

List of Plants



Chemid

PHOSPHORUS

Dosage

RDA=300-1,200 mg/day

PTD=12,000 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
Abelmoschus esculentus	Seed	--	7900.0	0.67	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abelmoschus esculentus	Fruit	630.0	6300.0	0.94	USDA's Ag Handbook 8 and sequelae)
Abrus precatorius	Leaf	650.0	3095.0	-0.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Leaf	--	1700.0	-0.6	*
Acacia senegal	Leaf	--	1400.0	-0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia catechu	Leaf	--	1700.0	-0.6	*
Acacia tortilis	Fruit	--	3400.0	0.06	*
Acacia farnesiana	Seed	2000.0	2700.0	-0.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Seed	--	7300.0	0.51	*
Acacia senegal	Seed	--	3100.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Leaf	840.0	4519.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	990.0	5075.0	0.02	Wealth of India.
Achillea millefolium	Plant	522.0	2950.0	-0.31	*
Acrocomia totai	Fruit	--	12000.0	2.67	*
Acrocomia totai	Seed	--	4200.0	-0.3	*
Actaea racemosa	Root	--	2080.0	-0.25	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	300.0	3060.0	-0.05	*
Aegle marmelos	Fruit	500.0	1300.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aframomum melegueta	Fruit	--	1900.0	-0.4	Wealth of India.
Agathosma betulina	Leaf	--	6780.0	0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Albizia lebbek	Seed	--	6200.0	0.22	Wealth of India.
Albizia lebbek	Leaf	300.0	400.0	-0.84	Wealth of India.
Aleurites moluccana	Seed	2000.0	2150.0	-0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	380.0	2249.0	-0.61	*

Allium schoenoprasum	Leaf	410.0	6670.0	0.31	*
Allium sativum var. sativum	Flower	460.0	3966.0	0.11	*
Allium cepa	Bulb	275.0	4038.0	-1.0	*
Allium ampeloprasum	Root	500.0	3650.0	0.02	*
Allium sativum var. sativum	Shoot	520.0	2332.0	-0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	880.0	5220.0	1.0	*
Allium sativum var. sativum	Root	1650.0	4460.0	0.17	*
Allium ampeloprasum	Leaf	480.0	4528.0	-0.08	*
Allium sativum var. sativum	Leaf	460.0	3382.0	-0.29	*
Allium cepa	Leaf	310.0	5513.0	0.1	*
Alocasia macrorrhiza	Root	440.0	3125.0	-0.07	*
Alocasia macrorrhiza	Leaf	250.0	1400.0	-0.66	*
Aloe vera	Leaf	6.0	940.0	-0.74	*
Aloe spp.	Leaf	5.0	940.0	-0.74	*
Alpinia galanga	Rhizome	250.0	1773.0	-1.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	277.0	2560.0	-0.17	*
Amaranthus spinosus	Leaf	500.0	4600.0	-0.07	*
Amaranthus sp.	Leaf	487.0	10082.0	0.94	*
Amorphophallus konjac	Leaf	70.0	2692.0	-0.42	*
Amorphophallus campanulatus	Shoot	--	8100.0	2.14	*
Amorphophallus konjac	Root	--	39.0	-0.61	*
Amorphophallus campanulatus	Root	320.0	3020.0	-0.09	*
Amphicarpaea bracteata	Shoot	--	2400.0	-0.45	*
Anacardium occidentale	Seed	3730.0	6255.0	0.24	*
Anacardium occidentale	Fruit	100.0	3125.0	-0.03	*
Ananas comosus	Fruit	60.0	923.0	-0.7	*
Anethum graveolens	Seed	2102.0	3723.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Plant	600.0	7625.0	1.94	*
Anethum graveolens	Fruit	2102.0	3723.0	0.15	*
Angelica sinensis	Root	735.0	3340.0	-0.03	*
Annona muricata	Fruit	210.0	3400.0	0.06	*
Annona diversifolia	Fruit	515.0	1815.0	-0.43	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona glabra	Fruit	240.0	1820.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Annona squamosa</i>	Fruit	260.0	1600.0	-0.49	*
<i>Annona cherimola</i>	Fruit	240.0	1510.0	-0.52	*
<i>Annona reticulata</i>	Fruit	147.0	1475.0	-0.53	*
<i>Anogeissus latifolia</i>	Leaf	--	3400.0	-0.29	*
<i>Anthriscus cerefolium</i>	Leaf	4500.0	4850.0	-0.02	*
<i>Apium graveolens</i>	Root	470.0	7900.0	0.77	USDA's Ag Handbook 8 and sequelae)
<i>Apium graveolens</i>	Fruit	979.0	4660.0	0.44	*
<i>Apium graveolens</i>	Pt	201.0	6849.0	1.36	*
<i>Apium graveolens</i>	Seed	980.0	6843.0	0.39	*
<i>Arachis hypogaea</i>	Plant	800.0	10000.0	3.08	*
<i>Arachis hypogaea</i>	Leaf	820.0	3814.0	-0.21	*
<i>Arachis hypogaea</i>	Seed	2450.0	4248.0	-0.29	*
<i>Aralia cordata</i>	Leaf	250.0	5320.0	0.06	*
<i>Arctium lappa</i>	Root	1027.0	4370.0	0.15	*
<i>Arctostaphylos uva-ursi</i>	Leaf	43.0	370.0	-0.85	*
<i>Areca catechu</i>	Shoot	--	890.0	-1.13	*
<i>Areca catechu</i>	Seed	630.0	1892.0	-0.91	*
<i>Armoracia rusticana</i>	Root	1278.0	7100.0	0.63	*
<i>Arracacia xanthorrhiza</i>	Root	550.0	1900.0	-0.28	*
<i>Artemisia vulgaris</i>	Plant	270.0	700.0	-1.39	Chem. & Pharm. Bull. 38: 2205.
<i>Artemisia dracunculus</i>	Plant	3130.0	3391.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia vulgaris</i>	Leaf	400.0	3150.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia vulgaris</i>	Shoot	--	1900.0	-0.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia herba-alba</i>	Plant	--	1790.0	-0.86	*
<i>Artocarpus altilis</i>	Seed	1750.0	5385.0	0.01	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus heterophyllus</i>	Seed	1300.0	2685.0	-0.71	*
<i>Artocarpus altilis</i>	Fruit	240.0	1460.0	-0.53	*
<i>Artocarpus heterophyllus</i>	Fruit	260.0	1725.0	-0.45	*
<i>Arundo donax</i>	Plant	--	1100.0	-1.2	*
<i>Asimina triloba</i>	Fruit	420.0	2265.0	-0.29	*
<i>Asparagus officinalis</i>	Root	746.0	7460.0	0.69	*
<i>Asparagus officinalis</i>	Shoot	390.0	10244.0	3.11	*
<i>Astragalus membranaceus</i>	Root	104.0	650.0	-0.5	*
<i>Avena sativa</i>	Plant	618.0	2810.0	-0.37	*

