

List of Plants



Chemid

IRON

Dosage

PTD=100 mg/day

RDA=6-30 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
Abelmoschus esculentus	Fruit	8.0	150.0	0.07	*
Abelmoschus manihot	Leaf	33.0	284.0	-0.2	*
Acacia farnesiana	Leaf	37.0	199.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	170.0	885.0	1.32	Wealth of India.
Acanthopanax gracilistylis	Root Bark	--	250.0	-0.13	*
Achillea millefolium	Plant	--	--		*
Achyranthes bidentata	Root	150.0	180.0	-0.18	*
Aconitum carmichaelii	Tuber	--	310.0	1.59	*
Acorus calamus	Rhizome	--	350.0	-0.03	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Actaea racemosa	Root	--	38.0	-0.39	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea dahurica	Rhizome	--	680.0	0.97	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actinidia chinensis	Fruit	3.0	30.0	-0.41	*
Aegle marmelos	Fruit	6.0	15.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agathosma betulina	Leaf	--	867.0	1.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem	--	150.0	-0.55	*
Albizia julibrissin	Bark	--	100.0	-0.46	*
Albizia lebeck	Seed	--	115.0	-0.17	Wealth of India.
Aleurites moluccana	Seed	20.0	22.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alisma plantago-aquatica	Rhizome	95.0	110.0	-0.75	*
Allium ampeloprasum	Leaf	11.0	255.0	-0.27	*
Allium schoenoprasum	Leaf	8.0	200.0	-0.41	*

Allium sativum var. sativum	Flower	9.0	78.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	34.0	436.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	2.0	135.0	0.78	*
Allium ampeloprasum	Flower	9.0	53.0	-0.75	*
Allium sativum var. sativum	Shoot	17.0	76.0	-0.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	8.0	129.0	0.63	*
Allium sativum var. sativum	Root	1.0	3.0	-0.44	*
Allium ampeloprasum	Root	11.0	80.0	-0.33	*
Allium sativum var. sativum	Leaf	6.0	44.0	-0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Seed	--	235.0	0.39	*
Alocasia macrorrhiza	Root	5.0	63.0	-0.35	*
Alocasia macrorrhiza	Leaf	6.0	38.0	-0.82	*
Aloe vera	Leaf	30.0	300.0	-0.16	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Aloe spp.	Leaf	--	4.1	-0.91	*
Alpinia galanga	Rhizome	21.0	149.0	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	12.0	115.0	-0.27	*
Amaranthus sp.	Leaf	23.0	1527.0	2.95	*
Amaranthus spinosus	Leaf	22.0	1965.0	4.06	*
Amomum xanthioides	Seed	--	910.0	3.53	*
Amorphophallus konjac	Leaf	3.0	115.0	-0.63	*
Amorphophallus campanulatus	Root	5.0	112.0	-0.28	*
Amorphophallus konjac	Root	--	--		*
Amphicarpaea bracteata	Shoot	--	360.0	-0.19	*
Anacardium occidentale	Seed	18.0	195.0	0.21	*
Anacardium occidentale	Fruit	2.0	77.0	-0.22	*
Ananas comosus	Fruit	3.0	73.0	-0.24	*
Anemarrhena asphodeloides	Rhizome	90.0	1400.0	3.14	*
Anethum graveolens	Fruit	114.0	230.0	0.38	*
Anethum graveolens	Seed	114.0	230.0	0.37	*
Anethum graveolens	Leaf	--	--		*
Anethum graveolens	Plant	23.0	755.0	0.15	*
Angelica laxiflora	Root	--	230.0	-0.11	*
Angelica dahurica	Root	--	1800.0	2.17	*

Angelica sinensis	Root	19.4	88.0	-0.31	*
Annona squamosa	Fruit	6.0	66.0	-0.27	*
Annona cherimola	Seed	210.0	270.0	0.55	*
Annona diversifolia	Fruit	7.0	25.0	-0.43	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona reticulata	Fruit	4.0	47.0	-0.34	*
Annona cherimola	Fruit	2.0	26.0	-0.42	*
Annona muricata	Fruit	5.0	33.0	-0.4	*
Annona glabra	Fruit	23.0	175.0	0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Anthriscus cerefolium	Leaf	320.0	345.0	-0.05	*
Apium graveolens	Root	3.6	47.0	-0.37	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Fruit	25.0	120.0	-0.05	*
Apium graveolens	Pt	3.0	347.0	1.29	*
Apium graveolens	Seed	25.0	571.0	1.95	*
Arachis hypogaea	Seed	21.0	42.0	-0.51	*
Arachis hypogaea	Leaf	42.0	195.0	-0.43	*
Aralia cordata	Leaf	3.0	64.0	-0.76	*
Arctium lappa	Root	35.0	147.0	-0.23	*
Arctostaphylos uva-ursi	Leaf	12.0	105.0	-0.65	*
Areca catechu	Shoot	20.0	147.0	-0.47	*
Areca catechu	Seed	15.0	70.0	-0.38	*
Arisaema consanguineum	Rhizome	--	600.0	0.73	*
Aristolochia debilis	Fruit	--	190.0	0.23	*
Armoracia rusticana	Root	1.4	8.0	-0.43	*
Arracacia xanthorrhiza	Root	9.0	31.0	-0.4	*
Artemisia vulgaris	Plant	1200.0	3900.0	3.85	Chem. & Pharm. Bull. 38: 2205.
Artemisia dracunculoides	Plant	320.0	350.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Leaf	15.0	118.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia capillaris	Plant	--	200.0	-0.5	*
Artemisia herba-alba	Plant	710.0	820.0	0.23	*
Artocarpus heterophyllus	Seed	12.0	25.0	-0.58	*
Artocarpus heterophyllus	Fruit	5.0	22.0	-0.44	*
Artocarpus altissimus	Seed	37.0	58.0	-0.43	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

