

# List of Plants

## MAGNESIUM

### Chemid

MAGNESIUM

### Dosage

PTD=6,000 mg/day

ADI=400-800 mg

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

RDA=40-400 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	380.0	6000.0	1.79	*
Abelmoschus manihot	Leaf	564.0	4862.0	0.28	*
Acacia nilotica	Plant	--	--		*
Acacia catechu	Plant	--	--		*
Acacia senegal	Plant	--	--		*
Acanthopanax gracilistylis	Root Bark	--	2840.0	1.09	*
Achillea millefolium	Plant	340.0	1920.0	-0.67	*
Achyranthes bidentata	Root	1440.0	5730.0	1.69	*
Aconitum carmichaelii	Tuber	--	490.0	-0.88	*
Acorus calamus	Rhizome	--	1100.0	-0.56	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	--	1740.0	-0.44	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea dahurica	Rhizome	--	1450.0	-0.2	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actinidia chinensis	Fruit	300.0	1770.0	-0.17	*
Aframomum melegueta	Fruit	--	1500.0	-0.29	Wealth of India.
Agathosma betulina	Leaf	--	2210.0	-0.74	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem	--	840.0	-1.65	*
Albizia julibrissin	Bark	--	1090.0	-0.45	*
Alisma plantago-aquatica	Rhizome	1410.0	1740.0	0.1	*
Allium cepa	Bulb	76.0	1230.0	0.73	*
Allium sativum var. sativum	Root	448.0	1210.0	-0.72	*
Allium schoenoprasum	Leaf	355.0	6875.0	1.06	USDA's Ag Handbook 8 and sequelae)

Allium sativum var. sativum	Bulb	160.0	1210.0	0.68	*
Alocasia macrorrhiza	Root	520.0	1750.0	-0.43	*
Aloe spp.	Leaf	5.0	930.0	-1.23	*
Aloe vera	Leaf	--	930.0	-1.23	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Althaea officinalis	Root	559.0	5180.0	1.39	*
Amaranthus sp.	Leaf	550.0	6616.0	0.96	*
Amomum xanthioides	Seed	--	3540.0	0.23	*
Amorphophallus konjac	Root	--	--		*
Amorphophallus campanulatus	Root	220.0	3120.0	0.3	*
Amphicarpaea bracteata	Shoot	--	4100.0	-0.47	*
Anacardium occidentale	Seed	260.0	2650.0	-0.12	*
Ananas comosus	Fruit	110.0	1075.0	-0.49	*
Anemarrhena asphodeloides	Rhizome	1130.0	1200.0	-0.46	*
Anethum graveolens	Plant	560.0	6470.0	0.75	*
Anethum graveolens	Seed	2449.0	2893.0	-0.02	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	2449.0	2893.0	0.35	*
Angelica dahurica	Root	--	3.67	-1.36	*
Angelica sinensis	Root	583.0	2650.0	0.05	*
Angelica laxiflora	Root	--	1950.0	-0.33	*
Annona cherimola	Fruit	200.0	1000.0	-0.52	*
Annona reticulata	Fruit	180.0	630.0	-0.69	*
Annona muricata	Fruit	210.0	2400.0	0.13	*
Annona cherimola	Seed	810.0	1045.0	-0.75	*
Annona squamosa	Fruit	210.0	785.0	-0.62	*
Anthriscus cerefolium	Leaf	1300.0	1400.0	-1.05	*
Apium graveolens	Leaf	99.0	2650.0	-0.57	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Seed	155.0	4903.0	0.77	*
Apium graveolens	Fruit	153.0	730.0	-0.65	*
Apium graveolens	Root	140.0	1635.0	-0.49	ACTA AGRIC SCAND SUPPL 22: 1980
Arachis hypogaea	Plant	3500.0	8700.0	1.44	*
Arachis hypogaea	Seed	1700.0	2110.0	-0.33	*
Arctium lappa	Root	1262.0	5370.0	1.49	*

Arctostaphylos uva-ursi	Leaf	140.0	1210.0	-1.13	*
Areca catechu	Seed	--	500.0	-0.97	*
Arisaema consanguineum	Rhizome	--	100.0	-1.59	*
Aristolochia debilis	Fruit	--	1880.0	-0.12	*
Armoracia rusticana	Root	1624.0	9020.0	3.44	*
Artemisia dracunculus	Plant	--	3470.0	-0.19	*
Artemisia vulgaris	Shoot	--	2700.0	-0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia capillaris	Plant	--	1000.0	-0.95	*
Artemisia herba-alba	Plant	--	2060.0	-0.62	*
Artocarpus altilis	Fruit	220.0	975.0	-0.53	*
Artocarpus heterophyllus	Fruit	370.0	1380.0	-0.35	*
Asiasarum sieboldii	Root	2520.0	2600.0	0.02	*
Asiasarum heterotropoides	Root	2520.0	2600.0	0.02	*
Asimina triloba	Fruit	1090.0	5128.0	1.39	*
Aspalathus linearis	Plant	--	140.0	-1.22	*
Aspalathus linearis	Leaf	--	--		*
Aspalathus linearis	Shoot	--	3300.0	-0.58	*
Asparagus officinalis	Shoot	120.0	7000.0	-0.07	*
Asparagus officinalis	Root	240.0	2400.0	-0.09	*
Asparagus lucidus	Root	--	430.0	-1.13	*
Astragalus membranaceus	Root	800.0	5000.0	1.3	*
Atractylodes ovata	Rhizome	760.0	960.0	-0.7	*
Atractylodes lancea	Rhizome	--	790.0	-0.88	*
Avena sativa	Seed	300.0	2900.0	-0.02	Jim Duke's personal files.*
Avena sativa	Plant	2640.0	12000.0	2.46	*
Averrhoa carambola	Fruit	80.0	1200.0	-0.43	*
Azadirachta indica	Leaf	--	7100.0	1.15	*
Azadirachta indica	Fruit	--	4000.0	0.87	*
Barosma betulina	Leaf	--	2210.0	-0.74	*
Belamcanda chinensis	Rhizome	--	970.0	-0.69	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.
Benincasa hispida	Fruit	190.0	4870.0	1.27	*
Berberis vulgaris	Root	--	1430.0	-0.6	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	1430.0	-0.22	*

