

List of Plants

OLEIC-ACID

Chemid

OLEICACID

Dosage

LDLo=50 (ivn cat)

LD50=230 (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
<i>Abelmoschus esculentus</i>	Seed	43920.0	100190.0	-0.16	*
<i>Abelmoschus moschatus</i>	Seed	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Abrus precatorius</i>	Seed	--	12125.0	-0.88	Wealth of India.
<i>Abutilon theophrasti</i>	Seed	--	22645.0	-0.79	Wealth of India.
<i>Acacia farnesiana</i>	Seed	4200.0	16000.0	-0.85	*
<i>Acacia nilotica</i>	Plant	--	--		*
<i>Achillea millefolium</i>	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Acrocomia totai</i>	Fruit	--	223520.0	1.24	*
<i>Actaea racemosa</i>	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
<i>Aesculus hippocastanum</i>	Seed	--	18990.0	-0.82	*
<i>Ageratum conyzoides</i>	Seed	--	18075.0	-0.83	Wealth of India.
<i>Akebia quinata</i>	Seed	--	--		*
<i>Aleurites moluccana</i>	Seed	59850.0	365580.0	2.03	*
<i>Aleurites fordii</i>	Seed	45000.0	90000.0	-0.24	*
<i>Alisma plantago-aquatica</i>	Plant	--	--		*
<i>Alliaria petiolata</i>	Plant	--	15400.0	2.27	*
<i>Allium schoenoprasum</i>	Leaf	840.0	10500.0	0.83	USDA's Ag Handbook 8 and sequelae)
<i>Allium cepa</i>	Bulb	230.0	2230.0	1.0	*
<i>Allium sativum</i> var. <i>sativum</i>	Plant	--	--		*
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	60.0	1200.0	-1.0	*
<i>Allium cepa</i>	Seed Oil	260000.0	292900.0	-0.15	*
<i>Allium cepa</i>	Seed	--	46800.0	-0.59	Wealth of India.

Aloe vera	Shoot	--	--		Afzal, M., Ali, M., Hassan, R. A. H., Sweedan, N., Dhimi, M. S. I. 1991. Identification of Some Prostanoids in Aloe vera Extracts. Plant Medica, 57(1): 38-40.
Althaea officinalis	Seed	39425.0	52975.0	-0.54	Wealth of India.
Ammi visnaga	Seed	--	--		*
Ammi majus	Plant	--	--		*
Amphicarpaea bracteata	Seed	12450.0	42720.0	-0.63	*
Anacardium occidentale	Seed	268080.0	296000.0	1.45	*
Anamirta cocculus	Fruit	--	--		*
Ananas comosus	Fruit	450.0	3333.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Plant	--	--		*
Anethum graveolens	Seed	78000.0	101369.0	-0.15	*
Anethum graveolens	Fruit	93600.0	101369.0	0.3	*
Angelica archangelica	Seed	--	133000.0	0.11	*
Angelica sinensis	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona reticulata	Plant	--	--		*
Annona cherimola	Seed	95000.0	122500.0	0.03	*
Apium graveolens	Seed Oil	--	--		*
Apium graveolens	Seed	73200.0	162560.0	0.36	*
Apium graveolens	Pt	230.0	4850.0		USDA's Ag Handbook 8 and sequelae)
Aquilegia vulgaris	Seed	--	16140.0	-0.85	*
Arachis hypogaea	Seed	217570.0	254065.0	1.11	*
Aralia spinosa	Seed	--	102000.0	-0.14	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.
Arctium lappa	Fruit	30000.0	36000.0	-0.2	Wealth of India.
Areca catechu	Seed	12760.0	41760.0	-0.64	*
Argemone mexicana	Seed	44000.0	85800.0	-0.27	*
Artemisia capillaris	Essential Oil	--	--		*
Artemisia dracunculoides	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Asclepias syriaca	Seed	13650.0	47700.0	-0.59	*
Asimina triloba	Fruit	1392.0	24780.0	-0.29	*
Asparagus officinalis	Shoot	60.0	774.0	-1.41	*
Astrocaryum vulgare	Seed Oil	--	596000.0	1.44	Gomes, D. S. W. 1983. Composition of Tucuma (Astrocaryum vulgare) Pulp Oil. Riv Ital Sostanze Grasse 60 9:583-584. Fac Cienc Saude Curso Farm Biochim Univ Amazonas Manaus, Brazil.
Azadirachta indica	Fruit	--	238050.0	1.35	*
Bactris gasipaes	Seed	--	57000.0	-0.51	*

