

List of Plants

LINOLEIC-ACID

Chemid

LINOLEICACID

*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>Abelmoschus esculentus</i>	Seed	32575.0	89760.0	-0.15	*
<i>Abrus precatorius</i>	Seed	--	3325.0	-0.89	Wealth of India.
<i>Abutilon theophrasti</i>	Seed	--	93175.0	-0.12	Wealth of India.
<i>Acacia farnesiana</i>	Seed	12800.0	50000.0	-0.49	*
<i>Acanthopanax gracilistylis</i>	Plant	--	--		*
<i>Achillea millefolium</i>	Leaf	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Acrocomia totai</i>	Fruit	--	--	-0.36	*
<i>Adonis vernalis</i>	Plant	--	--		*
<i>Aesculus hippocastanum</i>	Leaf	--	--		Jim Duke's personal files.
<i>Aesculus hippocastanum</i>	Seed	--	6415.0	-0.86	*
<i>Ageratum conyzoides</i>	Seed	--	140135.0	0.28	Wealth of India.
<i>Akebia quinata</i>	Seed	--	--		*
<i>Aleurites moluccana</i>	Seed	201600.0	334650.0	1.95	*
<i>Alliaria petiolata</i>	Seed	--	48400.0	-0.5	*
<i>Allium cepa</i>	Seed Oil	575000.0	590600.0	0.78	*
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	1200.0	7800.0		*
<i>Allium cepa</i>	Bulb	--	--		Osman, S. A. 1980. Chemical and Biological Studies of Onion and Garlic in an Attempt to Isolate a Hypoclycaemic Extract. Abstr. 4th Asian Symp. Med. Plants Spices Bangkok, Thailand, September 15-19: 117.
<i>Allium cepa</i>	Seed	103500.0	106200.0	-0.01	Wealth of India.
<i>Allium ampeloprasum</i>	Plant	--	--		*
<i>Allium schoenoprasum</i>	Leaf	2220.0	27750.0	3.31	USDA's Ag Handbook 8 and sequelae)
<i>Aloe vera</i>	Juice	--	--		Yamaguchi, I., Mega, N., Sanada, H. 1993. Components of the Gel of <i>Aloe vera</i> (L.) Burm. F. Biosci Biotech Biochem 57(8): 1350-1352.
<i>Althaea officinalis</i>	Seed	67710.0	91000.0	-0.14	Wealth of India.
<i>Amphicarpaea bracteata</i>	Seed	27400.0	93600.0	-0.12	*
<i>Anacardium occidentale</i>	Seed	76600.0	77925.0	-0.25	*
<i>Anamirta cocculus</i>	Seed	3432.0	5616.0	-0.87	*
<i>Ananas comosus</i>	Fruit	840.0	6222.0	-0.27	USDA's Ag Handbook 8 and sequelae)

Anethum graveolens	Plant	--	--		*
Anethum graveolens	Fruit	9600.0	10397.0	-0.21	*
Anethum graveolens	Seed	9600.0	10397.0	-0.83	USDA's Ag Handbook 8 and sequelae)
Angelica archangelica	Fruit	--	--		*
Angelica sinensis	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona reticulata	Plant	--	--		*
Annona cherimola	Seed	68400.0	88200.0	-0.16	*
Annona cherimola	Fruit	350.0	5300.0	-0.28	*
Anthriscus cerefolium	Seed	--	68900.0	-0.33	*
Apium graveolens	Pt	690.0	12875.0		USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Leaf	60.0	1132.0	-1.19	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Seed	178000.0	46560.0	-0.52	*
Aquilegia vulgaris	Seed	--	64560.0	-0.36	*
Arachis hypogaea	Seed	155300.0	183655.0	0.66	*
Arctium lappa	Fruit	103500.0	124200.0	1.4	Wealth of India.
Areca catechu	Seed	--	--		*
Argemone mexicana	Seed	96000.0	188600.0	0.7	*
Artemisia capillaris	Essential Oil	--	--		*
Artocarpus altilis	Seed	22900.0	52365.0	-0.47	USDA's Ag Handbook 8 and sequelae)
Asclepias syriaca	Seed	48230.0	168540.0	0.53	*
Asimina triloba	Fruit	480.0	6018.0	-0.27	*
Asparagus officinalis	Shoot	910.0	11742.0	1.41	*
Astragalus membranaceus	Root	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Azadirachta indica	Fruit	--	47250.0	0.31	*
Bactris gasipaes	Seed	--	16000.0	-0.78	*
Bactris gasipaes	Fruit	400.0	2450.0	-0.32	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Balanites aegyptiacus	Seed	120000.0	220000.0	0.97	*
Benincasa hispida	Fruit	870.0	22305.0	-0.04	*
Bertholletia excelsa	Seed	140225.0	314300.0	1.78	*
Beta vulgaris	Root	460.0	3628.0	0.19	USDA's Ag Handbook 8 and sequelae)
Bidens pilosa	Shoot	--	--		Jim Duke's personal files.
Borago officinalis	Seed Essent. Oil	--	360000.0	-0.99	Jim Duke's personal files.
Borago officinalis	Seed	45500.0	149370.0	0.36	*

