21000.0	149000.0	0.5311761696488266	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Calotropis sp.	Seed		65500.0	0.5299644220578936	--
Pimpinella anisum	Fruit	66000.0	77000.0	0.526613994855476	--
Vitis vinifera	Fruit	4290.0	77000.0	0.526613994855476	--
Brassica rapa	Root	7000.0	86000.0	0.5265977228708666	--
Benincasa hispida	Fruit	3000.0	76925.0	0.5246718437985197	--
Arundo donax	Plant	92000.0	150000.0	0.5236862182691849	--
Chondrus crispus	Plant		150000.0	0.5236862182691849	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Leonotis nepetaefolia	Seed	59000.0	65000.0	0.5149256070757601	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sesamum indicum	Seed	42270.0	65000.0	0.5149256070757601	--
Lawsonia inermis	Leaf		148000.0	0.5135573973094308	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
Solanum melongena	Leaf	20000.0	147000.0	0.49593862497003494	--
Ribes rubrum	Fruit	6000.0	75000.0	0.47482330000330664	--
Solanum torvum	Fruit	11000.0	75000.0	0.47482330000330664	--
Cyrtosperma chamissonis	Leaf	16000.0	145545.0	0.4703033112162139	--
Perilla frutescens	Leaf	20000.0	143000.0	0.42546353561245137	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Seed		62000.0	0.4246927171829582	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago major	Seed	18600.0	62000.0	0.4246927171829582	--
Phaseolus vulgaris	Seed	17000.0	62000.0	0.4246927171829582	--
Solanum quitoensis	Fruit	6000.0	73000.0	0.4230326051511373	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Quercus alba	Stem	20000.0	76000.0	0.41439995762664245	--
Gentiana lutea	Root	18040.0	82000.0	0.41237577047078894	--
Dioscorea villosa	Root	19680.0	82000.0	0.41237577047078894	--
Coccinia grandis	Fruit	5000.0	72465.0	0.40917859427818193	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Humulus lupulus	Flower	15996.0	86000.0	0.3979087975090442	--
Morus alba	Fruit	7000.0	72000.0	0.39713725772505254	--
Phaseolus coccineus	Seed	28000.0	61000.0	0.39461508721869093	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	17000.0	61000.0	0.39461508721869093	--
Mentha x piperita	Leaf	21009.0	141000.0	0.3902259909336596	--
Peperomia pelucida	Leaf	11000.0	141000.0	0.3902259909336596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lepidium sativum	Seed	57000.0	60440.0	0.3777716144387012	--
Passiflora quadrangularis	Fruit	4000.0	71000.0	0.37124191029896786	--
Acacia senegal	Fruit		71000.0	0.37124191029896786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyphomandra betacea	Fruit	6100.0	71000.0	0.37124191029896786	--
Croton tiglium	Seed	40000.0	60000.0	0.3645374572544236	--
Cinchona spp	Seed		60000.0	0.3645374572544236	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Astragalus membranaceus	Root	12800.0	80000.0	0.35526479427075014	--
Taraxacum officinale	Root	11440.0	80000.0	0.35526479427075014	--
Althaea officinalis	Root	8640.0	80000.0	0.35526479427075014	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Echinacea spp	Root		80000.0	0.35526479427075014	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Echinacea purpurea	Root	20080.0	80000.0	0.35526479427075014	--
Mentha spicata	Plant	16000.0	140485.0	0.35178839232492654	--
Abelmoschus manihot	Leaf	16100.0	138793.0	0.3513413603806129	--
Phytelephas aequatorialis	Seed	7300.0	59400.0	0.34649087927586325	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Abelmoschus esculentus	Fruit	7000.0	70000.0	0.3453465628728832	USDA's Ag Handbook 8 and sequelae)
Phyllanthus acidus	Fruit	4000.0	70000.0	0.3453465628728832	--
Vigna aconitifolia	Leaf		138000.0	0.337369673915472	--
Acacia tortilis	Seed		59000.0	0.33445982729015633	--
Daucus carota	Root	56000.0	79000.0	0.32670930617073074	--
Averrhoa bilimbi	Fruit	3000.0	68965.0	0.3185448782868855	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cenchrus biflorus	Shoot	77000.0	116000.0	0.3108873632606449	--
Rheum rhabarbarum	Pt	8000.0	160000.0	0.30828136199004014	--
Vigna aconitifolia	Plant	126000.0	138000.0	0.30689442517080334	--
Acacia senegal	Seed		58000.0	0.30438219732588906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Casimiroa edulis	Seed	11000.0	58000.0	0.30438219732588906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed		58000.0	0.30438219732588906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vicia faba	Seed	11000.0	57900.0	0.3013744343294623	USDA's Ag Handbook 8 and sequelae)
Phaseolus acutifolius	Fruit		68000.0	0.29355586802071376	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Rosa canina	Fruit	12716.0	68000.0	0.29355586802071376	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona glabra</i>	Fruit	9000.0	68000.0	0.29355586802071376	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Petroselinum crispum</i>	Plant	10823.0	137000.0	0.2888284424126049	--
<i>Manihot esculenta</i>	Leaf	27000.0	135000.0	0.28451335689728435	--
<i>Piper auritum</i>	Leaf	24000.0	135000.0	0.28451335689728435	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carum carvi</i>	Fruit	56460.0	67620.0	0.28371563599880156	--
<i>Oryza sativa</i>	Seed	7000.0	57000.0	0.2743045673616218	--
<i>Brassica juncea</i>	Seed	53000.0	56500.0	0.2592657523794881	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Mangifera indica</i>	Leaf	19000.0	133000.0	0.24927581221849263	--
<i>Vigna aconitifolia</i>	Seed	35000.0	56000.0	0.24422693739735452	--
<i>Tilia</i> sp.	Fruit	21000.0	66000.0	0.24176517316854437	--
<i>Capparis spinosa</i>	Leaf		132000.0	0.23165703987909675	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cnicus benedictus</i>	Plant	17689.0	133000.0	0.21656451137981103	--
<i>Capsicum frutescens</i>	Fruit	6000.0	65000.0	0.21586982574245966	--
<i>Secale cereale</i>	Seed		54750.0	0.2066298999420204	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tabebuia heptaphylla</i>	Bark	14857.0	83000.0	0.20022285714425767	--
