

**Dr. Duke's Phytochemical and Ethnobotanical Databases****List of Plants for DELTA-7-STIGMASTEROL**

| Plant             | Part  | Low PPM | High PPM | StdDev | Reference  |
|-------------------|-------|---------|----------|--------|--|
| Avena sativa      | Seed  |         |          |        | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Bryonia alba      | Plant |         |          |        | --   |
| Camellia japonica | Seed  |         |          |        | Wealth of India.   |