Brassica oleracea var. botrytis l.	Flower	190.0	2455.0	0.45	*
Brassica rapa	Root	120.0	1475.0	-0.61	*
Brassica oleracea var. italica	Leaf	380.0	4081.0	-0.69	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. viridis l.	Plant	--	--		*
Brassica oleracea var. botrytis l.	Leaf	380.0	4081.0	-0.69	*
Brassica chinensis	Leaf	390.0	8334.0	0.03	*
Brassica oleracea	Stem	200.0	2222.0		*
Brassica rapa	Leaf	390.0	8334.0	0.03	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. capitata l.	Leaf	350.0	4680.0	-0.59	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	270.0	3976.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	1380.0	8880.0	0.12	*
Brassica oleracea var. gemmifera	Leaf	450.0	3213.0	-0.84	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	350.0	3385.0	0.1	USDA's Ag Handbook 8 and sequelae)
Bupleurum chinense	Root	--	--		*
Buxus sempervirens	Seed	--	--		*
Cajanus cajan	Seed	7780.0	24472.0	-0.71	*
Calendula officinalis	Seed	100000.0	177500.0	0.6	*
Calotropis sp.	Seed	86000.0	117000.0	0.08	*
Camellia sinensis	Leaf	--	--		*
Camellia sinensis	Seed	--	--		*
Camellia sinensis	Seed Oil	--	--		*
Canarium indicum	Seed	--	136210.0	0.25	*
Cannabis sativa	Seed	207000.0	250600.0	1.23	*
Capparis spinosa	Flower	700.0	2115.0	0.11	*
Capparis spinosa	Seed	142200.0	183600.0	0.66	Wealth of India.
Capparis spinosa	Plant	--	--		*
Capsicum frutescens	Fruit	1040.0	8486.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Capsicum annuum	Fruit	2190.0	29871.0	0.07	*
Carica papaya	Leaf	--	--		Jim Duke's personal files.
Carica papaya	Seed Oil	--	4000.0	-1.52	Jim Duke's personal files.
Carica papaya	Seed	--	5389.0	-0.87	*
Carica papaya	Flower	--	--		Jim Duke's personal files.

Carica papaya	Fruit	60.0	537.0	-0.35	*
Carthamus tinctorius	Seed	122000.0	481394.0	3.21	*
Carum carvi	Fruit	20300.0	46714.0	0.3	*
Carum carvi	Seed	19600.0	46714.0	-0.52	*
Carya illinoensis	Leaf	--	--		*
Catalpa bignonioides	Seed	17075.0	129200.0	0.19	*
Caulophyllum thalictroides	Root	--	--		Jim Duke's personal files.
Cedrus deodora	Seed	--	42465.0	-0.55	*
Ceiba pentandra	Seed	52000.0	145200.0	0.33	*
Centaurea calcitrapa	Plant	--	--		*
Centaurium erythraea	Plant	--	--		*
Centella asiatica	Plant	--	--		*
Ceratonia siliqua	Seed	1185.0	10655.0	-0.83	Wealth of India.
Chamaelirium luteum	Rhizome	--	--		Jim Duke's personal files.
Cicer arietinum	Seed	25930.0	29310.0	-0.67	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	370.0	7548.0	-0.11	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	750.0	12077.0	0.66	*
Cichorium intybus	Root	750.0	3750.0	0.23	*
Cichorium intybus	Seed	--	--		*
Citrullus lanatus	Seed	52000.0	210280.0	0.88	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Citrullus colocynthis	Seed	--	--		*
Citrullus lanatus	Cotyledon	--	486700.0	0.16	*
Citrus sinensis	Fruit	180.0	1359.0	-0.34	USDA's Ag Handbook 8 and sequelae)
Citrus reticulata	Seed Oil	--	--		*
Citrus reticulata	Fruit	270.0	2176.0	-0.32	USDA's Ag Handbook 8 and sequelae)
Citrus paradisi	Fruit	190.0	2090.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Citrus aurantiifolia	Fruit	360.0	3060.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Cnicus benedictus	Seed	56160.0	65520.0	-0.36	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cocos nucifera	Seed	584.0	18694.0	-0.76	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Coffea arabica	Seed	--	--		*
Coix lacryma-jobi	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Colocasia esculenta	Leaf	2140.0	14925.0	1.14	*
Colocasia esculenta	Root	580.0	1975.0	-0.43	*
Corchorus olitorius	Seed	70625.0	92500.0	-0.13	*
Corchorus olitorius	Leaf	1170.0	9525.0	0.23	*
Coriandrum sativum	Seed	--	132000.0	0.21	*