<i>Cnidioscolus chayamansa</i>	Leaf	17000.0	130000.0	0.196419495200305	--
<i>Stevia rebaudiana</i>	Leaf	63000.0	130000.0	0.196419495200305	--
<i>Bixa orellana</i>	Fruit	10000.0	64100.0	0.19256401305898344	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus mitis</i>	Fruit	5400.0	64000.0	0.18997447831637496	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Citrus aurantium</i>	Fruit	5000.0	64000.0	0.18997447831637496	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica nigra	Seed	50000.0	54112.0	0.18744037202481786	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Bixa orellana	Seed	47000.0	54000.0	0.18407167746881994	--
Mimosa pudica	Seed	36000.0	54000.0	0.18407167746881994	--
Acacia nilotica	Seed	40000.0	54000.0	0.18407167746881994	--
Cucurbita maxima	Leaf	18200.0	129100.0	0.1805626000948487	--
Melilotus indica	Plant	85000.0	131000.0	0.1804325458634141	--
Xanthosoma sagittifolium	Leaf	13000.0	129000.0	0.17880072286090912	--
Thymus vulgaris	Plant	113681.0	130809.0	0.17698194315659818	USDA's Ag Handbook 8 and sequelae)
Carya glabra	Shoot	20000.0	110000.0	0.17194975852612646	--
Allium schoenoprasum	Leaf	4000.0	128000.0	0.16118195052151324	--
Thymus vulgaris	Leaf	21504.0	128000.0	0.16118195052151324	--
Aralia cordata	Leaf	6000.0	127660.0	0.15519156792611863	--
Nigella sativa	Seed	38000.0	53000.0	0.15399404750455267	--
Lawsonia inermis	Seed	47500.0	52780.0	0.14737696891241386	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lablab purpureus	Seed	6400.0	52762.0	0.14683557157305704	--
Myrica cerifera	Leaf		127000.0	0.14356317818211736	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Balanites aegyptiacus	Leaf		127000.0	0.14356317818211736	--
Passiflora ligularis	Fruit	8700.0	61900.0	0.1355942487215971	--
Limonia acidissima	Seed	50300.0	52290.0	0.1326389302299229	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Sechium edule	Shoot	8000.0	108100.0	0.1279528503601956	--
Inula helenium	Root	15840.0	72000.0	0.12682088947059497	--
Phragmites australis	Shoot		108000.0	0.1256372236146203	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
Zizyphus jujuba	Shoot		108000.0	0.1256372236146203	--
Liquidambar styraciflua	Seed		52000.0	0.12391641754028537	--
Nelumbo nucifera	Seed	9000.0	52000.0	0.12391641754028537	--
Ribes nigrum	Fruit	8050.0	61100.0	0.11487797078072934	--
Murraya koenigii	Leaf	15000.0	125000.0	0.1083256335033256	--
Bupleurum chinense	Root	7810.0	71000.0	0.09826540137057557	--
Harpagophytum procumbens	Root	13490.0	71000.0	0.09826540137057557	--
Ricinus communis	Leaf		124000.0	0.09070686116392972	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Sesamum indicum	Leaf		124000.0	0.09070686116392972	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna mungo	Plant		126000.0	0.09010263207242175	--
Euphrasia officinalis	Plant	19404.0	126000.0	0.09010263207242175	--
Piper nigrum	Fruit	42932.0	60000.0	0.08639308861203618	--
Moringa oleifera	Shoot	22600.0	105900.0	0.07700906195753883	USDA's Ag Handbook 8 and sequelae)
Polygonum multiflorum	Root		70000.0	0.06970991327055617	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Seed	48000.0	50000.0	0.06376115761175082	--
Corylus avellana	Seed	17000.0	50000.0	0.06376115761175082	--
Muntingia calabura	Fruit	12000.0	59000.0	0.06049774118595147	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Seed	44000.0	49830.0	0.05864796051782538	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Carica pentagona	Fruit	4000.0	58825.0	0.05596605538638665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sechium edule	Leaf	21600.0	122000.0	0.05546931648513796	--
Agave americana	Plant		124000.0	0.053970666556024824	--
Hydnocarpus kurzii	Seed		49300.0	0.04270681663676372	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Helianthus annuus	Seed	26000.0	49300.0	0.04270681663676372	--
Sinapis alba	Seed	44145.0	49280.0	0.04210526403747837	--
Origanum majorana	Plant	96900.0	123300.0	0.0413244786252859	--
Parthenium integrifolium	Root	11040.0	69000.0	0.041154425170536774	--
Rhus glabra	Stem	21000.0	67000.0	0.03725166472038957	--
Chrysobalanus icaco	Fruit	4000.0	58000.0	0.034602393759866776	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Seed	26000.0	49000.0	0.03368352764748354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Durio zibethinus	Fruit	8000.0	57895.0	0.03188338228012788	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Sorbus aucubaria	Fruit	7300.0	57690.0	0.026574836057780517	--
Carthamus tinctorius	Plant	15000.0	122000.0	0.01783870103962789	--
Sechium edule	Fruit	4000.0	57145.0	0.012461871710564358	--
Gliricidia sepium	Flower	6000.0	69000.0	0.01036577024481813	--
Acacia tortilis	Fruit	51000.0	57000.0	0.008707046333782076	--
Ficus carica	Fruit	5000.0	57000.0	0.008707046333782076	--
Lantana camara	Shoot		102900.0	0.007540259590279596	--
Senna obtusifolia	Seed	42000.0	48100.0	0.006613660679642982	--
Lablab purpureus	Fruit	10000.0	56818.0	0.0039940931022346615	--
Vigna unguiculata	Shoot	10500.0	102740.0	0.0038352567973591037	--
Vigna unguiculata	Shoot	10500.0	102740.0	0.0038352567973591037	USDA's Ag Handbook 8 and sequelae)
Cucurbita foetidissima	Seed	31000.0	48000.0	0.003605897683216254	--
Canavalia ensiformis	Seed	29000.0	48000.0	0.003605897683216254	--
Eruca sativa	Seed		48000.0	0.003605897683216254	--
Quercus rubra	Stem	20000.0	66000.0	-0.004653701158082971	--
Tropaeolum majus	Shoot	14000.0	102200.0	-0.008669127628747558	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brosimum alicastrum	Fruit	9000.0	56250.0	-0.010714464235781446	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Abelmoschus esculentus	Seed		47400.0	-0.014440680295344115	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Polymnia edulis	Root	3000.0	67000.0	-0.01595655102950202	--