<i>Artocarpus altilis</i>	Fruit	3.0	62.0	-0.28	*
<i>Asiasarum sieboldii</i>	Root	450.0	2800.0	3.63	*
<i>Asiasarum heterotropoides</i>	Root	450.0	2800.0	3.63	*
<i>Asimina triloba</i>	Fruit	68.0	308.0	0.69	*
<i>Aspalathus linearis</i>	Plant	--	14.0	-0.72	*
<i>Aspalathus linearis</i>	Shoot	--	3300.0	3.75	*
<i>Asparagus officinalis</i>	Shoot	6.0	240.0	-0.35	*
<i>Asparagus lucidus</i>	Root	--	30.0	-0.4	*
<i>Asparagus officinalis</i>	Root	1.2	12.0	-0.42	*
<i>Astragalus membranaceus</i>	Root	3.2	20.0	-0.41	*
<i>Atractylodes ovata</i>	Rhizome	210.0	780.0	1.27	*
<i>Atractylodes lancea</i>	Rhizome	--	290.0	-0.21	*
<i>Avena sativa</i>	Seed	20.0	300.0	0.69	Jim Duke's personal files.*
<i>Avena sativa</i>	Plant	3.0	13.5	-0.72	*
<i>Averrhoa carambola</i>	Fruit	1.0	165.0	0.13	*
<i>Averrhoa bilimbi</i>	Fruit	6.0	175.0	0.17	*
<i>Bacopa monnieri</i>	Shoot	--	78.0	-0.56	Wealth of India.
<i>Bactris gasipaes</i>	Fruit	6.0	45.0	-0.35	*
<i>Barosma betulina</i>	Leaf	--	867.0	1.28	*
<i>Basella alba</i>	Leaf	12.0	175.0	-0.48	*
<i>Belamcanda chinensis</i>	Rhizome	--	150.0	-0.63	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Benincasa hispida</i>	Fruit	4.0	125.0	-0.03	*
<i>Berberis vulgaris</i>	Bark	--	141.0	-0.27	*
<i>Berberis vulgaris</i>	Root	--	141.0	-0.24	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed	30.0	93.0	-0.27	*
<i>Beta vulgaris</i>	Leaf	7.0	392.0	0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Root	5.0	165.0	-0.2	*
<i>Bixa orellana</i>	Seed	42.0	56.0	-0.44	*
<i>Bixa orellana</i>	Fruit	8.0	56.0	-0.31	*
<i>Blechnum orientale</i>	Rhizome	--	70.0	-0.87	*
<i>Bletilla striata</i>	Tuber	--	100.0	-0.4	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Blighia sapida</i>	Aril	27.0	130.0	0.61	*
<i>Blighia sapida</i>	Seed	17.0	173.0	0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Plant	1500.0	3500.0	3.38	*
<i>Boehmeria nivea</i>	Leaf	16.0	123.0	-0.61	*

Borago officinalis	Leaf	33.0	472.0	0.28	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. viridis l.	Leaf	6.0	102.0	-0.66	*
Brassica oleracea var. botrytis l.	Leaf	8.0	109.0	-0.64	*
Brassica oleracea var. botrytis l.	Flower	5.0	122.0	-0.3	*
Brassica juncea	Leaf	16.0	174.0	-0.48	*
Brassica pekinensis	Leaf	28.5	63.0	-0.76	*
Brassica oleracea var. capitata l.	Leaf	4.0	151.0	-0.54	*
Brassica nigra	Leaf	12.0	209.0	-0.39	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	2.0	37.0	-0.39	*
Brassica chinensis	Leaf	8.0	171.0	-0.49	*
Brassica oleracea	Stem	4.0	44.0	-0.65	*
Brassica oleracea var. italica	Leaf	8.0	109.0	-0.64	*
Brassica rapa	Leaf	8.0	171.0	-0.49	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. gemmifera	Leaf	9.0	136.0	-0.58	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	2.0	62.0	-0.35	*
Brassica rapa	Seed	--	93.0	-0.27	*
Brassica oleracea var. sabellica l.	Leaf	15.0	110.0	-0.64	*
Bromelia pinguin	Shoot	3.0	75.0	-0.57	*
Brosimum alicastrum	Fruit	8.0	50.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Broussonetia papyrifera	Fruit	--	560.0	1.69	*
Bupleurum chinense	Root	2.8	25.0	-0.41	*
Byrsonima crassifolia	Fruit	6.0	118.0	-0.06	*
Cajanus cajan	Fruit	17.0	56.0	-0.31	*
Cajanus cajan	Seed	13.0	62.0	-0.41	*
Calathea macrosepala	Flower	10.0	130.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	189.0	1500.0	2.88	*
Canavalia ensiformis	Fruit	12.0	175.0	0.17	*
Canavalia ensiformis	Seed	12.0	97.0	-0.25	*
Canna indica	Root	14.0	42.0	-0.38	*
Cannabis sativa	Seed	120.0	139.0	-0.05	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capparis spinosa	Leaf	--	720.0	0.9	Wealth of India.

<i>Capsella bursa-pastoris</i>	Plant	48.0	407.0	-0.26	*
<i>Capsicum frutescens</i>	Fruit	7.0	135.0	0.01	*
<i>Capsicum annuum</i>	Fruit	4.0	14.0	-0.47	*
<i>Carica pentagona</i>	Fruit	4.0	60.0	-0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Leaf	8.0	38.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Fruit	0.4	3.0	-0.52	*
<i>Carthamus tinctorius</i>	Flower	1.0	8.0	-1.05	*
<i>Carthamus tinctorius</i>	Seed	97.0	102.0	-0.23	*
<i>Carum carvi</i>	Seed	123.0	1200.0	4.87	*
<i>Carum carvi</i>	Fruit	123.0	286.0	0.61	*
<i>Carya ovata</i>	Shoot	12.5	45.0	-0.61	*
<i>Carya glabra</i>	Shoot	10.0	429.0	-0.09	*
<i>Carya ovata</i>	Seed	--	32.0	-0.55	*
<i>Carya illinoensis</i>	Seed	24.0	73.0	-0.36	*
<i>Casimiroa edulis</i>	Fruit	2.0	15.0	-0.47	*
<i>Cassia tora</i>	Seed	--	50.0	-0.47	*
<i>Castanea mollissima</i>	Seed	14.0	25.0	-0.58	*
<i>Castanea dentata</i>	Seed	12.0	29.0	-0.57	*
<i>Castanea sativa</i>	Seed	7.0	16.0	-0.63	*
<i>Catalpa ovata</i>	Fruit	--	140.0	0.03	*
<i>Catha edulis</i>	Leaf	--	185.0	-0.45	*
<i>Caulophyllum thalictroides</i>	Root	18.0	164.0	-0.2	*
<i>Celosia cristata</i>	Flower	--	180.0	0.08	*
<i>Cenchrus biflorus</i>	Seed	220.0	245.0	0.44	*
<i>Centaurea cyanus</i>	Plant	--	--		*
<i>Centella asiatica</i>	Leaf	3.0	29.0	-0.85	*
<i>Chaenomeles lagenaria</i>	Fruit	--	110.0	-0.09	*
<i>Chamaemelum nobile</i>	Flower	--	170.0	0.01	*
<i>Chamissoa altissima</i>	Leaf	137.0	1370.0	2.55	Tramil
<i>Chenopodium album</i>	Seed	--	5.0	-0.68	*
<i>Chenopodium album</i>	Leaf	12.0	250.0	-0.29	*
<i>Chenopodium ambrosioides</i>	Plant	--	52.0	-0.68	*
<i>Chondrus crispus</i>	Plant	--	874.0	0.29	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum coronarium</i>	Bud	31.0	420.0		*
<i>Chrysanthemum parthenium</i>	Plant	--	--		*
<i>Chrysanthemum coronarium</i>	Leaf	25.0	385.0	0.06	*

