

List of Plants

PALMITOLEIC-ACID

Chemid

PALMITOLEICACID

*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	Seed	730.0	880.0	-0.28	Wealth of India.
Aesculus hippocastanum	Leaf	--	--		Jim Duke's personal files.
Aloe vera	Juice	--	--		Yamaguchi, I., Mega, N., Sanada, H. 1993. Components of the Gel of Aloe vera (L.) Burm. F. Biosci Biotech Biochem 57(8): 1350-1352.
Anacardium occidentale	Seed	1690.0	3235.0	-0.22	*
Ananas comosus	Fruit	30.0	220.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Plant	--	--		*
Anethum graveolens	Seed	500.0	542.0	-0.29	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	500.0	542.0	-0.25	*
Angelica archangelica	Fruit	--	--		*
Angelica archangelica	Seed	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Apium graveolens	Pt	10.0	190.0		USDA's Ag Handbook 8 and sequelae)
Aquilegia vulgaris	Seed	--	--		*
Arachis hypogaea	Seed	90.0	4806.0	-0.18	*
Areca catechu	Seed	--	--		*
Asparagus officinalis	Shoot	10.0	129.0	1.41	*
Bactris gasipaes	Fruit	2880.0	19120.0	3.15	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Bertholletia excelsa	Seed	3240.0	3352.0	-0.22	USDA's Ag Handbook 8 and sequelae)
Bidens pilosa	Plant	--	--		Jim Duke's personal files.
Brassica rapa	Root	10.0	120.0	-0.68	*
Brassica oleracea var. viridis l.	Plant	--	--		*
Brassica oleracea	Stem	--	--		*
Brassica oleracea var. gemmifera	Leaf	20.0	142.0	-0.49	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	10.0	65.0	-0.62	*
Brassica nigra	Leaf	10.0	147.0	-0.48	USDA's Ag Handbook 8 and sequelae)

<i>Calendula officinalis</i>	Seed	12000.0	20500.0	0.19	*
<i>Capsicum frutescens</i>	Fruit	--	--		USDA's Ag Handbook 8 and sequelae)
<i>Capsicum annuum</i>	Fruit	30.0	409.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Carica papaya</i>	Fruit	200.0	1790.0	-0.02	*
<i>Carica papaya</i>	Flower	--	--		Jim Duke's personal files.
<i>Carum carvi</i>	Seed	900.0	999.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Carum carvi</i>	Fruit	900.0	999.0	-0.16	*
<i>Cedrus deodora</i>	Seed	--	181035.0	4.05	*
<i>Cicer arietinum</i>	Seed	120.0	135.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Root	750.0	3750.0	1.92	USDA's Ag Handbook 8 and sequelae)
<i>Citrullus colocynthis</i>	Seed	--	--		*
<i>Citrus reticulata</i>	Seed Oil	--	--		*
<i>Citrus sinensis</i>	Fruit	30.0	226.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Citrus reticulata</i>	Fruit	40.0	320.0	-0.29	USDA's Ag Handbook 8 and sequelae)
<i>Citrus paradisi</i>	Fruit	10.0	110.0	-0.33	USDA's Ag Handbook 8 and sequelae)
<i>Citrus aurantiifolia</i>	Fruit	30.0	255.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Corchorus olitorius</i>	Leaf	30.0	245.0	-0.31	*
<i>Coriandrum sativum</i>	Fruit	1000.0	1097.0	-0.14	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	990.0	1064.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Fruit	60.0	714.0	-0.21	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	10.0	169.0	-0.31	*
<i>Cucurbita pepo</i>	Flower	50.0	1030.0		USDA's Ag Handbook 8 and sequelae)
<i>Daucus carota</i>	Seed	270.0	1725.0	-0.26	*
<i>Daucus carota</i>	Root	20.0	165.0	-0.64	*
<i>Elaeagnus angustifolia</i>	Seed	--	495.0	-0.29	Hetherington, M and Steck, W. 1997. Natural chemicals from northern prairie plants - the phytochemical contents of one thousand North American species. 277 pp. Ag-West Biotech, Inc. Saskatoon, Canada. Fytokem Products, Saskatoon.
<i>Elaeis guineensis</i>	Fruit	--	--		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	200.0	650.0	-0.23	Revised USDA data received 1993.
<i>Fragaria spp</i>	Fruit	10.0	119.0	-0.32	USDA's Ag Handbook 8 and sequelae)
<i>Ginkgo biloba</i>	Seed	790.0	1761.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Glycine max</i>	Seed	550.0	600.0	-0.28	USDA's Ag Handbook 8 and sequelae)
<i>Helianthus annuus</i>	Seed	490.0	515.0	-0.29	USDA's Ag Handbook 8 and sequelae)
<i>Hibiscus sabdariffa</i>	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hordeum vulgare</i>	Leaf	--	--		*
<i>Jatropha curcas</i>	Seed	4200.0	6720.0	-0.14	*
<i>Juglans regia</i>	Seed	1610.0	1670.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Juglans nigra</i>	Seed	770.0	805.0	-0.28	USDA's Ag Handbook 8 and sequelae)
<i>Juniperus communis</i>	Plant	--	--		*