Persea americana	Fruit	6000.0	56000.0	-0.017188301092302623	--
Pinus pinea	Seed	43000.0	47155.0	-0.0218096996365896	--
Gossypium sp	Seed	34100.0	47000.0	-0.026471732281051027	--
Robinia pseudoacacia	Seed	40000.0	47000.0	-0.026471732281051027	--
Pisum sativum	Fruit	5600.0	55391.0	-0.032958567674788206	--
Glycine max	Plant	55000.0	119000.0	-0.036359247234967515	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ulmus rubra	Bark	12464.0	76000.0	-0.03696421978047823	--
Amorphophallus campanulatus	Root	3100.0	66000.0	-0.04451203912952142	--
Allium ampeloprasum	Root	9000.0	66000.0	-0.04451203912952142	--
Hydrastis canadensis	Root	18282.0	66000.0	-0.04451203912952142	--
Vicia faba	Fruit	8000.0	54800.0	-0.04826271800360426	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Schinus molle	Fruit		54700.0	-0.05085225274621273	--
Commelina benghalensis	Leaf	16000.0	115940.0	-0.05130044389160106	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cajanus cajan	Seed	14000.0	46000.0	-0.056549362245318306	--
Elettaria cardamomum	Fruit		54000.0	-0.06897899594447202	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna subterranea	Fruit		54000.0	-0.06897899594447202	--
Gleditsia triacanthos	Fruit		54000.0	-0.06897899594447202	--
Guarea rusbyi	Bark		75000.0	-0.07084808791258336	--
Yucca baccata	Root	13520.0	65000.0	-0.07306752722954081	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna unguiculata	Seed	39270.0	45132.0	-0.0826567450543023	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Sprout Seedling	22000.0	61000.0	-0.08467155315304167	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Anemone coronaria	Seed	41000.0	45000.0	-0.08662699220958558	--
Carthamus tinctorius	Seed	40000.0	45000.0	-0.08662699220958558	--
Jatropha curcas	Seed		45000.0	-0.08662699220958558	--
Arachis hypogaea	Plant	73000.0	116000.0	-0.09055719550956291	--
Canavalia ensiformis	Fruit	6000.0	53000.0	-0.09487434337055671	--
Theobroma angustifolium	Seed	18200.0	44600.0	-0.0986580441952925	--
Lagenaria siceraria	Seed		44300.0	-0.10768133318457268	--
Mucuna pruriens	Seed	30000.0	44000.0	-0.11670462217385287	--
Fragaria spp	Fruit	3900.0	52065.0	-0.1190864932139459	--
Azadirachta indica	Leaf		112000.0	-0.12071840690882082	--
Averrhoa carambola	Fruit	2600.0	52000.0	-0.12076969079664142	--
Glycine max	Fruit	16000.0	52000.0	-0.12076969079664142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capsicum annum	Fruit	13416.0	52000.0	-0.12076969079664142	--
Spondias pinnata	Fruit	5000.0	52000.0	-0.12076969079664142	--
Colocasia esculenta	Root	8000.0	63000.0	-0.13017850342957962	--
Smilax spp	Root	13230.0	63000.0	-0.13017850342957962	--
Ruscus aculeatus	Root	19026.0	63000.0	-0.13017850342957962	--
Smilax officinalis	Root	13230.0	63000.0	-0.13017850342957962	--
Hibiscus sabdariffa	Leaf	10000.0	111000.0	-0.1383371792482167	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pisum sativum	Seed	8280.0	43138.0	-0.14263153920305127	--
Cajanus cajan	Fruit	13000.0	51000.0	-0.1466650382227261	--
Elaeagnus commutata	Fruit	7000.0	51000.0	-0.1466650382227261	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Terminalia catappa	Seed	24000.0	43000.0	-0.14678225213812016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ulex europaeus	Seed		43000.0	-0.14678225213812016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Seed	33000.0	43000.0	-0.14678225213812016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chamaemelum nobile	Flower		62000.0	-0.1492107703933926	--
Rumex acetosa	Leaf	11000.0	110000.0	-0.15595595158761258	--
Glycine max	Sprout Seedling	8000.0	58000.0	-0.16398607154315134	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Quercus velutina	Stem	24000.0	62000.0	-0.17227516467197312	--
Albizia lebbek	Seed		42000.0	-0.17685988210238743	Wealth of India.
Phaseolus acutifolius	Seed	31000.0	42000.0	-0.17685988210238743	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna subterranea	Seed	18000.0	42000.0	-0.17685988210238743	--
Asclepias syriaca	Seed	37000.0	42000.0	-0.17685988210238743	--
Brassica juncea	Leaf	10000.0	108695.0	-0.1789484494905242	--
Theobroma bicolor	Seed	33000.0	41725.0	-0.18513123034256093	--
Vigna unguiculata	Fruit	6000.0	49383.0	-0.18853781501070507	USDA's Ag Handbook 8 and sequelae)
Zizyphus spina-christi	Fruit	44000.0	49000.0	-0.1984557330748955	--
Sambucus nigra	Fruit	8600.0	48765.0	-0.2045411397200254	--
Cnicus benedictus	Seed		41000.0	-0.20693751206665473	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Melilotus alba	Seed		41000.0	-0.20693751206665473	--
Trifolium pratense	Seed		41000.0	-0.20693751206665473	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Rhus copallina	Stem	25000.0	61000.0	-0.21418053055044567	--
Eleutherococcus senticosus	Root	12600.0	60000.0	-0.2158449677296378	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona diversifolia</i>	Fruit	13700.0	48070.0	-0.22253840618115428	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus cerasus</i>	Fruit	4000.0	48000.0	-0.2243510805009802	--
<i>Prosopis juliflora</i>	Fruit		48000.0	-0.2243510805009802	--
<i>Vaccinium myrtillus</i>	Fruit	3840.0	48000.0	-0.2243510805009802	--
<i>Sicana odorifera</i>	Fruit	6000.0	47620.0	-0.23419131252289238	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phytelephas aequatorialis</i>	Flower	17000.0	58220.0	-0.2353821023380264	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Gleditsia triacanthos</i>	Seed	38000.0	40000.0	-0.237015142030922	--
<i>Armoracia rusticana</i>	Root	10620.0	59000.0	-0.2444004558296572	--
<i>Physalis peruviana</i>	Fruit	8000.0	47000.0	-0.2502464279270649	--
<i>Syzygium malaccense</i>	Fruit	1000.0	47000.0	-0.2502464279270649	--
<i>Albizia lebbek</i>	Leaf	101000.0	104000.0	-0.26166858562398787	Wealth of India.