Coriandrum sativum	Fruit	13030.0	18260.0	-0.1	*
Cornus mas	Seed Oil	--	--		Hohn, M. E., Meinschein, W. G. 1976. Seed Oil Fatty Acids: Evolutionary Significance in the Nyssaceae and Cornaceae. Biochem. Syst. Ecol., 4: 193-199.
Cornus mas	Seed	--	687000.0	4.97	Kleiman, R., Spencer, G. F. 1982. Search for New Industrial Oils: 16. Umbelliflorae-Seed Oils Rich in Petroselinic Acid. J. Amer. Oil Chem. Soc., 59: 29-32.
Corylus avellana	Seed	14500.0	18850.0	-0.76	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Crataegus rhipidophylla	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus laevigata	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crocus sativus	Silk Stigma Style	--	--		*
Croton tiglium	Seed	57000.0	95000.0	-0.1	*
Cryptostegia grandifolia	Seed	--	29820.0	-0.66	*
Cryptotaenia japonica	Shoot	--	--		*
Cucumis sativus	Fruit	220.0	5570.0	-0.28	*
Cucumis melo	Cotyledon	56100.0	726700.0	1.24	*
Cucumis sativus	Cotyledon	35100.0	486700.0	0.16	*
Cucumis sativus	Seed	66900.0	170468.0	0.54	*
Cucumis melo	Seed	99600.0	246192.0	1.19	*
Cucurbita pepo	Flower	20.0	410.0	-1.63	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	33025.0	260000.0	1.31	*
Cucurbita maxima	Seed	--	151750.0	0.38	*
Cucurbita pepo	Fruit	20.0	238.0	-0.35	USDA's Ag Handbook 8 and sequelae)
Cucurbita foetidissima	Seed	92340.0	221365.0	0.98	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita spp	Fruit	330.0	5220.0	-0.28	*
Cyamopsis tetragonoloba	Seed Oil	--	472000.0	0.32	Varade, P. B., Misra, B. K., Sikka, K. C., Singh, S. P. 1984. Nutritive Assessment of Guar Oil (Cyamopsis tetragonoloba L. Taub). J Agr Food Chem, 32(5): 1073-1075.
Cydonia oblonga	Seed	--	--		*
Cynara cardunculus	Flower	460.0	3055.0	1.06	USDA's Ag Handbook 8 and sequelae)
Cyperus rotundus	Rhizome	--	--		*
Cytisus scoparius	Seed	--	30960.0	-0.65	*
Datura stramonium	Seed	22500.0	45000.0	-0.53	*
Daucus carota	Seed	9360.0	43400.0	-0.55	*
Daucus carota	Root	670.0	5485.0	0.88	*
Dioscorea pentaphylla	Root	380.0	2050.0	-0.4	*
Dipsacus fullonum	Seed	90000.0	122000.0	0.13	*
Dipteryx odorata	Seed	--	3850.0	-0.88	*
Dodonaea viscosa	Seed	22670.0	108470.0	0.01	*
Echinacea angustifolia	Root	--	--		*
Elaeis guineensis	Fruit	9200.0	92550.0	0.95	*