Bertholletia excelsa	Seed	1600.0	3370.0	0.17	*
Beta vulgaris	Root	130.0	4200.0	0.87	*
Blechnum orientale	Rhizome	--	2580.0	0.96	*
Bletilla striata	Tuber	--	1890.0	0.26	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.
Borago officinalis	Leaf	520.0	7436.0	1.28	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	214.0	3072.0	-0.41	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Leaf	106.0	5844.0	0.66	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	190.0	2110.0	-1.12	*
Brassica oleracea var. capitata l.	Leaf	100.0	2228.0	-0.73	*
Brassica nigra	Leaf	132.0	2471.0	-0.64	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	106.0	5844.0	0.66	*
Brassica oleracea var. botrytis l.	Flower	115.0	2250.0	-0.41	*
Brassica rapa	Root	110.0	2000.0	-0.3	*
Brassica oleracea var. sabellica l.	Leaf	340.0	2190.0	-0.75	*
Brassica oleracea var. gemmifera	Leaf	230.0	1642.0	-0.96	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	110.0	2610.0	0.03	*
Brassica pekinensis	Leaf	2850.0	3150.0	-0.38	*
Brassica oleracea var. viridis l.	Leaf	170.0	2786.0	-0.52	*
Brassica oleracea var. botrytis l.	Leaf	214.0	3072.0	-0.41	*
Brassica juncea	Leaf	353.0	3837.0	-0.11	*
Broussonetia papyrifera	Fruit	--	4030.0	0.88	*
Bupleurum chinense	Root	550.0	5000.0	1.3	*
Camellia sinensis	Leaf	--	2200.0	-0.74	*
Canavalia ensiformis	Seed	--	2190.0	-0.3	*
Capsicum frutescens	Fruit	230.0	2203.0	0.03	USDA's Ag Handbook 8 and sequelae)
Capsicum annuum	Fruit	604.0	2340.0	0.1	*
Carica papaya	Fruit	110.0	815.0	-0.61	*
Carthamus tinctorius	Flower	260.0	1860.0	-0.69	*
Carum carvi	Seed	2070.0	2950.0	0.0	*
Carum carvi	Fruit	2580.0	2863.0	0.34	*
Carya ovata	Shoot	125.0	21600.0	1.95	*
Carya glabra	Shoot	144.0	24200.0	2.31	*

<i>Carya ovata</i>	Seed	--	900.0	-0.81	*
<i>Carya illinoensis</i>	Seed	--	980.0	-0.78	*
<i>Cassia tora</i>	Seed	--	3180.0	0.09	*
<i>Castanea mollissima</i>	Seed	820.0	1531.0	-0.56	*
<i>Castanea dentata</i>	Seed	790.0	1406.0	-0.61	*
<i>Castanea sativa</i>	Seed	320.0	704.0	-0.89	*
<i>Catalpa ovata</i>	Fruit	--	1960.0	-0.08	*
<i>Caulophyllum thalictroides</i>	Root	143.0	1300.0	-0.67	*
<i>Celosia cristata</i>	Flower	--	6080.0	2.36	*
<i>Centella asiatica</i>	Leaf	342.0	3200.0	-0.36	*
<i>Chaenomeles lagenaria</i>	Fruit	--	990.0	-0.53	*
<i>Chamaemelum nobile</i>	Flower	--	2920.0	0.08	*
<i>Chamissoa altissima</i>	Leaf	70.0	715.0	-1.32	Tramil
<i>Chenopodium album</i>	Seed	--	2920.0	-0.01	*
<i>Chondrus crispus</i>	Plant	--	19600.0	4.82	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum parthenium</i>	Leaf	432.0	2400.0	-0.67	*
<i>Chrysanthemum parthenium</i>	Plant	--	2400.0	-0.52	*
<i>Chrysanthemum coronarium</i>	Bud	170.0	2285.0	1.0	*
<i>Cicer arietinum</i>	Seed	1110.0	1348.0	-0.63	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Root	220.0	1100.0	-0.78	*
<i>Cichorium intybus</i>	Leaf	130.0	2652.0	-0.57	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	95.0	2400.0	-0.67	*
<i>Cimicifuga racemosa</i>	Root	365.0	1740.0	-0.44	*
<i>Cimicifuga dahurica</i>	Rhizome	--	1450.0	-0.2	*
<i>Cinnamomum aromaticum</i>	Bark	770.0	1680.0	-0.05	*
<i>Cistanche salsa</i>	Plant	--	810.0	-1.01	*
<i>Citrullus lanatus</i>	Fruit	1081.0	1500.0	-0.29	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Citrus medica</i>	Fruit	--	950.0	-0.55	*
<i>Citrus paradisi</i>	Fruit	15.0	3300.0	0.54	*
<i>Citrus aurantium</i>	Fruit	800.0	1730.0	-0.19	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Citrus sinensis</i>	Fruit	98.0	1075.0	-0.49	*
<i>Citrus reticulata</i>	Fruit	111.0	1416.0	-0.33	USDA's Ag Handbook 8 and sequelae)
<i>Cnicus benedictus</i>	Plant	235.0	1770.0	-0.71	*
<i>Cnidium officinale</i>	Rhizome	--	850.0	-0.82	*
<i>Cocos nucifera</i>	Seed	300.0	770.0	-0.86	Furr, A.K., et al. 1979
<i>Coix lacryma-jobi</i>	Seed	--	1490.0	-0.58	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.