<i>Bactris gasipaes</i>	Fruit	13240.0	85620.0	0.18	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Balanites aegyptiacus</i>	Seed	81000.0	135000.0	0.13	*
<i>Benincasa hispida</i>	Fruit	370.0	9485.0	-0.41	*
<i>Bertholletia excelsa</i>	Seed	198000.0	408100.0	2.38	*
<i>Beta vulgaris</i>	Root	270.0	2129.0	0.03	USDA's Ag Handbook 8 and sequelae)
<i>Bixa orellana</i>	Seed	365.0	5960.0	-0.93	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
<i>Borago officinalis</i>	Seed	22100.0	100000.0	-0.16	*
<i>Borago officinalis</i>	Seed Essent. Oil	--	200000.0	1.41	Jim Duke's personal files.
<i>Brassica oleracea</i>	Stem	70.0	780.0		*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	120.0	1550.0	0.48	*
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	130.0	1738.0	-0.43	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	200.0	2945.0	-0.25	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	140.0	2992.0	-0.25	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	490.0	3155.0	-0.22	*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	190.0	1357.0	-0.48	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	250.0	2415.0	0.13	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	240.0	2578.0	-0.31	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Root	60.0	740.0	-0.45	*
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Plant	--	--		*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	240.0	2578.0	-0.31	*
<i>Brassica chinensis</i>	Leaf	140.0	2992.0	-0.25	*
<i>Bryonia alba</i>	Root	--	--		*
<i>Bupleurum chinense</i>	Root	--	--		*
<i>Buxus sempervirens</i>	Seed	--	--		*
<i>Cajanus cajan</i>	Seed	120.0	381.0	-0.98	*
<i>Calendula officinalis</i>	Seed	42300.0	73000.0	-0.38	*
<i>Calotropis</i> sp.	Seed	139000.0	190000.0	0.58	*
<i>Camellia sinensis</i>	Seed Oil	--	--		*
<i>Camellia sinensis</i>	Leaf	--	--		*
<i>Camellia sinensis</i>	Seed	--	--		*

<i>Camellia japonica</i>	Seed	554880.0	580890.0	3.8	Wealth of India.
<i>Canarium indicum</i>	Seed	--	290632.0	1.41	*
<i>Cannabis sativa</i>	Seed	44400.0	53700.0	-0.54	*
<i>Capparis spinosa</i>	Seed	132720.0	165600.0	0.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Capparis spinosa</i>	Flower	277.0	2162.0	1.36	*
<i>Capsicum frutescens</i>	Fruit	110.0	898.0	-0.47	USDA's Ag Handbook 8 and sequelae)
<i>Capsicum annuum</i>	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Capsicum frutescens</i>	Seed	--	--		*
<i>Capsicum annuum</i>	Fruit	270.0	3582.0	-0.45	*
<i>Carapa guianensis</i>	Seed	275000.0	375000.0	2.1	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Carica papaya</i>	Seed Oil	743000.0	755000.0	2.27	Jim Duke's personal files.
<i>Carica papaya</i>	Seed	193545.0	202400.0	0.68	*
<i>Carica papaya</i>	Flower	--	--		Jim Duke's personal files.
<i>Carica papaya</i>	Fruit	180.0	1611.0	-0.47	USDA's Ag Handbook 8 and sequelae)
<i>Carica papaya</i>	Leaf	--	--		Jim Duke's personal files.
<i>Carthamus tinctorius</i>	Seed	11000.0	206580.0	0.72	*
<i>Carum carvi</i>	Fruit	54400.0	95648.0	0.26	*
<i>Carum carvi</i>	Seed	29000.0	241000.0	1.0	*
<i>Carya illinoensis</i>	Leaf	--	--		*
<i>Cassia tora</i>	Seed	13068.0	29304.0	-0.74	*
<i>Catalpa bignonioides</i>	Seed	4445.0	33330.0	-0.71	*
<i>Caulophyllum thalictroides</i>	Root	--	--		Jim Duke's personal files.
<i>Ceiba pentandra</i>	Seed	86000.0	212000.0	0.76	*
<i>Centaurea calcitrapa</i>	Plant	--	--		*
<i>Centaurium erythraea</i>	Plant	--	--		*
<i>Centella asiatica</i>	Plant	--	--		*
<i>Ceratonia siliqua</i>	Seed	410.0	3670.0	-0.95	Wealth of India.
<i>Chamaelirium luteum</i>	Rhizome	--	--		Jim Duke's personal files.
<i>Cicer arietinum</i>	Seed	13460.0	15215.0	-0.85	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	40.0	644.0	-0.58	*
<i>Cichorium intybus</i>	Seed	--	--		*
<i>Cichorium intybus</i>	Root	40.0	200.0	-0.63	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Leaf	20.0	408.0	-0.62	USDA's Ag Handbook 8 and sequelae)
<i>Cimicifuga racemosa</i>	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
<i>Cinnamomum verum</i>	Seed	11400.0	13300.0	-0.87	Wealth of India.

