

List of Plants

PHOSPHOLIPIDS

Chemid

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*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 manihot	Plant	5310.0	45775.0	0.49	*
Annona cherimola	Seed	4400.0	5700.0	-0.45	*
Brassica oleracea var. capitata l.	Leaf	80.0	2400.0	-1.0	*
Brassica juncea	Plant	5588.0	60740.0	1.28	*
Coix lacryma-jobi	Seed	--	18300.0	0.62	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Cucurbita pepo	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cucurbita maxima	Plant	5338.0	37860.0	0.07	*
Fagopyrum esculentum	Seed	--	34000.0	1.96	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Linum usitatissimum	Seed	360.0	4050.0	-0.6	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCs Press, Champaign IL. 384 pp.
Polygonum multiflorum	Plant	--	34900.0	-0.09	*
Punica granatum	Seed	--	--		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.
Schisandra chinensis	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Sechium edule	Leaf	6728.0	38010.0	1.0	*
Sesamum indicum	Seed	111.0	760.0	-0.88	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Theobroma cacao	Plant	255.0	3319.0	-1.76	*
Theobroma cacao	Seed	255.0	3319.0	-0.66	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Zea mays	Seed	--	--		*