<i>Avena sativa</i>	Seed	500.0	10200.0	1.28	Jim Duke's personal files.*
<i>Averrhoa bilimbi</i>	Fruit	110.0	1915.0	-0.4	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Averrhoa carambola</i>	Fruit	140.0	2100.0	-0.34	*
<i>Azadirachta indica</i>	Leaf	1900.0	2400.0	-0.47	*
<i>Azadirachta indica</i>	Fruit	2265.0	2400.0	-0.25	*
<i>Bacopa monnieri</i>	Shoot	--	160.0	-1.46	Wealth of India.
<i>Balanites aegyptiacus</i>	Shoot	--	3800.0	0.19	*
<i>Balanites aegyptiacus</i>	Fruit	--	4000.0	0.24	*
<i>Barosma betulina</i>	Leaf	--	6780.0	0.33	*
<i>Basella alba</i>	Leaf	520.0	7535.0	0.47	*
<i>Benincasa hispida</i>	Fruit	70.0	4870.0	0.5	*
<i>Berberis vulgaris</i>	Root	--	450.0	-0.54	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Berberis vulgaris</i>	Bark	--	450.0	-0.64	*
<i>Bertholletia excelsa</i>	Seed	6000.0	6750.0	0.37	*
<i>Beta vulgaris</i>	Leaf	290.0	5946.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Root	260.0	45580.0	7.39	*
<i>Bixa orellana</i>	Seed	2820.0	3490.0	-0.49	*
<i>Bixa orellana</i>	Fruit	100.0	641.0	-0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Seed	700.0	2455.0	-0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	160.0	2300.0	1.09	*
<i>Boehmeria nivea</i>	Plant	270.0	700.0	-1.39	*
<i>Boehmeria nivea</i>	Leaf	450.0	3460.0	-0.28	*
<i>Boehmeria nivea</i>	Shoot	1400.0	2400.0	-0.45	*
<i>Borago officinalis</i>	Leaf	530.0	7579.0	0.48	USDA's Ag Handbook 8 and sequelae)
<i>Brassica chinensis</i>	Leaf	370.0	7907.0	0.54	*
<i>Brassica oleracea</i>	Stem	400.0	5110.0	1.94	*
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	214.0	6500.0	0.28	*
<i>Brassica nigra</i>	Leaf	290.0	4563.0	-0.08	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	385.0	7375.0	1.54	*
<i>Brassica rapa</i>	Root	270.0	5000.0	0.26	*
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	560.0	3600.0	-0.25	*
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	644.0	9090.0	0.76	*

Brassica oleracea var. gemmifera	Leaf	690.0	4927.0	-0.01	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	290.0	7250.0	0.66	*
Brassica pekinensis	Leaf	4560.0	7560.0	0.48	*
Brassica oleracea var. viridis l.	Leaf	160.0	2622.0	-0.43	*
Brassica oleracea var. botrytis l.	Leaf	644.0	9090.0	0.76	*
Brassica rapa	Leaf	370.0	7907.0	0.54	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	225.0	5000.0	0.73	*
Brosimum alicastrum	Fruit	360.0	2250.0	-0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	77.0	700.0	-0.5	*
Byrsonima crassifolia	Fruit	125.0	100.0	-0.95	*
Cajanus cajan	Seed	1270.0	4500.0	-0.23	*
Cajanus cajan	Plant	--	2400.0	-0.57	*
Cajanus cajan	Fruit	1240.0	4888.0	0.51	*
Calathea macrosepala	Flower	490.0	6365.0	1.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	3200.0	4150.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Canavalia ensiformis	Seed	2700.0	3898.0	-0.38	*
Canavalia ensiformis	Fruit	100.0	3509.0	0.09	*
Canna indica	Root	630.0	2200.0	-0.23	*
Cannabis sativa	Seed	9700.0	11227.0	1.55	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capparis spinosa	Leaf	--	1350.0	-0.67	Wealth of India.
Capsella bursa-pastoris	Plant	600.0	7288.0	1.78	*
Capsicum frutescens	Fruit	455.0	3794.0	0.18	USDA's Ag Handbook 8 and sequelae)
Capsicum annuum	Fruit	784.0	3040.0	-0.05	*
Carica pentagona	Fruit	140.0	2060.0	-0.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Fruit	170.0	1260.0	-0.59	*
Carica papaya	Leaf	1420.0	6311.0	0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Plant	--	3400.0	-0.09	*
Carthamus tinctorius	Flower	332.0	2370.0	-0.56	*
Carthamus tinctorius	Seed	3100.0	3526.0	-0.48	*
Carum carvi	Fruit	5680.0	6302.0	0.94	*
Carum carvi	Seed	5650.0	6580.0	0.32	*
Carya glabra	Shoot	8.0	2640.0	-0.34	*
Carya ovata	Shoot	110.0	1620.0	-0.8	*
Carya illinoensis	Seed	2890.0	3340.0	-0.53	*

