

# List of Plants

## PANTOTHENIC-ACID

### Chemid

PANTOTHENICACID

### Dosage

RDA=4-10 mg/day/orl/man Martindale's 29th

PTD=1,000 mg/day

LD50=820 (ipr rat)

LD50=3,400 (scu rat)

\*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>	Fruit	2.0	24.0	0.38	USDA's Ag Handbook 8 and sequelae)
<i>Alisma plantago-aquatica</i>	Plant	--	--		*
<i>Allium cepa</i>	Bulb	1.0	16.0	1.0	USDA's Ag Handbook 8 and sequelae)
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	2.6	7.5	-1.0	LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of <i>Allium sativum</i> L. and related species. Williams & Wilkins, Baltimore. 329 pp.
<i>Allium schoenoprasum</i>	Leaf	2.0	40.0	0.17	USDA's Ag Handbook 8 and sequelae)
<i>Anacardium occidentale</i>	Seed	12.0	13.0	-0.39	*
<i>Ananas comosus</i>	Fruit	1.0	11.0	-0.45	*
<i>Anemarrhena asphodeloides</i>	Rhizome	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Angelica sinensis</i>	Root	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Annona muricata</i>	Fruit	2.5	13.0	-0.33	*
<i>Annona squamosa</i>	Fruit	2.0	8.0	-0.64	*
<i>Annona reticulata</i>	Fruit	5.0	17.0	-0.07	*
<i>Apium graveolens</i>	Pt	1.0	36.0	1.0	USDA's Ag Handbook 8 and sequelae)
<i>Arachis hypogaea</i>	Seed	17.0	30.0	1.39	*
<i>Artocarpus altilis</i>	Seed	8.0	20.0	0.34	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus altilis</i>	Fruit	4.0	15.5	-0.17	*
<i>Asparagus officinalis</i>	Shoot	2.0	22.4		*
<i>Avena sativa</i>	Seed	4.4	28.3	1.21	Jim Duke's personal files.*
<i>Avena sativa</i>	Plant	3.5	45.3	0.91	Jim Duke's personal files.*

<i>Bertholletia excelsa</i>	Seed	2.0	3.0	-1.44	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Root	1.5	11.8	-0.82	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	5.35	63.0	0.85	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	1.0	6.0	-0.84	*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	3.1	22.0	-0.36	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	2.0	15.0	-0.36	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Root	2.0	25.0	1.09	*
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	0.64	10.5	-0.7	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	5.35	63.0	0.85	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	1.4	18.0	-1.0	*
<i>Brassica oleracea</i>	Stem	1.6	18.0		*
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	1.4	19.0	-0.45	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	0.19	2.79	-0.93	USDA's Ag Handbook 8 and sequelae)
<i>Cajanus cajan</i>	Seed	6.8	20.0	0.34	*
<i>Camellia sinensis</i>	Leaf	--	--		*
<i>Capsicum annum</i>	Fruit	--	5.0	-0.84	USDA's Ag Handbook 8 and sequelae)
<i>Capsicum frutescens</i>	Fruit	1.0	5.0	-0.84	USDA's Ag Handbook 8 and sequelae)
<i>Carica papaya</i>	Fruit	2.0	19.0	0.06	USDA's Ag Handbook 8 and sequelae)
<i>Carya illinoensis</i>	Seed	17.0	18.0	0.13	*
<i>Cicer arietinum</i>	Seed	15.0	18.0	0.13	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	9.0	145.0	3.28	*
<i>Citrullus lanatus</i>	Fruit	--	25.0	0.44	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Citrus sinensis</i>	Fruit	2.0	19.0	0.06	USDA's Ag Handbook 8 and sequelae)
<i>Citrus reticulata</i>	Fruit	2.0	16.0	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Citrus paradisi</i>	Plant	3.0	31.0	0.07	*
<i>Citrus aurantiifolia</i>	Fruit	2.0	18.0	-0.01	USDA's Ag Handbook 8 and sequelae)
<i>Corylus avellana</i>	Seed	11.0	12.0	-0.5	USDA's Ag Handbook 8 and sequelae)
<i>Cucumis melo</i>	Fruit	1.2	14.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Cucumis sativus</i>	Fruit	2.5	63.0	2.86	*
<i>Cucurbita</i> spp	Fruit	1.0	18.0	-0.01	*
<i>Cynara cardunculus</i>	Flower	3.0	23.0	1.0	USDA's Ag Handbook 8 and sequelae)
<i>Daucus carota</i>	Root	2.0	17.0	-0.07	*