Chrysanthemum parthenium	Leaf	--	--		*
Chrysophyllum cainito	Fruit	4.0	47.0	-0.34	*
Cicer arietinum	Seed	61.0	72.0	-0.37	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	5.0	246.0	-0.3	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	6.0	360.0	-0.01	*
Cichorium intybus	Root	8.0	40.0	-0.38	*
Cimicifuga racemosa	Root	8.0	38.0	-0.39	*
Cimicifuga dahurica	Rhizome	--	680.0	0.97	*
Cinnamomum verum	Bark	60.0	421.0	0.99	*
Cinnamomum sieboldii	Root Bark	--	200.0	-0.4	*
Cinnamomum burmannii	Bark	--	100.0	-0.46	*
Cinnamomum aromaticum	Bark	25.0	421.0	0.99	*
Cistanche salsa	Plant	--	60.0	-0.67	*
Citrullus lanatus	Seed	--	75.0	-0.35	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrullus lanatus	Fruit	2.0	143.0	0.04	*
Citrus sinensis	Fruit	1.0	8.0	-0.5	*
Citrus limon	Fruit	23.0	72.0	-0.24	*
Citrus mitis	Fruit	30.0	300.0	0.66	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus reticulata	Fruit	1.0	79.0	-0.21	*
Citrus aurantiifolia	Fruit	--	67.0	-0.26	*
Citrus aurantium	Fruit	3.0	260.0	0.5	*
Citrus paradisi	Fruit	1.0	88.0	-0.18	*
Citrus medica	Fruit	--	60.0	-0.29	*
Cnicus benedictus	Plant	3.2	24.0	-0.71	*
Cnidium officinale	Rhizome	--	240.0	-0.36	*
Cnidioscolus chayamansa	Leaf	50.0	600.0	0.6	*
Coccinia grandis	Fruit	14.0	203.0	0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	20.0	50.0	-0.47	*
Coffea arabica	Leaf	966.0	1032.0	1.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	29.0	31.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	29.0	68.0	-0.38	*
Cola acuminata	Seed	20.0	54.0	-0.45	*
Colocasia esculenta	Root	4.0	200.0	-0.15	*
Colocasia esculenta	Leaf	6.0	200.0	-0.41	*
Commiphora wightii	Inflorescence	--	--		Jim Duke's personal files.

<i>Coptis chinensis</i>	Rhizome	210.0	320.0	-0.12	*
<i>Coptis</i> spp	Rhizome	210.0	320.0	-0.12	*
<i>Coptis japonica</i>	Rhizome	210.0	320.0	-0.12	*
<i>Corchorus olitorius</i>	Leaf	47.0	485.0	0.31	*
<i>Coriandrum sativum</i>	Leaf	30.0	528.0	0.42	*
<i>Coriandrum sativum</i>	Fruit	112.0	227.0	0.37	*
<i>Cornus officinalis</i>	Fruit	--	90.0	-0.17	*
<i>Corylus avellana</i>	Seed	30.0	99.0	-0.24	*
<i>Crataegus laevigata</i>	Fruit	--	--		*
<i>Crataegus rhipidophylla</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus cuneata</i>	Fruit	--	210.0	0.31	*
<i>Crescentia alata</i>	Seed	94.0	97.0	-0.25	*
<i>Cucumis sativus</i>	Fruit	2.6	420.0	1.14	*
<i>Cucumis melo</i>	Fruit	2.0	55.0	-0.31	*
<i>Cucurbita pepo</i>	Seed	86.0	200.0	0.23	*
<i>Cucurbita pepo</i>	Flower	7.0	144.0	-0.16	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita maxima</i>	Leaf	20.4	145.0	-0.55	*
<i>Cucurbita</i> spp	Fruit	4.0	73.0	-0.24	*
<i>Cuminum cyminum</i>	Seed	155.0	748.0	2.77	*
<i>Cuminum cyminum</i>	Fruit	155.0	748.0	2.44	*
<i>Curcuma longa</i>	Rhizome	121.0	467.0	0.33	*
<i>Curcuma longa</i>	Plant	25.0	80.0	-0.64	*
<i>Cyamopsis tetragonoloba</i>	Fruit	--	58.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Shoot	--	331.0	-0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	6.0	210.0	0.31	*
<i>Cydonia oblonga</i>	Fruit	6.0	52.0	-0.32	*
<i>Cymbopogon citratus</i>	Plant	--	543.0	-0.1	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cynanchum atratum</i>	Root	--	1350.0	1.52	*
<i>Cynara cardunculus</i>	Flower	11.0	101.0	-0.44	*
<i>Cyperus rotundus</i>	Rhizome	--	430.0	0.21	*
<i>Cyphomandra betacea</i>	Fruit	6.0	57.0	-0.3	*
<i>Cypripedium pubescens</i>	Root	--	117.0	-0.27	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cyrtosperma chamissonis</i>	Root	4.0	22.0	-0.41	*
<i>Daucus carota</i>	Root	3.0	300.0	-0.01	*
<i>Dendrobium nobile</i>	Stem	--	90.0	-0.61	*
<i>Dioscorea alata</i>	Root	1.4	25.0	-0.41	*
<i>Dioscorea villosa</i>	Root	7.0	31.0	-0.4	*

Dioscorea sp.	Root	--	315.0	0.02	*
Dioscorea pentaphylla	Root	4.0	24.0	-0.41	*
Dioscorea bulbifera	Rhizome	--	40.0	-0.96	*
Diospyros digyna	Fruit	3.0	18.0	-0.46	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Stem	3.0	1620.0	0.84	*
Diospyros virginiana	Leaf	15.0	500.0	0.35	*
Diospyros virginiana	Fruit	25.0	70.0	-0.25	*
Dipsacus fullonum	Plant	--	190.0	-0.51	*
Drynaria fortunei	Rhizome	--	50.0	-0.93	*
Durio zibethinus	Fruit	7.0	37.0	-0.38	J Cell Biochem VOL. 22=1995
Echinacea spp	Root	700.0	4800.0	6.53	*
Echinacea purpurea	Root	18.0	70.0	-0.34	*
Elaeagnus umbellatus	Fruit	10.0	70.0	-0.25	*
Elaeagnus commutata	Fruit	4.0	30.0	-0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	40.0	61.0	-0.29	*
Eleocharis dulcis	Tuber	6.0	37.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	42.0	66.0	-0.27	*
Elettaria cardamomum	Seed	140.0	153.0	0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	2.5	12.0	-0.42	*
Elytrigia repens	Plant	--	311.0	-0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	4.4	21.0	-0.71	*
Ephedra spp	Plant	--	600.0	-0.03	*
Equisetum hyemale	Plant	--	140.0	-0.57	*
Equisetum arvense	Plant	26.0	123.0	-0.59	*
Eriobotrya japonica	Leaf	--	200.0	-0.41	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Eriobotrya japonica	Fruit	20.0	67.0	-0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriocaulon sp	Leaf	--	70.0	-0.74	*
Eriodictyon californicum	Leaf	24.0	110.0	-0.64	*
Eryngium floridanum	Shoot	--	400.0	-0.13	*
Erythrina fusca	Leaf	18.0	52.0	-0.79	*
Erythrina berteroaana	Shoot	22.0	140.0	-0.48	*
Erythroxyllum novogranatense	Leaf	49.0	81.0	-0.72	*
Erythroxyllum novogranatense	Leaf	86.0	97.0	-0.67	*
Erythroxyllum coca	Leaf	66.0	490.0	0.32	*

