

List of Plants

PYRIDOXINE

Chemid

PYRIDOXINE

Dosage

RDA=2 mg/day/orl/man Martindale's 29th

MDR=2 mg/day/orl/man Martindale's 29th

PTD=100-200mg/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
Alisma plantago-aquatica	Plant	--	--		*
Avena sativa	Seed	0.22	2.4	-0.82	Jim Duke's personal files.*
Avena sativa	Plant	1.76	3.08		Jim Duke's personal files.*
Glycine max	Seed	--	6.4	0.12	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Gossypium sp	Seed	--	0.9	-1.18	*
Hordeum vulgare	Seed	--	11.0	1.2	Jim Duke's personal files.*
Ilex paraguariensis	Leaf	--	--		*
Lens culinaris	Seed	--	4.9	-0.24	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Medicago sativa	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Oryza sativa	Seed	4.0	10.0	0.97	*
Persea americana	Fruit	6.0	23.0	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pisum sativum	Seed	--	1.4	-1.06	*
Sesamum indicum	Seed	1.0	8.0	0.49	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Fruit	1.0	2.0	-1.0	*
Theobroma cacao	Seed	--	1.0	-1.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Trigonella foenum-graecum	Plant	--	--		*
Triticum aestivum	Seed	2.6	13.0	1.67	*
Vigna radiata	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Zea mays	Cob	1.0	3.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.