<i>Colocasia esculenta</i>	Root	200.0	1350.0	-0.64	*
<i>Colocasia esculenta</i>	Leaf	200.0	3140.0	-0.38	*
<i>Commiphora wightii</i>	Inflorescence	--	--		Jim Duke's personal files.
<i>Coptis</i> spp	Rhizome	2240.0	2420.0	0.8	*
<i>Coptis japonica</i>	Rhizome	2240.0	2420.0	0.8	*
<i>Coptis chinensis</i>	Rhizome	2240.0	2420.0	0.8	*
<i>Corchorus olitorius</i>	Leaf	640.0	5200.0	0.41	*
<i>Coriandrum sativum</i>	Leaf	6940.0	7488.0	1.3	USDA's Ag Handbook 8 and sequelae)
<i>Coriandrum sativum</i>	Fruit	2939.0	4016.0	0.87	USDA's Ag Handbook 8 and sequelae)
<i>Cornus officinalis</i>	Fruit	--	830.0	-0.6	*
<i>Corylus avellana</i>	Seed	1500.0	3156.0	0.08	*
<i>Crataegus cuneata</i>	Fruit	--	760.0	-0.63	*
<i>Crataegus rhipidophylla</i>	Fruit	--	940.0	-0.55	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	262.0	940.0	-0.55	*
<i>Cucumis sativus</i>	Fruit	101.0	7000.0	2.26	*
<i>Cucumis melo</i>	Fruit	92.0	3300.0	0.54	*
<i>Cucurbita pepo</i>	Fruit	120.0	1429.0	-0.32	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita</i> spp	Fruit	230.0	3640.0	0.7	*
<i>Cucurbita pepo</i>	Flower	240.0	4950.0	1.55	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	5140.0	8500.0	2.19	*
<i>Cucurbita maxima</i>	Leaf	388.0	2752.0	-0.53	*
<i>Curcuma longa</i>	Plant	3038.0	9800.0	1.78	*
<i>Cymbopogon citratus</i>	Plant	--	3310.0	-0.23	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cynanchum atratum</i>	Root	--	2210.0	-0.19	*
<i>Cynara cardunculus</i>	Flower	555.0	4275.0	1.06	USDA's Ag Handbook 8 and sequelae)
<i>Cyperus rotundus</i>	Rhizome	--	1500.0	-0.15	*
<i>Cypripedium pubescens</i>	Root	--	1090.0	-0.78	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cyrtosperma chamissonis</i>	Root	180.0	1215.0	-0.72	*
<i>Daucus carota</i>	Root	100.0	1980.0	-0.31	*
<i>Dendrobium nobile</i>	Stem	--	520.0	-1.79	*
<i>Dioscorea villosa</i>	Root	391.0	1630.0	-0.5	*
<i>Dioscorea alata</i>	Root	66.0	827.0	-0.92	*
<i>Dioscorea</i> sp.	Root	--	1630.0	-0.5	*
<i>Dioscorea pentaphylla</i>	Root	94.0	792.0	-0.94	*
<i>Dioscorea bulbifera</i>	Rhizome	--	370.0	-1.31	*
<i>Diospyros virginiana</i>	Leaf	1500.0	5000.0	0.34	*