Casimiroa edulis	Fruit	180.0	1000.0	-0.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cassia tora	Sprout Seedling	--	5700.0	-0.29	*
Castanea sativa	Seed	490.0	1122.0	-1.12	*
Castanea mollissima	Seed	940.0	1774.0	-0.95	*
Castanea dentata	Seed	960.0	1709.0	-0.96	*
Caulophyllum thalictroides	Root	1716.0	15600.0	2.12	*
Ceiba pentandra	Seed	9700.0	12690.0	1.94	*
Cenchrus biflorus	Seed	2700.0	2990.0	-0.62	*
Centella asiatica	Leaf	300.0	2800.0	-0.4	*
Chamaemelum nobile	Flower	--	3220.0	-0.21	*
Chamissoa altissima	Leaf	165.0	1660.0	-0.61	Tramil
Chenopodium album	Seed	--	4160.0	-0.32	*
Chenopodium album	Leaf	720.0	36833.0	5.86	*
Chenopodium ambrosioides	Leaf	520.0	3585.0	-0.26	*
Chondrus crispus	Plant	--	1800.0	-0.86	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum parthenium	Plant	--	5010.0	0.68	*
Chrysanthemum cinerariifolium	Shoot	--	2400.0	-0.45	*
Chrysanthemum parthenium	Leaf	902.0	5010.0	0.01	*
Chrysanthemum coronarium	Leaf	340.0	5230.0	0.05	*
Chrysanthemum coronarium	Bud	320.0	4300.0	1.0	*
Chrysophyllum cainito	Fruit	160.0	985.0	-0.68	*
Cicer arietinum	Seed	3540.0	4275.0	-0.28	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	210.0	4284.0	-0.13	*
Cichorium endivia	Leaf	242.0	5760.0	0.15	*
Cichorium intybus	Root	610.0	3050.0	-0.08	*
Cimicifuga racemosa	Root	437.0	2080.0	-0.25	*
Cinnamomum sieboldii	Root Bark	--	800.0		*
Cinnamomum aromaticum	Bark	--	1000.0	-0.18	*
Cinnamomum sieboldii	Bark	--	1500.0	0.24	*
Cinnamomum verum	Bark	674.0	1100.0	-0.09	*
Cinnamomum burmannii	Bark	--	1600.0	0.33	*
Citrullus lanatus	Seed	8300.0	14600.0	2.44	*
Citrullus lanatus	Fruit	1.0	2900.0	-0.1	*
Citrus reticulata	Fruit	90.0	1385.0	-0.56	*

Citrus aurantium	Fruit	120.0	1600.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	76.0	5280.0	0.63	*
Citrus limon	Fruit	100.0	1979.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus sinensis	Fruit	136.0	1980.0	-0.38	*
Citrus aurantiifolia	Fruit	110.0	2000.0	-0.37	*
Citrus mitis	Fruit	700.0	7000.0	1.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cnicus benedictus	Plant	359.0	2700.0	-0.43	*
Cnidioscolus chayamansa	Leaf	540.0	4100.0	-0.16	*
Coccinia grandis	Fruit	300.0	4350.0	0.34	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	830.0	2400.0	-0.78	*
Coffea arabica	Leaf	1700.0	1816.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	1780.0	1900.0	-0.91	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	500.0	5000.0	-0.09	*
Cola acuminata	Seed	860.0	2318.0	-0.8	*
Colocasia esculenta	Root	460.0	5204.0	0.3	*
Colocasia esculenta	Leaf	490.0	5800.0	0.15	*
Colubrina texensis	Shoot	--	1700.0	-0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commelina benghalensis	Leaf	520.0	3770.0	-0.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corchorus olitorius	Leaf	830.0	6755.0	0.33	*
Coriandrum sativum	Leaf	720.0	6452.0	0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Fruit	3907.0	4687.0	0.45	USDA's Ag Handbook 8 and sequelae)
Cornus florida	Seed	--	1500.0	-1.02	*
Corylus avellana	Seed	2900.0	4622.0	-0.19	*
Crataegus laevigata	Fruit	405.0	1450.0	-0.54	*
Crataegus rhipidophylla	Fruit	--	1450.0	-0.54	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	9680.0	10020.0	1.23	*
Cucumis sativus	Fruit	158.0	12600.0	2.85	*
Cucumis melo	Fruit	121.0	2640.0	-0.17	*
Cucurbita pepo	Seed	10600.0	12982.0	2.02	*
Cucurbita foetidissima	Root	--	220.0	-0.58	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita pepo	Fruit	440.0	5238.0	0.61	USDA's Ag Handbook 8 and sequelae)
Cucurbita foetidissima	Leaf	--	2600.0	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita spp	Fruit	350.0	5540.0	0.71	*
Cucurbita pepo	Flower	490.0	10100.0	2.69	USDA's Ag Handbook 8 and sequelae)
Cuminum cyminum	Fruit	4900.0	5673.0	0.75	*
Cuminum cyminum	Seed	4900.0	5673.0	0.08	*

Curcuma longa	Rhizome	640.0	6307.0	1.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	725.0	2340.0	-0.6	*
Cyamopsis tetragonoloba	Leaf	--	2700.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Fruit	--	500.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot	1600.0	2855.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	260.0	5615.0	0.73	*
Cydonia oblonga	Fruit	150.0	1049.0	-0.66	*
Cymbopogon citratus	Plant	--	2140.0	-0.7	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	860.0	6240.0	1.06	*
Cyphomandra betacea	Fruit	130.0	3400.0	0.06	*
Cypripedium pubescens	Root	--	1230.0	-0.4	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	140.0	790.0	-0.48	*
Daucus carota	Root	340.0	5090.0	0.28	*
Dioscorea sp.	Root	--	1730.0	-0.31	*
Dioscorea alata	Root	48.0	2190.0	-0.23	*
Dioscorea villosa	Root	415.0	1730.0	-0.31	*
Dioscorea pentaphylla	Root	340.0	1830.0	-0.3	*
Dioscorea bulbifera	Tuber	290.0	1000.0	-1.11	*
Diospyros virginiana	Stem	132.0	2592.0	0.06	*
Diospyros virginiana	Leaf	450.0	1500.0	-0.64	*
Diospyros digyna	Fruit	230.0	1120.0	-0.64	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Fruit	260.0	730.0	-0.76	*
Dipsacus fullonum	Plant	--	5400.0	0.87	*
Durio zibethinus	Fruit	380.0	2010.0	-0.37	*
Echinacea purpurea	Root	198.0	790.0	-0.48	*
Echinacea spp	Root	--	790.0	-0.48	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus umbellatus	Fruit	380.0	2355.0	-0.26	*
Elaeagnus commutata	Fruit	200.0	1450.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	440.0	3100.0	-0.04	*
Eleocharis dulcis	Tuber	650.0	4075.0	0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	1780.0	1941.0	-0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	1600.0	2000.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	1470.0	7000.0	0.61	*