<i>Citrullus lanatus</i>	Cotyledon	--	241000.0	0.92	*
<i>Citrullus lanatus</i>	Seed	71000.0	189000.0	0.57	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Citrullus colocynthis</i>	Seed	--	--		*
<i>Citrus paradisi</i>	Fruit	120.0	1320.0	-0.47	USDA's Ag Handbook 8 and sequelae)
<i>Citrus aurantiifolia</i>	Plant	160.0	1360.0	-0.67	*
<i>Citrus sinensis</i>	Fruit	20.0	1510.0	-0.47	USDA's Ag Handbook 8 and sequelae)
<i>Citrus reticulata</i>	Seed Oil	--	--		*
<i>Citrus reticulata</i>	Fruit	300.0	2418.0	-0.46	USDA's Ag Handbook 8 and sequelae)
<i>Cnicus benedictus</i>	Seed	159840.0	186480.0	0.55	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Cocos nucifera</i>	Seed	2920.0	58958.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Coffea arabica</i>	Seed	5920.0	12800.0	-0.87	*
<i>Colocasia esculenta</i>	Root	160.0	545.0	-0.51	*
<i>Colocasia esculenta</i>	Leaf	600.0	4185.0	-0.08	*
<i>Corchorus olitorius</i>	Leaf	140.0	1140.0	-0.51	*
<i>Corchorus olitorius</i>	Seed	10280.0	13470.0	-0.87	*
<i>Coriandrum sativum</i>	Seed	--	94000.0	-0.21	*
<i>Coriandrum sativum</i>	Fruit	39930.0	167819.0	0.81	*
<i>Coriandrum sativum</i>	Seed Oil	--	--		*
<i>Cornus mas</i>	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.
<i>Cornus mas</i>	Seed	--	160000.0	0.34	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.
<i>Corylus avellana</i>	Seed	425000.0	572650.0	3.73	*
<i>Corylus avellana</i>	Essential Oil	--	--		*
<i>Crescentia alata</i>	Seed	--	--		Tramil
<i>Crocus sativus</i>	Silk Stigma Style	--	--		*
<i>Croton tiglium</i>	Seed	111000.0	185000.0	0.54	*
<i>Cryptostegia grandifolia</i>	Seed	--	41525.0	-0.64	*
<i>Cucumis sativus</i>	Seed	116100.0	180000.0	0.5	*
<i>Cucumis melo</i>	Seed	81000.0	200700.0	0.67	*
<i>Cucumis sativus</i>	Fruit	20.0	506.0	-0.48	*
<i>Cucumis melo</i>	Cotyledon	40500.0	195300.0	-0.36	*
<i>Cucumis sativus</i>	Cotyledon	55200.0	241000.0	0.92	*
<i>Cucurbita pepo</i>	Fruit	60.0	714.0	-0.48	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita foetidissima</i>	Seed	56135.0	169500.0	0.41	*
<i>Cucurbita spp</i>	Fruit	140.0	2215.0	-0.46	*
<i>Cucurbita pepo</i>	Flower	40.0	825.0	-0.56	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	70000.0	234570.0	0.95	*
<i>Cucurbita maxima</i>	Seed	--	128065.0	0.07	*