<i>Diospyros virginiana</i>	Stem	660.0	5400.0	0.27	*
<i>Drynaria fortunei</i>	Rhizome	--	4140.0	2.57	*
<i>Echinacea</i> spp	Root	1170.0	1860.0	-0.37	*
<i>Echinacea purpurea</i>	Root	467.0	1860.0	-0.37	*
<i>Elaeagnus umbellatus</i>	Fruit	170.0	1010.0	-0.52	*
<i>Eleutherococcus senticosus</i>	Root	1050.0	5000.0	1.3	*
<i>Elytrigia repens</i>	Plant	--	7570.0	1.09	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ephedra sinica</i>	Plant	443.0	2110.0	-0.61	*
<i>Ephedra</i> spp	Plant	--	4780.0	0.22	*
<i>Equisetum hyemale</i>	Plant	--	1010.0	-0.95	*
<i>Equisetum arvense</i>	Plant	935.0	4370.0	0.09	*
<i>Eriobotrya japonica</i>	Leaf	--	2480.0	-0.64	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>Eriocaulon</i> sp	Leaf	--	670.0	-1.33	*
<i>Eriodictyon californicum</i>	Leaf	2156.0	9800.0	2.19	*
<i>Erythroxylum coca</i>	Leaf	2130.0	5700.0	0.61	*
<i>Erythroxylum novogranatense</i>	Leaf	5200.0	6700.0	0.99	*
<i>Erythroxylum novogranatense</i>	Leaf	3800.0	6900.0	1.07	*
<i>Eucommia ulmoides</i>	Bark	--	2080.0	0.23	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>Euodia rutaecarpa</i>	Fruit	--	4950.0	1.31	*
<i>Eupatorium odoratum</i>	Leaf	--	3200.0	-0.36	Tramil
<i>Eupatorium perfoliatum</i>	Plant	540.0	6000.0	0.6	*
<i>Euphrasia officinalis</i>	Plant	641.0	4160.0	0.03	*
<i>Feijoa sellowiana</i>	Fruit	80.0	500.0	-0.75	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Fruit	158.0	872.0	-0.58	USDA's Ag Handbook 8 and sequelae)
<i>Firmiana simplex</i>	Seed	--	4480.0	0.61	*
<i>Foeniculum vulgare</i>	Fruit	1730.0	5012.0	1.33	*
<i>Foeniculum vulgare</i>	Seed	394.0	3650.0	0.28	*
<i>Forsythia suspensa</i>	Fruit	--	1160.0	-0.45	*
<i>Fragaria</i> spp	Fruit	98.0	1545.0	-0.27	*
<i>Frangula purshiana</i>	Bark	440.0	1590.0	-0.11	*
<i>Fraxinus rhynchophylla</i>	Bark	--	2070.0	0.22	*
<i>Fritillaria thunbergii</i>	Bulb	--	370.0	-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	1023.0	8670.0	1.43	*

Gardenia jasminoides	Fruit	1880.0	2170.0	0.02	*
Gastrodia elata	Rhizome	--	590.0	-1.09	*
Genipa americana	Seed	--	1500.0	-0.57	*
Genipa americana	Fruit	250.0	2900.0	0.36	*
Gentiana lutea	Root	603.0	2740.0	0.09	*
Gentiana scabra	Root	--	1150.0	-0.75	*
Geranium thunbergii	Plant	--	1660.0	-0.75	*
Ginkgo biloba	Seed	270.0	605.0	-0.92	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Leaf	240.0	1000.0	-1.21	*
Glehnia littoralis	Root	--	1650.0	-0.49	*
Glycine max	Seed	430.0	3160.0	0.08	*
Glycyrrhiza glabra	Root	1515.0	9650.0	3.77	*
Glycyrrhiza uralensis	Root	3690.0	5070.0	1.33	*
Gymnema sylvestre	Leaf	201.0	1060.0	-1.18	*
Harpagophytum procumbens	Root	1034.0	5440.0	1.53	*
Helianthus annuus	Seed	3540.0	5176.0	0.88	*
Helianthus tuberosus	Tuber	600.0	1800.0	0.18	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
Hibiscus sabdariffa	Flower	44.0	400.0	-1.74	*
Hordeum vulgare	Seed	100.0	2300.0	-0.26	Jim Duke's personal files.*
Hordeum vulgare	Stem	--	2250.0	-1.06	*
Hordeum vulgare	Sprout Seedling	--	1670.0	-0.58	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.
Houttuynia cordata	Plant	--	3430.0	-0.2	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	--	2380.0	0.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	443.0	2380.0	-0.31	*
Hydrangea arborescens	Root	567.0	1620.0	-0.5	*
Hydrastis canadensis	Root	814.0	2940.0	0.2	*
Hyoscyamus niger	Seed	--	5250.0	0.91	*
Inula helenium	Root	1650.0	7500.0	2.63	*
Ipomoea batatas	Leaf	--	620.0	-1.35	*
Ipomoea aquatica	Leaf	510.0	3810.0	-0.12	*
Ipomoea batatas	Root	95.0	710.0	-0.99	*
Isatis tinctoria	Root	--	4410.0	0.98	*
Juglans regia	Seed	1310.0	1945.0	-0.4	*
Juglans cinerea	Seed	2212.0	2676.0	-0.11	*
Juglans nigra	Pericarp	53.0	440.0		*
Juglans nigra	Seed	1795.0	2155.0	-0.31	*