<i>Elettaria cardamomum</i>	Seed	7035.0	10500.0	-0.83	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Elettaria cardamomum</i>	Fruit	3100.0	3370.0	-0.31	Revised USDA data received 1993.
<i>Elettaria cardamomum</i>	Seed Oil	--	--		*
<i>Eriobotrya japonica</i>	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Eruca sativa</i>	Seed	18675.0	53700.0	-0.46	*
<i>Erythrina cristagalli</i>	Seed	--	31560.0	-0.65	*
<i>Eucalyptus globulus</i>	Fruit	--	--		*
<i>Eucommia ulmoides</i>	Seed Oil	--	100000.0	-1.14	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Euonymus atropurpureus</i>	Plant	--	--		*
<i>Euphorbia hirta</i>	Plant	--	--		*
<i>Fagopyrum esculentum</i>	Seed	3960.0	6078.0	-0.87	*
<i>Fagopyrum esculentum</i>	Pollen Or Spore	--	--		*
<i>Ferula assafoetida</i>	Seed	--	128000.0	0.18	*
<i>Ficus carica</i>	Seed	84000.0	105000.0	-0.02	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Ficus carica</i>	Fruit	1440.0	6893.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Foeniculum vulgare</i>	Fruit	14000.0	18539.0	-0.09	*
<i>Foeniculum vulgare</i>	Seed	14000.0	18539.0	-0.76	*
<i>Foeniculum vulgare</i>	Seed Essent. Oil	--	--		Jim Duke's personal files.
<i>Fragaria spp</i>	Seed	--	153900.0	0.4	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Fragaria spp</i>	Fruit	1080.0	12811.0	-0.17	USDA's Ag Handbook 8 and sequelae)
<i>Frangula purshiana</i>	Plant	--	--		*
<i>Ganoderma lucidum</i>	Tissue Culture	--	--		*
<i>Ginkgo biloba</i>	Seed	5780.0	12889.0	-0.81	USDA's Ag Handbook 8 and sequelae)
<i>Ginkgo biloba</i>	Leaf	--	--		Jim Duke's personal files.
<i>Glycine max</i>	Sprout Seedling	--	--		*
<i>Glycine max</i>	Plant	--	--		*
<i>Glycine max</i>	Seed	70335.0	126082.0	0.16	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Glycine max</i>	Tissue Culture	--	--		*
<i>Gossypium sp</i>	Seed	72480.0	104328.0	-0.02	*
<i>Harpagophytum procumbens</i>	Tuber	--	--		*
<i>Hedera helix</i>	Seed	--	45630.0	-0.53	*
<i>Helianthus annuus</i>	Seed	89000.0	350000.0	2.08	*
<i>Hibiscus sabdariffa</i>	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hippophae rhamnoides</i>	Seed	11040.0	14935.0	-0.79	*
<i>Hippophae rhamnoides</i>	Fruit	--	2100.0	-0.33	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Holarrhena pubescens	Seed	52000.0	164100.0	0.49	*
Hordeum vulgare	Leaf	--	--		*
Hordeum vulgare	Seed	2185.0	24035.0	-0.71	Jim Duke's personal files.*
Houttuynia cordata	Root	--	--		*
Houttuynia cordata	Shoot	--	--		*
Hyoscyamus niger	Seed	141000.0	219396.0	0.96	*
Ipomoea batatas	Root	1110.0	4087.0	0.36	*
Isatis tinctoria	Seed	23940.0	72960.0	-0.29	*
Jatropha curcas	Seed	87960.0	162240.0	0.47	*
Juglans cinerea	Seed	337270.0	348924.0	2.07	*
Juglans regia	Seed	228000.0	532760.0	3.65	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Juglans nigra	Seed	334590.0	349845.0	2.08	USDA's Ag Handbook 8 and sequelae)
Juniperus communis	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Juniperus communis	Plant	--	--		*
Justicia adhatoda	Seed	--	31700.0	-0.65	*
Lablab purpureus	Seed	10.0	82.0	-0.92	*
Lactuca scariola	Seed	165616.0	204160.0	0.83	*
Lactuca sativa	Leaf	470.0	7833.0	-0.06	*
Lagenaria siceraria	Fruit	90.0	2465.0	-0.32	*
Lagenaria siceraria	Seed	288000.0	336250.0	1.96	*
Laurus nobilis	Plant	--	--		*
Laurus nobilis	Fruit	36000.0	176000.0	2.13	*
Lawsonia inermis	Seed	16415.0	35820.0	-0.61	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lawsonia inermis	Oil	--	293000.0		*
Lens culinaris	Sprout Seedling	1810.0	6035.0	-0.42	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	3510.0	3950.0	-0.88	USDA's Ag Handbook 8 and sequelae)
Lentinus edodes	Fruit	--	--		*
Leonotis nepetaefolia	Seed	33320.0	45220.0	-0.53	*
Lepidium meyenii	Root	--	7.0	-1.16	*
Lepidium sativum	Leaf	1520.0	14340.0	1.04	*
Ligustrum lucidum	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Ligustrum japonicum	Fruit	--	--		*
Linum usitatissimum	Flower	--	--		*
Linum usitatissimum	Sprout Seedling	--	--		*
Linum usitatissimum	Seed	30000.0	100000.0	-0.06	*