Cuminum cyminum	Seed Oil	--	--		*
Cuminum cyminum	Seed	--	154000.0	0.29	*
Cyamopsis tetragonoloba	Seed Oil	--	290000.0	-0.16	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	50.0	330.0	-1.27	USDA's Ag Handbook 8 and sequelae)
Cyperus rotundus	Rhizome	--	--		*
Datura metel	Seed	--	73000.0	-0.38	*
Datura stramonium	Seed	93000.0	186000.0	0.55	*
Daucus carota	Seed	55800.0	230300.0	0.91	*
Daucus carota	Root	60.0	490.0	-0.53	*
Dioscorea pentaphylla	Root	40.0	215.0	-0.62	*
Dipsacus fullonum	Seed	110000.0	150000.0	0.25	*
Dipteryx odorata	Seed	--	14900.0	-0.86	*
Dodonaea viscosa	Seed	12500.0	45315.0	-0.61	*
Echinacea angustifolia	Root	--	--		*
Elaeis oleifera	Fruit	137750.0	237500.0	1.35	*
Elaeis guineensis	Fruit	183080.0	429155.0	2.83	*
Elaeis oleifera	Seed	34800.0	60000.0	-0.49	*
Elettaria cardamomum	Fruit	8500.0	9240.0	-0.41	Revised USDA data received 1993.
Elettaria cardamomum	Seed Oil	--	--		*
Elettaria cardamomum	Seed	41942.0	62600.0	-0.46	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Eriobotrya japonica	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Eruca sativa	Seed	22700.0	62475.0	-0.47	*
Erythrina cristagalli	Seed	--	85000.0	-0.28	*
Eucalyptus globulus	Fruit	--	--		*
Eucommia ulmoides	Seed Oil	160000.0	180000.0	-0.74	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Euphorbia hirta	Plant	--	--		*
Euphorbia lathyris	Seed	340000.0	365500.0	2.03	*
Fagopyrum esculentum	Seed	6650.0	13200.0	-0.87	*
Fagopyrum esculentum	Pollen Or Spore	--	--		*
Ferula assafoetida	Seed	--	53000.0	-0.54	*
Ficus carica	Fruit	660.0	3159.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Ficus carica	Seed	47520.0	59400.0	-0.49	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Foeniculum vulgare	Seed Oil	--	--		Jim Duke's personal files.

Foeniculum vulgare	Fruit	22000.0	108712.0	0.36	*
Foeniculum vulgare	Seed Essent. Oil	--	--		Jim Duke's personal files.
Foeniculum vulgare	Seed	22000.0	108712.0	-0.09	*
Fragaria spp	Seed	--	9975.0	-0.9	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Fragaria spp	Fruit	510.0	6050.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Fucus vesiculosus	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ganoderma lucidum	Tissue Culture	--	--		*
Ginkgo biloba	Leaf	--	--		Jim Duke's personal files.
Ginkgo biloba	Seed	5120.0	11418.0	-0.89	USDA's Ag Handbook 8 and sequelae)
Glycine max	Plant	--	--		*
Glycine max	Tissue Culture	--	--		*
Glycine max	Sprout Seedling	--	--		*
Glycine max	Seed	40230.0	72116.0	-0.39	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Gossypium sp	Seed	36640.0	61270.0	-0.48	*
Harpagophytum procumbens	Tuber	--	--		*
Hedera helix	Seed	--	70200.0	-0.4	*
Helianthus annuus	Seed	36000.0	178000.0	0.48	*
Hibiscus sabdariffa	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hippophae rhamnoides	Bark	--	19155.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hippophae rhamnoides	Seed	37720.0	50300.0	-0.57	*
Hippophae rhamnoides	Fruit	--	12680.0	-0.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Holarrhena pubescens	Seed	39900.0	63000.0	-0.46	*
Hordeum vulgare	Leaf	--	--		*
Hordeum vulgare	Seed	1325.0	14575.0	-0.86	Jim Duke's personal files.*
Houttuynia cordata	Root	--	--		*
Houttuynia cordata	Shoot	--	--		*
Hydnocarpus wightiana	Seed	--	41110.0	-0.64	*
Hydnocarpus kurzii	Seed	43800.0	73000.0	-0.38	*
Hyoscyamus niger	Seed	88000.0	136928.0	0.15	*
Ipomoea batatas	Root	110.0	405.0	-0.56	*
Isatis tinctoria	Seed	34020.0	103680.0	-0.13	*
Jatropha curcas	Seed	109440.0	199680.0	0.66	*
Juglans regia	Seed	36000.0	210300.0	0.75	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Juglans cinerea	Seed	103520.0	107097.0	-0.1	*
Juglans nigra	Seed	118560.0	123965.0	0.04	USDA's Ag Handbook 8 and sequelae)
Juniperus communis	Plant	--	--		*