<i>Juglans nigra</i>	Fruit	--	440.0	-0.78	*
<i>Juncus effusus</i>	Pith	--	920.0	-1.0	*
<i>Juniperus virginiana</i>	Shoot	266.0	8800.0	0.18	*
<i>Juniperus communis</i>	Fruit	9.0	30.0	-0.97	*
<i>Jussiaea repens</i>	Plant	--	3590.0	-0.15	*
<i>Lablab purpureus</i>	Seed	400.0	5505.0	1.01	*
<i>Lactuca sativa</i>	Leaf	110.0	8700.0	1.77	*
<i>Lagenaria siceraria</i>	Fruit	110.0	2465.0	0.16	*
<i>Lantana camara</i>	Fruit	--	1460.0	-0.31	*
<i>Larrea tridentata</i>	Plant	566.0	1720.0	-0.73	*
<i>Lens culinaris</i>	Sprout Seedling	345.0	1323.0	-1.3	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	765.0	1280.0	-0.66	*
<i>Ligustrum japonicum</i>	Fruit	--	1020.0	-0.51	*
<i>Ligustrum lucidum</i>	Fruit	--	1020.0	-0.51	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>Linum usitatissimum</i>	Seed	3715.0	7002.0	1.6	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Linum usitatissimum</i>	Hay	--	3100.0	-1.0	*
<i>Liquidambar styraciflua</i>	Stem	200.0	8400.0	1.53	*
<i>Liquidambar styraciflua</i>	Leaf	280.0	5740.0	0.62	*
<i>Lobelia inflata</i>	Leaf	183.0	1620.0	-0.97	*
<i>Lonicera japonica</i>	Flower	--	2990.0	0.13	*
<i>Lophatherum gracile</i>	Plant	--	2490.0	-0.49	*
<i>Luffa aegyptiaca</i>	Fruit	140.0	2800.0	0.31	*
<i>Lupinus albus</i>	Seed	1980.0	2200.0	-0.29	*
<i>Lycium chinense</i>	Root Bark	--	2610.0	0.77	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>	Fruit	--	1060.0	-0.5	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>Lycopersicon esculentum</i>	Leaf	--	4300.0	0.07	*
<i>Lycopersicon esculentum</i>	Fruit	70.0	6000.0	1.79	*
<i>Lycopodium clavatum</i>	Plant	--	2340.0	-0.54	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>Lygodium japonicum</i>	Pollen Or Spore	--	2270.0		*
<i>Macadamia spp</i>	Seed	1160.0	1190.0	-0.69	USDA's Ag Handbook 8 and sequelae)
<i>Magnolia officinalis</i>	Bark	--	690.0	-0.72	*
<i>Magnolia kobus</i>	Flower	--	2120.0	-0.5	*
<i>Magnolia fargesii</i>	Flower	--	2120.0	-0.5	*
<i>Magnolia denudata</i>	Flower	--	2120.0	-0.5	*
<i>Malpighia glabra</i>	Fruit	180.0	2095.0	-0.02	*
<i>Malus domestica</i>	Fruit	48.0	478.0	-0.76	*

Mangifera indica	Fruit	84.0	875.0	-0.58	*
Manihot esculenta	Root	290.0	2100.0	-0.25	*
Medicago sativa	Plant	432.0	2300.0	-0.55	*
Mentha arvensis var. piperascens	Plant	--	2830.0	-0.38	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha x piperita	Leaf	985.0	6610.0	0.96	*
Mentha pulegium	Plant	--	5500.0	0.45	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Leaf	630.0	4360.0	0.09	USDA's Ag Handbook 8 and sequelae)
Momordica charantia	Fruit	195.0	3800.0	0.77	=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
Morinda sp	Root	--	1200.0	-0.72	*
Moringa oleifera	Shoot	1470.0	6890.0	-0.08	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	450.0	3815.0	0.78	USDA's Ag Handbook 8 and sequelae)
Morus alba	Root Bark	2310.0	2450.0	0.55	*
Murraya sp	Fruit	355.0	1118.0	-0.47	*
Musa x paradisiaca	Fruit	355.0	1118.0	-0.47	*
Myrica cerifera	Bark	107.0	490.0	-0.86	*
Myristica fragrans	Seed	1830.0	2030.0	-0.36	*
Myristica fragrans	Aril	--	1630.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nardostachys chinensis	Rhizome	--	2590.0	0.97	*
Nasturtium officinale	Herb	210.0	4200.0	-0.69	USDA's Ag Handbook 8 and sequelae)
Nelumbo nucifera	Seed	560.0	2650.0	-0.12	*
Nelumbo nucifera	Rhizome	200.0	1215.0	-0.44	*
Nepeta cataria	Plant	248.0	2070.0	-0.62	*
Notopterygium incisum	Rhizome	--	2980.0	1.38	*
Nyssa sylvatica	Leaf	500.0	9100.0	1.92	*
Nyssa sylvatica	Stem	300.0	4400.0	-0.15	*
Ocimum basilicum	Leaf	4100.0	4340.0	0.08	USDA's Ag Handbook 8 and sequelae)
Oenothera biennis	Herb	2700.0	3900.0	-0.73	*
Oenothera biennis	Seed	4300.0	5300.0	0.93	*
Ophiopogon japonicus	Tuber	390.0	410.0	-0.95	*
Opuntia ficus-indica	Bud	--	1420.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Seed	--	790.0	-0.85	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	2600.0	3016.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant	3300.0	3900.0	-0.05	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Plant	1100.0	2200.0	-0.58	*
Pachyrhizus erosus	Tuber	160.0	1475.0	-0.08	*
Paeonia moutan	Root Bark	930.0	1180.0	-1.21	*

