

List of Plants

PHOSPHATIDYL-CHOLINE

Chemid

PHOSPHATIDYLCHOLINE

*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 |
|-----------------------------|----------------|---------|----------|--------|---|
| Allium sativum var. sativum | Bulb | -- | -- | | * |
| Aloe vera | Shoot | -- | -- | | Afzal, M., Ali, M., Hassan, R. A. H., Sweedan, N., Dhami, M. S. I. 1991. Identification of Some Prostanoids in Aloe vera Extracts. Plant Medica, 57(1): 38-40. |
| Angelica sinensis | Root | -- | -- | | Jim Duke's personal files. |
| Coix lacryma-jobi | Seed | -- | -- | | Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp. |
| Cucumis sativus | Seed | -- | -- | | * |
| Daucus carota | Tissue Culture | -- | -- | | * |
| Fagopyrum esculentum | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Ficus carica | Fruit | -- | -- | | Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin. |
| Fucus vesiculosus | Plant | -- | -- | | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. |
| Glycine max | Seed | -- | -- | | * |
| Helianthus annuus | Seed | -- | -- | | * |
| Lentinus edodes | Fruit | -- | -- | | * |
| Linum usitatissimum | Seed | 160.0 | 2025.0 | 1.0 | Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp. |
| Malus domestica | Fruit | 189.0 | 214.0 | | * |
| Panax ginseng | Root | -- | -- | | * |
| Portulaca oleracea | Plant | -- | -- | | * |
| Punica granatum | Seed | -- | -- | | Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar. |
| Spinacia oleracea | Plant | -- | -- | | * |
| Theobroma cacao | Seed | 92.0 | 1328.0 | -1.0 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Urtica dioica | Root | -- | -- | | Jim Duke's personal files. |
| Urtica dioica | Plant | -- | -- | | Antonopoulou, S., Demopoulos, C. A., Andrikopoulos, N. K. 1996. Lipid separation from Urtica dioica: Existence of platelet-activating factor. Journal of Agricultural and Food Chemistry 44(10): 3052-3056. |
| Zea mays | Plant | -- | -- | | * |