

List of Plants



Chemid

IODINE

Dosage

RDA=40-200 ug/day

PTD=2 mg/day

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	Part	Low PPM	High PPM	StdDev	*Reference
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	0.03	0.7		*
<i>Anacardium occidentale</i>	Seed	--	0.1	-0.27	*
<i>Ananas comosus</i>	Fruit	--	1.0	-0.29	*
<i>Artemisia vulgaris</i>	Plant	--	--		Chem. & Pharm. Bull. 38: 2205.
<i>Avena sativa</i>	Plant	--	0.154	-0.45	Jim Duke's personal files.*
<i>Bertholletia excelsa</i>	Seed	--	0.2	-0.26	Furr, A.K., et al. 1979
<i>Boehmeria nivea</i>	Plant	--	--		*
<i>Capparis spinosa</i>	Fruit	--	699.0	3.46	Wealth of India.
<i>Carya illinoensis</i>	Seed	--	0.1	-0.27	*
<i>Carya ovata</i>	Shoot	2.0	5.0	-0.73	*
<i>Carya glabra</i>	Shoot	2.0	5.0	-0.73	*
<i>Carya ovata</i>	Seed	--	0.1	-0.27	*
<i>Cinnamomum sieboldii</i>	Root Bark	--	4.0		*
<i>Cinnamomum aromaticum</i>	Bark	--	1.0	-1.0	*
<i>Cinnamomum sieboldii</i>	Bark	--	--		*
<i>Cinnamomum verum</i>	Bark	--	3.0	1.0	*
<i>Cinnamomum burmannii</i>	Bark	--	--		*
<i>Cocos nucifera</i>	Seed	--	0.3	-0.25	Furr, A.K., et al. 1979
<i>Corylus avellana</i>	Seed	--	0.03	-0.28	Furr, A.K., et al. 1979
<i>Erythroxylum coca</i>	Leaf	--	0.05	-1.1	*
<i>Fagopyrum esculentum</i>	Seed	0.016	0.155	-0.26	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Fallopia japonica</i>	Plant	--	--		Chem. & Pharm. Bull. 38: 2205.
<i>Foeniculum vulgare</i>	Fruit	--	0.002	-0.29	*

Foeniculum vulgare	Seed	--	0.002	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Fragaria spp	Plant	0.157	0.23	-0.45	*
Fucus vesiculosus	Plant	64.0	540.0	2.24	*
Glechoma hederacea	Plant	--	--		Chem. & Pharm. Bull. 38: 2205.
Glycine max	Seed	0.5	16.0	1.21	*
Helianthus tuberosus	Tuber	--	0.012		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Helianthus annuus	Seed	--	0.042	-0.27	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hyssopus officinalis	Plant	--	0.014	-0.45	*
Ipomoea batatas	Root	--	0.045	-1.0	*
Ipomoea aquatica	Leaf	0.15	1.5	1.04	*
Juglans nigra	Pericarp	1.8	15.0		*
Juglans nigra	Seed	--	0.1	-0.27	Furr, A.K., et al. 1979
Juglans cinerea	Seed	--	0.1	-0.27	*
Juniperus virginiana	Shoot	3.0	10.0	1.7	*
Lagenaria siceraria	Fruit	0.005	1.12	-0.28	*
Lens culinaris	Seed	0.025	0.03	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lepidium sativum	Leaf	--	0.11	-1.01	*
Lepidium meyenii	Root	--	5.0	1.0	*
Liquidambar styraciflua	Stem	3.0	6.0	0.77	*
Lycopersicon esculentum	Fruit	--	--		*
Malus domestica	Plant	--	--		*
Mangifera indica	Fruit	--	0.016	-0.29	*
Momordica charantia	Fruit	--	0.41	-0.29	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Moringa oleifera	Leaf	0.05	0.7	-0.14	*
Panax quinquefolius	Plant	--	--		*
Panicum maximum	Leaf	0.12	0.31	-0.72	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Papaver somniferum	Seed	--	0.006	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Petasites japonicus	Plant	--	--		Chem. & Pharm. Bull. 38: 2205.
Peucedanum decursivum	Plant	--	--		*
Phoenix dactylifera	Fruit	--	0.06	-0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus echinata	Shoot	4.0	6.0	-0.24	*
Piper nigrum	Fruit	--	0.09	-0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pistacia vera	Seed	--	51.0	4.47	*
Pisum sativum	Seed	--	0.009	-0.28	*

<i>Polystichum polyblepharum</i>	Plant	--	--		*
<i>Prunus dulcis</i>	Seed	0.1	0.2	-0.26	*
<i>Prunus armeniaca</i>	Fruit	--	0.05	-0.29	*
<i>Pteridium aquilinum</i>	Leaf	--	0.9	0.15	*
<i>Quercus rubra</i>	Seed	--	0.1	-0.27	*
<i>Quercus stellata</i>	Stem	3.0	5.0	-1.29	*
<i>Quercus phellos</i>	Stem	4.0	6.0	0.77	*
<i>Quercus rubra</i>	Stem	2.0	5.0	-1.29	*
<i>Quercus alba</i>	Stem	2.0	6.0	0.77	*
<i>Quercus velutina</i>	Stem	2.0	5.0	-1.29	*
<i>Rhizophora mangle</i>	Leaf	--	--		*
<i>Rhus glabra</i>	Stem	3.0	6.0	0.77	*
<i>Rumex acetosa</i>	Leaf	0.07	2.0	1.77	*
<i>Secale cereale</i>	Seed	0.07	0.08	-0.27	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Sesamum indicum</i>	Seed	--	0.023	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Solanum tuberosum</i>	Plant	--	0.011	-0.45	*
<i>Spinacia oleracea</i>	Plant	--	0.2	-0.45	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Spondias pinnata</i>	Fruit	0.04	0.61	-0.29	*
<i>Symphoricarpos orbiculatus</i>	Stem	4.0	6.0	0.77	*
<i>Taraxacum officinale</i>	Leaf	--	--		Chem. & Pharm. Bull. 38: 2205.
<i>Trachyspermum ammi</i>	Fruit	--	0.45	-0.29	*
<i>Trichosanthes anguina</i>	Fruit	0.01	0.2	-0.29	*
<i>Vicia faba</i>	Fruit	0.09	0.6	-0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vigna radiata</i>	Seed	0.034	0.037	-0.27	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vigna mungo</i>	Seed	--	0.034	-0.28	*
<i>Zea mays</i>	Seed	--	0.012	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.