<i>Sophora japonica</i>	Seed		39000.0	-0.26709277199518927	--
<i>Trigonella foenum-graecum</i>	Seed	5070.0	39000.0	-0.26709277199518927	--
<i>Lupinus mutabilis</i>	Seed	35000.0	39000.0	-0.26709277199518927	--
<i>Crescentia alata</i>	Seed	38000.0	39000.0	-0.26709277199518927	--
<i>Equisetum arvense</i>	Plant	22684.0	106000.0	-0.2712170230915476	--
<i>Pteridium aquilinum</i>	Rhizome	83000.0	92222.0	-0.2727852331304965	--
<i>Cypripedium pubescens</i>	Root		58000.0	-0.2729559439296766	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Phaseolus vulgaris</i>	Sprout Seedling	5000.0	53763.0	-0.2760046096827829	USDA's Ag Handbook 8 and sequelae)
<i>Schisandra chinensis</i>	Fruit	6900.0	46000.0	-0.2761417753531496	--
<i>Canarium indicum</i>	Seed		38500.0	-0.28213158697732293	--
<i>Peganum harmala</i>	Plant	34000.0	105250.0	-0.28476651016019644	--
<i>Hydnocarpus wightiana</i>	Seed		38300.0	-0.28814711297017637	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Satureja hortensis	Plant	21100.0	105000.0	-0.28928300584974603	--
Licania platypus	Fruit	9600.0	45480.0	-0.28960735601471366	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Carya ovata	Shoot	25000.0	90000.0	-0.2911755905889351	--
Eleocharis dulcis	Tuber	11000.0	60000.0	-0.2937434194884379	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna radiata	Sprout Seedling	3750.0	53025.0	-0.2955159812067499	USDA's Ag Handbook 8 and sequelae)
Acacia decurrens	Seed		38000.0	-0.29717040195945654	--
Cytisus scoparius	Seed		38000.0	-0.29717040195945654	--
Ginkgo biloba	Seed	14000.0	38000.0	-0.29717040195945654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tropaeolum tuberosum	Root	4000.0	57000.0	-0.301511432029696	--
Brassica oleracea var. botrytis l.	Leaf	2800.0	101708.0	-0.30205081182588317	--
Brassica oleracea var. italica	Leaf	2800.0	101708.0	-0.30205081182588317	--
Phoenix dactylifera	Fruit	5000.0	44800.0	-0.30721619226445124	--
Vigna angularis	Seed	32600.0	37622.0	-0.3085397460859496	--
Vigna radiata	Seed	32210.0	37609.0	-0.3089307552754851	USDA's Ag Handbook 8 and sequelae)
Chrysophyllum cainito	Seed		37500.0	-0.3122092169415902	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rhizophora mangle	Leaf	89000.0	101000.0	-0.3145249026421755	--
Coffea arabica	Seed		37400.0	-0.31521697993801695	--
Aegle marmelos	Fruit	10400.0	44155.0	-0.32391869135427587	--
Passiflora quadrangularis	Seed	8000.0	37000.0	-0.3272480319237238	--
Pachira macrocarpa	Seed	35000.0	37000.0	-0.3272480319237238	--
Eriobotrya japonica	Fruit	4000.0	44000.0	-0.327932470205319	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Psidium cattleianum	Fruit	5000.0	44000.0	-0.327932470205319	--
Angelica sinensis	Root	12320.0	56000.0	-0.3300669201297154	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Salix alba	Wood		8700.0	-0.3367176185789884	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica nigra	Leaf	5830.0	99722.0	-0.3370416936919234	USDA's Ag Handbook 8 and sequelae)
Juniperus virginiana	Shoot	38000.0	88000.0	-0.33748812550044127	--
Maclura pomifera	Leaf		99600.0	-0.3391911839173297	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tephrosia purpurea	Leaf	77000.0	99600.0	-0.3391911839173297	--
Mangifera indica	Seed		36600.0	-0.33927908390943073	--
Lupinus albus	Seed	32800.0	36580.0	-0.3398806365087161	--
Frangula purshiana	Bark	18559.0	67000.0	-0.3419190329694244	--
Psophocarpus tetragonolobus	Leaf	19000.0	99360.0	-0.34341968927878475	--
Psidium guajava	Fruit	4300.0	43200.0	-0.34864874814618674	--
Senna alexandrina	Leaf	20097.0	99000.0	-0.34976244732096723	--
Malus domestica	Fruit	2300.0	43000.0	-0.3538278176314037	--
Aleurites moluccana	Seed	30000.0	36000.0	-0.35732566188799114	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vigna mungo	Seed	32000.0	36000.0	-0.35732566188799114	--
Cornus florida	Seed		36000.0	-0.35732566188799114	--
Brassica oleracea var. sabellica l.	Leaf	15000.0	98500.0	-0.3585718334906652	--
Colubrina texensis	Shoot		87000.0	-0.360644392956194	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Brassica oleracea var. capitata l.	Leaf	6000.0	98072.0	-0.3661126680519266	--
Acacia catechu	Leaf		98000.0	-0.36738121966036313	--
Brassica oleracea var. gemmifera	Leaf	13700.0	97818.0	-0.37058783622613317	USDA's Ag Handbook 8 and sequelae)
Inga edulis	Seed	13000.0	35425.0	-0.3746202991174448	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bertholletia excelsa	Seed	31840.0	35342.0	-0.377116742404479	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Flower	6000.0	52000.0	-0.3771772570194079	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Plant	18800.0	100000.0	-0.3796129196407384	--
Ferula assa-foetida	Plant	15000.0	100000.0	-0.3796129196407384	--
Achillea millefolium	Plant	17700.0	100000.0	-0.3796129196407384	--
Malpighia glabra	Fruit	2000.0	42000.0	-0.3797231650574884	--
Hydrangea arborescens	Root	18900.0	54000.0	-0.3871778963297542	--
Gliricidia sepium	Seed		35000.0	-0.3874032918522584	--
Actinidia chinensis	Fruit	4500.0	41600.0	-0.3900813040279223	--
Erythroxylum coca	Leaf	46000.0	96250.0	-0.3982140712543059	--
Prunus serotina	Leaf	29000.0	96000.0	-0.4026187643391549	--
Rhus copallina	Leaf	27000.0	96000.0	-0.4026187643391549	--
Canna indica	Root	9000.0	53000.0	-0.4157333844297736	--
Grindelia squarrosa	Seed		34000.0	-0.4174809218165257	--
Pothomorphe sp.	Leaf	17000.0	95000.0	-0.42023753667855074	--
Anogeissus latifolia	Leaf		95000.0	-0.42023753667855074	--
Ocimum tenuiflorum	Plant		97500.0	-0.42477787653623456	--
Ageratum conyzoides	Plant		97200.0	-0.4301976713636941	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pyrus communis	Fruit	2720.0	40000.0	-0.4315138599096578	--
Phaseolus lunatus	Fruit		40000.0	-0.4315138599096578	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vaccinium macrocarpon	Fruit	4800.0	40000.0	-0.4315138599096578	--