<i>Paeonia lactiflora</i>	Root	580.0	990.0	-0.84	*
<i>Paeonia suffruticosa</i>	Root Bark	930.0	1180.0	-1.21	*
<i>Panax japonicus</i>	Rhizome	--	2400.0	0.78	*
<i>Panax ginseng</i>	Root	102.0	481.0	-1.11	*
<i>Panax quinquefolius</i>	Plant	980.0	2200.0	-0.58	*
<i>Panicum maximum</i>	Leaf	--	4500.0	0.14	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Papaver somniferum</i>	Seed	3148.0	15600.0	5.0	*
<i>Parthenium integrifolium</i>	Root	320.0	2000.0	-0.3	*
<i>Passiflora incarnata</i>	Flower	275.0	2500.0	-0.23	*
<i>Pastinaca sativa</i>	Root	230.0	2100.0	-0.25	*
<i>Perideridia gairdneri</i>	Root	--	500.0	-1.1	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>Perilla frutescens</i>	Plant	--	3830.0	-0.07	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Persea americana</i>	Fruit	370.0	1740.0	-0.18	*
<i>Petasites japonicus</i>	Pt	140.0	2545.0	1.0	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	250.0	3160.0	-0.28	*
<i>Phaseolus vulgaris</i>	Seed	510.0	3430.0	0.19	*
<i>Phaseolus coccineus</i>	Seed	--	1780.0	-0.46	*
<i>Phaseolus vulgaris</i>	Fruit	210.0	18000.0	7.35	*
<i>Phaseolus acutifolius</i>	Seed	1500.0	1865.0	-0.43	*
<i>Phaseolus vulgaris</i>	Sprout Seedling	210.0	2258.0	0.63	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus lunatus</i>	Seed	580.0	7000.0	1.6	*
<i>Phellodendron amurense</i>	Bark	--	650.0	-0.75	*
<i>Phoenix dactylifera</i>	Fruit	325.0	790.0	-0.62	*
<i>Phyllanthus emblica</i>	Fruit	118.0	584.0	-0.72	*
<i>Physalis peruviana</i>	Fruit	310.0	1810.0	-0.15	*
<i>Physalis ixocarpa</i>	Fruit	230.0	2150.0	0.01	*
<i>Phytelephas aequatorialis</i>	Mesocarp	320.0	1005.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Flower	440.0	1505.0	-0.94	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(AREACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Pimenta dioica</i>	Fruit	1200.0	1480.0	-0.3	*
<i>Pimpinella anisum</i>	Seed	--	1878.0	-0.42	*
<i>Pimpinella anisum</i>	Fruit	--	1878.0	-0.12	*
<i>Pinellia ternata</i>	Tuber	560.0	710.0	-0.7	*

<i>Pinus echinata</i>	Shoot	255.0	2100.0	-0.75	*
<i>Pinus edulis</i>	Seed	2180.0	2650.0	-0.12	USDA's Ag Handbook 8 and sequelae)
<i>Piper nigrum</i>	Fruit	1809.0	2319.0	0.09	USDA's Ag Handbook 8 and sequelae)
<i>Pistacia vera</i>	Seed	949.0	1644.0	-0.51	*
<i>Pisum sativum</i>	Seed	319.0	1700.0	-0.49	*
<i>Pisum sativum</i>	Plant	2200.0	3700.0	-0.11	*
<i>Pisum sativum</i>	Fruit	218.0	2591.0	0.21	*
<i>Plantago psyllium</i>	Seed	111.0	510.0	-0.96	*
<i>Plantago major</i>	Seed	318.0	1060.0	-0.75	*
<i>Plantago asiatica</i>	Plant	--	5320.0	0.39	*
<i>Platycodon grandiflorum</i>	Root	1250.0	1510.0	-0.56	*
<i>Polygala tenuifolia</i>	Root	--	960.0	-0.85	*
<i>Polygonum multiflorum</i>	Root	--	2340.0	-0.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polygonum multiflorum</i>	Rhizome	--	890.0	-0.78	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>Portulaca oleracea</i>	Herb	670.0	18700.0	1.41	*
<i>Prunella vulgaris</i>	Flower	--	4560.0	1.26	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>	Stem	28.0	5400.0	0.27	*
<i>Prunus persica</i>	Fruit	68.0	850.0	-0.59	*
<i>Prunus domestica</i>	Fruit	68.0	3400.0	0.59	*
<i>Prunus armeniaca</i>	Fruit	76.0	615.0	-0.7	USDA's Ag Handbook 8 and sequelae)
<i>Prunus serotina</i>	Leaf	435.0	9600.0	2.11	*
<i>Prunus persica</i>	Bark	--	4220.0	1.68	*
<i>Prunus cerasus</i>	Fruit	90.0	648.0	-0.69	*
<i>Prunus persica</i>	Seed	--	3810.0	0.34	*
<i>Prunus dulcis</i>	Seed	2297.0	3126.0	0.07	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Seed	--	1750.0	-0.47	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Psidium guajava</i>	Fruit	98.0	735.0	-0.65	USDA's Ag Handbook 8 and sequelae)
<i>Psidium cattleianum</i>	Fruit	170.0	880.0	-0.58	*
<i>Psophocarpus tetragonolobus</i>	Leaf	80.0	346.0	-1.46	*
<i>Psophocarpus tetragonolobus</i>	Seed	340.0	2623.0	-0.13	*
<i>Psoralea esculenta</i>	Root	--	1400.0	-0.62	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 montana</i>	Shoot	800.0	850.0	-0.92	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pueraria pseudohirsuta</i>	Root	1470.0	3690.0	0.6	*
<i>Pulsatilla chinensis</i>	Root	--	3190.0	0.33	*
<i>Punica granatum</i>	Fruit	--	120.0	-0.93	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pyrus communis</i>	Fruit	54.0	1110.0	-0.47	*
<i>Quercus rubra</i>	Stem	200.0	8580.0	1.61	*
<i>Quercus alba</i>	Stem	100.0	5320.0	0.23	*

