

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for CAMPESTEROL

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona cherimola</i>	Seed	1700.0	2200.0	3.9222556371249584	--
<i>Helianthus annuus</i>	Seed	750.0	770.0	0.9683913917867137	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Papaver somniferum</i>	Seed	200.0	240.0	-0.1263974543876007	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Fagopyrum esculentum</i>	Seed	200.0	230.0	-0.14705384771164434	--
<i>Origanum vulgare</i>	Plant	120.0	130.0	-0.044215768828538185	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Coffea arabica</i>	Seed	110.0	120.0	-0.3742741742761247	--
<i>Oenothera biennis</i>	Seed	103.0	220.0	-0.16771024103568802	--
<i>Glycine max</i>	Seed	90.0	270.0	-0.06442827441546968	--
<i>Vicia faba</i>	Seed	80.0	400.0	0.204104838797098	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	60.0	600.0	2.614846942930202	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Elettaria cardamomum</i>	Seed	40.0	55.0	-0.5085407308824086	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	30.0	300.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Piper nigrum</i>	Fruit	30.0	60.0	-0.14986892201478846	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Serenoa repens</i>	Fruit	28.0	90.0	0.10490824541035179	--
<i>Capsicum frutescens</i>	Fruit	20.0	30.0	-0.4046460894399287	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	20.0	200.0	0.2661820241306193	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Juglans regia</i>	Seed	20.0	85.0	-0.44657155091027756	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna radiata	Seed	20.0	25.0	-0.5705099108545394	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Musa x paradisiaca	Fruit	20.0	80.0	0.019982522935305048	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Dioscorea villosa	Root	20.0	200.0	1.2834996430471919	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica rapa	Leaf	20.0	200.0	0.2661820241306193	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Capsicum annuum	Fruit	20.0	530.0	3.841640034312409	--
Zingiber officinale	Root	10.0	100.0	-0.2945736885682078	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Foeniculum vulgare	Leaf	10.0	12.0	-0.8376904877051847	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Allium cepa	Bulb	10.0	50.0	-1.0	--
Prunus armeniaca	Fruit	10.0	100.0	0.18983396788539855	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vigna radiata	Sprout Seedling	10.0	100.0	-1.0	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Rosmarinus officinalis	Shoot	10.0	16.0	-1.0	--
Malus domestica	Fruit	10.0	60.0	-0.14986892201478846	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Ficus carica	Fruit	10.0	50.0	-0.2347946444898352	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica rapa	Root	10.0	100.0	-0.2945736885682078	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Allium sativum var. sativum	Bulb	0.0	150.0	1.0	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Camellia sinensis	Seed				--
Brassica napus var. napobrassica	Seed				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Cannabis sativa	Root				--
Zea mays	Shoot				--
Cannabis sativa	Seed				--
Cannabis sativa	Plant				Turner, C. E., El Sohly, M. A., Boeren, E. G. 1980. Constituents of Cannabis sativa L. XVII. A Review of the Natural Constituents. J Natural Products, 432: 169-234.
Annona muricata	Plant				--
Uncaria tomentosa	Bark				--
Panax japonicus	Rhizome				--
Carica papaya	Seed Oil				Jim Duke's personal files.
Lycium chinense	Leaf				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.
Vitis vinifera	Plant				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lycium chinense	Seed				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.
Illicium verum	Fruit		130.0	0.4446111353105388	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Cinnamomum verum	Bark		30.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zea mays	Seed Oil				--
Ptychopetalum olacoides	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Eriobotrya japonica	Fruit				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Moringa oleifera	Seed				--
Syzygium aromaticum	Fruit				--
Sesamum indicum	Seed		910.0	1.257580898323325	--
Clematis vitalba	Plant				--
Aloe vera	Plant				--
Carum carvi	Seed		30.0	-0.5601817141925177	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Sophora angustifolia	Root				--
Centella asiatica	Essential Oil		2000.0		Jim Duke's personal files.