Syzygium cumini	Fruit	3000.0	40000.0	-0.4315138599096578	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona squamosa	Fruit	7000.0	40000.0	-0.4315138599096578	--
Platonia insignis	Fruit	10000.0	40000.0	-0.4315138599096578	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Moringa oleifera	Seed	32000.0	33333.0	-0.43754270100269194	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Prunus dulcis	Seed	21000.0	33022.0	-0.4468968439215791	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	24000.0	33000.0	-0.44755855178079296	--
Crotalaria juncea	Seed		33000.0	-0.44755855178079296	--
Arctostaphylos uva-ursi	Seed	6000.0	33000.0	-0.44755855178079296	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Balanites aegyptiacus	Seed		33000.0	-0.44755855178079296	--
Sorbus aucubaria	Wood		6300.0	-0.4477234269017318	--
Tamarindus indica	Fruit	27000.0	39358.0	-0.44813867295720416	USDA's Ag Handbook 8 and sequelae)
Scutellaria lateriflora	Plant	13152.0	96000.0	-0.4518768506735323	--
Azadirachta indica	Fruit		39000.0	-0.4574092073357425	--
Hylocereus guatemalensis	Fruit	5400.0	38860.0	-0.46103455597539433	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Persea schiedeana	Fruit	7200.0	38725.0	-0.46453042787791576	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	6000.0	38460.0	-0.47139269494582825	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma speciosum	Fruit	15000.0	38460.0	-0.47139269494582825	J Cell Biochem VOL. 22=1995
Moringa oleifera	Leaf	23000.0	92000.0	-0.4730938536967384	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Murraya sp	Fruit	10090.0	38333.0	-0.474681404068941	--
Musa x paradisiaca	Fruit	10090.0	38333.0	-0.474681404068941	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Bark		63000.0	-0.4774545054978449	--
Sphenostylis stenocarpa	Seed	29000.0	32000.0	-0.47763618174506045	--
Tamarindus indica	Seed	25000.0	32000.0	-0.47763618174506045	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
<i>Sophora secundiflora</i>	Seed		32000.0	-0.47763618174506045	--
<i>Anacardium occidentale</i>	Seed	26000.0	32000.0	-0.47763618174506045	--
<i>Annona muricata</i>	Fruit	5000.0	38000.0	-0.4833045547618272	--
<i>Pouteria viridis</i>	Fruit	12000.0	37975.0	-0.4839519384474793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Nyssa sylvatica</i>	Leaf	25000.0	91000.0	-0.49071262603613425	--
<i>Pinus gerardiana</i>	Seed	29000.0	31350.0	-0.4971866412218342	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Rumex acetosella</i>	Shoot		81000.0	-0.4995819976907125	--
<i>Artocarpus heterophyllus</i>	Fruit	10000.0	37355.0	-0.5000070538516518	--
<i>Lepidium meyenii</i>	Root		50000.0	-0.5013998487298318	--
<i>Panax ginseng</i>	Root	10600.0	50000.0	-0.5013998487298318	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	5500.0	90145.0	-0.5057766763863177	--
<i>Prunus serotina</i>	Stem	1900.0	54000.0	-0.5075180916997535	--
<i>Diospyros virginiana</i>	Stem	22000.0	54000.0	-0.5075180916997535	--
<i>Artocarpus heterophyllus</i>	Seed	15000.0	30990.0	-0.5080145880089704	--
<i>Turnera diffusa</i>	Leaf	18900.0	90000.0	-0.5083313983755301	--
<i>Allium cepa</i>	Leaf	7000.0	90000.0	-0.5083313983755301	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Vetiveria zizanioides</i>	Leaf	53000.0	90000.0	-0.5083313983755301	--
<i>Genipa americana</i>	Fruit	2000.0	37000.0	-0.5091999021879119	--
<i>Lantana camara</i>	Fruit		37000.0	-0.5091999021879119	--
<i>Citrus sinensis</i>	Fruit	4100.0	36920.0	-0.5112715299819987	--
<i>Lens culinaris</i>	Seed	21000.0	30875.0	-0.5114735154548612	--
<i>Cyamopsis tetragonoloba</i>	Shoot	75000.0	80000.0	-0.5227382651464656	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans cinerea</i>	Seed	25150.0	30466.0	-0.5237752661102465	--
<i>Pimenta dioica</i>	Leaf	76000.0	89000.0	-0.525950170714926	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita foetidissima	Root		49000.0	-0.5299553368298512	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Oxalis tuberosa	Root	8000.0	49000.0	-0.5299553368298512	--
Ananas comosus	Fruit	2800.0	36000.0	-0.5350952496139966	--
Trifolium pratense	Flower	8100.0	45000.0	-0.5367537976576187	--
Psidium guajava	Seed		30000.0	-0.537791441673595	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ceratonia siliqua	Seed		30000.0	-0.537791441673595	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Pinus cembroides	Seed	29000.0	30000.0	-0.537791441673595	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	10000.0	30000.0	-0.537791441673595	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Aesculus hippocastanum	Seed	14000.0	30000.0	-0.537791441673595	--
Punica granatum	Fruit	5000.0	35858.0	-0.5387723889485007	USDA's Ag Handbook 8 and sequelae)
Eugenia uniflora	Fruit	2000.0	35715.0	-0.5424754236304308	--
Musa x paradisiaca	Leaf		88000.0	-0.5435689430543219	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Paullinia yoko	Bark		61000.0	-0.5452222417620551	--
Trifolium pratense	Shoot		79000.0	-0.5458945326022187	--
Castanea mollissima	Seed	16700.0	29726.0	-0.5460327122838042	--
Prunus salicifolia	Fruit	5600.0	35345.0	-0.5520567021780821	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Zizyphus jujuba	Fruit	6000.0	35000.0	-0.5609905970400813	--
Spondias mombin	Fruit	4000.0	35000.0	-0.5609905970400813	--
Acacia tortilis	Leaf		87000.0	-0.5611877153937178	--
Salvia officinalis	Leaf	13659.0	87000.0	-0.5611877153937178	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Byrsonima crassifolia	Fruit	6000.0	34885.0	-0.5639685619940811	--
Cicer arietinum	Seed	24000.0	28900.0	-0.5708768346342891	USDA's Ag Handbook 8 and sequelae)
Verbascum thapsus	Leaf	37840.0	86000.0	-0.5788064877331136	--
Zizyphus jujuba	Leaf		86000.0	-0.5788064877331136	--
Myrica cerifera	Bark	13080.0	60000.0	-0.5791061098941602	--
Castanea dentata	Seed	15600.0	28480.0	-0.5835094392192813	--
Maclura pomifera	Wood		3300.0	-0.586480687305161	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Spondias purpurea	Fruit	6000.0	34000.0	-0.5868859444661659	--