Linum usitatissimum	Seed Oil	--	182000.0	-0.82	*
Lobelia inflata	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Lonicera japonica	Flower	--	--		*
Luffa aegyptiaca	Seed	94000.0	211500.0	0.89	*
Luffa aegyptiaca	Fruit	870.0	17400.0	-0.11	*
Lupinus albus	Seed	19950.0	22275.0	-0.73	*
Lycium chinense	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Lycopersicon esculentum	Fruit	830.0	13720.0	-0.16	*
Lycopodium clavatum	Pollen Or Spore	--	--		*
Macadamia spp	Seed	10710.0	14725.0	-0.79	*
Maclura pomifera	Fruit	--	--		*
Mangifera indica	Fruit	140.0	765.0	-0.34	*
Manihot esculenta	Root	440.0	1400.0	-0.64	*
Matricaria recutita	Plant	--	--		Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Medicago sativa	Seed Oil	--	--		*
Mentha x piperita	Leaf	690.0	3230.0	-0.84	USDA's Ag Handbook 8 and sequelae)
Mentha spicata	Leaf	540.0	3735.0	-0.75	USDA's Ag Handbook 8 and sequelae)
Mimosa pudica	Seed	12240.0	86700.0	-0.17	*
Momordica charantia	Fruit	--	--		Jim Duke's personal files.
Momordica charantia	Seed	770.0	38192.0	-0.59	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Momordica charantia	Seed Oil	--	--		Jim Duke's personal files.
Momordica charantia	Cotyledon	72200.0	103900.0	-1.56	Jim Duke's personal files.
Monarda punctata	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Morinda citrifolia	Fruit	--	0.02	-0.36	*
Morus alba	Seed	--	--		*
Mucuna pruriens	Seed	715.0	30680.0	-0.65	*
Murraya sp	Plant	--	--		*
Musa x paradisiaca	Fruit	560.0	2176.0	-0.32	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Plant	--	--		*
Myristica fragrans	Seed	--	6000.0	-0.87	*
Myrtus communis	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nelumbo nucifera	Seed	2850.0	8636.0	-0.84	*
Nelumbo nucifera	Rhizome	140.0	670.0	-1.0	*
Nepeta cataria	Seed Oil	--	180000.0	-0.83	*

Nerium oleander	Flower	--	--		*
Nicotiana tabacum	Seed	50000.0	70000.0	-0.32	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nigella sativa	Seed Oil	487600.0	576300.0	0.73	*
Nigella sativa	Seed	128124.0	233459.0	1.08	*
Ocimum basilicum	Seed	53240.0	145200.0	0.33	*
Ocimum tenuiflorum	Seed	--	102455.0	-0.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Seed	--	102455.0	-0.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Oenothera biennis	Seed	121500.0	227798.0	1.03	*
Oenothera biennis	Seed Essent. Oil	--	710000.0	1.37	*
Oenothera biennis	Seed Oil	177000.0	747000.0	1.4	*
Olea europaea	Fruit	10500.0	28000.0	0.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Opuntia ficus-indica	Seed	39640.0	133590.0	0.23	*
Opuntia ficus-indica	Seed Oil	--	734000.0	1.35	*
Origanum majorana	Seed	--	10000.0	-0.83	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Origanum vulgare	Plant	1050.0	1131.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	6600.0	11880.0	-0.82	*
Pachira aquatica	Seed	29000.0	63800.0	-0.37	*
Pachyrhizus erosus	Seed	--	--		*
Paeonia lactiflora	Root	--	--		Economic & Medicinal Plant Research, 1: 53.
Panax ginseng	Root	--	140.0	-1.11	*
Panax quinquefolius	Plant	--	--		*
Papaver bracteatum	Seed	358650.0	383520.0	2.37	*
Papaver somniferum	Seed Oil	--	--		*
Papaver somniferum	Seed	300335.0	309465.0	1.73	*
Papaver somniferum	Latex Exudate	--	--		*
Passiflora edulis	Seed	--	137770.0	0.26	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Pastinaca sativa	Root	410.0	2000.0	-0.42	*
Pastinaca sativa	Seed	--	36330.0	-0.61	*
Perilla frutescens	Seed	--	--		Endo, S., Ishizaki, T., Kimata, M. 1993. Fatty Acid and Sterol Compositions in the Seeds of Perilla frutescens and Linum Usitatissimum. Takyo Gakugei Daigaku Kiyo Dai-4-Bumon, 45: 27-32.
Perilla frutescens	Seed Oil	--	176000.0	-0.85	Longyah, T., Deosthale, Y. G. 1991. Chemical and Nutritional Studies on Hanshi (Perilla frutescens), a Traditional Oilseed from Northeast India. J. Amer. Oil Chem. Soc., 68(10): 781-784.
Persea americana	Fruit	24340.0	505440.0	6.78	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Petasites hybridus	Root	--	--		*
Phaseolus vulgaris	Sprout Seedling	1070.0	11505.0	1.38	USDA's Ag Handbook 8 and sequelae)