<i>Elytrigia repens</i>	Plant	2800.0	9510.0	2.85	*
<i>Ephedra sinica</i>	Plant	678.0	3230.0	-0.17	*
<i>Ephedra nevadensis</i>	Plant	--	5000.0	0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Equisetum arvense</i>	Plant	407.0	1900.0	-0.81	*
<i>Eriobotrya japonica</i>	Fruit	140.0	2667.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	2332.0	10600.0	1.04	*
<i>Eryngium floridanum</i>	Shoot	--	3215.0	-0.08	*
<i>Erythrina fusca</i>	Leaf	400.0	2220.0	-0.51	*
<i>Erythrina berteroana</i>	Shoot	800.0	5060.0	0.76	*
<i>Erythroxyllum coca</i>	Leaf	3630.0	9740.0	0.88	*
<i>Eugenia brasiliensis</i>	Fruit	136.0	950.0	-0.69	*
<i>Eugenia floribunda</i>	Fruit	90.0	700.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	90.0	815.0	-0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eupatorium odoratum</i>	Leaf	--	4350.0	-0.11	Tramil
<i>Eupatorium perfoliatum</i>	Plant	360.0	4000.0	0.2	*
<i>Euphrasia officinalis</i>	Plant	323.0	2100.0	-0.72	*
<i>Fagopyrum esculentum</i>	Seed	2820.0	3200.0	-0.57	*
<i>Fallopia japonica</i>	Plant	2300.0	2800.0	-0.38	Chem. & Pharm. Bull. 38: 2205.
<i>Feijoa sellowiana</i>	Fruit	100.0	625.0	-0.79	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Fruit	129.0	2764.0	-0.14	*
<i>Foeniculum vulgare</i>	Seed	644.0	5960.0	0.16	*
<i>Foeniculum vulgare</i>	Plant	510.0	5100.0	0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Foeniculum vulgare</i>	Fruit	4449.0	5960.0	0.83	*
<i>Fragaria spp</i>	Fruit	185.0	3191.0	-0.01	*
<i>Frangula purshiana</i>	Bark	158.0	570.0	-0.53	*
<i>Fucus vesiculosus</i>	Plant	294.0	2490.0	-0.53	*
<i>Garcinia mangostana</i>	Fruit	100.0	685.0	-0.77	*
<i>Genipa americana</i>	Fruit	580.0	3000.0	-0.07	*
<i>Gentiana lutea</i>	Root	594.0	2700.0	-0.14	*
<i>Ginkgo biloba</i>	Leaf	1440.0	6000.0	0.19	*
<i>Ginkgo biloba</i>	Seed	1240.0	3268.0	-0.55	*
<i>Glechoma hederacea</i>	Plant	2100.0	3500.0	-0.04	Chem. & Pharm. Bull. 38: 2205.
<i>Gleditsia triacanthos</i>	Seed	--	3200.0	-0.57	*
<i>Gliricidia sepium</i>	Leaf	340.0	2220.0	-0.51	*

<i>Gliricidia sepium</i>	Flower	370.0	2645.0	-0.45	*
<i>Glycine max</i>	Sprout Seedling	580.0	4891.0	-0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycine max</i>	Fruit	2250.0	7305.0	1.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycine max</i>	Seed	1580.0	8040.0	0.71	*
<i>Glycine max</i>	Plant	2400.0	5410.0	0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycyrrhiza glabra</i>	Root	124.0	790.0	-0.48	*
<i>Gymnema sylvestre</i>	Leaf	561.0	2950.0	-0.37	*
<i>Harpagophytum procumbens</i>	Root	134.0	707.0	-0.49	*
<i>Helianthus annuus</i>	Seed	6930.0	7450.0	0.55	*
<i>Helianthus tuberosus</i>	Tuber	660.0	5200.0	1.39	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
<i>Hibiscus sabdariffa</i>	Leaf	480.0	6458.0	0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hibiscus sabdariffa</i>	Flower	110.0	1000.0	-1.14	*
<i>Hibiscus sabdariffa</i>	Seed	--	6000.0	0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hibiscus rosa-sinensis</i>	Flower	265.0	2615.0	-0.46	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hordeum vulgare</i>	Seed	1890.0	9200.0	1.02	Jim Duke's personal files.*
<i>Hordeum vulgare</i>	Plant	2300.0	6900.0	1.59	Jim Duke's personal files.*
<i>Hordeum vulgare</i>	Stem	--	5950.0	2.57	*
<i>Humulus lupulus</i>	Fruit	--	4760.0	0.47	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Humulus lupulus</i>	Flower	885.0	4760.0	0.44	*
<i>Hydrangea arborescens</i>	Root	2450.0	7000.0	0.61	*
<i>Hydrastis canadensis</i>	Root	341.0	1230.0	-0.4	*
<i>Hylocereus undatus</i>	Fruit	260.0	1665.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inga feuillei</i>	Aril	300.0	1875.0	0.23	J Cell Biochem VOL. 22=1995
<i>Inga edulis</i>	Seed	--	1280.0	-1.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inula helenium</i>	Plant	--	--		*
<i>Inula helenium</i>	Root	330.0	1500.0	-0.35	*
<i>Ipomoea batatas</i>	Leaf	300.0	6090.0	0.21	*
<i>Ipomoea aquatica</i>	Leaf	420.0	12360.0	1.36	*
<i>Ipomoea batatas</i>	Root	261.0	2000.0	-0.27	*
<i>Juglans nigra</i>	Hull Husk	--	1070.0	1.0	*
<i>Juglans nigra</i>	Fruit	--	1070.0	-0.65	*
<i>Juglans nigra</i>	Pericarp	128.0	1070.0		*
<i>Juglans regia</i>	Seed	2800.0	5100.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans cinerea</i>	Seed	4085.0	4834.0	-0.14	*
<i>Juglans nigra</i>	Seed	4475.0	5880.0	0.14	*

<i>Juniperus communis</i>	Fruit	279.0	900.0	-0.7	*
<i>Juniperus virginiana</i>	Shoot	228.0	3168.0	-0.1	*
<i>Justicia pectoralis</i>	Leaf	350.0	2335.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf	--	1100.0	-0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	490.0	4800.0	-0.15	*
<i>Lablab purpureus</i>	Fruit	600.0	3409.0	0.06	*
<i>Lactuca sativa</i>	Leaf	108.0	13920.0	1.65	*
<i>Lagenaria siceraria</i>	Fruit	130.0	2915.0	-0.09	*
<i>Lantana camara</i>	Shoot	--	1500.0	-0.86	*
<i>Larrea tridentata</i>	Plant	375.0	1140.0	-1.18	*
<i>Lens culinaris</i>	Sprout Seedling	1610.0	6165.0	-0.07	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	2420.0	5275.0	-0.02	*
<i>Lepidium sativum</i>	Leaf	760.0	7170.0	0.4	*
<i>Lepidium sativum</i>	Seed	16500.0	17500.0	3.21	*
<i>Lepidium meyenii</i>	Root	--	1830.0	-0.3	*
<i>Licania platypus</i>	Fruit	245.0	822.0	-0.73	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Limonia acidissima</i>	Fruit	800.0	3605.0	0.12	*
<i>Limonia acidissima</i>	Seed	14300.0	14895.0	2.52	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Linum usitatissimum</i>	Seed	3961.0	20335.0	3.96	*
<i>Linum usitatissimum</i>	Hay	--	1110.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Liquidambar styraciflua</i>	Stem	60.0	2880.0	0.28	*
<i>Liquidambar styraciflua</i>	Leaf	360.0	2952.0	-0.37	*
<i>Lobelia inflata</i>	Leaf	174.0	1540.0	-0.63	*
<i>Luffa aegyptiaca</i>	Leaf	330.0	14141.0	1.69	*
<i>Luffa aegyptiaca</i>	Fruit	190.0	6400.0	0.97	*
<i>Luffa aegyptiaca</i>	Seed	--	18300.0	3.42	*
<i>Lupinus mutabilis</i>	Seed	6350.0	7100.0	0.46	*
<i>Lupinus mutabilis</i>	Fruit	1680.0	5875.0	0.81	*
<i>Lupinus albus</i>	Seed	4400.0	4900.0	-0.12	*
<i>Lycium chinense</i>	Leaf	430.0	4135.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lycium chinense</i>	Fruit	--	560.0	-0.81	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.
<i>Lycopersicon esculentum</i>	Leaf	--	5500.0	0.1	*
<i>Lycopersicon esculentum</i>	Fruit	110.0	8400.0	1.57	*