<i>Eucommia ulmoides</i>	Bark	--	300.0	0.44	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Eugenia uniflora</i>	Fruit	1.0	14.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia floribunda</i>	Fruit	5.0	40.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	4.5	34.0	-0.39	*
<i>Euodia rutaecarpa</i>	Fruit	--	86.0	-0.19	*
<i>Eupatorium odoratum</i>	Leaf	--	80.0	-0.72	Tramil
<i>Eupatorium perfoliatum</i>	Plant	2.0	20.0	-0.71	*
<i>Euphrasia officinalis</i>	Plant	5.0	31.0	-0.7	*
<i>Fagopyrum esculentum</i>	Seed	30.0	132.0	-0.09	*
<i>Fallopia japonica</i>	Plant	360.0	1300.0	0.79	Chem. & Pharm. Bull. 38: 2205.
<i>Feijoa sellowiana</i>	Fruit	0.5	3.0	-0.52	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Fruit	3.0	57.0	-0.3	*
<i>Firmiana simplex</i>	Seed	--	70.0	-0.38	*
<i>Foeniculum vulgare</i>	Plant	27.0	270.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Foeniculum vulgare</i>	Fruit	100.0	240.0	0.42	*
<i>Foeniculum vulgare</i>	Seed	2.3	21.0	-0.6	*
<i>Forsythia suspensa</i>	Fruit	--	440.0	1.22	*
<i>Fragaria spp</i>	Fruit	3.0	100.0	-0.13	*
<i>Frangula purshiana</i>	Bark	6.4	23.0	-0.8	*
<i>Fraxinus rhynchophylla</i>	Bark	--	120.0	-0.37	*
<i>Fritillaria thunbergii</i>	Bulb	--	50.0	-1.41	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Fucus vesiculosus</i>	Plant	2.0	16.0	-0.72	*
<i>Garcinia mangostana</i>	Fruit	2.0	46.0	-0.35	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Gardenia jasminoides</i>	Fruit	40.0	130.0	-0.01	*
<i>Gastrodia elata</i>	Rhizome	--	40.0	-0.96	*
<i>Genipa americana</i>	Seed	--	100.0	-0.24	*
<i>Genipa americana</i>	Fruit	10.0	160.0	0.11	*
<i>Gentiana lutea</i>	Root	8.0	37.0	-0.39	*
<i>Gentiana scabra</i>	Root	--	910.0	0.88	*
<i>Geranium thunbergii</i>	Plant	--	400.0	-0.27	*
<i>Ginkgo biloba</i>	Seed	10.0	26.0	-0.58	*
<i>Ginkgo biloba</i>	Leaf	2.0	8.0	-0.9	*
<i>Glechoma hederacea</i>	Plant	290.0	500.0	-0.15	Chem. & Pharm. Bull. 38: 2205.
<i>Glehnia littoralis</i>	Root	--	820.0	0.75	*

Gliricidia sepium	Leaf	8.0	52.0	-0.79	*
Gliricidia sepium	Flower	18.0	129.0	-0.26	*
Glycine max	Sprout Seedling	10.0	73.0	-0.98	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	28.0	91.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	38.0	180.0	0.14	*
Glycine max	Plant	--	210.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza uralensis	Root	180.0	280.0	-0.03	*
Glycyrrhiza glabra	Root	14.0	88.0	-0.31	*
Gymnema sylvestre	Leaf	9.0	49.0	-0.8	*
Harpagophytum procumbens	Root	55.0	290.0	-0.02	*
Helianthus annuus	Seed	60.0	70.0	-0.38	*
Helianthus tuberosus	Tuber	6.0	168.0	0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	0.7	6.0	-1.06	*
Hibiscus rosa-sinensis	Flower	17.0	165.0	-0.02	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Leaf	15.0	333.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Sprout Seedling	--	100.0	-0.45	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Hordeum vulgare	Seed	40.0	100.0	-0.24	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hordeum vulgare	Stem	--	160.0	-0.54	*
Houttuynia cordata	Plant	--	500.0	-0.15	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	--	--		*
Hydrangea arborescens	Root	6.0	18.0	-0.42	*
Hydrastis canadensis	Root	17.0	61.0	-0.35	*
Hylocereus guatemalensis	Fruit	5.0	37.0	-0.38	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	13.0	83.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hyoscyamus niger	Seed	--	180.0	0.14	*
Inga feuillei	Aril	4.0	25.0	-1.41	J Cell Biochem VOL. 22=1995
Inga edulis	Seed	30.0	85.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inula helenium	Plant	--	--		*
Inula helenium	Root	0.9	4.0	-0.44	*
Ipomoea batatas	Root	4.0	64.0	-0.35	*
Ipomoea batatas	Leaf	10.0	365.0	0.0	*
Ipomoea aquatica	Leaf	11.0	540.0	0.45	*

