

List of Plants



Chemid

LAURICACID

Dosage

LD50=131 (ivn mus)

Merck 11th Edition

*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
Aesculus hippocastanum	Leaf	--	--		Jim Duke's personal files.
Aloe vera	Juice	--	--		Yamaguchi, I., Mega, N., Sanada, H. 1993. Components of the Gel of Aloe vera (L.) Burm. F. Biosci Biotech Biochem 57(8): 1350-1352.
Anacardium occidentale	Seed	7840.0	7975.0	-0.44	*
Anethum graveolens	Seed	100.0	108.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	100.0	108.0	-0.44	*
Angelica archangelica	Fruit	--	--		*
Apium graveolens	Seed	200.0	213.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Aquilegia vulgaris	Seed	--	--		*
Arachis hypogaea	Plant	--	--		*
Arctium lappa	Plant	--	--		*
Arctium lappa	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Areca catechu	Seed	22000.0	90000.0	0.29	*
Arnica montana	Flower	--	--		*
Artemisia capillaris	Essential Oil	--	--		*
Asparagus officinalis	Shoot	10.0	129.0	1.41	*
Astrocaryum vulgare	Seed Oil	--	549000.0	1.41	Szpiz, R. R., Pereira, D. A., Lago, R. C. A. 1980. Comparison Between Oils From Three Brazilian Palms. Bol. Rec. Cent. Tecnol. Agric. Aliment (Rio de Janeiro) 14: 33-46. Cent Technol Agric Aliment Empresa Brasil Pesqui Aropecu Rio de Janeiro, Brazil.
Bactris gasipaes	Seed	--	104230.0	0.42	*
Bidens pilosa	Plant	--	--		Jim Duke's personal files.
Boswellia serrata	Essential Oil	--	--		*
Brassica oleracea var. sabellica l.	Leaf	20.0	130.0	-1.25	*

<i>Calendula officinalis</i>	Plant	10000.0	17500.0	1.72	*
<i>Camellia sinensis</i>	Seed Oil	--	--		*
<i>Camellia sinensis</i>	Seed	--	--		*
<i>Capparis spinosa</i>	Plant	--	--		*
<i>Capsicum frutescens</i>	Resin, Exudate, Sap	--	--		*
<i>Carica papaya</i>	Seed Oil	--	4000.0	-0.7	Jim Duke's personal files.
<i>Carica papaya</i>	Flower	--	--		Jim Duke's personal files.
<i>Carica papaya</i>	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Carica papaya</i>	Leaf	--	--		Jim Duke's personal files.
<i>Carica papaya</i>	Fruit	10.0	90.0	-0.44	*
<i>Carthamus tinctorius</i>	Seed	--	--		*
<i>Carum carvi</i>	Fruit	100.0	110.0	-0.44	*
<i>Carum carvi</i>	Seed	100.0	110.0	-0.51	USDA's Ag Handbook 8 and sequelae)
<i>Carya illinoensis</i>	Leaf	--	--		*
<i>Cinnamomum camphora</i>	Plant	--	--		*
<i>Cinnamomum verum</i>	Seed	260000.0	304000.0	2.21	Wealth of India.
<i>Citrullus colocynthis</i>	Petiole	--	--		*
<i>Citrullus lanatus</i>	Seed	1600.0	3250.0	-0.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Citrus reticulata</i>	Seed Oil	--	--		*
<i>Cocos nucifera</i>	Seed	25754.0	431400.0	3.36	*
<i>Cocos nucifera</i>	Endosperm	--	--		Jim Duke's personal files.
<i>Crataegus laevigata</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crocus sativus</i>	Silk Stigma Style	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Croton tiglium</i>	Seed	150.0	250.0	-0.51	*
<i>Cucumis melo</i>	Seed	360.0	8920.0	-0.43	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cucurbita pepo</i>	Fruit	10.0	119.0	-0.44	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	10.0	160.0	-0.44	*
<i>Cucurbita pepo</i>	Flower	10.0	205.0	1.0	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	440.0	472.0	-0.51	USDA's Ag Handbook 8 and sequelae)
<i>Cynara cardunculus</i>	Flower	20.0	135.0	-1.0	USDA's Ag Handbook 8 and sequelae)
<i>Daucus carota</i>	Seed	1810.0	6280.0	-0.46	*
<i>Daucus carota</i>	Root	20.0	165.0	-0.67	*
<i>Elettaria cardamomum</i>	Seed Oil	--	--		*
<i>Eryngium foetidum</i>	Plant	10.0	50.0	-0.69	*
<i>Fagopyrum esculentum</i>	Pollen Or Spore	--	--		*
<i>Fucus vesiculosus</i>	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ginkgo biloba</i>	Pollen Or Spore	--	--		Jim Duke's personal files.