Macadamia spp	Seed	1015.0	1750.0	-0.95	USDA's Ag Handbook 8 and sequelae)
Malpighia glabra	Fruit	110.0	1280.0	-0.59	*
Malus domestica	Fruit	68.0	925.0	-0.7	*
Malva sylvestris	Leaf	360.0	5000.0	0.01	*
Malva parviflora	Plant	670.0	4891.0	0.63	*
Mammea americana	Fruit	78.0	925.0	-0.7	*
Mangifera indica	Leaf	720.0	3800.0	-0.22	*
Mangifera indica	Fruit	103.0	1050.0	-0.66	*
Manihot esculenta	Leaf	560.0	2800.0	-0.4	*
Manihot esculenta	Root	310.0	2225.0	-0.23	*
Manilkara zapota	Fruit	100.0	530.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	180.0	561.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	270.0	585.0	-0.8	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	282.0	1500.0	-1.0	*
Melia azedarach	Leaf	220.0	2300.0	-0.49	*
Melicoccus bijugatas	Fruit	98.0	925.0	-0.7	*
Melilotus indica	Plant	--	3500.0	-0.04	*
Mentha spicata	Plant	600.0	4706.0	0.54	*
Mentha pulegium	Plant	--	2520.0	-0.51	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha x piperita	Leaf	1150.0	7720.0	0.51	*
Mimosa pudica	Leaf	530.0	1700.0	-0.6	*
Mimulus glabratus	Shoot	520.0	5200.0	0.82	*
Momordica charantia	Leaf	540.0	33467.0	5.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	320.0	8333.0	1.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	150.0	670.0	-0.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Leaf	700.0	2800.0	-0.4	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	1120.0	5250.0	0.84	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	500.0	4235.0	0.31	USDA's Ag Handbook 8 and sequelae)
Morus alba	Leaf	2400.0	4500.0	-0.09	*
Morus alba	Fruit	320.0	3200.0	-0.0	*
Mucuna pruriens	Seed	3200.0	4700.0	-0.17	*
Muntingia calabura	Fruit	720.0	3965.0	0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	6000.0	17800.0	2.36	*
Murraya sp	Fruit	290.0	1040.0	-0.66	*
Musa x paradisiaca	Pith	--	100.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Leaf	--	2400.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Fruit	110.0	1127.0	-0.63	*
Musa x paradisiaca	Flower	--	500.0	-1.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Myrciaria dubia	Fruit	150.0	2835.0	-0.12	*
Myrciaria cauliflora	Fruit	90.0	1030.0	-0.66	*
Myrica cerifera	Bark	--	--		*
Myristica fragrans	Seed	2130.0	2400.0	-0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	1000.0	1100.0	-1.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	600.0	12000.0	1.0	*
Nelumbo nucifera	Rhizome	1000.0	4785.0	0.14	*
Nelumbo nucifera	Fruit	2940.0	3267.0	0.02	*
Nelumbo nucifera	Seed	590.0	7130.0	0.47	*
Nepeta cataria	Plant	289.0	2410.0	-0.57	*
Nyssa sylvatica	Leaf	300.0	2184.0	-0.51	*
Nyssa sylvatica	Stem	90.0	1056.0	-1.08	*
Ocimum tenuiflorum	Leaf	--	3400.0	-0.29	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Ocimum basilicum	Leaf	380.0	5235.0	0.05	*
Oenothera biennis	Plant	1700.0	3700.0	0.05	*
Oenothera biennis	Seed	4100.0	7257.0	0.5	*
Olea europaea	Leaf	--	900.0	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Fruit	170.0	780.0	-0.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Seed	--	1605.0	-0.99	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	320.0	1985.0	-0.37	*
Opuntia ficus-indica	Bud	--	243.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	1769.0	2402.0	-0.57	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant	2670.0	3725.0	0.07	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	528.0	5588.0	0.06	*
Oryza sativa	Plant	600.0	3478.0	-0.05	*
Oxalis tuberosa	Root	340.0	2099.0	-0.25	*
Pachira macrocarpa	Seed	2860.0	3025.0	-0.62	*
Pachyrhizus erosus	Tuber	180.0	1660.0	-0.72	*
Panax quinquefolius	Plant	2700.0	5200.0	0.77	*
Panax ginseng	Root	112.0	528.0	-0.53	*
Panicum maximum	Leaf	--	5600.0	0.12	*
Papaver somniferum	Seed	8290.0	9277.0	1.04	*
Parthenium integrifolium	Root	96.0	600.0	-0.51	*
Passiflora edulis	Fruit	480.0	2570.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Passiflora quadrangularis</i>	Seed	390.0	1800.0	-0.94	*
<i>Passiflora foetida</i>	Fruit	480.0	2665.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	170.0	3035.0	-0.05	*
<i>Passiflora mollissima</i>	Fruit	200.0	2500.0	-0.22	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora edulis</i>	Seed	--	6400.0	0.28	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora incarnata</i>	Flower	407.0	3700.0	-0.0	*
<i>Passiflora incarnata</i>	Fruit	430.0	1564.0	-0.5	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Passiflora ligularis</i>	Fruit	300.0	6095.0	0.87	*
<i>Pastinaca sativa</i>	Root	400.0	7365.0	0.68	*
<i>Peganum harmala</i>	Plant	--	600.0	-1.44	*
<i>Peperomia pereskifolia</i>	Leaf	400.0	2665.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	340.0	4360.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	90.0	3025.0	-0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root	--	2600.0	-0.16	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Perilla frutescens</i>	Seed	330.0	5339.0	-0.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	730.0	5214.0	0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Cr	260.0	3030.0		*
<i>Persea americana</i>	Plant	260.0	3030.0	-0.27	*
<i>Persea schiedeana</i>	Fruit	355.0	1540.0	-0.51	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	120.0	2180.0	-1.01	USDA's Ag Handbook 8 and sequelae)
<i>Petasites japonicus</i>	Plant	400.0	1800.0	-0.86	Chem. & Pharm. Bull. 38: 2205.
<i>Petroselinum crispum</i>	Plant	324.0	4100.0	0.25	*
<i>Petroselinum crispum</i>	Shoot	--	--		*
<i>Peucedanum decursivum</i>	Plant	2800.0	3100.0	-0.23	*
<i>Phaseolus vulgaris</i>	Seed	2130.0	5880.0	0.14	*
<i>Phaseolus lunatus</i>	Sprout Seedling	3820.0	10611.0	2.05	*
<i>Phaseolus coccineus</i>	Seed	3280.0	4046.0	-0.35	*
<i>Phaseolus acutifolius</i>	Seed	2800.0	4050.0	-0.34	*
<i>Phaseolus coccineus</i>	Fruit	1600.0	2770.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Leaf	750.0	5682.0	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Phaseolus lunatus</i>	Seed	1130.0	9000.0	0.96	*
<i>Phaseolus vulgaris</i>	Sprout Seedling	370.0	3978.0	-1.12	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	370.0	13500.0	3.12	*
<i>Phaseolus lunatus</i>	Leaf	--	360.0	-0.85	*
<i>Phoenix dactylifera</i>	Seed	--	1120.0	-1.12	Abstract (See species file)
<i>Phoenix dactylifera</i>	Fruit	370.0	8795.0	1.69	*
<i>Phragmites australis</i>	Shoot	--	3900.0	0.23	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Phyllanthus emblica</i>	Fruit	200.0	1390.0	-0.55	*
<i>Phyllanthus acidus</i>	Fruit	200.0	2442.0	-0.24	*
<i>Physalis ixocarpa</i>	Fruit	400.0	30250.0	8.21	*
<i>Physalis angulata</i>	Fruit	1350.0	13500.0	3.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Physalis peruviana</i>	Fruit	550.0	4215.0	0.3	*
<i>Phytelephas aequatorialis</i>	Mesocarp	120.0	505.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Flower	850.0	2910.0	-0.34	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytolacca americana</i>	Shoot	440.0	5238.0	0.84	*
<i>Pimenta dioica</i>	Fruit	1100.0	1235.0	-0.6	*
<i>Pimenta dioica</i>	Leaf	1173.0	1399.0	-0.66	*
<i>Pimpinella anisum</i>	Seed	4400.0	4862.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pimpinella anisum</i>	Fruit	--	4862.0	0.5	*
<i>Pinus cembroides</i>	Seed	5150.0	6235.0	0.23	USDA's Ag Handbook 8 and sequelae)
<i>Pinus echinata</i>	Shoot	306.0	1512.0	-0.85	*
<i>Pinus edulis</i>	Seed	145.0	590.0	-1.26	USDA's Ag Handbook 8 and sequelae)
<i>Pinus gerardiana</i>	Seed	925.0	1000.0	-1.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pinus pinea</i>	Seed	5080.0	5445.0	0.02	USDA's Ag Handbook 8 and sequelae)
<i>Piper auritum</i>	Leaf	490.0	2920.0	-0.38	*
<i>Piper nigrum</i>	Fruit	700.0	2040.0	-0.36	*
<i>Piper betel</i>	Leaf	400.0	2740.0	-0.41	*
<i>Pistacia vera</i>	Seed	4300.0	5280.0	-0.02	*
<i>Pisum sativum</i>	Seed	1038.0	6250.0	0.24	*
<i>Pisum sativum</i>	Plant	1800.0	6400.0	1.35	*
<i>Pisum sativum</i>	Fruit	530.0	5240.0	0.61	*
<i>Plantago major</i>	Seed	180.0	600.0	-1.26	*
<i>Plantago psyllium</i>	Seed	137.0	630.0	-1.25	*
<i>Plantago psyllium</i>	Hull Husk	--	578.0	-1.0	*
<i>Platonia insignis</i>	Fruit	360.0	1300.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Platycodon grandiflorum</i>	Root	1890.0	2493.0	-0.18	*