Anethum graveolens	Plant		490.0	1.9454938284556806	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Humulus lupulus	Stem				--
Sambucus nigra	Leaf				--
Sambucus canadensis	Leaf				--
Cocos nucifera	Fruit		30.0	-0.4046460894399287	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica rapa	Plant				--
Stevia rebaudiana	Leaf				--
Citrus sinensis	Fruit		40.0	-0.31972036696488193	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Mitchella repens	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Corylus avellana	Seed				--
Vitis vinifera	Seed				--
Lactuca sativa	Seed				--
Sarracenia purpurea	Shoot				--
Sarracenia purpurea	Root				--
Allium cepa	Seed				Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Fecs. Int. Conf. Chem. Biotechnol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Salvia officinalis	Leaf		120.0	-0.2035509596292973	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Hibiscus sabdariffa	Seed				--
Sesamum indicum	Seed Oil				--
Urtica dioica	Shoot				Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
Lepidium meyenii	Root				--
Corylus avellana	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Cocos nucifera	Seed Oil				Jim Duke's personal files.
Euphorbia hirta	Plant				--
Citrus reticulata	Pericarp				--
Myristica fragrans	Aril		60.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus reticulata	Root				--
Myristica fragrans	Seed		30.0	-0.5601817141925177	--
Paeonia moutan	Root Bark				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Pinus sylvestris</i>	Bark				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Apium graveolens</i>	Pt				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Medicago sativa</i>	Plant				--
<i>Apium graveolens</i>	Seed		50.0	-0.5188689275444304	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Pluchea carolinensis</i>	Shoot				Tramil
<i>Chenopodium album</i>	Plant				--
<i>Plantago ovata</i>	Seed				--
<i>Citrullus lanatus</i>	Fruit				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Citrullus lanatus</i>	Seed Oil				--
<i>Cnicus benedictus</i>	Plant				Jim Duke's personal files.
<i>Equisetum arvense</i>	Strobilus				Jim Duke's personal files.
<i>Citrullus lanatus</i>	Seed				--
<i>Curcuma longa</i>	Rhizome				--
<i>Citrus paradisi</i>	Fruit		20.0	-0.48957181191497545	--
<i>Phaseolus vulgaris</i>	Seed		30.0	-0.5601817141925177	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Juglans nigra</i>	Seed		60.0	-0.4982125342203867	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Ginkgo biloba</i>	Seed				Jim Duke's personal files.
<i>Syzygium aromaticum</i>	Plant				--
<i>Trigonella foenum-graecum</i>	Tissue Culture		10.0	0.9999999999999998	--
<i>Nerium oleander</i>	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ruellia tuberosa	Plant				J.S. Glasby Dict.Plis Containing 2ndary Metabolite. 1991.
Citrus limon	Fruit		20.0	-0.48957181191497545	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Acacia farnesiana	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Acacia farnesiana	Seed				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Arundo donax	Leaf				--
Nigella sativa	Seed Oil				--
Rosa multiflora	Fruit				--
Ananas comosus	Fruit		10.0	-0.574497534390022	--
Verbascum thapsus	Stem				--
Trigonella foenum-graecum	Seed		180.0	-0.2503358143318627	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Salvia officinalis	Fruit Essent. Oil				--
Scutellaria baicalensis	Root				--
Panax quinquefolius	Plant				--
Digitalis lanata	Plant				--
Theobroma cacao	Sprout Seedling				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cucurbita pepo	Seed				--
Caulophyllum thalictroides	Root				Jim Duke's personal files.
Lycopersicon esculentum	Fruit				--
Equisetum arvense	Plant				--
Paeonia suffruticosa	Root Bark				Chemical Constituents of Oriental Herbs (3 diff. books)
Aloe vera	Leaf				--
Magnolia kobus	Seed				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucumis sativus	Seed				--
Allium schoenoprasum	Leaf		10.0	-0.8494338122991827	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Artemisia dracunculus	Shoot		30.0	1.0	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Prosopis glandulosa	Stem				Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of Prosopis glandulosa Stems. Planta Med. Suppl. 32: 244-246.
Punica granatum	Seed				--
Juniperus communis	Fruit				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Kalanchoe spathulata	Flower				--
Abelmoschus esculentus	Fruit		30.0	-0.4046460894399287	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Panax ginseng	Root				--
Thymus vulgaris	Plant		30.0	-0.5969128791852656	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Solanum dulcamara	Leaf				--
Euphorbia pulcherrima	Plant				--
Perilla frutescens	Plant				Han, J. S. 1978. A Study on Sterol in Perilla frutescens. Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon, 11: 211-215.