Annona cherimola	Fruit	6100.0	34000.0	-0.5868859444661659	--
Rhynchosia minima	Shoot		76900.0	-0.5945226942593	--
Prosopis juliflora	Leaf		85000.0	-0.5964252600725095	--
Arachis hypogaea	Seed	16000.0	28000.0	-0.5979467016021296	--
Artocarpus altilis	Fruit	5600.0	33400.0	-0.6024231529218168	USDA's Ag Handbook 8 and sequelae)
Juglans nigra	Hull Husk		29000.0	-0.6040404496926218	--
Myrciaria dubia	Fruit	2000.0	33335.0	-0.6041063505045123	--
Passiflora foetida	Fruit	6000.0	33335.0	-0.6041063505045123	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans nigra	Seed	23000.0	27770.0	-0.604864556493911	--
Acacia senegal	Leaf		84000.0	-0.6140440324119054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Urtica dioica	Leaf	16800.0	84000.0	-0.6140440324119054	--
Sambucus canadensis	Fruit	6150.0	32918.0	-0.6149047103811897	USDA's Ag Handbook 8 and sequelae)
Erythrina berteroana	Shoot	12000.0	76000.0	-0.6153633349694778	--
Bactris gasipaes	Fruit	7200.0	32800.0	-0.6179603613774676	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Abies spectabilis	Wood		2600.0	-0.6188573813992945	Wealth of India.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Castanea sativa	Seed	12300.0	27060.0	-0.6262196737685408	--
Pinus edulis	Seed	22600.0	27000.0	-0.6280243315663969	--
Nandina domestica	Seed		27000.0	-0.6280243315663969	--
Larrea tridentata	Plant	28294.0	86000.0	-0.632536678255517	--
Juniperus communis	Fruit	9920.0	32000.0	-0.6386766393183354	--
Passiflora edulis	Fruit	8000.0	32000.0	-0.6386766393183354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Apium graveolens	Fruit	6720.0	32000.0	-0.6386766393183354	--
Elaeagnus umbellatus	Fruit	5900.0	31945.0	-0.6401008834267701	--
Crataegus rhipidophylla	Fruit	29000.0	31800.0	-0.6438557088035524	--
Liquidambar styraciflua	Leaf	40000.0	82000.0	-0.6492815770906971	--
Citrus reticulata	Fruit	3900.0	31525.0	-0.6509769293457256	ACTA AGRIC SCAND SUPPL 22: 1980
Pueraria montana	Root	14000.0	44600.0	-0.6555994844699365	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Feijoa sellowiana	Fruit	5000.0	31250.0	-0.6580981498878989	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rubus chamaemorus	Fruit	4100.0	31250.0	-0.6580981498878989	--
Sassafras albidum	Seed	24000.0	26000.0	-0.6581019615306641	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cichorium intybus	Root	8900.0	44500.0	-0.6584550332799385	--
Spondias dulcis	Fruit	4000.0	31000.0	-0.6645719867444201	--
Agathosma betulina	Leaf		81000.0	-0.666900349430093	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Barosma betulina	Leaf		81000.0	-0.666900349430093	--
Sida rhombifolia	Leaf	16000.0	81000.0	-0.666900349430093	--
Abrus precatorius	Leaf	17000.0	81000.0	-0.666900349430093	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Dioscorea pentaphylla	Root	8200.0	44180.0	-0.6675927894719447	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rubus idaeus	Fruit	3880.0	30815.0	-0.6693626260182457	Revised USDA data received 1993.
Rollinia mucosa	Fruit	7000.0	30700.0	-0.6723405909722455	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ullucus tuberosus	Root	6000.0	44000.0	-0.6727327773299482	--
Citrullus lanatus	Fruit		30600.0	-0.674930125714854	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Terminalia bellirica	Leaf	49000.0	80000.0	-0.6845191217694889	--
Rubus idaeus	Leaf	13520.0	80000.0	-0.6845191217694889	--
Alpinia galanga	Rhizome	10000.0	71000.0	-0.6868308798699451	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gardenia jasminoides	Seed		25000.0	-0.6881795914949315	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	5320.0	38000.0	-0.6963303382958294	--
Secale cereale	Seed	18000.0	24650.0	-0.698706761982425	USDA's Ag Handbook 8 and sequela)
Avena sativa	Plant	18040.0	82000.0	-0.7048006092883108	--
Diospyros digyna	Fruit	3700.0	29210.0	-0.7109246586371117	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Mangifera indica	Fruit	4700.0	29140.0	-0.7127373329569376	--
Juglans nigra	Fruit		29000.0	-0.7163626815965894	--
Crataegus laevigata	Fruit	8091.0	29000.0	-0.7163626815965894	--
Serenoa repens	Fruit	3770.0	29000.0	-0.7163626815965894	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus angustifolia	Seed		24000.0	-0.7182572214591987	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Fagopyrum esculentum	Seed	19000.0	24000.0	-0.7182572214591987	--
Mirabilis expansa	Root	7000.0	42000.0	-0.729843753529987	--
Chrysanthemum cinerariifolium	Shoot		71000.0	-0.7311446722482432	--
Syzygium jambos	Fruit	4000.0	28385.0	-0.7322883202636316	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Amorphophallus konjac	Leaf	2000.0	77000.0	-0.7373754387876765	--
Betula lenta	Leaf		77000.0	-0.7373754387876765	Jim Duke's personal files.*
Cuscuta europaea	Plant		80000.0	-0.7409325748047078	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Phaseolus coccineus	Fruit	16000.0	28000.0	-0.7422580290226741	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Citrus limon	Fruit		28000.0	-0.7422580290226741	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Lupinus mutabilis	Fruit	8000.0	28000.0	-0.7422580290226741	--
Anacardium occidentale	Fruit	2000.0	28000.0	-0.7422580290226741	--
Nelumbo nucifera	Rhizome	9700.0	68000.0	-0.7453615056459485	--
Origanum vulgare	Plant	69000.0	79720.0	-0.7459910499770033	USDA's Ag Handbook 8 and sequelae)
Casimiroa edulis	Fruit	4800.0	27777.0	-0.7480326914986911	--
Lens culinaris	Sprout Seedling	9250.0	35833.0	-0.7500410479276718	USDA's Ag Handbook 8 and sequelae)
Erythrina fusca	Leaf	14000.0	76000.0	-0.7549942111270724	--
Psophocarpus tetragonolobus	Tuber	20000.0	46948.0	-0.7575557655151164	--
Eugenia brasiliensis	Fruit	4000.0	27210.0	-0.7627153534892811	--
Tamarindus indica	Flower		35000.0	-0.7647202842836339	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria caimito	Fruit	7000.0	27070.0	-0.7663407021289329	--
