

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for CAMPESTEROL

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.)
Abelmoschus moschatus	Seed				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Abrus precatorius	Seed				CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
Aesculus hippocastanum	Leaf				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Aesculus hippocastanum	Seed				Jim Duke's personal files.
Aesculus hippocastanum	Bark				Jim Duke's personal files.
Aleurites fordii	Plant				--
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.)
Allium cepa	Bulb	10.0	50.0	-1.0	--
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. Biotechol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Allium sativum var. sativum	Bulb	0.0	150.0	1.0	--
Aloe vera	Leaf				--
Aloe vera	Plant				--
Amaranthus spinosus	Leaf				Wealth of India.
Ananas comosus	Fruit		10.0	-0.574497534390022	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.)
Annona muricata	Plant				--
Annona cherimola	Seed	1700.0	2200.0	3.9222556371249584	--
Apium graveolens	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.)
Apium graveolens	Pt				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.)
Artemisia dracuncululus	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.)
Arundo donax	Leaf				--
Avena sativa	Seed				--
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.)
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.
Brassica rapa	Plant				--
Brassica oleracea var. gemmifera	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.)
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.)
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.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. botrytis 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.)
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.)
Brassica oleracea var. capitata 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.)
Calendula officinalis	Flower				--
Camellia sinensis	Seed				--
Camellia sinensis	Seed Oil				--
Cannabis sativa	Seed				--
Cannabis sativa	Root				--
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.
Capsicum annum	Fruit	20.0	530.0	3.841640034312409	--
Capsicum frutescens	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.)
Carica papaya	Seed Oil				Jim Duke's personal files.
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.)
Caulophyllum thalictroides	Root				Jim Duke's personal files.
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.
Centella asiatica	Essential Oil		2000.0		Jim Duke's personal files.
Ceratonia siliqua	Seed				Wealth of India.
Chenopodium album	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chrysanthemum x morifolium	Flower				Wealth of India.
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.)
Citrullus lanatus	Seed				--
Citrullus lanatus	Fruit				Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrullus lanatus	Seed Oil				--
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.)
Citrus reticulata	Root				--
Citrus paradisi	Fruit		20.0	-0.48957181191497545	--
Citrus reticulata	Pericarp				--
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.)
Clematis vitalba	Plant				--
Cnicus benedictus	Plant				Jim Duke's personal files.
Cocos nucifera	Seed Oil				Jim Duke's personal files.
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.)
Coffea arabica	Seed	110.0	120.0	-0.3742741742761247	--
Coix lacryma-jobi	Seed				Chemical Constituents of Oriental Herbs (3 diff. books)
Commelina benghalensis	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
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.
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.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Corylus avellana	Plant				J.S. Glasby Dict.Plis Containing 2ndary Metabolite. 1991.
Corylus avellana	Seed				--
Cucumis melo	Seed				--
Cucumis sativus	Seed				--
Cucurbita pepo	Seed				--
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.)
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.)
Curcuma longa	Rhizome				--
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.
Daucus carota	Root				--
Digitalis lanata	Plant				--
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.)
Elettaria cardamomum	Seed	40.0	55.0	-0.5085407308824086	--
Equisetum arvense	Plant				--
Equisetum arvense	Strobilus				Jim Duke's personal files.
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.)
Euphorbia pulcherrima	Plant				--
Euphorbia hirta	Plant				--
Fagopyrum esculentum	Seed	200.0	230.0	-0.14705384771164434	--
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.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.)
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.)
Fritillaria thunbergii	Bulb				Chemical Constituents of Oriental Herbs (3 diff. books)
Gaultheria procumbens	Shoot				--
Ginkgo biloba	Seed				Jim Duke's personal files.
Glycine max	Seed	90.0	270.0	-0.06442827441546968	--
Harpagophytum procumbens	Tuber				--
Helianthus annuus	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.)
Heliotropium indicus	Plant				--
Hibiscus sabdariffa	Seed				--
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.)
Humulus lupulus	Stem				--
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.)
Inula helenium	Root				--
Jatropha curcas	Leaf				--
Juglans regia	Seed	20.0	85.0	-0.44657155091027756	--
Juglans nigra	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.)
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				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lactuca sativa	Seed				--
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.)
Lepidium meyenii	Root				--
Linum usitatissimum	Seed				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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.
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.
Lycopersicon esculentum	Fruit				--
Magnolia kobus	Seed				--
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.)
Medicago sativa	Plant				--
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.
Mitchella repens	Plant				--
Moringa oleifera	Seed				--
Morus alba	Plant				--
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.)
Myristica fragrans	Seed		30.0	-0.5601817141925177	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.)
Nerium oleander	Plant				--
Nigella sativa	Seed				--
Nigella sativa	Seed Oil				--
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.)
Oenothera biennis	Inflorescence				--
Oenothera biennis	Fruit				--
Oenothera biennis	Seed	103.0	220.0	-0.16771024103568802	--
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.
Opuntia ficus-indica	Seed Oil		140000.0		--
Origanum vulgare	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.)
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.)
Oryza sativa	Plant				--
Paeonia moutan	Root Bark				--
Paeonia suffruticosa	Root Bark				Chemical Constituents of Oriental Herbs (3 diff. books)
Panax quinquefolius	Plant				--
Panax japonicus	Rhizome				--
Panax ginseng	Root				--
Papaver somniferum	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.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Perilla frutescens</i>	Plant				Han, J. S. 1978. A Study on Sterol in <i>Perilla frutescens</i> . Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon, 11: 211-215.
<i>Persea americana</i>	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Petasites hybridus</i>	Root				--
<i>Petroselinum crispum</i>	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.)
<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>Phellodendron amurense</i>	Bark				--
<i>Phoenix dactylifera</i>	Stem				Abstract (See species file)
<i>Pimenta dioica</i>	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.)
<i>Pinus sylvestris</i>	Plant				--
<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>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>Piper methysticum</i>	Rhizome				--
<i>Pisum sativum</i>	Seed				--
<i>Plantago ovata</i>	Seed				--
<i>Pluchea carolinensis</i>	Shoot				Tramil
<i>Prosopis glandulosa</i>	Stem				Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of <i>Prosopis glandulosa</i> Stems. Planta Med. Suppl. 32: 244-246.