Quercus velutina	Stem	235.0	6820.0	0.87	*
Quercus rubra	Seed	--	500.0	-0.97	*
Quercus alba	Bark	37.0	160.0	-1.08	*
Quercus stellata	Stem	175.0	5880.0	0.47	*
Quercus phellos	Stem	210.0	2940.0	-0.77	*
Quisqualis indica	Fruit	--	1040.0	-0.5	*
Raphanus sativus	Seed	--	3960.0	0.4	*
Raphanus sativus	Root	85.0	3570.0	0.54	*
Rehmannia glutinosa	Root	--	1190.0	-0.73	*
Rheum rhabarbarum	Pt	90.0	1975.0	-1.0	*
Rheum palmatum	Rhizome	1980.0	2560.0	0.94	*
Rhizophora mangle	Leaf	--	8800.0	1.8	*
Rhodomenia palmata	Plant	--	5930.0	0.58	*
Rhus copallina	Leaf	405.0	9600.0	2.11	*
Rhus glabra	Stem	147.0	4690.0	-0.03	*
Rhus copallina	Stem	375.0	4270.0	-0.21	*
Ribes uva-crispa	Fruit	86.0	938.0	-0.55	*
Ribes rubrum	Fruit	122.0	935.0	-0.55	*
Ribes nigrum	Fruit	220.0	1720.0	-0.19	*
Rosa laevigata	Fruit	--	2830.0	0.32	*
Rosa canina	Fruit	260.0	1390.0	-0.34	*
Rosmarinus officinalis	Plant	2142.0	2483.0	-0.49	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	910.0	2825.0	-0.5	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root	--	1870.0	-0.37	*
Rubus chingii	Fruit	--	2740.0	0.28	*
Rubus idaeus	Fruit	175.0	1400.0	-0.34	Revised USDA data received 1993.
Rubus chamaemorus	Fruit	270.0	1875.0	-0.12	*
Rubus idaeus	Leaf	539.0	3190.0	-0.36	*
Rumex crispus	Root	822.0	3200.0	0.34	*
Rumex acetosa	Leaf	460.0	4600.0	0.18	*
Ruscus aculeatus	Root	707.0	2340.0	-0.12	*
Salix alba	Bark	941.0	5600.0	2.63	*
Salvia miltiorrhiza	Root	--	3230.0	0.36	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.
Salvia officinalis	Leaf	444.0	2830.0	-0.5	*
Sambucus nigra	Fruit	265.0	1635.0	-0.23	*
Santalum acuminatum	Fruit	400.0	1715.0	-0.19	*
Sassafras albidum	Stem	77.0	4760.0	-0.0	*
Sassafras albidum	Leaf	990.0	6800.0	1.03	*
Schisandra chinensis	Fruit	414.0	2760.0	0.29	*

Schizonepeta tenuifolia	Plant	--	3390.0	-0.21	*
Scrophularia buergeriana	Root	--	2060.0	-0.27	*
Scutellaria lateriflora	Plant	155.0	1130.0	-0.91	*
Scutellaria baicalensis	Root	7170.0	7220.0	2.48	*
Secale cereale	Seed	1185.0	1740.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Fruit	140.0	2000.0	-0.06	*
Sechium edule	Leaf	670.0	3785.0	-0.13	*
Senna occidentalis	Seed	--	2880.0	-0.03	*
Senna alexandrina	Leaf	1577.0	7770.0	1.41	*
Senna obtusifolia	Seed	2820.0	3220.0	0.11	*
Serenoa repens	Fruit	510.0	3930.0	0.83	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	3052.0	4082.0	0.45	USDA's Ag Handbook 8 and sequelae)
Siegesbeckia orientalis	Plant	--	2660.0	-0.44	*
Silybum marianum	Plant	--	4030.0	-0.01	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	887.0	4030.0	-0.04	*
Simmondsia chinensis	Seed	--	1410.0	-0.61	*
Sinapis alba	Seed	2863.0	3282.0	0.13	*
Sinomenium acutum	Rhizome	--	360.0	-1.32	*
Smilax officinalis	Root	351.0	1670.0	-0.47	*
Smilax spp	Root	351.0	1670.0	-0.47	*
Solanum tuberosum	Tuber	190.0	4250.0	2.17	*
Solanum melongena	Fruit	85.0	1563.0	-0.26	*
Sophora subprostrata	Root	--	1880.0	-0.36	*
Sophora angustifolia	Root	2140.0	3720.0	0.62	*
Sorbus aucubaria	Fruit	190.0	1190.0	-0.44	*
Spinacia oleracea	Plant	420.0	11000.0	2.15	*
Spirulina spp.	Plant	--	2550.0	-0.47	*
Spirulina pratensis	Plant	--	2550.0	-0.47	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias dulcis	Fruit	48.0	240.0	-0.88	*
Spondias tuberosa	Fruit	--	90.0	-0.94	*
Spondias dulcis	Seed	--	1200.0	-0.69	*
Stachys officinalis	Plant	185.0	1100.0	-0.92	*
Stellaria media	Plant	439.0	5290.0	0.38	*
Stevia rebaudiana	Plant	--	2890.0	-0.37	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Stevia rebaudiana	Leaf	--	3490.0	-0.25	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