Plectranthus amboinicus	Leaf	80.0	1428.0	-0.65	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	1040.0	-0.44	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	150.0	1650.0	-0.33	*
Polystichum polyblepharum	Plant	--	900.0	-1.29	*
Portulaca oleracea	Herb	320.0	7740.0	-1.0	*
Pothomorphe sp.	Leaf	400.0	2235.0	-0.5	*
Pourouma cecropiaefolia	Fruit	100.0	555.0	-0.81	J Cell Biochem VOL. 22=1995
Pouteria campechiana	Fruit	300.0	1040.0	-0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria caimito	Fruit	410.0	1740.0	-0.45	*
Pouteria viridis	Fruit	280.0	885.0	-0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prosopis juliflora	Leaf	--	2200.0	-0.51	*
Prunus dulcis	Seed	4420.0	8735.0	0.89	*
Prunus armeniaca	Seed	--	3000.0	-0.62	*
Prunus salicifolia	Fruit	160.0	1050.0	-0.66	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus armeniaca	Fruit	180.0	2982.0	-0.07	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	90.0	2000.0	-0.37	*
Prunus domestica	Fruit	70.0	4080.0	0.26	*
Prunus avium	Fruit	175.0	1175.0	-0.62	*
Prunus serotina	Stem	114.0	2592.0	0.06	*
Prunus persica	Bark	--	3150.0	1.62	*
Prunus cerasus	Fruit	150.0	2302.0	-0.28	*
Prunus serotina	Leaf	261.0	4608.0	-0.07	*
Psidium cattleianum	Fruit	170.0	2305.0	-0.28	*
Psidium guajava	Fruit	60.0	1740.0	-0.45	*
Psophocarpus tetragonolobus	Seed	334.0	5058.0	-0.08	*
Psophocarpus tetragonolobus	Leaf	525.0	3175.0	-0.33	*
Psophocarpus tetragonolobus	Tuber	450.0	1056.0	-1.08	*
Psoralea esculenta	Root	--	500.0	-0.53	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
Pueraria montana	Root	180.0	575.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pueraria montana	Shoot	470.0	2440.0	-0.43	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Punica granatum	Fruit	80.0	3182.0	-0.01	*
Pyrus communis	Fruit	90.0	1332.0	-0.57	*
Quararibea cordata	Fruit	170.0	1940.0	-0.39	*
Quercus velutina	Stem	105.0	1550.0	-0.71	*
Quercus phellos	Stem	168.0	1512.0	-0.74	*
Quercus stellata	Stem	150.0	1512.0	-0.74	*