<i>Isatis tinctoria</i>	Root	--	150.0	-0.22	*
<i>Juglans nigra</i>	Fruit	--	455.0	1.28	*
<i>Juglans cinerea</i>	Seed	38.0	76.0	-0.35	*
<i>Juglans regia</i>	Seed	22.0	28.0	-0.57	*
<i>Juglans nigra</i>	Pericarp	5.4	45.0		*
<i>Juglans nigra</i>	Seed	28.0	73.0	-0.36	*
<i>Juncus effusus</i>	Pith	--	840.0	1.41	*
<i>Juniperus virginiana</i>	Shoot	11.0	1320.0	1.1	*
<i>Juniperus communis</i>	Fruit	5.0	15.0	-0.47	*
<i>Jussiaea repens</i>	Plant	--	700.0	0.09	*
<i>Justicia pectoralis</i>	Leaf	74.0	495.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf	--	50.0	-0.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Fruit	16.7	94.9	-0.15	*
<i>Lablab purpureus</i>	Seed	7.4	61.0	-0.42	*
<i>Lactuca sativa</i>	Leaf	5.0	176.0	-0.47	*
<i>Lagenaria siceraria</i>	Fruit	2.0	45.0	-0.35	*
<i>Larrea tridentata</i>	Plant	11.0	33.0	-0.7	*
<i>Lens culinaris</i>	Sprout Seedling	30.0	116.0	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	22.0	106.0	-0.21	*
<i>Lepidium sativum</i>	Leaf	13.0	286.0	-0.2	*
<i>Licania platypus</i>	Fruit	5.0	48.0	-0.34	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ligustrum lucidum</i>	Fruit	--	120.0	-0.05	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Ligustrum japonicum</i>	Fruit	--	120.0	-0.05	*
<i>Limonia acidissima</i>	Seed	300.0	312.0	0.75	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Limonia acidissima</i>	Fruit	6.0	20.0	-0.45	*
<i>Linum usitatissimum</i>	Seed	29.0	549.0	1.85	*
<i>Lobelia inflata</i>	Leaf	4.0	31.0	-0.84	*
<i>Lonicera japonica</i>	Flower	--	350.0	1.2	*
<i>Lophatherum gracile</i>	Plant	--	240.0	-0.46	*
<i>Luffa aegyptiaca</i>	Leaf	115.0	1162.0	2.02	*
<i>Luffa aegyptiaca</i>	Fruit	3.0	80.0	-0.21	*
<i>Lupinus mutabilis</i>	Seed	55.0	60.0	-0.42	*
<i>Lupinus mutabilis</i>	Fruit	19.0	66.0	-0.27	*
<i>Lupinus albus</i>	Seed	43.0	49.0	-0.47	*
<i>Lycium chinense</i>	Root Bark	--	670.0	2.11	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Lycium chinense</i>	Leaf	54.0	519.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Lycium chinense	Fruit	13.0	140.0	0.03	*
Lycopersicon esculentum	Fruit	1.0	800.0	2.65	*
Lycopodium clavatum	Plant	--	650.0	0.03	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lygodium japonicum	Pollen Or Spore	--	1090.0		*
Macadamia spp	Seed	18.0	200.0	0.23	*
Magnolia fargesii	Flower	--	320.0	1.0	*
Magnolia denudata	Flower	--	320.0	1.0	*
Magnolia officinalis	Bark	--	120.0	-0.37	*
Magnolia kobus	Flower	--	320.0	1.0	*
Malpighia glabra	Fruit	2.0	28.0	-0.42	*
Malus domestica	Fruit	1.1	123.0	-0.04	*
Malva sylvestris	Leaf	37.0	440.0	0.19	*
Malva parviflora	Plant	--	195.0	-0.51	*
Mammea americana	Fruit	1.0	51.0	-0.33	*
Mangifera indica	Leaf	--	62.0	-0.76	*
Mangifera indica	Fruit	1.0	243.0	0.44	*
Manihot esculenta	Leaf	28.0	1500.0	2.88	*
Manihot esculenta	Root	2.0	114.0	-0.28	*
Manilkara zapota	Fruit	6.0	40.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	19.0	75.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	7.0	15.0	-0.47	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	4.9	26.0	-0.71	*
Melicoccus bijugatas	Fruit	5.0	38.0	-0.38	*
Mentha spicata	Plant	156.0	918.0	0.34	*
Mentha pulegium	Plant	--	2310.0	1.98	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha x piperita	Leaf	9.0	60.0	-0.77	*
Mentha arvensis var. piperascens	Plant	--	400.0	-0.27	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mimosa pudica	Leaf	--	14.0	-0.89	*
Mimulus glabratus	Shoot	66.0	660.0	0.22	*
Momordica charantia	Leaf	50.0	357.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	2.0	560.0	1.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	23.0	100.0	-0.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root	--	320.0	0.02	*
Moringa oleifera	Leaf	70.0	280.0	-0.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Fruit	3.0	30.0	-0.41	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	40.0	185.0	-0.42	USDA's Ag Handbook 8 and sequelae)

Morus alba	Root Bark	70.0	290.0	0.08	*
Morus alba	Fruit	19.0	247.0	0.45	*
Mucuna pruriens	Seed	--	200.0	0.23	*
Muntingia calabura	Fruit	12.0	53.0	-0.32	*
Murraya sp	Fruit	4.0	17.0	-0.46	*
Murraya koenigii	Leaf	30.0	115.0	-0.63	*
Musa x paradisiaca	Pith	--	11.0	-0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Fruit	4.0	17.0	-0.46	*
Musa x paradisiaca	Flower	--	1.0	-1.1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	2.0	38.0	-0.38	*
Myrciaria dubia	Fruit	5.0	85.0	-0.19	*
Myrica cerifera	Bark	10.0	47.0	-0.7	*
Myristica fragrans	Aril	126.0	140.0	0.8	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	30.0	45.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nardostachys chinensis	Rhizome	--	1210.0	2.57	*
Nasturtium officinale	Herb	2.0	262.0	-1.0	*
Nelumbo nucifera	Seed	9.5	71.0	-0.37	*
Nelumbo nucifera	Rhizome	7.0	70.0	-0.87	*
Nepeta cataria	Plant	17.0	138.0	-0.58	*
Nigella sativa	Seed	--	140.0	-0.05	*
Notopterygium incisum	Rhizome	--	280.0	-0.24	*
Nyssa sylvatica	Stem	33.0	440.0	-0.28	*
Nyssa sylvatica	Leaf	8.0	1820.0	3.69	*
Ocimum basilicum	Leaf	48.0	478.0	0.29	*
Oenothera biennis	Seed	94.0	390.0	1.11	*
Olea europaea	Fruit	16.0	73.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ophiopogon japonicus	Tuber	70.0	340.0	1.88	*
Opuntia ficus-indica	Fruit	12.0	65.0	-0.27	*
Opuntia ficus-indica	Seed	--	100.0	-0.24	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	325.0	598.0	-0.03	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Origanum majorana	Plant	750.0	975.0	0.41	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	14.0	85.0	-0.31	*
Oxalis tuberosa	Root	8.0	49.0	-0.37	*
Pachira macrocarpa	Seed	38.0	40.0	-0.51	*
Pachyrhizus erosus	Tuber	6.0	55.0	-0.83	*