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.)
Prunus armeniaca	Seed				--
Prunus persica	Seed				--
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.)
Ptychopetalum olacoides	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Punica granatum	Seed				--
Rosa multiflora	Fruit				--
Rosmarinus officinalis	Shoot	10.0	16.0	-1.0	--
Ruellia tuberosa	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Ruscus aculeatus	Root				--
Salvia officinalis	Fruit Essent. Oil				--
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.)
Salvia officinalis	Fruit				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Sambucus canadensis	Leaf				--
Sambucus nigra	Leaf				--
Sambucus canadensis	Plant				J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Sambucus nigra	Flower				--
Sarracenia purpurea	Root				--
Sarracenia purpurea	Shoot				--
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
Scutellaria baicalensis	Root				--
Senna occidentalis	Seed				--
Serenoa repens	Fruit	28.0	90.0	0.10490824541035179	--
Sesamum indicum	Seed Oil				--
Sesamum indicum	Seed		910.0	1.257580898323325	--
Solanum dulcamara	Leaf				--
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.)
Solanum tuberosum	Plant				--
Sophora angustifolia	Root				--
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.)
Stevia rebaudiana	Leaf				--
Syzygium aromaticum	Fruit				--
Syzygium aromaticum	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.
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.
Theobroma cacao	Sprout Seedling				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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.)
Tribulus terrestris	Flower				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Trichosanthes kirilowii	Seed				--
Trifolium pratense	Plant				--
Trigonella foenum-graecum	Tissue Culture		10.0	0.9999999999999998	--
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.)
Ulmus rubra	Wood				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Uncaria tomentosa	Bark				--
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)
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)
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.
Verbascum thapsus	Stem				--
Vicia faba	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.)
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.)
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.)

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.)
Vitis vinifera	Seed				--
Withania somnifera	Tissue Culture				--
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.)
Zea mays	Shoot				--
Zea mays	Seed Oil				--
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.)