Curcuma longa	Root		90.0	-0.45238102172974776	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Beta vulgaris	Leaf				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Withania somnifera	Tissue Culture				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Taraxacum officinale	Leaf				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.
Piper methysticum	Rhizome				--
Centella asiatica	Plant				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Senna occidentalis	Seed				--
Coix lacryma-jobi	Seed				Chemical Constituents of Oriental Herbs (3 diff. books)
Prunus armeniaca	Seed				--
Inula helenium	Root				--
Valeriana officinalis	Plant				Lokar, L. C., Martini, F. 1997. Chemotaxonomic Investigations on the Genus Valeriana L. in the Northeastern Italy and in Tuscany. I. Phytosterols. Dept. of Biology, University of Trieste. Allionia 35: 103-115.
Chrysanthemum x morifolium	Flower				Wealth of India.
Trichosanthes kirilowii	Seed				--
Phellodendron amurense	Bark				--
Linum usitatissimum	Seed				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cuminum cyminum	Seed		50.0	-0.5188689275444304	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Armoracia rusticana	Root		200.0	1.2834996430471919	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pimenta dioica	Fruit		10.0	-0.574497534390022	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Melissa officinalis	Tissue Culture		0.1	-1.0	Gbolade, A.A. and Lockwood, G.B. 1991. The Constituents of Melissa officinalis L. Cultures. J. Ess. Oil Res., 3: 111-114.
Ruscus aculeatus	Root				--
Pisum sativum	Seed				--
Tribulus terrestris	Flower				--
Avena sativa	Seed				--
Spinacia oleracea	Sprout Seedling				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Urtica dioica	Root				Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
Hordeum vulgare	Sprout Seedling		330.0	1.0	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Petroselinum crispum	Sprout Seedling				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Commiphora myrrha	Resin, Exudate, Sap				Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
Jatropha curcas	Leaf				--
Daucus carota	Root				--
Ocimum basilicum	Leaf		90.0	-0.37970082853926607	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Abrus precatorius	Seed				CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Laurus nobilis	Leaf		60.0	-0.5558506974492348	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Aesculus hippocastanum	Leaf				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Aesculus hippocastanum	Bark				Jim Duke's personal files.
Aesculus hippocastanum	Seed				Jim Duke's personal files.
Camellia sinensis	Seed Oil				--
Ulmus rubra	Wood				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nigella sativa	Seed				--
Origanum majorana	Plant		30.0	-0.5969128791852656	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Morus alba	Plant				--
Solanum tuberosum	Plant				--
Solanum tuberosum	Tuber				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Calendula officinalis	Flower				--
Trifolium pratense	Plant				--
Gaultheria procumbens	Shoot				--
Harpagophytum procumbens	Tuber				--
Amaranthus spinosus	Leaf				Wealth of India.
Ononis spinosa	Root		22.0	-1.5254708872282197	Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
Sambucus nigra	Flower				--
Satureja hortensis	Plant		10.0	-0.707452301256611	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Salvia officinalis	Fruit				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Sambucus canadensis	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Commelina benghalensis	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Fragaria spp	Fruit				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Prunus persica	Seed				--
Ceratonia siliqua	Seed				Wealth of India.
Zea mays	Seed		320.0	0.03885369220474866	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pinus sylvestris	Plant				--
Cucumis melo	Seed				--
Heliotropium indicus	Plant				--
Tagetes erecta	Flower				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.
Abelmoschus moschatus	Seed				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Oenothera biennis	Fruit				--
Opuntia ficus-indica	Seed Oil		140000.0		--
Oenothera biennis	Inflorescence				--
Brassica juncea	Leaf		100.0	-0.3209842055692765	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Fritillaria thunbergii	Bulb				Chemical Constituents of Oriental Herbs (3 diff. books)
Phoenix dactylifera	Stem				Abstract (See species file)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus dulcis	Seed		50.0	-0.5188689275444304	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Petasites hybridus	Root				--
Coriandrum sativum	Fruit		30.0	-0.4046460894399287	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Oryza sativa	Plant				--
Persea americana	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Aleurites fordii	Plant				--
Cymbopogon parkeri	Plant				Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.