<i>Quercus alba</i>	Stem	120.0	2432.0	-0.06	*
<i>Quercus rubra</i>	Stem	112.0	1254.0	-0.93	*
<i>Quercus alba</i>	Bark	15.0	64.0	-0.96	*
<i>Raphanus sativus</i>	Root	160.0	5850.0	0.41	*
<i>Raphanus sativus</i>	Leaf	300.0	2609.0	-0.43	*
<i>Raphanus sativus</i>	Fruit	240.0	10526.0	2.22	*
<i>Rauvolfia serpentina</i>	Seed	700.0	2200.0	-0.83	*
<i>Rheum rhabarbarum</i>	Leaf	160.0	3472.0	-0.28	*
<i>Rheum rhabarbarum</i>	Pt	100.0	3462.0	-0.36	*
<i>Rhizophora mangle</i>	Leaf	--	1400.0	-0.66	*
<i>Rhodymenia palmata</i>	Plant	--	3860.0	0.13	*
<i>Rhus glabra</i>	Stem	126.0	2412.0	-0.07	*
<i>Rhus copallina</i>	Stem	75.0	1464.0	-0.78	*
<i>Rhus copallina</i>	Leaf	243.0	3456.0	-0.28	*
<i>Rhynchosia minima</i>	Shoot	--	2400.0	-0.45	*
<i>Ribes rubrum</i>	Fruit	418.0	3310.0	0.03	*
<i>Ribes nigrum</i>	Fruit	490.0	3500.0	0.09	*
<i>Ribes uva-crispa</i>	Fruit	150.0	2665.0	-0.17	*
<i>Ricinus communis</i>	Leaf	--	4600.0	-0.07	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Robinia pseudoacacia</i>	Leaf	2600.0	3200.0	-0.33	*
<i>Rollinia mucosa</i>	Fruit	260.0	1140.0	-0.63	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Rosa canina</i>	Fruit	479.0	2560.0	-0.2	*
<i>Rosmarinus officinalis</i>	Plant	490.0	2050.0	-0.74	USDA's Ag Handbook 8 and sequelae)
<i>Rubus chamaemorus</i>	Fruit	320.0	2500.0	-0.22	*
<i>Rubus idaeus</i>	Fruit	110.0	955.0	-0.69	Revised USDA data received 1993.
<i>Rubus idaeus</i>	Leaf	395.0	2340.0	-0.48	*
<i>Rumex crispus</i>	Root	1945.0	7570.0	0.71	*
<i>Rumex crispus</i>	Leaf	560.0	7568.0	0.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ruscus aculeatus</i>	Root	504.0	1670.0	-0.32	*
<i>Salix alba</i>	Bark	689.0	4100.0	2.41	*
<i>Salvia officinalis</i>	Leaf	201.0	1280.0	-0.68	*
<i>Sambucus nigra</i>	Fruit	540.0	3300.0	0.03	*
<i>Sambucus canadensis</i>	Fruit	369.0	2036.0	-0.36	USDA's Ag Handbook 8 and sequelae)
<i>Sassafras albidum</i>	Leaf	396.0	3264.0	-0.31	*
<i>Sassafras albidum</i>	Stem	132.0	1776.0	-0.55	*
<i>Satureja hortensis</i>	Plant	--	1538.0	-0.99	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Schisandra chinensis</i>	Fruit	639.0	4260.0	0.32	*

<i>Sclerocarya caffra</i>	Seed	190.0	2290.0	-0.81	*
<i>Scutellaria lateriflora</i>	Plant	248.0	1810.0	-0.85	*
<i>Secale cereale</i>	Leaf	--	1970.0	-0.55	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Secale cereale</i>	Seed	3725.0	4225.0	-0.3	*
<i>Sechium edule</i>	Shoot	470.0	6350.0	1.34	*
<i>Sechium edule</i>	Fruit	260.0	3715.0	0.15	*
<i>Senna alexandrina</i>	Leaf	276.0	1360.0	-0.66	*
<i>Serenoa repens</i>	Fruit	2105.0	16200.0	3.94	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sesamum indicum</i>	Leaf	--	14000.0	1.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sesamum indicum</i>	Seed	5000.0	8898.0	0.94	*
<i>Sicana odorifera</i>	Fruit	245.0	2065.0	-0.35	*
<i>Sida rhombifolia</i>	Leaf	580.0	2930.0	-0.38	*
<i>Silybum marianum</i>	Plant	--	7060.0	1.67	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Silybum marianum</i>	Leaf	1553.0	7060.0	0.38	*
<i>Sinapis alba</i>	Seed	8100.0	9330.0	1.05	*
<i>Smilax officinalis</i>	Root	372.0	1770.0	-0.31	*
<i>Smilax spp</i>	Root	372.0	1770.0	-0.31	*
<i>Solanum torvum</i>	Fruit	700.0	4795.0	0.48	*
<i>Solanum melongena</i>	Fruit	189.0	5836.0	0.8	*
<i>Solanum nigrum</i>	Leaf	540.0	4000.0	-0.18	*
<i>Solanum sessiliflorum</i>	Fruit	140.0	1400.0	-0.55	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Solanum tuberosum</i>	Tuber	320.0	4200.0	0.8	*
<i>Solanum melongena</i>	Leaf	380.0	2794.0	-0.4	*
<i>Solanum quitoensis</i>	Fruit	120.0	3155.0	-0.02	*
<i>Sonchus oleraceus</i>	Leaf	370.0	5440.0	0.09	*
<i>Sophora japonica</i>	Seed	--	2723.0	-0.7	*
<i>Sophora secundiflora</i>	Seed	--	140.0	-1.38	*
<i>Sorbus aucubaria</i>	Fruit	360.0	1880.0	-0.41	*
<i>Spartium junceum</i>	Stem	--	2600.0	0.07	*
<i>Sphenostylis stenocarpa</i>	Seed	3980.0	4393.0	-0.25	*
<i>Sphenostylis stenocarpa</i>	Root	800.0	2273.0	-0.22	*
<i>Spinacia oleracea</i>	Plant	250.0	6232.0	1.27	*
<i>Spirulina pratensis</i>	Plant	--	3190.0	-0.19	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spirulina spp.</i>	Plant	--	3190.0	-0.19	*
<i>Spondias purpurea</i>	Fruit	350.0	1680.0	-0.47	*