<i>Paeonia suffruticosa</i>	Root Bark	95.0	120.0	-0.83	*
<i>Paeonia moutan</i>	Root Bark	95.0	120.0	-0.83	*
<i>Paeonia lactiflora</i>	Root	40.0	47.0	-0.37	*
<i>Panax ginseng</i>	Fruit	--	--		*
<i>Panax ginseng</i>	Pt	--	--		*
<i>Panax quinquefolius</i>	Plant	49.0	407.0	-0.26	*
<i>Panax ginseng</i>	Leaf	--	--		*
<i>Panax japonicus</i>	Rhizome	--	360.0	0.0	*
<i>Panax ginseng</i>	Stem	--	--		*
<i>Panax ginseng</i>	Root	--	--		*
<i>Panicum maximum</i>	Leaf	--	525.0	0.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Papaver somniferum</i>	Seed	91.0	143.0	-0.04	*
<i>Parthenium integrifolium</i>	Root	1.0	6.0	-0.43	*
<i>Passiflora ligularis</i>	Fruit	4.0	52.0	-0.32	*
<i>Passiflora edulis</i>	Fruit	16.0	64.0	-0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	6.0	143.0	0.04	*
<i>Passiflora foetida</i>	Fruit	7.0	39.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Flower	0.8	7.0	-1.06	*
<i>Passiflora incarnata</i>	Fruit	16.0	58.0	-0.3	*
<i>Passiflora mollissima</i>	Fruit	4.0	50.0	-0.33	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora edulis</i>	Seed	--	180.0	0.14	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora quadrangularis</i>	Seed	29.0	134.0	-0.08	*
<i>Pastinaca sativa</i>	Root	4.0	112.0	-0.28	*
<i>Peperomia pelucida</i>	Leaf	30.0	410.0	0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pereskiaifolia</i>	Leaf	57.0	380.0	0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	--	250.0	0.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root	--	32.0	-0.4	Izidoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Perilla frutescens</i>	Seed	13.0	135.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Plant	--	460.0	-0.2	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Perilla frutescens</i>	Leaf	67.0	479.0	0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	6.0	71.0	-0.25	*
<i>Persea schiedeana</i>	Fruit	3.0	15.0	-0.47	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	1.0	18.0	-1.15	USDA's Ag Handbook 8 and sequelae)

Petasites japonicus	Plant	2000.0	2100.0	1.73	Chem. & Pharm. Bull. 38: 2205.
Petroselinum crispum	Plant	1.3	17.0	-0.72	*
Petroselinum crispum	Shoot	--	--		*
Peucedanum decursivum	Plant	780.0	1400.0	0.91	*
Phaseolus coccineus	Fruit	26.0	41.0	-0.36	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus vulgaris	Leaf	92.0	697.0	0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	22.0	1000.0	3.95	*
Phaseolus acutifolius	Seed	24.0	56.0	-0.44	*
Phaseolus vulgaris	Sprout Seedling	8.0	87.0	-0.7	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	6.0	1050.0	3.64	*
Phaseolus lunatus	Leaf	23.0	821.0	1.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	24.0	147.0	-0.02	*
Phaseolus lunatus	Sprout Seedling	13.0	228.0	2.07	*
Phaseolus coccineus	Seed	1.0	103.0	-0.22	*
Phellodendron amurense	Bark	--	210.0	0.04	*
Phoenix dactylifera	Seed	5.0	17.0	-0.62	Abstract (See species file)
Phoenix dactylifera	Fruit	10.0	151.0	0.07	*
Phyllanthus acidus	Fruit	11.0	372.0	0.95	*
Phyllanthus emblica	Fruit	5.0	163.0	0.12	*
Physalis peruviana	Fruit	12.0	115.0	-0.07	*
Physalis ixocarpa	Fruit	14.0	2974.0	11.27	*
Phytelephas aequatorialis	Flower	8.0	27.0	-0.93	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	7.0	25.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytolacca americana	Shoot	17.0	202.0	-0.4	*
Pimenta dioica	Fruit	60.0	85.0	-0.19	*
Pimenta dioica	Leaf	76.0	95.0	-0.68	*
Pimpinella anisum	Fruit	391.0	409.0	1.09	*
Pimpinella anisum	Seed	348.0	409.0	1.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinellia ternata	Tuber	70.0	95.0	-0.45	*
Pinus edulis	Seed	28.0	37.0	-0.53	*
Pinus gerardiana	Seed	--	25.0	-0.58	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus echinata	Shoot	34.0	630.0	0.18	*
Pinus pinea	Seed	92.0	100.0	-0.24	USDA's Ag Handbook 8 and sequelae)

<i>Pinus cembroides</i>	Seed	45.0	55.0	-0.45	USDA's Ag Handbook 8 and sequelae)
<i>Piper auritum</i>	Leaf	48.0	315.0	-0.12	*
<i>Piper nigrum</i>	Fruit	24.0	407.0	1.09	*
<i>Piper betel</i>	Leaf	35.0	240.0	-0.31	*
<i>Pistacia vera</i>	Seed	46.0	137.0	-0.06	*
<i>Pisum sativum</i>	Seed	14.0	90.0	-0.28	*
<i>Pisum sativum</i>	Plant	--	400.0	-0.27	*
<i>Pisum sativum</i>	Fruit	21.0	206.0	0.29	*
<i>Plantago major</i>	Seed	5.0	18.0	-0.62	*
<i>Plantago psyllium</i>	Seed	4.0	20.0	-0.61	*
<i>Plantago psyllium</i>	Hull Husk	--	183.0		*
<i>Plantago asiatica</i>	Plant	--	890.0	0.31	*
<i>Platonia insignis</i>	Fruit	22.0	79.0	-0.21	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Platycodon grandiflorum</i>	Root	62.0	200.0	-0.15	*
<i>Plectranthus amboinicus</i>	Leaf	39.0	695.0	0.84	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polygala tenuifolia</i>	Root	--	290.0	-0.02	*
<i>Polygonum multiflorum</i>	Root	--	156.0	-0.22	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polygonum multiflorum</i>	Plant	--	350.0	-0.33	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Polygonum multiflorum</i>	Rhizome	--	150.0	-0.63	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Polymnia edulis</i>	Root	6.0	66.0	-0.35	*
<i>Polystichum polyblepharum</i>	Plant	500.0	1900.0	1.5	*
<i>Portulaca oleracea</i>	Herb	8.0	467.0	1.0	*
<i>Pourouma cecropiaefolia</i>	Fruit	--	--	-0.53	J Cell Biochem VOL. 22=1995
<i>Pouteria viridis</i>	Fruit	7.0	22.0	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	7.0	26.0	-0.42	*
<i>Pouteria caimito</i>	Fruit	10.0	70.0	-0.25	*
<i>Prunella vulgaris</i>	Flower	--	640.0	3.1	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Prunus serotina</i>	Leaf	20.0	1440.0	2.73	*
<i>Prunus salicifolia</i>	Fruit	6.0	36.0	-0.38	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus persica</i>	Bark	--	117.0	-0.38	*
<i>Prunus cerasus</i>	Fruit	3.0	78.0	-0.22	*
<i>Prunus persica</i>	Seed	--	80.0	-0.33	*
<i>Prunus dulcis</i>	Seed	35.0	60.0	-0.42	*
<i>Prunus armeniaca</i>	Seed	42.0	48.0	-0.48	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Prunus serotina</i>	Stem	0.19	810.0	0.07	*
<i>Prunus persica</i>	Fruit	1.0	99.0	-0.13	*
<i>Prunus domestica</i>	Fruit	0.8	85.0	-0.19	*

