

# List of Plants



## Chemid

IODINE

## Dosage

PTD=2 mg/day

RDA=40-200 ug/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
Allium sativum var. sativum	Bulb	0.03	0.7		*
Anacardium occidentale	Seed	--	0.1	-0.27	*
Ananas comosus	Fruit	--	1.0	-0.29	*
Artemisia vulgaris	Plant	--	--		Chem. & Pharm. Bull. 38: 2205.
Avena sativa	Plant	--	0.154	-0.45	Jim Duke's personal files.*
Bertholletia excelsa	Seed	--	0.2	-0.26	Furr, A.K., et al. 1979
Boehmeria nivea	Plant	--	--		*
Capparis spinosa	Fruit	--	699.0	3.46	Wealth of India.
Carya illinoensis	Seed	--	0.1	-0.27	*
Carya ovata	Shoot	2.0	5.0	-0.73	*
Carya glabra	Shoot	2.0	5.0	-0.73	*
Carya ovata	Seed	--	0.1	-0.27	*
Cinnamomum sieboldii	Root Bark	--	4.0		*
Cinnamomum aromaticum	Bark	--	1.0	-1.0	*
Cinnamomum sieboldii	Bark	--	--		*
Cinnamomum verum	Bark	--	3.0	1.0	*
Cinnamomum burmannii	Bark	--	--		*
Cocos nucifera	Seed	--	0.3	-0.25	Furr, A.K., et al. 1979
Corylus avellana	Seed	--	0.03	-0.28	Furr, A.K., et al. 1979
Erythroxylum coca	Leaf	--	0.05	-1.1	*
Fagopyrum esculentum	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.
Fallopia japonica	Plant	--	--		Chem. & Pharm. Bull. 38: 2205.
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.

Foeniculum vulgare	Fruit	--	0.002	-0.29	*
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	Seed	--	0.1	-0.27	Furr, A.K., et al. 1979
Juglans cinerea	Seed	--	0.1	-0.27	*
Juglans nigra	Pericarp	1.8	15.0		*
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	*

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