Houttuynia cordata	Essential Oil	--	--		*
Houttuynia cordata	Shoot Essent. Oil	--	--		*
Iris versicolor	Rhizome	--	--		*
Iris x germanica	Rhizome	--	--		*
Juglans nigra	Seed Oil	--	--		*
Juniperus communis	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Lablab purpureus	Seed	--	--		*
Laurus nobilis	Fruit	60000.0	192500.0	1.93	*
Lawsonia inermis	Seed Oil	--	--		*
Lupinus albus	Seed	80.0	90.0	-0.51	*
Macadamia spp	Seed	715.0	10850.0	-0.42	*
Malus domestica	Fruit	10.0	63.0	-0.44	*
Mangifera indica	Fruit	10.0	55.0	-0.44	*
Manihot esculenta	Root	10.0	32.0	-0.75	*
Medicago sativa	Seed	--	--		*
Medicago sativa	Plant	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Mentha pulegium	Essential Oil	--	--		*
Momordica charantia	Fruit	--	--		Jim Duke's personal files.
Momordica charantia	Seed Oil	--	--		Jim Duke's personal files.
Morinda citrifolia	Fruit	--	0.07	-0.45	*
Murraya koenigii	Leaf	--	700.0	1.2	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Murraya sp	Plant	--	--		*
Musa x paradisiaca	Fruit	20.0	78.0	-0.44	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Plant	--	--		*
Myrica cerifera	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Myristica fragrans	Seed	375.0	1600.0	-0.5	*
Myristica fragrans	Seed Essent. Oil	--	--		*
Nepeta racemosa	Shoot	--	8.0	-0.71	Baser, K.H.C., Ozek, T., Akgul, A. and Tumen, G. 1993. Composition of the Essential Oil of Nepeta racemosa Lam. J. Ess. Oil Res. 5: 215-7.
Nepeta cataria	Seed Oil	--	--		*
Nepeta racemosa	Shoot	--	8.0	-0.71	Baser, K.H.C., Ozek, T., Akgul, A. and Tumen, G. 1993. Composition of the Essential Oil of Nepeta racemosa Lam. J. Ess. Oil Res. 5: 215-7.
Nerium oleander	Seed	--	--		*
Opuntia ficus-indica	Flower	--	--		*
Origanum vulgare	Plant	200.0	215.0	-0.67	USDA's Ag Handbook 8 and sequelae)

Papaver somniferum	Seed Oil	--	--		*
Petasites hybridus	Root	--	--		*
Phoenix dactylifera	Seed	4800.0	54000.0	-0.03	*
Piper nigrum	Fruit	400.0	447.0	-0.44	USDA's Ag Handbook 8 and sequelae)
Polypodium vulgare	Rhizome	--	--		*
Prunella vulgaris	Leaf	--	--		*
Prunus dulcis	Seed	50.0	52.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Prunus domestica	Seed	3510.0	3780.0	-0.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Prunus africana	Bark	--	--		*
Rosmarinus officinalis	Leaf	140.0	435.0	0.06	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Seed	--	--		*
Sambucus nigra	Flower	--	--		*
Sassafras albidum	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Serenoa repens	Seed	--	--		*
Serenoa repens	Fruit	12080.0	240000.0	2.51	*
Solanum tuberosum	Tuber	30.0	143.0		*
Stellaria media	Plant	--	--		*
Tamarindus indica	Seed	--	--		*
Tamarindus indica	Seed Oil	--	--		*
Taraxacum officinale	Pollen Or Spore	--	--		*
Terminalia pallida	Seed Oil	--	1000.0	-0.71	Gunasekar, D., Sreeramulu, K., Rao, K. V. 1992. Fatty Acid Composition of the Seed Oil of Terminalia pallida. Asian J. Chem. 4 2: 400-401.
Teucrium polium	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
Thymus vulgaris	Plant	2300.0	2484.0	-0.36	USDA's Ag Handbook 8 and sequelae)
Trifolium pratense	Pollen Or Spore	--	--		*
Triticum aestivum	Seed	--	--		*
Tussilago farfara	Leaf	--	--		*
Virola surinamensis	Seed	78000.0	115000.0	0.52	*
Zingiber officinale	Rhizome	390.0	3630.0		*
Zingiber officinale	Rhizome Essent. Oil	--	900.0		*
Zingiber officinale	Root	390.0	3630.0	1.41	USDA's Ag Handbook 8 and sequelae)