<i>Prunus armeniaca</i>	Fruit	5.0	79.0	-0.21	*
<i>Psidium cattleianum</i>	Fruit	2.0	82.0	-0.2	*
<i>Psidium guajava</i>	Fruit	3.0	73.0	-0.24	*
<i>Psophocarpus tetragonolobus</i>	Seed	15.0	158.0	0.03	*
<i>Psophocarpus tetragonolobus</i>	Leaf	20.0	259.0	-0.26	*
<i>Psophocarpus tetragonolobus</i>	Tuber	20.0	47.0	-0.9	*
<i>Psoralea esculenta</i>	Root	--	39.0	-0.38	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Pueraria pseudohirsuta</i>	Root	50.0	68.0	-0.34	*
<i>Pueraria montana</i>	Root	6.0	19.0	-0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pulsatilla chinensis</i>	Root	--	1050.0	1.08	*
<i>Punica granatum</i>	Fruit	3.0	16.0	-0.46	USDA's Ag Handbook 8 and sequelae)
<i>Pyrus communis</i>	Fruit	0.9	37.0	-0.38	*
<i>Quararibea cordata</i>	Fruit	4.0	90.0	-0.17	*
<i>Quercus rubra</i>	Stem	12.0	343.0	-0.37	*
<i>Quercus alba</i>	Stem	2.0	380.0	-0.34	*
<i>Quercus velutina</i>	Stem	14.0	236.0	-0.47	*
<i>Quercus rubra</i>	Seed	--	81.0	-0.32	*
<i>Quercus alba</i>	Bark	0.5	2.0	-0.9	*
<i>Quercus stellata</i>	Stem	17.0	420.0	-0.3	*
<i>Quercus phellos</i>	Stem	14.0	294.0	-0.42	*
<i>Quisqualis indica</i>	Fruit	--	50.0	-0.33	*
<i>Raphanus sativus</i>	Root	2.0	189.0	-0.17	*
<i>Raphanus sativus</i>	Leaf	41.0	357.0	-0.02	*
<i>Raphanus sativus</i>	Seed	--	120.0	-0.14	*
<i>Raphanus sativus</i>	Fruit	4.0	295.0	0.64	*
<i>Rehmannia glutinosa</i>	Root	--	920.0	0.89	*
<i>Rheum rhabarbarum</i>	Pt	1.0	154.0	-0.14	*
<i>Rheum rhabarbarum</i>	Leaf	3.0	250.0	-0.29	*
<i>Rheum palmatum</i>	Rhizome	100.0	180.0	-0.54	*
<i>Rhizophora mangle</i>	Leaf	--	152.0	-0.54	*
<i>Rhodymenia palmata</i>	Plant	--	792.0	0.19	*
<i>Ribes nigrum</i>	Fruit	11.0	108.0	-0.1	USDA's Ag Handbook 8 and sequelae)
<i>Ribes uva-crispa</i>	Fruit	2.5	40.0	-0.37	*
<i>Ribes rubrum</i>	Fruit	9.0	68.0	-0.26	*
<i>Rollinia mucosa</i>	Fruit	12.0	53.0	-0.32	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Rosa canina	Fruit	--	--		*
Rosa laevigata	Fruit	--	40.0	-0.37	*
Rosmarinus officinalis	Leaf	65.0	400.0	0.09	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Plant	220.0	400.0	-0.27	*
Rubia cordifolia	Root	--	720.0	0.6	*
Rubus idaeus	Fruit	5.0	45.0	-0.35	Revised USDA data received 1993.
Rubus idaeus	Leaf	17.0	101.0	-0.66	*
Rubus chingii	Fruit	--	110.0	-0.09	*
Rubus chamaemorus	Fruit	7.0	47.0	-0.34	*
Rumex crispus	Root	20.0	76.0	-0.33	*
Rumex acetosa	Leaf	16.0	160.0	-0.52	*
Ruscus aculeatus	Root	50.0	164.0	-0.2	*
Salix alba	Bark	3.5	21.0	-0.81	*
Salvia officinalis	Leaf	2.4	15.0	-0.88	*
Salvia miltiorrhiza	Root	--	230.0	-0.11	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Sambucus nigra	Fruit	15.0	90.0	-0.17	*
Sambucus canadensis	Plant	16.0	79.0	-0.65	*
Sassafras albidum	Stem	3.0	740.0	0.0	*
Sassafras albidum	Leaf	33.0	1020.0	1.66	*
Satureja hortensis	Plant	--	416.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	5.0	35.0	-0.39	*
Schizonepeta tenuifolia	Plant	--	1700.0	1.26	*
Sclerocarya caffra	Seed	--	4.0	-0.68	*
Sclerocarya caffra	Fruit	1.0	12.0	-0.48	*
Scrophularia buergeriana	Root	--	140.0	-0.24	*
Scutellaria lateriflora	Plant	3.4	25.0	-0.71	*
Scutellaria baicalensis	Root	170.0	220.0	-0.12	*
Secale cereale	Seed	25.0	54.0	-0.45	*
Sechium edule	Fruit	4.0	57.0	-0.3	*
Sechium edule	Shoot	3.0	40.0	-0.61	*
Sechium edule	Leaf	46.0	262.0	-0.26	*
Senna alexandrina	Leaf	17.0	84.0	-0.71	*
Senna obtusifolia	Seed	29.0	37.0	-0.53	*
Senna occidentalis	Seed	--	1300.0	5.34	*
Serenoa repens	Fruit	9.0	66.0	-0.27	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	20.0	169.0	0.08	*
Sicana odorifera	Fruit	6.0	48.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Sida rhombifolia</i>	Leaf	50.0	253.0	-0.28	*
<i>Siegesbeckia orientalis</i>	Plant	--	190.0	-0.51	*
<i>Silybum marianum</i>	Leaf	23.0	106.0	-0.65	*
<i>Silybum marianum</i>	Plant	--	106.0	-0.61	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Simmondsia chinensis</i>	Seed	--	46.0	-0.49	*
<i>Sinapis alba</i>	Seed	90.0	370.0	1.02	*
<i>Sinomenium acutum</i>	Rhizome	--	150.0	-0.63	*
<i>Smilax officinalis</i>	Root	19.0	91.0	-0.31	*
<i>Smilax</i> spp	Root	19.0	91.0	-0.31	*
<i>Solanum nigrum</i>	Leaf	3.0	660.0	0.75	*
<i>Solanum sessiliflorum</i>	Fruit	6.0	60.0	-0.29	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Solanum tuberosum</i>	Tuber	5.0	128.0	-0.13	*
<i>Solanum melongena</i>	Leaf	155.0	1140.0	1.97	*
<i>Solanum quitoensis</i>	Fruit	34.0	49.0	-0.33	*
<i>Solanum torvum</i>	Fruit	46.0	315.0	0.72	*
<i>Solanum melongena</i>	Fruit	3.0	137.0	0.02	*
<i>Sonchus oleraceus</i>	Leaf	31.0	455.0	0.23	*
<i>Sophora subprostrata</i>	Root	--	130.0	-0.25	*
<i>Sophora angustifolia</i>	Root	280.0	860.0	0.81	*
<i>Sorbus aucubaria</i>	Fruit	7.0	58.0	-0.3	*
<i>Spinacia oleracea</i>	Leaf	--	--		*
<i>Spinacia oleracea</i>	Plant	8.0	384.0	-0.29	*
<i>Spirulina pratensis</i>	Plant	--	71.0	-0.65	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spirulina</i> spp.	Plant	--	71.0	-0.65	*
<i>Spondias purpurea</i>	Fruit	6.0	37.0	-0.38	*
<i>Spondias dulcis</i>	Fruit	3.0	23.0	-0.44	*
<i>Spondias pinnata</i>	Fruit	39.0	400.0	1.06	*
<i>Spondias tuberosa</i>	Fruit	--	7.0	-0.5	*
<i>Spondias mombin</i>	Fruit	10.0	127.0	-0.02	*
<i>Stachys officinalis</i>	Plant	2.0	10.0	-0.73	*
<i>Stellaria media</i>	Plant	21.0	253.0	-0.44	*
<i>Stevia rebaudiana</i>	Leaf	--	39.0	-0.82	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Stevia rebaudiana</i>	Plant	--	850.0	0.26	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
<i>Symphoricarpos orbiculatus</i>	Stem	19.0	4400.0	3.47	*