Erythroxylum coca	Leaf	--	7.0	-0.81	*
Fagopyrum esculentum	Seed	--	14.0	-0.29	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Ficus carica	Fruit	3.0	14.0	-0.26	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	3.4	40.0	1.4	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Seed	1.0	4.0	-1.33	USDA's Ag Handbook 8 and sequelae)
Glycine max	Seed	6.0	12.0	-0.5	*
Gossypium sp	Seed	--	11.0	-0.6	*
Hordeum vulgare	Seed	2.0	12.0	-0.5	Jim Duke's personal files.*
Ilex paraguariensis	Leaf	--	--		*
Ipomoea batatas	Root	5.0	24.0	0.94	*
Juglans regia	Seed	3.0	10.0	-0.71	*
Lablab purpureus	Plant	--	--		*
Lactuca sativa	Leaf	2.0	33.0	-0.04	*
Lens culinaris	Seed	16.0	22.0	0.55	*
Lens culinaris	Sprout Seedling	5.0	20.0	-1.0	USDA's Ag Handbook 8 and sequelae)
Linum usitatissimum	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lycopersicon esculentum	Fruit	1.0	61.0	2.74	*
Malpighia glabra	Fruit	3.0	36.0	1.14	*
Malus domestica	Fruit	1.0	4.0	-0.9	USDA's Ag Handbook 8 and sequelae)
Mangifera indica	Fruit	1.6	8.8	-0.59	*
Medicago sativa	Plant	2.0	18.0	-0.69	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha x piperita	Leaf	3.0	16.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Mentha spicata	Leaf	2.5	17.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Murraya sp	Fruit	2.5	7.7	-0.66	*
Musa x paradisiaca	Fruit	2.5	10.1	-0.51	USDA's Ag Handbook 8 and sequelae)
Nasturtium officinale	Plant	3.0	62.0	1.89	*
Oryza sativa	Seed	6.0	17.0	0.03	*
Panax quinquefolius	Plant	7.0	10.0	-1.16	*
Panax ginseng	Root	--	6.6	-1.57	*
Pastinaca sativa	Root	6.0	29.0	1.66	*
Persea americana	Fruit	8.0	37.7	1.25	*
Petroselinum crispum	Plant	3.0	26.0	-0.22	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Seed	9.0	10.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	0.9	10.0	-0.52	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Seed	2.3	16.0	-0.08	*
Phoenix dactylifera	Fruit	8.0	10.0	-0.52	USDA's Ag Handbook 8 and sequelae)
Pisum sativum	Fruit	7.5	74.0	3.57	*

<i>Pisum sativum</i>	Seed	1.0	5.0	-1.23	*
<i>Portulaca oleracea</i>	Plant	--	--		*
<i>Prunus dulcis</i>	Seed	4.0	5.0	-1.23	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Fruit	2.4	17.6	-0.03	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	1.8	13.0	-0.33	USDA's Ag Handbook 8 and sequelae)
<i>Prunus persica</i>	Fruit	2.0	14.0	-0.26	*
<i>Prunus cerasus</i>	Fruit	1.0	10.0	-0.52	*
<i>Psidium guajava</i>	Fruit	2.0	11.0	-0.45	USDA's Ag Handbook 8 and sequelae)
<i>Punica granatum</i>	Fruit	6.0	31.0	0.82	USDA's Ag Handbook 8 and sequelae)
<i>Pyrus communis</i>	Fruit	0.7	4.0	-0.9	*
<i>Raphanus sativus</i>	Root	0.8	18.0	0.07	*
<i>Rheum rhabarbarum</i>	Pt	0.8	13.3	-1.0	*
<i>Rhizophora mangle</i>	Leaf	--	53.0	0.56	*
<i>Ribes rubrum</i>	Fruit	1.0	4.0	-0.9	*
<i>Ribes nigrum</i>	Fruit	4.0	22.0	0.25	USDA's Ag Handbook 8 and sequelae)
<i>Ribes uva-crispa</i>	Fruit	3.0	24.0	0.38	*
<i>Rosmarinus officinalis</i>	Leaf	8.0	25.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Fruit	2.4	18.0	-0.01	Revised USDA data received 1993.
<i>Salvia officinalis</i>	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
<i>Sambucus canadensis</i>	Fruit	1.0	7.0	-0.71	USDA's Ag Handbook 8 and sequelae)
<i>Secale cereale</i>	Seed	10.0	11.0	-0.6	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Sesamum indicum</i>	Seed	0.5	10.0	-0.71	*
<i>Solanum tuberosum</i>	Tuber	3.0	18.0		USDA's Ag Handbook 8 and sequelae)
<i>Solanum melongena</i>	Fruit	0.8	10.0	-0.52	*
<i>Spinacia oleracea</i>	Plant	0.57	8.7	-1.24	*
<i>Tamarindus indica</i>	Fruit	1.0	2.0	-1.03	USDA's Ag Handbook 8 and sequelae)
<i>Tetragonia tetragonioides</i>	Leaf	3.0	50.0	0.47	*
<i>Theobroma cacao</i>	Seed	13.0	20.0	0.34	*
<i>Triticum aestivum</i>	Seed	6.8	20.0	0.34	*
<i>Triticum aestivum</i>	Plant	9.7	37.0	0.43	*
<i>Urtica dioica</i>	Leaf	--	10.0	-0.72	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Vaccinium macrocarpon</i>	Fruit	2.2	16.0	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Vaccinium corymbosum</i>	Fruit	0.9	6.0	-0.77	*
<i>Vicia faba</i>	Seed	--	50.0	3.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Vigna radiata	Sprout Seedling	2.9	48.0	1.0	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	18.0	22.0	0.55	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	1.5	18.0	0.13	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	15.0	17.0	0.03	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	0.2	1.3	-1.07	USDA's Ag Handbook 8 and sequelae)
Zea mays	Cob	3.0	7.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Zea mays	Seed	4.0	34.0	1.81	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Root	2.0	11.0	-0.94	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome	2.0	11.0		*