<i>Juniperus communis</i>	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Justicia adhatoda</i>	Seed	--	128750.0	0.08	*
<i>Lablab purpureus</i>	Seed	950.0	7832.0	-0.91	*
<i>Lactuca sativa</i>	Leaf	90.0	1500.0	-0.46	*
<i>Lactuca scariola</i>	Seed	95040.0	130170.0	0.09	*
<i>Lagenaria siceraria</i>	Seed	81900.0	95625.0	-0.19	*
<i>Lagenaria siceraria</i>	Fruit	40.0	1435.0	-0.47	*
<i>Laurus nobilis</i>	Fruit	66000.0	220000.0	1.21	*
<i>Laurus nobilis</i>	Plant	--	--		*
<i>Lawsonia inermis</i>	Oil	346600.0	347000.0		*
<i>Lawsonia inermis</i>	Seed	19410.0	42360.0	-0.63	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Lens culinaris</i>	Seed	1570.0	1770.0	-0.96	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Sprout Seedling	1040.0	3465.0	0.18	USDA's Ag Handbook 8 and sequelae)
<i>Lentinus edodes</i>	Fruit	--	--		*
<i>Leonotis nepetaefolia</i>	Seed	180880.0	245480.0	1.04	*
<i>Lepidium sativum</i>	Leaf	870.0	8210.0	0.5	*
<i>Lepidium meyenii</i>	Root	--	3.0	-0.7	*
<i>Lepidium sativum</i>	Seed	97450.0	156200.0	0.3	*
<i>Ligustrum lucidum</i>	Fruit	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Ligustrum japonicum</i>	Fruit	--	--		*
<i>Linum usitatissimum</i>	Seed Oil	--	283000.0	-0.2	*
<i>Linum usitatissimum</i>	Seed	16.0	120000.0	0.01	*
<i>Linum usitatissimum</i>	Flower	--	--		*
<i>Luffa aegyptiaca</i>	Seed	60000.0	135000.0	0.13	*
<i>Luffa aegyptiaca</i>	Fruit	370.0	7400.0	-0.42	*
<i>Lupinus albus</i>	Seed	35580.0	39725.0	-0.65	*
<i>Lycopersicon esculentum</i>	Fruit	310.0	5124.0	-0.44	*
<i>Lycopodium clavatum</i>	Pollen Or Spore	165000.0	300000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Macadamia spp</i>	Seed	391270.0	497550.0	3.11	*
<i>Maclura pomifera</i>	Fruit	--	--		*
<i>Magnolia kobus</i>	Flower	--	--		*
<i>Malus domestica</i>	Fruit	140.0	871.0	-0.47	*
<i>Mangifera indica</i>	Fruit	540.0	2950.0	-0.46	*
<i>Manihot esculenta</i>	Root	1040.0	3300.0	0.43	*

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	--	--		*
Medicago sativa	Seed	--	--		*
Mentha spicata	Leaf	220.0	1520.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	290.0	1360.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Mimosa pudica	Seed	7440.0	52700.0	-0.55	*
Momordica charantia	Fruit	--	--		Jim Duke's personal files.
Momordica charantia	Seed	1580.0	77376.0	-0.34	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Momordica charantia	Cotyledon	--	155800.0	-1.47	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	--	0.03	-0.48	*
Moringa oleifera	Seed	120000.0	380000.0	2.14	*
Morus alba	Seed	--	--		*
Mucuna pruriens	Seed	735.0	11400.0	-0.89	*
Murraya sp	Plant	--	--		*
Musa x paradisiaca	Fruit	270.0	1049.0	-0.47	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Plant	--	--		*
Myristica fragrans	Seed	13000.0	176000.0	0.47	*
Myristica fragrans	Seed Essent. Oil	--	--		*
Myrrhis odorata	Seed	--	53000.0	-0.54	*
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	620.0	1879.0	-0.96	*
Nelumbo nucifera	Rhizome	140.0	670.0	-1.0	*
Nepeta cataria	Seed Oil	--	--		*
Nerium oleander	Seed	--	--		*
Nicotiana tabacum	Seed	62500.0	122500.0	0.03	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nigella sativa	Seed	89911.0	184912.0	0.54	*
Nigella sativa	Seed Oil	244600.0	262400.0	-0.31	*
Ocimum sanctum	Seed	--	13950.0	-0.86	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum tenuiflorum	Seed	--	13950.0	-0.86	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Seed	26620.0	36300.0	-0.68	*
Oenothera biennis	Seed	15000.0	50000.0	-0.57	*
Oenothera biennis	Seed Oil	22000.0	119000.0	-1.06	*
Oenothera biennis	Seed Essent. Oil	--	120000.0	-0.71	*
Olea europaea	Fruit	122400.0	326400.0	2.03	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Opuntia ficus-indica	Flower	--	--		*
Opuntia ficus-indica	Seed Oil	--	88000.0	-1.22	*
Opuntia ficus-indica	Seed	4750.0	16015.0	-0.85	*
Origanum majorana	Seed	--	8000.0	-0.91	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Origanum vulgare	Plant	5100.0	5493.0	0.19	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	4500.0	8100.0	-0.91	*
Pachira aquatica	Seed	43500.0	249400.0	1.07	*
Pachyrhizus erosus	Seed	--	--		*
Panax quinquefolius	Plant	--	--		*
Panax ginseng	Root	--	--		*
Panax quinquefolius	Root	--	--		*
Papaver somniferum	Seed	56230.0	71872.0	-0.39	*
Papaver somniferum	Latex Exudate	--	--		*
Papaver bracteatum	Seed	38700.0	44160.0	-0.62	*
Papaver somniferum	Seed Oil	--	--		*
Passiflora incarnata	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Passiflora edulis	Seed	--	43700.0	-0.62	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Pastinaca sativa	Seed	1020.0	158000.0	0.32	*
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.
Persea americana	Fruit	27450.0	691200.0	4.85	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Petasites hybridus	Root	--	--		*
Petroselinum crispum	Fruit	--	--		*
Petroselinum crispum	Seed	--	53000.0	-0.54	*
Phaseolus vulgaris	Sprout Seedling	390.0	4194.0	1.12	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Seed	500.0	1680.0	-0.97	*
Phaseolus vulgaris	Seed	1230.0	1382.0	-0.97	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	40.0	411.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Seed	27000.0	51000.0	-0.56	*
Phyllanthus emblica	Seed	--	45440.0	-0.61	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus emblica	Seed Oil	--	--		*
Physalis peruviana	Seed	--	26710.0	-0.76	*

