

List of Plants

PHYTIN-PHOSPHORUS

Chemid

PHYTINPHOSPHORUS

*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>Oryza sativa</i>	Seed	211.0	2235.0	0.69	*
<i>Physalis peruviana</i>	Fruit	180.0	1050.0	-0.23	*
<i>Physalis ixocarpa</i>	Plant	70.0	843.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Piper nigrum</i>	Fruit	--	1150.0	-0.13	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Prunus persica</i>	Fruit	--	10.0	-1.23	*
<i>Psidium guajava</i>	Fruit	127.0	1029.0	-0.25	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Trachyspermum ammi</i>	Fruit	2960.0	3197.0	1.83	*
<i>Vigna mungo</i>	Seed	1690.0	1897.0	0.18	*
<i>Vigna aconitifolia</i>	Seed	575.0	645.0	-1.68	*
<i>Vigna radiata</i>	Seed	1480.0	2322.0	0.82	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.