<i>Phaseolus lunatus</i>	Seed	2150.0	9509.0	-0.84	*
<i>Phaseolus vulgaris</i>	Seed	3320.0	3731.0	-0.89	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	230.0	2364.0	-0.32	USDA's Ag Handbook 8 and sequelae)
<i>Phoenix dactylifera</i>	Seed	6000.0	10000.0	-0.83	*
<i>Phyllanthus emblica</i>	Seed Oil	--	--		*
<i>Phyllanthus emblica</i>	Seed	--	70400.0	-0.31	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Physalis peruviana</i>	Seed	23625.0	41830.0	-0.56	*
<i>Physostigma venenosum</i>	Seed	--	--		*
<i>Pimpinella anisum</i>	Seed	13700.0	52000.0	-0.47	*
<i>Pinus gerardiana</i>	Seed	137000.0	231350.0	1.06	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pinus edulis</i>	Seed	248820.0	264420.0	1.35	USDA's Ag Handbook 8 and sequelae)
<i>Pinus walliciana</i>	Seed	--	105250.0	-0.02	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pinus pinea</i>	Seed	206890.0	221725.0	0.98	USDA's Ag Handbook 8 and sequelae)
<i>Piper nigrum</i>	Fruit	13200.0	14750.0	-0.15	USDA's Ag Handbook 8 and sequelae)
<i>Pistacia vera</i>	Seed	70220.0	110880.0	0.03	*
<i>Pisum sativum</i>	Seed	1520.0	7190.0	-0.86	*
<i>Pisum sativum</i>	Fruit	1750.0	7418.0	-0.25	*
<i>Plantago ovata</i>	Seed Coat	--	--		*
<i>Plantago psyllium</i>	Seed	--	--		*
<i>Plantago asiatica</i>	Seed	--	--		*
<i>Plantago ovata</i>	Seed Oil	--	534000.0	0.56	*
<i>Plantago ovata</i>	Seed	13000.0	24375.0	-0.71	*
<i>Plantago ovata</i>	Se	13000.0	24375.0		*
<i>Plantago major</i>	Seed	25000.0	50000.0	-0.49	*
<i>Portulaca oleracea</i>	Seed	--	67686.0	-0.34	*
<i>Portulaca oleracea</i>	Herb	704.0	18245.0		*
<i>Prosopis glandulosa</i>	Plant	--	--		*
<i>Prunella vulgaris</i>	Leaf	--	--		*
<i>Prunus cerasus</i>	Seed	127200.0	169600.0	0.54	*
<i>Prunus armeniaca</i>	Fruit	770.0	5640.0	-0.28	USDA's Ag Handbook 8 and sequelae)
<i>Prunus dulcis</i>	Seed	59500.0	136400.0	0.25	*
<i>Prunus cerasus</i>	Fruit	460.0	3312.0	-0.31	*
<i>Prunus persica</i>	Seed	--	--		*
<i>Prunus domestica</i>	Seed	54600.0	83160.0	-0.21	*
<i>Prunus armeniaca</i>	Seed	56000.0	411200.0	2.61	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Prunus persica</i>	Fruit	440.0	3565.0	-0.31	*
<i>Prunus domestica</i>	Fruit	1340.0	9054.0	-0.23	USDA's Ag Handbook 8 and sequelae)