Physostigma venenosum	Seed	--	--		*
Pimpinella anisum	Seed	44800.0	217000.0	0.8	*
Pinellia ternata	Tuber	--	--		*
Pinus edulis	Seed	215280.0	228780.0	0.9	USDA's Ag Handbook 8 and sequelae)
Pinus walliciana	Seed	--	26850.0	-0.76	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus gerardiana	Seed	168000.0	283750.0	1.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	179000.0	191835.0	0.6	USDA's Ag Handbook 8 and sequelae)
Piper nigrum	Fruit	13700.0	15309.0	-0.36	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	319760.0	389760.0	2.22	*
Pisum sativum	Fruit	210.0	2077.0	-0.46	*
Pisum sativum	Seed	350.0	1656.0	-0.97	*
Plantago ovata	Seed	8000.0	19470.0	-0.82	*
Plantago ovata	Seed Oil	--	254000.0	-0.35	*
Plantago ovata	Seed Coat	--	--		*
Plantago major	Seed	37000.0	74000.0	-0.37	*
Plantago asiatica	Seed	--	--		*
Plantago psyllium	Seed	1865.0	3528.0	-0.95	*
Portulaca oleracea	Seed	--	49935.0	-0.57	*
Portulaca oleracea	Herb	16.0	2160.0		*
Prosopis glandulosa	Plant	--	--		*
Prunus laurocerasus	Seed	18350.0	22020.0	-0.8	*
Prunus domestica	Fruit	4000.0	27027.0	-0.27	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	248000.0	411200.0	2.4	*
Prunus persica	Seed	--	--		*
Prunus dulcis	Seed	231000.0	478170.0	2.95	*
Prunus cerasus	Seed	148200.0	197600.0	0.65	*
Prunus armeniaca	Fruit	170.0	1245.0	-0.47	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	340.0	2755.0	-0.46	*
Prunus domestica	Seed	254280.0	306600.0	1.54	*
Prunus cerasus	Fruit	810.0	5832.0	-0.44	*
Psidium cattleianum	Fruit	520.0	2690.0	-0.46	*
Psidium guajava	Seed	--	27900.0	-0.75	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Psidium guajava	Fruit	520.0	3744.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Psophocarpus tetragonolobus	Leaf	2840.0	12268.0	1.08	*
Psophocarpus tetragonolobus	Tuber	2320.0	5446.0	1.0	*
Psophocarpus tetragonolobus	Seed	2480.0	61684.0	-0.47	*
Punica granatum	Seed	--	--		*

