

List of Plants

PANTOTHENIC-ACID

Chemid

PANTOTHENICACID

Dosage

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

LD50=3,400 (scu rat)

LD50=820 (ipr rat)

PTD=1,000 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
<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 schoenoprasum</i>	Leaf	2.0	40.0	0.17	USDA's Ag Handbook 8 and sequelae)
<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>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)

Beta vulgaris	Root	1.5	11.8	-0.82	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	0.19	2.79	-0.93	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	5.35	63.0	0.85	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	1.0	6.0	-0.84	*
Brassica oleracea var. gemmifera	Leaf	3.1	22.0	-0.36	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	2.0	15.0	-0.36	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Flower	1.4	18.0	-1.0	*
Brassica rapa	Root	2.0	25.0	1.09	*
Brassica oleracea var. viridis l.	Leaf	0.64	10.5	-0.7	*
Brassica oleracea var. botrytis l.	Leaf	5.35	63.0	0.85	*
Brassica oleracea	Stem	1.6	18.0		*
Brassica oleracea var. capitata l.	Leaf	1.4	19.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Cajanus cajan	Seed	6.8	20.0	0.34	*
Camellia sinensis	Leaf	--	--		*
Capsicum frutescens	Fruit	1.0	5.0	-0.84	USDA's Ag Handbook 8 and sequelae)
Capsicum annum	Fruit	--	5.0	-0.84	USDA's Ag Handbook 8 and sequelae)
Carica papaya	Fruit	2.0	19.0	0.06	USDA's Ag Handbook 8 and sequelae)
Carya illinoensis	Seed	17.0	18.0	0.13	*
Cicer arietinum	Seed	15.0	18.0	0.13	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	9.0	145.0	3.28	*
Citrullus lanatus	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.
Citrus reticulata	Fruit	2.0	16.0	-0.13	USDA's Ag Handbook 8 and sequelae)
Citrus paradisi	Plant	3.0	31.0	0.07	*
Citrus aurantiifolia	Fruit	2.0	18.0	-0.01	USDA's Ag Handbook 8 and sequelae)
Citrus sinensis	Fruit	2.0	19.0	0.06	USDA's Ag Handbook 8 and sequelae)
Corylus avellana	Seed	11.0	12.0	-0.5	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	2.5	63.0	2.86	*
Cucumis melo	Fruit	1.2	14.0	-0.26	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	1.0	18.0	-0.01	*
Cynara cardunculus	Flower	3.0	23.0	1.0	USDA's Ag Handbook 8 and sequelae)
Daucus carota	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	Sprout Seedling	5.0	20.0	-1.0	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	16.0	22.0	0.55	*
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 ginseng	Root	--	6.6	-1.57	*
Panax quinquefolius	Plant	7.0	10.0	-1.16	*
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 lunatus	Seed	2.3	16.0	-0.08	*
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)
Phoenix dactylifera	Fruit	8.0	10.0	-0.52	USDA's Ag Handbook 8 and sequelae)
Pisum sativum	Seed	1.0	5.0	-1.23	*
Pisum sativum	Fruit	7.5	74.0	3.57	*

Portulaca oleracea	Plant	--	--		*
Prunus domestica	Fruit	1.8	13.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	2.0	14.0	-0.26	*
Prunus cerasus	Fruit	1.0	10.0	-0.52	*
Prunus dulcis	Seed	4.0	5.0	-1.23	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	2.4	17.6	-0.03	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	2.0	11.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Punica granatum	Fruit	6.0	31.0	0.82	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	0.7	4.0	-0.9	*
Raphanus sativus	Root	0.8	18.0	0.07	*
Rheum rhabarbarum	Pt	0.8	13.3	-1.0	*
Rhizophora mangle	Leaf	--	53.0	0.56	*
Ribes nigrum	Fruit	4.0	22.0	0.25	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	3.0	24.0	0.38	*
Ribes rubrum	Fruit	1.0	4.0	-0.9	*
Rosmarinus officinalis	Leaf	8.0	25.0	-0.27	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	2.4	18.0	-0.01	Revised USDA data received 1993.
Salvia officinalis	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Sambucus canadensis	Fruit	1.0	7.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Secale cereale	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.
Sesamum indicum	Seed	0.5	10.0	-0.71	*
Solanum melongena	Fruit	0.8	10.0	-0.52	*
Solanum tuberosum	Tuber	3.0	18.0		USDA's Ag Handbook 8 and sequelae)
Spinacia oleracea	Plant	0.57	8.7	-1.24	*
Tamarindus indica	Fruit	1.0	2.0	-1.03	USDA's Ag Handbook 8 and sequelae)
Tetragonia tetragonioides	Leaf	3.0	50.0	0.47	*
Theobroma cacao	Seed	13.0	20.0	0.34	*
Triticum aestivum	Seed	6.8	20.0	0.34	*
Triticum aestivum	Plant	9.7	37.0	0.43	*
Urtica dioica	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.
Vaccinium macrocarpon	Fruit	2.2	16.0	-0.13	USDA's Ag Handbook 8 and sequelae)
Vaccinium corymbosum	Fruit	0.9	6.0	-0.77	*
Vicia faba	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	Seed	18.0	22.0	0.55	USDA's Ag Handbook 8 and sequelae)

Vigna unguiculata	Seed	15.0	17.0	0.03	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	1.5	18.0	0.13	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	2.9	48.0	1.0	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	Seed	4.0	34.0	1.81	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.
Zingiber officinale	Rhizome	2.0	11.0		*
Zingiber officinale	Root	2.0	11.0	-0.94	USDA's Ag Handbook 8 and sequelae)