Spondias dulcis	Seed	--	700.0	-1.23	*
Spondias pinnata	Fruit	110.0	1135.0	-0.63	*
Spondias dulcis	Fruit	670.0	5115.0	0.58	*
Spondias tuberosa	Fruit	--	210.0	-0.91	*
Spondias mombin	Fruit	310.0	3250.0	0.01	*
Stachys officinalis	Plant	302.0	1800.0	-0.86	*
Stellaria media	Plant	372.0	4480.0	0.43	*
Stevia rebaudiana	Plant	--	980.0	-1.25	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Stevia rebaudiana	Leaf	--	3180.0	-0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stillingia sylvatica	Plant	--	2400.0	-0.57	*
Symphoricarpos orbiculatus	Stem	228.0	4224.0	1.28	*
Symphytum officinale	Leaf	242.0	2200.0	-0.51	*
Symphytum officinale	Root	--	2111.0	-0.25	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium cumini	Fruit	130.0	127.0	-0.94	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium aromaticum	Fruit	1000.0	1337.0	-0.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	30.0	1800.0	-0.43	*
Syzygium aromaticum	Flower	1000.0	1337.0	-1.0	*
Syzygium jambos	Fruit	115.0	852.0	-0.72	*
Tabebuia heptaphylla	Bark	21.0	120.0	-0.91	*
Tamarindus indica	Seed	--	2370.0	-0.79	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tamarindus indica	Flower	--	2200.0	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf	1000.0	2281.0	-0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	1080.0	1647.0	-0.48	*
Tanacetum parthenium	Plant	--	5010.0	0.68	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	518.0	3620.0	0.02	*
Taraxacum officinale	Leaf	590.0	5268.0	0.05	*
Tephrosia purpurea	Leaf	2600.0	5200.0	0.04	*
Terminalia bellirica	Leaf	--	2700.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Seed	7890.0	9835.0	1.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	280.0	4665.0	-0.06	*
Theobroma speciosum	Fruit	1650.0	4230.0	0.31	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Seed	5490.0	5695.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Theobroma bicolor	Fruit	410.0	1970.0	-0.38	*
Theobroma cacao	Fruit	500.0	5000.0	0.54	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	3600.0	5571.0	0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	1703.0	2502.0	-0.52	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	160.0	950.0	-0.74	*
Trachyspermum ammi	Fruit	4430.0	4784.0	0.48	*
Tragopogon porrifolius	Root	500.0	3262.0	-0.04	*
Tribulus terrestris	Leaf	800.0	2500.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	200.0	3700.0	0.15	*
Trifolium pratense	Shoot	900.0	4500.0	0.5	*
Trifolium pratense	Flower	580.0	3220.0	-0.21	*
Trigonella foenum-graecum	Seed	374.0	2880.0	-0.65	*
Triticum aestivum	Seed	800.0	6800.0	0.38	*
Triticum aestivum	Plant	400.0	7200.0	1.74	*
Tropaeolum majus	Shoot	850.0	6200.0	1.27	*
Tropaeolum tuberosum	Root	220.0	3000.0	-0.09	*
Turnera diffusa	Leaf	242.0	1150.0	-0.7	*
Ullucus tuberosus	Root	350.0	2775.0	-0.13	*
Ulmus rubra	Bark	36.0	220.0	-0.83	*
Urtica dioica	Leaf	894.0	4470.0	-0.09	*
Vaccinium vitis-idaea	Fruit	150.0	1130.0	-0.63	*
Vaccinium corymbosum	Fruit	96.0	675.0	-0.77	*
Vaccinium myrtillus	Fruit	856.0	10700.0	2.27	*
Vaccinium macrocarpon	Fruit	924.0	7700.0	1.36	*
Valeriana officinalis	Root	39.0	330.0	-0.56	*
Valerianella radicata	Plant	4647.0	5552.0	0.94	*
Vanilla planifolia	Fruit	--	700.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Verbascum thapsus	Leaf	2508.0	5700.0	0.13	*
Vetiveria zizanioides	Fruit	500.0	6000.0	0.85	*
Viburnum opulus	Bark	--	650.0	-0.47	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	740.0	5070.0	0.56	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	950.0	5000.0	-0.09	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	2240.0	6042.0	0.18	*

Vigna mungo	Seed	348.0	4321.0	-0.27	*
Vigna angularis	Seed	3810.0	4402.0	-0.25	*
Vigna aconitifolia	Leaf	--	1800.0	-0.58	*
Vigna unguiculata	Shoot	90.0	881.0	-1.14	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	5342.0	6375.0	0.27	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	455.0	6560.0	0.12	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Plant	--	1600.0	-0.96	*
Vigna aconitifolia	Seed	2300.0	5418.0	0.02	*
Vigna aconitifolia	Fruit	--	2500.0	-0.22	*
Vigna unguiculata	Seed	520.0	15593.0	2.71	*
Vigna unguiculata	Shoot	90.0	881.0	-1.14	*
Vigna unguiculata	Fruit	590.0	4856.0	0.5	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3260.0	4500.0	-0.23	*
Vigna mungo	Fruit	--	1900.0	-0.4	*
Vigna aconitifolia	Plant	1800.0	5400.0	0.87	*
Viscum album	Leaf	--	2400.0	-0.47	*
Vitellaria paradoxa	Seed	--	430.0	-1.3	*
Vitis vinifera	Stem	--	1710.0	-0.59	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	117.0	1848.0	-0.42	*
Xanthosoma sagittifolium	Leaf	610.0	38416.0	6.15	*
Xanthosoma sagittifolium	Root	470.0	4700.0	0.21	*
Yucca baccata	Root	169.0	810.0	-0.48	*
Zea mays	Seed	600.0	4066.0	-0.34	*
Zea mays	Silk Stigma Style	--	287.0		*
Zingiber officinale	Root	181.0	2580.0	-0.16	*
Zingiber officinale	Rhizome	320.0	5323.0	0.46	*
Zizyphus spina-christi	Fruit	--	--		*
Zizyphus jujuba	Fruit	270.0	2120.0	-0.33	*
Zizyphus jujuba	Shoot	--	2300.0	-0.49	*
Zizyphus jujuba	Leaf	--	2000.0	-0.55	*