<i>Pyrus communis</i>	Fruit	810.0	5003.0	-0.44	*
<i>Quisqualis indica</i>	Seed	110860.0	130140.0	0.09	*
<i>Quisqualis indica</i>	Fruit	--	--		*
<i>Raphanus sativus</i>	Root	160.0	3100.0	0.36	*
<i>Rheum officinale</i>	Root	--	--		Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
<i>Rhus toxicodendron</i>	Seed	--	--		*
<i>Ribes nigrum</i>	Seed Essent. Oil	--	120000.0	-0.71	*
<i>Ribes uva-crispa</i>	Fruit	510.0	4204.0	-0.45	*
<i>Ribes nigrum</i>	Seed Oil	--	--		*
<i>Ribes rubrum</i>	Fruit	280.0	1744.0	-0.47	*
<i>Ribes nigrum</i>	Fruit	560.0	3102.0	-0.46	USDA's Ag Handbook 8 and sequelae)
<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	7500.0	33250.0	-0.71	*
<i>Rosa rubiginosa</i>	Seed Oil	--	--		*
<i>Rosa canina</i>	Seed Oil	--	--		*
<i>Rosmarinus officinalis</i>	Leaf	10240.0	31770.0	3.88	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Fruit	490.0	3665.0	-0.45	Revised USDA data received 1993.
<i>Ruta graveolens</i>	Seed Oil	--	--		*
<i>Salvia sclarea</i>	Seed	--	69006.0	-0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Salvia officinalis</i>	Seed	--	35500.0	-0.69	*
<i>Salvia sp.</i>	Seed	15600.0	76680.0	-0.35	*
<i>Salvia officinalis</i>	Fruit Essent. Oil	--	--		*
<i>Sambucus nigra</i>	Flower	--	--		*
<i>Sambucus nigra</i>	Leaf	--	--		*
<i>Sambucus canadensis</i>	Seed	8040.0	12800.0	-0.87	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Santalum album</i>	Fruit	--	--		*
<i>Santalum acuminatum</i>	Seed	--	--		*
<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	--	50400.0	-0.56	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Saussurea lappa</i>	Root Essent. Oil	--	--		*
<i>Schoenocaulon officinale</i>	Seed	--	--		*
<i>Sclerocarya caffra</i>	Seed	291500.0	420000.0	2.47	*
<i>Scutellaria baicalensis</i>	Root Essent. Oil	--	--		*
<i>Secale cereale</i>	Seed	2800.0	3145.0	-0.95	USDA's Ag Handbook 8 and sequelae)
<i>Senna obtusifolia</i>	Seed	--	13885.0	-0.86	*
<i>Senna occidentalis</i>	Seed	7675.0	7982.0	-0.91	*
<i>Serenoa repens</i>	Seed	--	--		*

<i>Serenoa repens</i>	Fruit	11400.0	332000.0	2.08	*
<i>Sesamum indicum</i>	Seed	114800.0	284544.0	1.36	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Sesamum indicum</i>	Seed Oil	--	500000.0	0.93	*
<i>Silybum marianum</i>	Seed	--	--		*
<i>Silybum marianum</i>	Seed Oil	180000.0	250000.0	-0.37	*
<i>Simarouba glauca</i>	Seed	355700.0	388400.0	2.21	*
<i>Sinapis alba</i>	Seed	56920.0	65356.0	-0.44	*
<i>Skimmia arborescens</i>	Seed	--	90000.0	-0.24	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Smilax china</i>	Plant	--	--		*
<i>Solanum tuberosum</i>	Tuber	10.0	48.0	-1.0	*
<i>Solanum nigrum</i>	Seed	--	106855.0	-0.1	*
<i>Solanum melongena</i>	Fruit	80.0	991.0	-0.47	*
<i>Sophora japonica</i>	Seed	15385.0	26980.0	-0.76	*
<i>Spartium junceum</i>	Seed	--	--		*
<i>Spinacia oleracea</i>	Leaf	--	--		*
<i>Spinacia oleracea</i>	Plant	18.0	475.0	-0.86	*
<i>Stellaria media</i>	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sterculia urens</i>	Seed	133180.0	173134.0	0.44	*
<i>Strophanthus gratus</i>	Seed	--	90000.0	-0.24	*
<i>Strychnos nux-vomica</i>	Seed	2480.0	31000.0	-0.72	*
<i>Swertia chirata</i>	Plant	--	--		*
<i>Tagetes minuta</i>	Seed Oil	--	16.0	-1.68	*
<i>Tamarindus indica</i>	Fruit	1810.0	2638.0	-0.46	USDA's Ag Handbook 8 and sequelae)
<i>Tamarindus indica</i>	Seed Oil	--	--		*
<i>Tamarindus indica</i>	Seed	16320.0	20128.0	-0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Taraxacum officinale</i>	Root	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
<i>Taraxacum officinale</i>	Pollen Or Spore	--	--		*
<i>Terminalia bellirica</i>	Seed	108025.0	301470.0	1.5	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Terminalia catappa</i>	Seed	126250.0	245000.0	1.03	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Terminalia pallida</i>	Seed Oil	--	541000.0	1.15	Gunasekar, D., Sreeramulu, K., Rao, K. V. 1992. Fatty Acid Composition of the Seed Oil of <i>Terminalia pallida</i> . Asian J. Chem. 4 2: 400-401.
<i>Terminalia chebula</i>	Seed Oil	--	--		Miglani, B. D., Chawla, A. S. 1974. Chemical Investigation of the Oil of <i>Terminalia chebula</i> . J. Inst. Chem. (Calcutta) 46: 189-.
<i>Terminalia chebula</i>	Seed	200100.0	213000.0	0.77	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tetragonia tetragonioides</i>	Leaf	30.0	500.0	-0.6	*