<i>Symphoricarpos orbiculatus</i>	Stem	380.0	8800.0	1.7	*
<i>Symphytum officinale</i>	Root	--	1700.0	-0.46	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Leaf	77.0	700.0	-1.32	*
<i>Syzygium aromaticum</i>	Fruit	2640.0	3020.0	0.41	*
<i>Syzygium jambos</i>	Fruit	40.0	260.0	-0.87	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Syzygium aromaticum</i>	Flower	2640.0	3020.0	0.15	*
<i>Syzygium cumini</i>	Fruit	350.0	2145.0	0.01	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Tabebuia heptaphylla</i>	Bark	145.0	810.0	-0.64	*
<i>Tamarindus indica</i>	Fruit	920.0	1341.0	-0.37	USDA's Ag Handbook 8 and sequelae)
<i>Tamarindus indica</i>	Leaf	--	710.0	-1.32	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tanacetum parthenium</i>	Plant	--	2400.0	-0.52	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Leaf	360.0	2500.0	-0.63	*
<i>Taraxacum mongolicum</i>	Plant	--	4050.0	-0.01	*
<i>Taraxacum officinale</i>	Root	225.0	1570.0	-0.53	*
<i>Tephrosia purpurea</i>	Leaf	--	10300.0	2.38	*
<i>Tetragonia tetragonioides</i>	Leaf	390.0	6500.0	0.92	*
<i>Tetrapanax papyrifera</i>	Pith	--	2120.0	1.0	*
<i>Thymus vulgaris</i>	Plant	1630.0	2992.0	-0.33	USDA's Ag Handbook 8 and sequelae)
<i>Thymus vulgaris</i>	Leaf	733.0	4360.0	0.09	*
<i>Tragopogon porrifolius</i>	Root	140.0	1000.0	-0.83	*
<i>Trichosanthes anguina</i>	Fruit	530.0	9815.0	3.56	*
<i>Trifolium pratense</i>	Flower	628.0	3490.0	0.49	*
<i>Trifolium pratense</i>	Hay	2400.0	8100.0	1.0	*
<i>Trigonella foenum-graecum</i>	Seed	157.0	1210.0	-0.69	*
<i>Triticum aestivum</i>	Plant	300.0	7000.0	0.91	*
<i>Triticum aestivum</i>	Seed	530.0	3500.0	0.22	*
<i>Turnera diffusa</i>	Leaf	428.0	2040.0	-0.81	*
<i>Tussilago farfara</i>	Flower	--	1080.0	-1.25	*
<i>Ulmus rubra</i>	Bark	95.0	580.0	-0.8	*
<i>Urtica dioica</i>	Fruit Juice	--	--		Jim Duke's personal files.
<i>Urtica dioica</i>	Leaf	1720.0	8600.0	1.73	*
<i>Vaccinium vitis-idaea</i>	Fruit	80.0	600.0	-0.71	*
<i>Vaccinium corymbosum</i>	Fruit	48.0	332.0	-0.83	*

Vaccinium myrtillus	Fruit	312.0	3900.0	0.82	*
Vaccinium macrocarpon	Fruit	240.0	2000.0	-0.06	*
Valeriana officinalis	Root	375.0	3180.0	0.33	*
Valerianella radicata	Plant	2940.0	3226.0	-0.26	*
Valerianella locusta	Plant	3773.0	3798.0	-0.08	*
Verbascum thapsus	Leaf	1421.0	3230.0	-0.35	*
Viburnum opulus	Bark	--	3110.0	0.93	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	330.0	2260.0	0.06	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	380.0	2000.0	-0.37	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	374.0	4160.0	0.94	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	1270.0	1467.0	-0.58	*
Vigna unguiculata	Shoot	430.0	4207.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	176.0	2560.0	1.25	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	2250.0	4962.0	0.8	*
Vigna unguiculata	Seed	389.0	14400.0	4.53	*
Vigna unguiculata	Seed	3141.0	3952.0	0.4	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	1777.0	2203.0	-0.29	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	430.0	4207.0	-0.45	*
Vigna mungo	Seed	1850.0	2076.0	-0.34	*
Viscum album	Leaf	--	3110.0	-0.39	*
Vitis vinifera	Fruit	58.0	2310.0	0.08	*
Vitis vinifera	Stem	--	4360.0	-0.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	510.0	3170.0	-0.37	*
Xanthosoma sagittifolium	Root	270.0	2100.0	-0.25	*
Yucca baccata	Root	106.0	510.0	-1.09	*
Zea mays	Seed	100.0	1600.0	-0.53	*
Zea mays	Silk Stigma Style	--	1790.0		*
Zingiber officinale	Root	188.0	2690.0	0.07	*
Zingiber officinale	Rhizome	430.0	2690.0	1.08	*
Zizyphus jujuba	Fruit	--	620.0	-0.7	*