Symphytum officinale	Leaf	1.3	12.0	-0.89	*
Symphytum officinale	Root	--	810.0	0.74	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium aromaticum	Flower	45.0	150.0	-0.12	*
Syzygium malaccense	Fruit	--	80.0	-0.21	*
Syzygium jambos	Fruit	4.0	75.0	-0.23	*
Syzygium aromaticum	Fruit	45.0	150.0	0.07	*
Syzygium cumini	Fruit	2.0	113.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tabebuia heptaphylla	Bark	--	--		*
Tamarindus indica	Flower	--	70.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf	52.0	88.0	-0.7	*
Tamarindus indica	Fruit	13.0	109.0	-0.1	*
Tanacetum parthenium	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	31.0	900.0	1.36	*
Taraxacum mongolicum	Plant	--	910.0	0.33	*
Taraxacum officinale	Root	14.0	96.0	-0.3	*
Tephrosia candida	Plant	--	78.0	-0.65	*
Terminalia catappa	Seed	--	95.0	-0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	8.0	133.0	-0.58	*
Tetrapanax papyrifera	Pith	--	90.0	-0.6	*
Theobroma cacao	Seed	36.0	37.0	-0.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Seed	34.0	35.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Fruit	7.0	34.0	-0.39	*
Theobroma speciosum	Fruit	17.0	45.0	-0.35	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Plant	1075.0	1508.0	1.04	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	25.0	147.0	-0.55	*
Trachyspermum ammi	Fruit	178.0	299.0	0.66	*
Tragopogon porrifolius	Root	7.0	67.0	-0.34	*
Tribulus terrestris	Leaf	--	92.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	11.0	200.0	0.27	*
Trifolium pratense	Flower	--	--		*
Trifolium pratense	Shoot	10.0	1850.0	1.81	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Trigonella foenum-graecum	Seed	7.3	56.0	-0.44	*
Triticum aestivum	Plant	70.0	770.0	0.17	*
Triticum aestivum	Seed	10.0	120.0	-0.14	*
Tropaeolum tuberosum	Root	2.0	85.0	-0.32	*
Tropaeolum majus	Shoot	13.0	95.0	-0.54	*
Turnera diffusa	Leaf	19.0	88.0	-0.7	*
Tussilago farfara	Flower	--	370.0	1.33	*
Ullucus tuberosus	Root	7.0	58.0	-0.36	*
Ulmus rubra	Bark	--	--		*
Urtica dioica	Root	--	63.0	-0.35	*
Urtica dioica	Leaf	8.0	42.0	-0.81	*
Urtica dioica	Seed	--	57.0	-0.44	*
Vaccinium myrtillus	Leaf	--	250.0	-0.29	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Vaccinium corymbosum	Fruit	2.0	11.0	-0.48	*
Vaccinium vitis-idaea	Leaf	--	250.0	-0.29	*
Vaccinium myrtillus	Fruit	12.0	151.0	0.07	*
Vaccinium vitis-idaea	Fruit	4.0	31.0	-0.4	*
Vaccinium macrocarpon	Fruit	1.0	8.0	-0.5	*
Valeriana officinalis	Root	6.0	48.0	-0.37	*
Valerianella radicata	Plant	349.0	425.0	-0.24	*
Valerianella locusta	Plant	3519.0	4143.0	4.14	*
Verbascum thapsus	Leaf	104.0	236.0	-0.32	*
Viburnum opulus	Bark	--	880.0	3.06	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	19.0	100.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	86.0	94.0	-0.26	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	5.6	132.0	0.18	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	50.0	58.0	-0.43	*
Vigna aconitifolia	Seed	88.0	143.0	-0.04	*
Vigna unguiculata	Fruit	1.0	69.0	-0.25	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	58.0	84.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	19.0	188.0	-0.42	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	19.0	188.0	-0.42	*
Vigna subterranea	Seed	12.0	136.0	-0.07	*
Vigna mungo	Seed	84.0	102.0	-0.23	*

Vigna unguiculata	Seed	10.0	240.0	0.41	*
Viscum album	Leaf	--	460.0	0.25	*
Vitellaria paradoxa	Seed	--	32.0	-0.55	*
Vitis vinifera	Stem	--	900.0	0.16	*
Vitis vinifera	Fruit	1.5	154.0	0.08	*
Xanthosoma sagittifolium	Root	3.0	27.0	-0.4	*
Xanthosoma sagittifolium	Leaf	20.0	365.0	0.0	*
Yucca baccata	Root	1.5	7.3	-0.43	*
Zea mays	Silk Stigma Style	--	504.0		*
Zea mays	Seed	5.0	41.0	-0.51	*
Zingiber officinale	Rhizome	4.0	162.0	-0.59	*
Zingiber officinale	Root	1.1	15.0	-0.42	*
Zizyphus spina-christi	Fruit	--	33.0	-0.4	*
Zizyphus jujuba	Fruit	7.0	170.0	0.15	*