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.
Theobroma bicolor	Seed	134800.0	142385.0	0.19	*
Theobroma cacao	Seed	122430.0	227100.0	0.89	*
Theobroma angustifolium	Seed	86825.0	228580.0	0.9	*
Thespesia populnea	Seed	--	65000.0	-0.44	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Thevetia peruviana	Seed	321500.0	430810.0	2.56	*
Thevetia neriifolia	Seed	321500.0	385800.0	2.19	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Thuja occidentalis	Branches	--	--		*
Thymus vulgaris	Plant	4700.0	5076.0	0.11	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tilia sp.	Wood	--	--		*
Tribulus terrestris	Fruit	9450.0	13500.0	-0.38	*
Trichosanthes anguina	Seed	83450.0	107535.0	-0.1	*
Trichosanthes kirilowii	Seed	--	--		*
Trifolium pratense	Pollen Or Spore	--	--		*
Trigonella foenum-graecum	Seed Oil	186000.0	319800.0	-0.01	*
Trigonella foenum-graecum	Seed	--	--		*
Triticum aestivum	Plant	--	--		*
Urtica dioica	Seed	17825.0	23115.0	-0.79	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Valeriana officinalis	Plant	--	3000.0	-0.33	*
Valeriana jatamansi	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Vanilla planifolia	Fruit	--	13.0	-0.48	*
Verbascum thapsus	Seed	292000.0	300000.0	1.49	*
Vernonia cinerea	Seed	1520.0	15200.0	-0.85	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Viburnum opulus	Fruit	--	--		*
Viburnum opulus	Seed	--	--		*
Viburnum prunifolium	Bark	--	--		*
Viburnum opulus	Root Bark	--	--		*
Vicia faba	Seed	170.0	895.0	-0.97	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	1290.0	1428.0	-0.97	*
Vigna unguiculata	Shoot	130.0	1272.0	0.71	USDA's Ag Handbook 8 and sequelae)

<i>Vigna unguiculata</i>	Seed	1140.0	1245.0	-0.97	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Seed	832.0	1770.0	-0.96	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Seed	430.0	1295.0	-0.97	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Fruit	210.0	1728.0	-0.47	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Seed	1872.0	5200.0	-0.94	*
<i>Vigna unguiculata</i>	Shoot	130.0	1272.0	0.71	*
<i>Vigna radiata</i>	Sprout Seedling	220.0	2311.0	-1.31	USDA's Ag Handbook 8 and sequelae)
<i>Virola surinamensis</i>	Seed	46200.0	52360.0	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Vitellaria paradoxa</i>	Seed	239855.0	257740.0	1.14	*
<i>Vitellaria paradoxa</i>	Seed Oil	--	408000.0	0.45	Adomako, D. 1977. Fatty Acid Composition and Characteristics of Pentadesma Butyracea Fat Extracted From Ghana Seeds. J. Sci. Food Agr. 28: 384-386.
<i>Vitis vinifera</i>	Seed Oil	--	--		*
<i>Vitis vinifera</i>	Seed	22200.0	74000.0	-0.37	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vitis vinifera</i>	Plant	230.0	1183.0	-0.71	*
<i>Zea mays</i>	Seed	3470.0	14435.0	-0.86	USDA's Ag Handbook 8 and sequelae)
<i>Zingiber officinale</i>	Rhizome	1190.0	11000.0	1.0	*
<i>Zingiber officinale</i>	Root	1190.0	11000.0	3.06	USDA's Ag Handbook 8 and sequelae)