Opuntia ficus-indica	Fruit	3000.0	27000.0	-0.7681533764487589	--
Melicoccus bijugatas	Fruit	3400.0	27000.0	-0.7681533764487589	--
Robinia pseudoacacia	Leaf	61000.0	75000.0	-0.7726129834664683	--
Allium ampeloprasum	Leaf	8000.0	75000.0	-0.7726129834664683	--
Pterocarpus marsupium	Leaf		75000.0	-0.7726129834664683	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Elytrigia repens	Plant	61000.0	78000.0	-0.7770645403211047	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago psyllium	Seed	4796.0	22000.0	-0.7784124813877332	--
Rosa canina	Seed		22000.0	-0.7784124813877332	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cocos nucifera	Seed	9000.0	22000.0	-0.7784124813877332	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ricinus communis	Seed	20000.0	22000.0	-0.7784124813877332	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Pachyrhizus erosus	Tuber	5000.0	46080.0	-0.7884007790265444	--
Arachis hypogaea	Leaf	16000.0	74000.0	-0.7902317558058641	--
Allium sativum var. sativum	Leaf	10000.0	74000.0	-0.7902317558058641	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Quararibea cordata	Fruit	3000.0	25850.0	-0.7979330259887563	--
Plantago psyllium	Hull Husk		19800.0	-0.805387266256829	--
Tamarindus indica	Leaf	26000.0	73000.0	-0.80785052814526	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans regia	Seed	12000.0	21000.0	-0.8084901113520006	--
Diospyros virginiana	Fruit	9000.0	25280.0	-0.8126933740216246	--
Phyllanthus emblica	Fruit	4000.0	25000.0	-0.8199440713009283	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Rosmarinus officinalis	Plant	23500.0	75570.0	-0.820964878423527	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Plant		75000.0	-0.8312624885957001	--
Eriodictyon californicum	Leaf	15620.0	71000.0	-0.8430880728240518	--
Luffa aegyptiaca	Leaf	7000.0	71000.0	-0.8430880728240518	--
Mimosa pudica	Leaf	5000.0	71000.0	-0.8430880728240518	--
Acrocomia totai	Seed		19800.0	-0.8445832673091213	--
Terminalia arjuna	Leaf		70900.0	-0.8448499500579915	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	2000.0	24000.0	-0.845839418727013	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Sclerocarya caffra</i>	Fruit	2000.0	24000.0	-0.845839418727013	--
<i>Manilkara zapota</i>	Fruit	4000.0	24000.0	-0.845839418727013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Balanites aegyptiacus</i>	Shoot		66000.0	-0.8469260095270086	--
<i>Mentha pulegium</i>	Plant		73000.0	-0.867394454112097	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bactris gasipaes</i>	Seed		19000.0	-0.8686453712805351	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Mammea americana</i>	Fruit	1700.0	23070.0	-0.8699220918332717	--
<i>Pouteria campechiana</i>	Fruit	6000.0	23000.0	-0.8717347661530976	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Maranta arundinacea</i>	Root	9000.0	37000.0	-0.872621194030084	--
<i>Pteridium aquilinum</i>	Leaf	6000.0	68965.0	-0.8789422745347224	--
<i>Passiflora edulis</i>	Seed		18400.0	-0.8866919492590954	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Sassafras albidum</i>	Leaf	33000.0	68000.0	-0.8959443898422395	--
<i>Chrysophyllum cainito</i>	Fruit	3000.0	22000.0	-0.8976301135791823	--
<i>Carica papaya</i>	Fruit	2970.0	22000.0	-0.8976301135791823	--
<i>Asimina triloba</i>	Fruit	6000.0	22000.0	-0.8976301135791823	--
<i>Cenchrus biflorus</i>	Seed	16000.0	18000.0	-0.8987230012448024	--
<i>Vitellaria paradoxa</i>	Seed		18000.0	-0.8987230012448024	--
<i>Phoenix dactylifera</i>	Seed	8900.0	18000.0	-0.8987230012448024	--
<i>Ipomoea batatas</i>	Root	7000.0	36064.0	-0.8993491308917021	--
<i>Passiflora incarnata</i>	Flower	3190.0	29000.0	-0.9015001762592432	--
<i>Cyrtosperma chamissonis</i>	Root	5700.0	35925.0	-0.9033183437376048	--
<i>Morinda citrifolia</i>	Leaf	15000.0	67000.0	-0.9135631621816354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Nyssa sylvatica</i>	Stem	15000.0	44000.0	-0.9265717504844788	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spartium junceum	Stem		44000.0	-0.9265717504844788	--
Dioscorea alata	Root	7000.0	35045.0	-0.9284471732656219	--
Macadamia spp	Seed	12400.0	17000.0	-0.9288006312090696	--
Carya illinoensis	Seed	16000.0	17000.0	-0.9288006312090696	--
Zizyphus jujuba	Seed	13000.0	17000.0	-0.9288006312090696	--
Dioscorea sp.	Root		35000.0	-0.9297321702301228	--
Zingiber officinale	Root	2450.0	35000.0	-0.9297321702301228	--
Allium sativum var. sativum	Root	12950.0	35000.0	-0.9297321702301228	--
Phragmites australis	Rhizome		58000.0	-0.94046359156596	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ceratonia siliqua	Fruit		20000.0	-0.9494208084313518	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Manihot esculenta	Root	5000.0	34300.0	-0.9497210119001364	--
Arctium lappa	Root	7990.0	34000.0	-0.9582876583301422	--
Simmondsia chinensis	Seed	14000.0	16000.0	-0.958878261173337	--
Annona cherimola	Seed	12000.0	15500.0	-0.9739170761554706	--
Eupatorium perfoliatum	Plant	6030.0	67000.0	-0.9757903506612878	--
Silybum marianum	Leaf	13860.0	63000.0	-0.9840382515392189	--
Phytelephas macrocarpa	Seed		15000.0	-0.9889558911376043	--
Areca catechu	Seed		15000.0	-0.9889558911376043	--
Astragalus gummifer	Gum	15000.0	30000.0	-1.0	--
Chrysanthemum coronarium	Bud	13400.0	180110.0	-1.0	--
Allium cepa	Bulb	4000.0	63000.0	-1.0	--
Inga feuillei	Aril	4000.0	25000.0	-1.0	J Cell Biochem VOL. 22=1995
Musa x paradisiaca	Pith		6000.0	-1.0	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
Linum usitatissimum	Hay	62000.0	72000.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Zea mays	Silk Stigma Style		33000.0	-1.0	--
Portulaca oleracea	Herb	14000.0	159090.0	-1.0	--
Vaccinium vitis-idaea	Fruit	2500.0	18000.0	-1.0012115032835212	--
Quercus phellos	Stem	14000.0	42000.0	-1.010382482241424	--
Arundo donax	Stem		42000.0	-1.010382482241424	--
Paullinia cupana	Seed		14200.0	-1.0130179951090181	Abstract (See species file)