Juniperus communis	Seed Oil	--	--		*
Lablab purpureus	Seed	10.0	82.0	-0.3	*
Lactuca sativa	Leaf	30.0	500.0	0.12	*
Lens culinaris	Seed	20.0	23.0	-0.3	USDA's Ag Handbook 8 and sequelae)
Lupinus albus	Seed	340.0	380.0	-0.29	*
Lycopersicon esculentum	Fruit	10.0	165.0	-0.32	*
Macadamia spp	Seed	113385.0	190650.0	4.28	*
Malus domestica	Fruit	10.0	62.0	-0.33	*
Mangifera indica	Fruit	480.0	2625.0	0.13	*
Mentha x piperita	Leaf	20.0	95.0	-0.57	USDA's Ag Handbook 8 and sequelae)
Mentha spicata	Leaf	20.0	140.0	-0.49	USDA's Ag Handbook 8 and sequelae)
Momordica charantia	Fruit	--	--		Jim Duke's personal files.
Morus alba	Seed	--	--		*
Mucuna pruriens	Seed	35.0	630.0	-0.28	*
Murraya sp	Plant	--	--		*
Musa x paradisiaca	Plant	--	--		*
Musa x paradisiaca	Fruit	120.0	466.0	-0.26	USDA's Ag Handbook 8 and sequelae)
Nelumbo nucifera	Rhizome	20.0	95.0	-1.0	*
Nigella sativa	Seed Oil	--	2000.0	-0.74	*
Oenothera biennis	Seed Oil	--	--		*
Origanum vulgare	Plant	1600.0	1723.0	1.0	USDA's Ag Handbook 8 and sequelae)
Panax ginseng	Root	--	--		*
Papaver somniferum	Seed	1300.0	1394.0	-0.27	*
Papaver somniferum	Seed Oil	--	--		*
Pastinaca sativa	Root	30.0	145.0	-0.66	*
Persea americana	Fruit	6430.0	25000.0	4.22	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Seed	--	--		Abstract (See species file)
Pinus edulis	Seed	2500.0	2655.0	-0.23	USDA's Ag Handbook 8 and sequelae)
Pinus pinea	Seed	2080.0	2230.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	2860.0	2975.0	-0.23	*
Pisum sativum	Fruit	--	--		*
Portulaca oleracea	Herb	140.0	2940.0		*
Prunus persica	Fruit	10.0	80.0	-0.33	*
Prunus cerasus	Fruit	10.0	72.0	-0.33	*
Prunus dulcis	Seed	3040.0	3180.0	-0.22	USDA's Ag Handbook 8 and sequelae)
Prunus domestica	Fruit	50.0	338.0	-0.28	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	30.0	216.0	-0.31	USDA's Ag Handbook 8 and sequelae)

<i>Psidium cattleianum</i>	Fruit	30.0	155.0	-0.32	*
<i>Pyrus communis</i>	Fruit	20.0	124.0	-0.32	*
<i>Ribes rubrum</i>	Fruit	10.0	62.0	-0.33	*
<i>Ribes nigrum</i>	Fruit	70.0	388.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Rosmarinus officinalis</i>	Leaf	660.0	2050.0	2.73	USDA's Ag Handbook 8 and sequelae)
<i>Sambucus nigra</i>	Seed	--	--		*
<i>Sambucus nigra</i>	Flower	--	--		*
<i>Schisandra chinensis</i>	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Secale cereale</i>	Seed	100.0	110.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Sesamum indicum</i>	Seed Oil	--	5000.0	1.41	*
<i>Sesamum indicum</i>	Seed	1490.0	1563.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Simarouba glauca</i>	Seed	1300.0	1420.0	-0.26	*
<i>Sinapis alba</i>	Seed	570.0	674.0	-0.28	*
<i>Skimmia arborescens</i>	Seed	--	7000.0	-0.13	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Solanum tuberosum</i>	Tuber	10.0	48.0		USDA's Ag Handbook 8 and sequelae)
<i>Solanum melongena</i>	Fruit	10.0	124.0	-0.32	*
<i>Spinacia oleracea</i>	Leaf	--	--		*
<i>Spinacia oleracea</i>	Plant	21.0	475.0	-1.0	*
<i>Terminalia catappa</i>	Seed	11850.0	14125.0	0.04	*
<i>Tetragonia tetragonioides</i>	Leaf	30.0	500.0	0.12	*
<i>Trigonella foenum-graecum</i>	Seed Oil	--	2100.0	-0.67	*
<i>Triticum aestivum</i>	Plant	--	--		*
<i>Vicia faba</i>	Seed	--	--	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Shoot	10.0	98.0	-0.71	*
<i>Vigna unguiculata</i>	Fruit	10.0	82.0	-0.33	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Seed	20.0	60.0	-0.3	*
<i>Vigna unguiculata</i>	Shoot	10.0	98.0	-0.71	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Seed	20.0	60.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Vitellaria paradoxa</i>	Seed Oil	--	--		Adomako, D. 1977. Fatty Acid Composition and Characteristics of Pentadesma Butyracea Fat Extracted From Ghana Seeds. J. Sci. Food Agr. 28: 384-386.
<i>Zea mays</i>	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Zingiber officinale</i>	Root	210.0	1145.0	0.06	USDA's Ag Handbook 8 and sequelae)
<i>Zingiber officinale</i>	Rhizome	210.0	1145.0	1.0	*