<i>Psidium cattleianum</i>	Fruit	1820.0	9410.0	-0.22	*
<i>Psidium guajava</i>	Seed	--	13900.0	-0.8	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Psidium guajava</i>	Fruit	1820.0	13104.0	-0.17	USDA's Ag Handbook 8 and sequelae)
<i>Psophocarpus tetragonolobus</i>	Leaf	1870.0	8078.0	-0.02	*
<i>Psophocarpus tetragonolobus</i>	Tuber	1530.0	3592.0	1.0	*
<i>Psophocarpus tetragonolobus</i>	Seed	1640.0	44381.0	-0.54	*
<i>Pueraria montana</i>	Stem	--	--		*
<i>Punica granatum</i>	Seed	--	--		*
<i>Pyrus communis</i>	Fruit	930.0	5744.0	-0.27	*
<i>Quisqualis indica</i>	Seed	20700.0	24300.0	-0.71	*
<i>Raphanus sativus</i>	Root	160.0	3100.0	-0.01	*
<i>Rhus toxicodendron</i>	Seed	--	--		*
<i>Ribes nigrum</i>	Seed Essent. Oil	--	450000.0	-0.38	*
<i>Ribes nigrum</i>	Fruit	1070.0	5928.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Ribes nigrum</i>	Seed Oil	--	--		*
<i>Ribes uva-crispa</i>	Fruit	2710.0	22341.0	-0.04	*
<i>Ribes rubrum</i>	Fruit	530.0	3302.0	-0.31	*
<i>Ricinus communis</i>	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Robinia pseudoacacia</i>	Seed	15900.0	70490.0	-0.31	*
<i>Rosa rubiginosa</i>	Seed Oil	--	--		*
<i>Rosa canina</i>	Seed Oil	--	--		*
<i>Rosa canina</i>	Seed	43200.0	58320.0	-0.42	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Rosmarinus officinalis</i>	Leaf	4470.0	13870.0	0.96	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Seed Oil	--	--		*
<i>Rubus idaeus</i>	Fruit	2080.0	15555.0	-0.14	Revised USDA data received 1993.
<i>Ruta graveolens</i>	Seed	--	--		*
<i>Salvia sclarea</i>	Seed	--	53488.0	-0.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Salvia officinalis</i>	Fruit Essent. Oil	--	--		*
<i>Salvia officinalis</i>	Seed	--	73000.0	-0.29	*
<i>Salvia sp.</i>	Seed	34885.0	169200.0	0.53	*
<i>Sambucus nigra</i>	Leaf	--	--		*
<i>Sambucus nigra</i>	Flower	--	--		*
<i>Sambucus canadensis</i>	Seed	106530.0	169600.0	0.54	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Santalum album</i>	Fruit	--	--		*
<i>Sassafras albidum</i>	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Satureja hortensis</i>	Seed	--	75600.0	-0.27	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Secale cereale	Seed	9580.0	10760.0	-0.83	USDA's Ag Handbook 8 and sequelae)
Senna obtusifolia	Seed	--	23160.0	-0.72	*
Senna occidentalis	Seed	7850.0	8164.0	-0.85	*
Serenoa repens	Fruit	1840.0	36000.0	0.15	*
Sesamum indicum	Seed Oil	--	500000.0	0.43	*
Sesamum indicum	Seed	123656.0	278784.0	1.47	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Silybum marianum	Seed	--	--		*
Silybum marianum	Plant	--	--		*
Silybum marianum	Seed Oil	600000.0	700000.0	1.21	*
Simarouba glauca	Seed	11780.0	12860.0	-0.81	*
Sinapis alba	Seed	25062.0	28610.0	-0.67	*
Skimmia arborescens	Seed	--	83500.0	-0.2	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Solanum melongena	Fruit	350.0	4337.0	-0.29	*
Solanum tuberosum	Tuber	320.0	1520.0	-1.0	*
Solanum nigrum	Seed	--	100190.0	-0.06	*
Sophora japonica	Seed	36570.0	64130.0	-0.37	*
Spartium junceum	Seed	68800.0	85312.0	-0.19	*
Spinacia oleracea	Leaf	--	--		*
Spinacia oleracea	Plant	104.0	2613.0	-0.54	*
Stellaria media	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sterculia urens	Seed	4840.0	6292.0	-0.86	*
Strophanthus gratus	Seed	--	90000.0	-0.15	*
Strychnos nux-vomica	Seed	360.0	4600.0	-0.88	*
Tamarindus indica	Seed	27840.0	34336.0	-0.62	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tamarindus indica	Fruit	590.0	860.0	-0.34	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Seed Oil	--	--		*
Taraxacum officinale	Root	--	--		*
Taraxacum officinale	Pollen Or Spore	--	--		*
Terminalia pallida	Seed Oil	--	35000.0	-1.4	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.
Terminalia catappa	Seed Oil	--	--		Abdullahi, A. H., Anelli, G. 1980. Fatty Acid Composition and Characteristics of Terminalia catappa Oil Seed from Somalia. Riv. Agric. Subtrop. Trop. 74: 245-247.
Terminalia chebula	Seed	80100.0	84800.0	-0.19	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Terminalia chebula	Seed Oil	--	--		Miglani, B. D., Chawla, A. S. 1974. Chemical Investigation of the Oil of Terminaliaa chebula. J. Inst. Chem. (Calcutta) 46: 189-

<i>Terminalia catappa</i>	Seed	102600.0	184450.0	0.66	*
<i>Terminalia bellirica</i>	Seed	72475.0	202930.0	0.82	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tetragonia tetragonioides</i>	Leaf	130.0	2165.0	-1.02	*
<i>Teucrium polium</i>	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
<i>Theobroma cacao</i>	Seed	7420.0	29115.0	-0.67	*
<i>Theobroma bicolor</i>	Seed	9620.0	10160.0	-0.83	*
<i>Theobroma cacao</i>	Plant	10700.0	12230.0	-0.39	*
<i>Theobroma angustifolium</i>	Seed	8965.0	23600.0	-0.72	*
<i>Thespesia populnea</i>	Seed	--	86400.0	-0.18	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Thevetia peruviana</i>	Seed	31500.0	42210.0	-0.56	*
<i>Thevetia neriifolia</i>	Seed	--	37800.0	-0.59	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Thymus vulgaris</i>	Plant	5000.0	5400.0	-0.5	USDA's Ag Handbook 8 and sequelae)
<i>Thymus vulgaris</i>	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tilia</i> sp.	Wood	--	--		*
<i>Tribulus terrestris</i>	Fruit	19950.0	28500.0	0.05	*
<i>Trichosanthes anguina</i>	Seed	--	49500.0	-0.49	*
<i>Trichosanthes kirilowii</i>	Seed	--	--		*
<i>Trifolium pratense</i>	Pollen Or Spore	--	--		*
<i>Trigonella foenum-graecum</i>	Seed Oil	68000.0	449000.0	0.23	*
<i>Triticum aestivum</i>	Plant	--	--		*
<i>Urtica dioica</i>	Seed	114235.0	317060.0	1.8	*
<i>Urtica dioica</i>	Root	--	--		Jim Duke's personal files.
<i>Valeriana officinalis</i>	Plant	--	165000.0	2.0	*
<i>Valeriana jatamansi</i>	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Vanilla planifolia</i>	Fruit	--	135.0	-0.35	*
<i>Verbascum thapsus</i>	Seed	48000.0	613000.0	4.33	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Vernonia cinerea</i>	Seed	8360.0	83600.0	-0.2	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Viburnum prunifolium</i>	Bark	--	--		*
<i>Viburnum opulus</i>	Root Bark	--	--		*
<i>Viburnum opulus</i>	Bark	--	--		*
<i>Viburnum opulus</i>	Seed	--	--		*

Viburnum opulus	Fruit	--	--		*
Vicia faba	Seed	1200.0	6315.0	-0.86	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	420.0	4412.0	-0.96	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	4850.0	5370.0	-0.87	*
Vigna unguiculata	Shoot	600.0	5871.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3570.0	4890.0	-0.88	*
Vigna unguiculata	Seed	3080.0	3364.0	-0.89	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	1168.0	5783.0	-0.87	*
Vigna unguiculata	Shoot	600.0	5871.0	-0.71	*
Vigna unguiculata	Fruit	960.0	7901.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	1467.0	4075.0	-0.88	*
Virola surinamensis	Seed	30600.0	34680.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Vitellaria paradoxa	Seed Oil	--	69000.0	-1.27	Adomako, D. 1977. Fatty Acid Composition and Characteristics of Pentadesma Butyracea Fat Extracted From Ghana Seeds. J. Sci. Food Agr. 28: 384-386.
Vitellaria paradoxa	Seed	22620.0	28930.0	-0.67	*
Vitex agnus-castus	Fruit	--	--		*
Vitis vinifera	Seed	33000.0	110000.0	0.02	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vitis vinifera	Fruit	1300.0	6687.0	-0.26	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Seed Oil	--	--		*
Withania somnifera	Plant	--	--		*
Withania somnifera	Seed Oil	--	600000.0	0.82	*
Zea mays	Seed	5420.0	22547.0	-0.72	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Root	1200.0	11220.0	3.02	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome	1200.0	11220.0	1.0	*