Piper methysticum	Root		32000.0	-1.0153986345301809	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Allium ampeloprasum	Flower	4000.0	24000.0	-1.0154834195722509	--
Mauritia flexuosa	Fruit	8000.0	17390.0	-1.0170076652134328	J Cell Biochem VOL. 22=1995
Olea europaea	Leaf		61000.0	-1.0192757962180106	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	9000.0	17000.0	-1.027106850709606	--
Gymnema sylvestre	Leaf	11400.0	60000.0	-1.0368945685574065	--
Arracacia xanthorrhiza	Root	9000.0	31150.0	-1.0396707994151975	--
Alocasia macrorrhiza	Root	3000.0	30975.0	-1.0446680098327008	--
Silybum marianum	Plant		63000.0	-1.0480542816940817	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cydonia oblonga	Seed		13000.0	-1.0491111510661388	--
Ilex paraguariensis	Seed		13000.0	-1.0491111510661388	--
Eugenia floribunda	Fruit	2000.0	16000.0	-1.0530021981356905	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phoradendron serotinum	Leaf		59000.0	-1.0545133408968024	--
Triticum aestivum	Seed	4000.0	12000.0	-1.0791887810304062	--
Pastinaca sativa	Seed		12000.0	-1.0791887810304062	--
Asparagus officinalis	Root	2900.0	29000.0	-1.101065098830239	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Stachys officinalis	Plant	10080.0	60000.0	-1.102252229968677	--
Cyamopsis tetragonoloba	Fruit		14000.0	-1.1047928929878599	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	2200.0	20000.0	-1.1066700142226569	--
Vaccinium corymbosum	Fruit	2070.0	13845.0	-1.1088066718389031	--
Garcinia mangostana	Fruit	2000.0	13140.0	-1.1270628917742929	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cajanus cajan	Plant		58000.0	-1.138384195485074	--
Viscum album	Leaf		54000.0	-1.1426072025937817	--
Acacia farnesiana	Leaf	10000.0	53800.0	-1.146130957061661	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ephedra sinica	Plant	11760.0	56000.0	-1.174516161001471	--
Pourouma cecropiaefolia	Fruit	2000.0	11110.0	-1.1796304470492447	J Cell Biochem VOL. 22=1995
Annona reticulata	Fruit	5000.0	11100.0	-1.1798894005235057	--
Arctostaphylos uva-ursi	Leaf	5800.0	50000.0	-1.2130822919513653	--
Diospyros virginiana	Leaf		50000.0	-1.2130822919513653	--
Sassafras albidum	Stem	11000.0	37000.0	-1.2199093116337867	--
Lobelia inflata	Leaf	5537.0	49000.0	-1.2307010642907612	--
Coriandrum sativum	Seed	6000.0	6600.0	-1.2416079828374493	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus konjac	Root		24000.0	-1.243842539330336	--
Ginkgo biloba	Leaf	11520.0	48000.0	-1.248319836630157	--
Sphenostylis stenocarpa	Root	8000.0	23000.0	-1.2723980274303555	--
Uncaria catechu	Plant	30000.0	50000.0	-1.2829120575506618	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nepeta cataria	Plant	6000.0	50000.0	-1.2829120575506618	--
Musa x paradisiaca	Flower		12000.0	-1.2890432035234691	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
Lantana camara	Stem		35000.0	-1.3037200433907317	--
Castanea sativa	Leaf		44000.0	-1.3187949259877405	--
Indigofera tinctoria	Leaf		44000.0	-1.3187949259877405	--
Dioscorea bulbifera	Tuber	9000.0	31000.0	-1.3242795851928264	--
Hippophae rhamnoides	Fruit		5000.0	-1.3378510198226223	Abstract (See species file)
Physalis alkekengi	Fruit		5000.0	-1.3378510198226223	--
Ilex paraguariensis	Leaf		42500.0	-1.3452230844968343	--
Petasites japonicus	Pt	14600.0	26545.0	-1.3494322568823325	USDA's Ag Handbook 8 and sequelae)
Platycodon grandiflorum	Root	15000.0	20000.0	-1.3580644917304137	--
Citrus aurantiifolia	Fruit	2000.0	3800.0	-1.3689254367339239	--
Abies spectabilis	Leaf		40600.0	-1.3786987519416865	Wealth of India.
Ocimum tenuiflorum	Seed		2000.0	-1.379965080673079	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Seed		2000.0	-1.379965080673079	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Anacardium occidentale	Leaf	12000.0	40000.0	-1.3892700153453241	--
Cydonia oblonga	Fruit		3000.0	-1.3896417146747917	--
Pinus echinata	Shoot	17000.0	42000.0	-1.4026764284650826	--
Spirulina spp.	Plant		43000.0	-1.4093739368580511	--
Cymbopogon citratus	Plant		43000.0	-1.4093739368580511	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Areca catechu	Sprout Seedling		10000.0	-1.433018365784906	--
Symphytum officinale	Leaf	3960.0	36000.0	-1.4597451047029075	--
Kalmia latifolia	Leaf		36000.0	-1.4597451047029075	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juncus effusus	Leaf		36000.0	-1.4597451047029075	--
Arctium lappa	Leaf	8200.0	35600.0	-1.466792613638666	Wealth of India.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Gliricidia sepium</i>	Leaf	5000.0	33000.0	-1.5126014217210952	--
<i>Mimosa hostilis</i>	Plant		34400.0	-1.564741388578558	--
<i>Ulex europaeus</i>	Plant	16000.0	34000.0	-1.5719677816818372	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Curcuma longa</i>	Plant	9920.0	32000.0	-1.6080997471982341	--
<i>Allium sativum</i> var. <i>sativum</i>	Shoot	7000.0	31000.0	-1.6573953704783664	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Alocasia macrorrhiza</i>	Leaf	8000.0	17700.0	-1.7821686385138522	--
<i>Chrysanthemum parthenium</i>	Leaf	3060.0	17000.0	-1.7945017791514293	--
<i>Aspalathus linearis</i>	Shoot		25000.0	-1.7963329752128847	--
<i>Catha edulis</i>	Leaf		16000.0	-1.8121205514908252	--
<i>Bacopa monnieri</i>	Shoot		19000.0	-1.9352705799474033	Wealth of India.
<i>Cinnamomum verum</i>	Bark		17000.0	-2.036112439574681	Wealth of India.
<i>Juglans nigra</i>	Pericarp	3480.0	29000.0		--
<i>Phytelephas aequatorialis</i>	Mesocarp	18200.0	154295.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Asclepias syriaca</i>	Latex Exudate		12300.0		--
<i>Citrus mitis</i>	Fruit Juice	6200.0	62000.0		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Cimicifuga racemosa</i>	Root				--
<i>Aloe</i> spp.	Leaf				--
<i>Quercus suber</i>	Cork	1000.0	40000.0		--
<i>Olea europaea</i>	Twig		85000.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses