

# List of Plants

## RIBOFLAVIN

### Chemid

RIBOFLAVIN

### Dosage

PTD=1,000 mg/day

LD50=5,000 (scu rat)

LD50=560 (ipr rat)

LD50=340 (ipr mus) Merck 11th Edition

RDA=0.4-1.8 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	Fruit	0.6	7.0	0.43	*
Abelmoschus esculentus	Seed	--	1.4	-0.81	Wealth of India.
Acacia farnesiana	Leaf	2.0	9.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Plant	--	--		*
Achillea millefolium	Plant	1.0	5.6	-0.4	*
Actaea racemosa	Root	--	0.65	-0.75	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	0.5	3.0	-0.43	*
Aegle marmelos	Fruit	12.0	31.0	5.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agathosma betulina	Leaf	--	1.1	-0.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Allium schoenoprasum	Leaf	1.0	22.0	-0.07	*
Allium sativum var. sativum	Flower	0.6	5.2	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	0.6	9.4	-0.13	*
Allium sativum var. sativum	Shoot	0.6	2.7	-1.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	0.5	3.0	-1.0	*
Allium ampeloprasum	Flower	1.9	11.2	1.17	*
Allium sativum var. sativum	Root	0.6	1.6	-0.54	*
Allium sativum var. sativum	Leaf	1.4	10.3	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	0.4	15.0	1.0	*
Alocasia macrorrhiza	Root	0.2	0.6	-0.76	*

<i>Alocasia macrorrhiza</i>	Leaf	0.1	3.4	-0.16	*
<i>Aloe vera</i>	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Aloe</i> spp.	Leaf	--	--		*
<i>Alpinia galanga</i>	Rhizome	--	1.0	-1.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Althaea officinalis</i>	Root	0.1	0.5	-0.78	*
<i>Amaranthus</i> sp.	Leaf	1.0	26.0	-0.06	*
<i>Amaranthus spinosus</i>	Leaf	1.6	20.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amorphophallus konjac</i>	Bark	--	--		*
<i>Amorphophallus campanulatus</i>	Root	0.2	3.2	-0.19	*
<i>Anacardium occidentale</i>	Fruit	2.4	16.7	2.5	*
<i>Anacardium occidentale</i>	Seed	2.0	3.3	-0.09	*
<i>Anacardium occidentale</i>	Leaf	0.1	0.3	-0.18	*
<i>Ananas comosus</i>	Fruit	--	3.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Anethum graveolens</i>	Plant	--	3.0	-0.59	USDA's Ag Handbook 8 and sequelae)
<i>Anethum graveolens</i>	Seed	--	3.0	-0.2	USDA's Ag Handbook 8 and sequelae)
<i>Anethum graveolens</i>	Fruit	--	3.0	-0.43	*
<i>Angelica sinensis</i>	Root	0.8	3.4	-0.15	*
<i>Annona reticulata</i>	Fruit	0.7	5.5	0.11	*
<i>Annona muricata</i>	Fruit	0.5	6.0	0.21	*
<i>Annona squamosa</i>	Fruit	1.0	5.0	-0.0	*
<i>Annona cherimola</i>	Fruit	1.0	5.5	0.11	*
<i>Annona diversifolia</i>	Fruit	0.3	10.0	1.07	*
<i>Annona glabra</i>	Fruit	0.7	5.0	-0.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Apium graveolens</i>	Pt	--	34.0	1.33	*
<i>Apium graveolens</i>	Seed	0.1	0.6	-1.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Apium graveolens</i>	Fruit	0.1	0.6	-0.94	*
<i>Arachis hypogaea</i>	Seed	1.3	3.1	-0.16	*
<i>Arachis hypogaea</i>	Leaf	5.8	27.0	-0.05	*
<i>Aralia cordata</i>	Leaf	0.2	4.0	-0.16	*
<i>Arctium lappa</i>	Root	0.8	3.4	-0.15	*
<i>Arctostaphylos uva-ursi</i>	Leaf	--	--	-0.18	*
<i>Areca catechu</i>	Seed	6.9	7.9	1.68	*
<i>Armoracia rusticana</i>	Root	4.0	20.0	3.49	*

Arracacia xanthorrhiza	Root	0.2	0.7	-0.74	*
Artemisia dracunculus	Plant	13.0	14.0	0.18	USDA's Ag Handbook 8 and sequelae)
Artemisia vulgaris	Leaf	1.6	13.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Seed	1.0	7.0	1.33	*
Artocarpus altilis	Fruit	0.3	1.0	-0.86	*
Artocarpus heterophyllus	Fruit	1.0	4.0	-0.22	*
Asparagus officinalis	Shoot	1.0	36.0	1.71	*
Asparagus officinalis	Root	2.4	24.0	4.36	*
Astragalus membranaceus	Root	0.4	2.5	-0.34	*
Avena sativa	Plant	0.4	2.0	-0.66	*
Avena sativa	Seed	0.66	11.7	3.13	Jim Duke's personal files.*
Averrhoa bilimbi	Fruit	0.25	5.2	0.04	*
Averrhoa carambola	Fruit	0.2	5.2	0.04	*
Bactris gasipaes	Fruit	1.0	6.0	0.21	*
Barosma betulina	Leaf	--	1.1	-0.17	*
Benincasa hispida	Fruit	0.1	28.0	4.92	*
Berberis vulgaris	Bark	--	9.4	2.07	*
Berberis vulgaris	Root	--	9.4	1.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	0.35	1.0	-0.97	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	1.7	26.0	-0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	0.2	3.9	-0.04	*
Bixa orellana	Seed	--	5.0	0.57	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
Bixa orellana	Fruit	0.5	3.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	1.4	4.5	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	0.9	6.0	0.95	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Shoot	--	16.0	-0.24	*
Boehmeria nivea	Leaf	2.8	22.0	-0.07	*
Borago officinalis	Leaf	1.0	21.0	-0.08	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	1.0	8.0	-0.14	*
Brassica oleracea var. gemmifera	Leaf	0.4	10.0	-0.13	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Leaf	0.7	15.0	-0.11	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	0.4	4.0	-0.02	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	0.3	4.0	-0.02	*

<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	0.6	10.5	-0.13	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	1.1	21.0	-0.08	*
<i>Brassica chinensis</i>	Leaf	0.7	15.0	-0.11	*
<i>Brassica oleracea</i>	Stem	0.2	2.2	-0.91	*
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	--	4.0	-0.16	*
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	1.1	21.0	-0.08	*
<i>Brassica nigra</i>	Leaf	0.56	9.72	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	0.3	11.0	1.12	*
<i>Bromelia pinguin</i>	Shoot	0.4	9.0	-0.92	*
<i>Brosimum alicastrum</i>	Fruit	0.1	2.3	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bupleurum chinense</i>	Root	--	--		*
<i>Byrsonima crassifolia</i>	Fruit	0.1	2.3	-0.58	*
<i>Cajanus cajan</i>	Seed	1.7	8.0	1.72	*
<i>Cajanus cajan</i>	Fruit	1.6	6.9	0.4	*
<i>Calathea macrosepala</i>	Flower	1.0	13.0	1.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Camellia sinensis</i>	Leaf	8.0	12.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canavalia ensiformis</i>	Seed	1.3	1.7	-0.7	*
<i>Canavalia ensiformis</i>	Fruit	1.0	4.7	-0.07	*
<i>Canna indica</i>	Root	0.1	0.3	-0.83	*
<i>Cannabis sativa</i>	Seed	1.7	2.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capparis spinosa</i>	Flower	0.89	2.16	-0.95	*
<i>Capsella bursa-pastoris</i>	Plant	1.7	14.4	0.21	*
<i>Capsicum frutescens</i>	Fruit	1.0	8.0	0.64	*
<i>Capsicum annum</i>	Fruit	--	19.0	3.0	*
<i>Carica papaya</i>	Leaf	5.0	21.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Fruit	0.4	3.0	-0.43	*
<i>Carthamus tinctorius</i>	Seed	1.0	2.0	-0.58	*
<i>Carthamus tinctorius</i>	Flower	0.5	3.6	-0.61	*
<i>Carum carvi</i>	Seed	3.0	4.0	0.18	USDA's Ag Handbook 8 and sequelae)
<i>Carum carvi</i>	Fruit	3.0	4.0	-0.22	*
<i>Carya illinoensis</i>	Seed	1.1	1.3	-0.85	*
<i>Casimiroa edulis</i>	Fruit	0.4	3.9	-0.24	*
<i>Catha edulis</i>	Leaf	--	0.5	-0.18	*

Caulophyllum thalictroides	Root	1.0	7.9	0.84	*
Centella asiatica	Leaf	1.4	13.0	-0.12	*
Chamaemelum nobile	Flower	--	4.3	-0.45	*
Chenopodium ambrosioides	Leaf	3.0	19.0	-0.09	*
Chenopodium album	Seed	1.0	2.0	-0.58	*
Chenopodium album	Leaf	12.0	76.0	0.18	*
Chondrus crispus	Plant	--	1.1	-0.72	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	1.9	29.0	-0.04	*
Chrysanthemum coronarium	Bud	2.2	30.0	1.0	*
Chrysanthemum parthenium	Leaf	0.5	2.5	-0.17	*
Chrysanthemum parthenium	Plant	--	2.5	-0.62	*
Chrysophyllum cainito	Fruit	0.2	1.7	-0.71	*
Cicer arietinum	Seed	2.0	3.0	-0.2	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	0.7	13.0	-0.12	*
Cichorium intybus	Root	--	2.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	1.0	29.0	-0.04	USDA's Ag Handbook 8 and sequelae)
Cimicifuga racemosa	Root	0.1	0.7	-0.74	*
Cinnamomum verum	Bark	--	1.0	-0.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum aromaticum	Bark	1.0	2.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	2.0	8.0	0.64	*
Citrullus lanatus	Seed	--	1.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	--	5.0	-0.0	*
Citrus limon	Fruit	2.0	3.0	-0.43	*
Citrus aurantium	Fruit	1.0	3.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus sinensis	Fruit	--	3.0	-0.43	*
Citrus aurantiifolia	Fruit	--	2.0	-0.64	*
Citrus reticulata	Fruit	--	4.0	-0.22	*
Cnicus benedictus	Plant	0.3	2.1	-0.65	*
Cnidioscolus chayamansa	Leaf	3.0	25.0	-0.06	*
Cocos nucifera	Seed	0.2	0.7	-1.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	--	1.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Leaf	--	2.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	0.6	2.1	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed	--	1.0	-0.97	*

Colocasia esculenta	Root	0.2	1.6	-0.54	*
Colocasia esculenta	Leaf	3.0	35.0	-0.01	*
Corchorus olitorius	Leaf	2.6	44.0	0.03	*
Coriandrum sativum	Leaf	1.0	21.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Fruit	3.0	4.0	-0.22	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Corylus avellana	Seed	0.6	4.4	0.34	*
Crataegus laevigata	Fruit	--	--		*
Crataegus rhipidophylla	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	--	1.2	-0.89	*
Crocus sativus	Silk Stigma Style	56.0	138.0	1.0	*
Cucumis sativus	Fruit	0.2	5.1	0.02	*
Cucumis melo	Fruit	0.2	2.4	-0.56	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	1.1	13.1	1.73	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	0.4	6.0	0.21	*
Cucurbita pepo	Flower	0.7	15.0	2.06	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	2.7	4.9	0.53	*
Cuminum cyminum	Fruit	3.0	4.0	-0.22	*
Cuminum cyminum	Seed	3.0	4.0	0.18	*
Curcuma longa	Plant	--	--		*
Curcuma longa	Rhizome	--	12.0	1.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	0.3	5.0	-0.0	*
Cydonia oblonga	Fruit	0.3	1.9	-0.67	*
Cynara cardunculus	Flower	0.6	7.0	0.19	*
Cyphomandra betacea	Fruit	0.3	3.0	-0.43	*
Cyrtosperma chamissonis	Root	0.2	1.0	-0.67	*
Daucus carota	Root	0.6	5.0	0.2	*
Dioscorea pentaphylla	Root	0.2	1.0	-0.67	*
Dioscorea alata	Root	0.2	1.1	-0.65	*
Dioscorea sp.	Root	--	0.65	-0.75	*
Dioscorea villosa	Root	0.1	0.6	-0.76	*
Diospyros digyna	Fruit	0.3	1.5	-0.75	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Durio zibethinus	Fruit	2.0	10.0	1.07	J Cell Biochem VOL. 22=1995
Echinacea spp	Bark	--	3.0	-0.04	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Echinacea purpurea	Root	3.0	12.0	1.73	*
Elaeagnus commutata	Fruit	0.5	3.6	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	2.9	16.0	2.35	*
Elaeis guineensis	Fruit	1.0	1.7	-0.71	*

<i>Eleocharis dulcis</i>	Tuber	0.2	9.0	1.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Seed	1.0	2.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	0.5	2.4	-0.37	*
<i>Ephedra sinica</i>	Plant	2.3	11.0	-0.03	*
<i>Equisetum arvense</i>	Plant	0.4	1.9	-0.66	*
<i>Eriobotrya japonica</i>	Fruit	0.4	4.2	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	--	--		*
<i>Eryngium floridanum</i>	Shoot	--	15.0	-0.33	*
<i>Erythrina fusca</i>	Leaf	1.7	5.2	-0.15	*
<i>Erythrina berteroana</i>	Shoot	1.9	12.0	-0.63	*
<i>Erythroxyllum coca</i>	Leaf	15.0	20.0	-0.08	*
<i>Eugenia uniflora</i>	Fruit	0.4	4.5	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia floribunda</i>	Fruit	0.2	1.6	-0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	0.3	1.9	-0.67	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Eupatorium perfoliatum</i>	Plant	--	--		*
<i>Euphrasia officinalis</i>	Plant	3.0	18.0	0.46	*
<i>Fagopyrum esculentum</i>	Seed	1.7	1.8	-0.66	*
<i>Ficus carica</i>	Fruit	--	5.7	0.15	*
<i>Foeniculum vulgare</i>	Seed	0.4	3.8	0.11	*
<i>Foeniculum vulgare</i>	Plant	1.0	14.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Foeniculum vulgare</i>	Fruit	--	4.0	-0.22	*
<i>Fragaria spp</i>	Fruit	0.7	8.0	0.64	*
<i>Frangula purshiana</i>	Bark	--	--	-1.03	*
<i>Fucus vesiculosus</i>	Plant	--	--	-0.8	*
<i>Garcinia mangostana</i>	Fruit	0.2	1.3	-0.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Genipa americana</i>	Fruit	0.4	1.2	-0.82	*
<i>Gentiana lutea</i>	Root	0.5	2.1	-0.43	*
<i>Ginkgo biloba</i>	Leaf	0.3	1.2	-0.17	*
<i>Ginkgo biloba</i>	Seed	1.0	3.0	-0.2	*
<i>Gliricidia sepium</i>	Flower	0.8	6.0	-0.05	*
<i>Gliricidia sepium</i>	Leaf	0.8	5.0	-0.15	*
<i>Glycine max</i>	Seed	1.7	13.0	3.63	*
<i>Glycine max</i>	Fruit	1.6	5.0	-0.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Glycine max	Sprout Seedling	1.5	15.0	0.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	0.3	1.6	-0.54	*
Gossypium sp	Seed	--	2.3	-0.47	*
Gymnema sylvestre	Leaf	--	--		*
Harpagophytum procumbens	Root	--	--		*
Helianthus tuberosus	Tuber	0.5	3.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Seed	2.0	3.0	-0.2	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Hibiscus sabdariffa	Flower	0.1	0.5	-1.34	*
Hibiscus rosa-sinensis	Flower	0.4	4.7	-0.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Leaf	1.0	31.0	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Seed	1.0	9.0	2.1	Jim Duke's personal files.*
Hordeum vulgare	Stem	27.0	28.0	1.39	*
Humulus lupulus	Flower	2.0	10.1	0.91	*
Humulus lupulus	Fruit	--	10.0	1.07	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrangea arborescens	Root	--	--		*
Hydrastis canadensis	Root	0.6	2.0	-0.45	*
Hylocereus undatus	Fruit	0.4	2.6	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hylocereus guatemalensis	Fruit	0.4	2.5	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ilex paraguariensis	Leaf	--	--		*
Inga edulis	Seed	1.3	3.5	-0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	0.7	4.4	-0.89	J Cell Biochem VOL. 22=1995
Inula helenium	Root	0.7	3.2	-0.19	*
Ipomoea batatas	Leaf	2.6	19.0	-0.09	*
Ipomoea aquatica	Leaf	1.0	16.0	-0.1	*
Ipomoea batatas	Root	0.3	7.0	0.64	*
Juglans nigra	Pericarp	0.1	1.0		*
Juglans nigra	Seed	--	1.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans nigra	Fruit	--	1.0	-0.86	*
Juglans regia	Seed	1.0	5.0	0.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juniperus communis	Fruit	0.2	0.6	-0.94	*
Justicia pectoralis	Leaf	--	2013.0	9.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	0.92	7.58	1.55	*
Lagenaria siceraria	Fruit	0.2	4.9	-0.02	*



Larrea tridentata	Plant	0.6	1.7	-0.68	*
Lens culinaris	Sprout Seedling	1.0	5.0	-0.98	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	2.0	3.0	-0.2	*
Lepidium sativum	Leaf	1.7	25.0	-0.06	*
Lepidium meyenii	Root	3.5	4.0	-0.02	*
Licania platypus	Fruit	0.13	0.76	-0.91	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	1.7	5.6	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Seed	--	1.7	-0.7	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Lobelia inflata	Leaf	--	--		*
Luffa aegyptiaca	Fruit	0.6	12.0	1.5	*
Luffa aegyptiaca	Leaf	0.6	6.0	-0.15	*
Lupinus mutabilis	Fruit	1.5	5.2	0.04	*
Lupinus albus	Seed	2.0	3.0	-0.2	*
Lupinus mutabilis	Seed	4.4	4.9	0.53	*
Lycium chinense	Fruit	--	1.4	-0.77	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.
Lycium chinense	Leaf	3.1	30.0	-0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	1.0	8.0	0.64	*
Macadamia spp	Seed	--	1.0	-0.97	USDA's Ag Handbook 8 and sequelae)
Malpighia glabra	Fruit	0.6	7.0	0.43	*
Malus domestica	Fruit	--	1.3	-0.79	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malva sylvestris	Leaf	2.0	35.0	-0.01	*
Malva parviflora	Plant	--	2.0	-0.66	*
Mammea americana	Fruit	0.2	3.8	-0.26	*
Mangifera indica	Fruit	0.5	3.3	-0.37	*
Mangifera indica	Leaf	0.6	2.7	-0.17	*
Manihot esculenta	Root	0.2	3.2	-0.19	*
Manihot esculenta	Leaf	3.0	15.0	-0.11	*
Manilkara zapota	Fruit	--	0.4	-0.99	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	0.2	0.7	-0.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Plant	2.7	14.2	0.19	*
Melicoccus bijugatas	Fruit	0.1	6.4	0.3	*
Mentha spicata	Plant	1.0	12.0	0.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha x piperita	Leaf	6.0	38.9	0.0	*
Mimosa pudica	Leaf	0.5	7.0	-0.15	*
Mimulus glabratus	Shoot	2.0	20.0	0.15	*

Momordica charantia	Leaf	4.6	31.0	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	0.4	9.0	0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	0.9	4.0	-0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Leaf	0.6	6.0	-0.15	=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
Moringa oleifera	Shoot	6.0	30.0	1.12	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	0.7	6.3	0.28	*
Morus alba	Fruit	1.0	14.0	1.93	*
Mucuna pruriens	Seed	1.1	2.7	-0.32	*
Muntingia calabura	Fruit	0.4	2.1	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	--	8.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	0.4	1.9	-0.67	*
Musa x paradisiaca	Fruit	0.4	6.0	0.21	*
Myrciaria dubia	Fruit	0.4	6.7	0.36	*
Myrciaria cauliflora	Fruit	0.2	1.3	-0.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Bark	--	--		*
Myristica fragrans	Seed	--	1.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	4.0	5.0	1.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	1.0	25.0	1.0	*
Nelumbo nucifera	Seed	0.4	2.6	-0.35	*
Nelumbo nucifera	Rhizome	0.6	3.7	-0.42	*
Nepeta cataria	Plant	0.4	3.6	-0.54	*
Ocimum basilicum	Leaf	3.0	4.0	-0.16	*
Opuntia ficus-indica	Fruit	0.2	2.2	-0.6	*
Opuntia ficus-indica	Bud	--	0.6	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	--	3.0	-0.59	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	0.5	0.7	-1.08	*
Oxalis tuberosa	Root	0.3	4.3	0.05	*
Pachira macrocarpa	Seed	--	0.6	-1.12	*
Pachyrhizus erosus	Tuber	0.3	2.8	-0.49	*
Panax quinquefolius	Plant	--	1.0	-0.73	*
Panax ginseng	Root	0.4	1.8	-0.5	*
Papaver somniferum	Seed	1.6	1.93	-0.61	*
Parthenium integrifolium	Root	0.3	2.0	-0.45	*
Passiflora quadrangularis	Seed	1.2	6.0	0.95	*

<i>Passiflora edulis</i>	Fruit	1.0	5.0	-0.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	0.3	5.0	-0.0	*
<i>Passiflora incarnata</i>	Flower	0.1	0.5	-1.34	*
<i>Passiflora mollissima</i>	Fruit	0.3	3.8	-0.26	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora ligularis</i>	Fruit	0.6	6.2	0.26	*
<i>Pastinaca sativa</i>	Root	0.5	4.0	-0.02	*
<i>Peperomia pereskiiifolia</i>	Leaf	2.5	17.0	-0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	0.7	9.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	0.3	9.4	0.94	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Seed	1.0	8.0	1.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	3.0	23.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	1.0	7.7	0.58	*
<i>Persea schiedeana</i>	Fruit	0.7	4.0	-0.22	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	0.2	3.6	-1.08	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	1.0	13.5	0.15	*
<i>Phaseolus acutifolius</i>	Seed	1.2	1.3	-0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Leaf	0.6	4.5	-0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	0.3	5.1	0.6	*
<i>Phaseolus vulgaris</i>	Sprout Seedling	2.5	27.0	1.65	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	1.0	12.0	1.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Seed	1.1	2.2	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	1.2	3.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Sprout Seedling	1.4	3.9	-1.11	*
<i>Phaseolus coccineus</i>	Fruit	1.4	1.9	-0.67	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phoenix dactylifera</i>	Fruit	0.2	1.3	-0.79	*
<i>Phyllanthus emblica</i>	Fruit	0.4	2.5	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phyllanthus acidus</i>	Fruit	0.1	2.0	-0.64	*
<i>Physalis ixocarpa</i>	Fruit	0.2	2.4	-0.56	*
<i>Physalis peruviana</i>	Fruit	0.2	1.4	-0.77	*
<i>Phytolacca americana</i>	Shoot	3.0	39.0	2.0	*
<i>Pimenta dioica</i>	Fruit	--	0.7	-0.92	*
<i>Pimenta dioica</i>	Leaf	2.3	3.5	-0.16	*

<i>Pinus pinea</i>	Seed	2.0	3.0	-0.2	USDA's Ag Handbook 8 and sequelae)
<i>Pinus cembroides</i>	Seed	2.0	2.5	-0.39	USDA's Ag Handbook 8 and sequelae)
<i>Pinus edulis</i>	Seed	2.0	3.0	-0.2	USDA's Ag Handbook 8 and sequelae)
<i>Piper nigrum</i>	Fruit	0.4	2.8	-0.47	*
<i>Piper betel</i>	Leaf	0.2	2.0	-0.17	*
<i>Piper auritum</i>	Leaf	2.4	13.5	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pisum sativum</i>	Seed	1.2	6.7	1.22	*
<i>Pisum sativum</i>	Fruit	0.8	8.0	0.64	*
<i>Plantago psyllium</i>	Seed	--	--	-1.35	*
<i>Plantago major</i>	Seed	--	--		*
<i>Platonia insignis</i>	Fruit	0.4	1.4	-0.77	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Platycodon grandiflorum</i>	Root	3.9	4.7	0.14	*
<i>Plectranthus amboinicus</i>	Leaf	0.7	12.5	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polygonum multiflorum</i>	Root	--	0.9	-0.69	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polymnia edulis</i>	Root	0.2	1.1	-0.65	*
<i>Portulaca oleracea</i>	Herb	1.0	23.0	-1.0	*
<i>Pourouma cecropiaefolia</i>	Fruit	2.2	12.0	1.5	J Cell Biochem VOL. 22=1995
<i>Pouteria viridis</i>	Fruit	0.3	0.9	-0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	--	0.9	-0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria caimito</i>	Fruit	0.2	7.7	0.58	*
<i>Prunus domestica</i>	Fruit	0.9	6.5	0.32	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Fruit	0.4	4.4	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Prunus persica</i>	Fruit	1.0	4.0	-0.22	*
<i>Prunus cerasus</i>	Fruit	--	5.0	-0.0	*
<i>Prunus salicifolia</i>	Fruit	0.2	1.2	-0.82	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus dulcis</i>	Seed	1.6	9.7	2.37	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Seed	--	5.3	0.68	*
<i>Psidium cattleianum</i>	Fruit	0.2	1.9	-0.67	*
<i>Psidium guajava</i>	Fruit	0.4	4.0	-0.22	*
<i>Psophocarpus tetragonolobus</i>	Seed	1.0	7.7	1.6	*
<i>Pueraria montana</i>	Shoot	--	8.0	-1.02	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Punica granatum</i>	Fruit	--	4.0	-0.22	*
<i>Pyrus communis</i>	Fruit	0.4	2.4	-0.56	*
<i>Quararibea cordata</i>	Fruit	0.2	4.5	-0.11	*
<i>Quercus alba</i>	Bark	--	--	-1.03	*
<i>Raphanus sativus</i>	Root	0.3	9.3	1.14	*
<i>Raphanus sativus</i>	Leaf	2.6	24.0	-0.07	*

Raphanus sativus	Fruit	0.3	5.3	0.06	*
Rheum rhabarbarum	Pt	0.3	14.0	-0.25	*
Rheum rhabarbarum	Leaf	0.2	3.0	-0.16	*
Rhizophora mangle	Leaf	--	--		*
Rhodymenia palmata	Plant	--	1.1	-0.72	*
Ribes nigrum	Fruit	1.0	3.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	--	2.0	-0.64	*
Ribes rubrum	Fruit	1.0	3.0	-0.43	*
Ricinus communis	Seed	--	1.0	-0.97	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rollinia mucosa	Fruit	0.4	1.8	-0.69	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa spp	Fruit	--	--		*
Rosa canina	Fruit	1.4	7.2	0.47	*
Rosmarinus officinalis	Plant	1.5	5.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	0.9	6.7	0.36	Revised USDA data received 1993.
Rubus idaeus	Leaf	--	--		*
Rumex crispus	Root	3.0	10.8	1.47	*
Rumex crispus	Leaf	0.8	10.8	-0.13	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex acetosa	Leaf	2.2	22.0	-0.07	*
Ruscus aculeatus	Root	0.4	1.4	-0.59	*
Salix alba	Bark	0.3	1.7	-0.47	*
Salvia officinalis	Leaf	0.6	3.6	-0.16	*
Sambucus nigra	Plant	0.6	0.7	-0.75	*
Sambucus canadensis	Fruit	1.0	3.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Schisandra chinensis	Fruit	0.1	0.5	-0.97	*
Sclerocarya caffra	Seed	--	1.2	-0.89	*
Sclerocarya caffra	Fruit	0.5	6.0	0.21	*
Scutellaria lateriflora	Plant	0.3	2.2	-0.64	*
Secale cereale	Seed	1.0	2.0	-0.58	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sechium edule	Shoot	0.8	11.0	-0.72	*
Sechium edule	Fruit	0.4	5.7	0.15	*
Senna alexandrina	Leaf	7.0	35.0	-0.01	*
Serenoa repens	Fruit	1.0	7.3	0.49	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Leaf	--	21.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sesamum indicum	Seed	0.6	3.0	-0.2	*
Sicana odorifera	Fruit	0.4	3.2	-0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	4.7	24.0	-0.07	*
Silybum marianum	Leaf	0.4	2.0	-0.17	*

Sinapis alba	Seed	--	4.0	0.18	*
Smilax spp	Root	--	--		*
Smilax officinalis	Root	--	--		*
Solanum torvum	Fruit	0.9	6.0	0.21	*
Solanum nigrum	Plant	1.0	23.0	0.81	*
Solanum quitoensis	Fruit	0.3	5.0	-0.0	*
Solanum melongena	Fruit	0.2	8.8	0.81	*
Solanum tuberosum	Tuber	0.4	1.9	-0.81	*
Sonchus oleraceus	Leaf	1.0	16.0	-0.1	*
Spinacia oleracea	Plant	1.8	23.4	0.84	USDA's Ag Handbook 8 and sequelae)
Spirulina pratensis	Plant	--	46.0	2.41	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	46.0	2.41	*
Spondias purpurea	Fruit	0.3	2.1	-0.62	*
Spondias dulcis	Fruit	0.2	1.5	-0.75	*
Spondias pinnata	Fruit	0.2	2.1	-0.62	*
Spondias mombin	Fruit	0.3	3.5	-0.32	*
Stachys officinalis	Plant	--	--		*
Stellaria media	Plant	0.1	1.3	-0.7	*
Sterculia urens	Gum	17.0	31.0		*
Stevia rebaudiana	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	0.8	7.2	-0.14	*
Symphytum officinale	Root	--	7.2	0.68	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium cumini	Fruit	0.1	0.7	-0.92	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	0.2	3.3	-0.37	*
Syzygium aromaticum	Flower	1.0	2.0	-0.99	*
Syzygium aromaticum	Fruit	1.0	2.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	0.3	1.7	-0.71	J Cell Biochem VOL. 22=1995
Tabebuia heptaphylla	Bark	--	--		*
Tamarindus indica	Leaf	1.0	5.0	-0.15	*
Tamarindus indica	Fruit	1.0	3.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Flower	--	6.0	-0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	2.5	-0.62	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	0.3	2.1	-0.43	*
Taraxacum officinale	Leaf	1.0	18.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Terminalia catappa</i>	Seed	0.8	3.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tetragonia tetragonioides</i>	Leaf	1.0	20.0	-0.08	*
<i>Theobroma bicolor</i>	Seed	3.4	3.5	-0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Theobroma cacao</i>	Seed	1.0	4.0	0.18	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Theobroma speciosum</i>	Fruit	10.0	27.0	4.71	J Cell Biochem VOL. 22=1995
<i>Theobroma bicolor</i>	Fruit	1.5	7.2	0.47	*
<i>Theobroma cacao</i>	Fruit	1.6	3.8	-0.26	J Cell Biochem VOL. 22=1995
<i>Thymus vulgaris</i>	Leaf	0.7	4.3	-0.16	*
<i>Thymus vulgaris</i>	Plant	4.0	53.0	2.9	*
<i>Trachyspermum ammi</i>	Fruit	2.8	3.0	-0.43	*
<i>Tragopogon porrifolius</i>	Root	1.0	10.0	1.3	*
<i>Trichosanthes anguina</i>	Fruit	0.6	11.0	1.28	*
<i>Trifolium pratense</i>	Flower	0.6	3.3	-0.68	*
<i>Trigonella foenum-graecum</i>	Seed	0.4	3.2	-0.12	*
<i>Triticum aestivum</i>	Seed	0.7	8.0	1.72	*
<i>Triticum aestivum</i>	Plant	11.0	40.0	1.99	*
<i>Tropaeolum majus</i>	Shoot	3.5	25.5	0.69	*
<i>Tropaeolum tuberosum</i>	Root	0.8	8.5	0.97	*
<i>Turnera diffusa</i>	Leaf	--	--		*
<i>Ullucus tuberosus</i>	Root	0.2	2.2	-0.41	*
<i>Ulmus rubra</i>	Bark	0.7	4.1	0.32	*
<i>Urtica dioica</i>	Leaf	0.9	4.3	-0.16	*
<i>Vaccinium corymbosum</i>	Fruit	0.5	3.4	-0.34	*
<i>Vaccinium myrtillus</i>	Fruit	0.2	2.6	-0.52	*
<i>Vaccinium macrocarpon</i>	Fruit	0.2	1.9	-0.67	*
<i>Valeriana officinalis</i>	Root	0.1	1.2	-0.63	*
<i>Verbascum thapsus</i>	Leaf	0.5	1.1	-0.17	*
<i>Vicia faba</i>	Seed	1.1	6.0	0.95	USDA's Ag Handbook 8 and sequelae)
<i>Vigna aconitifolia</i>	Seed	0.9	1.0	-0.97	*
<i>Vigna unguiculata</i>	Seed	1.5	4.5	0.37	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Shoot	1.8	17.0	-0.14	*
<i>Vigna subterranea</i>	Seed	1.4	1.6	-0.74	*
<i>Vigna mungo</i>	Seed	2.0	2.2	-0.51	*

<i>Vigna unguiculata</i>	Seed	2.3	2.6	-0.35	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Sprout Seedling	1.0	15.0	0.22	USDA's Ag Handbook 8 and sequelae)
<i>Vigna angularis</i>	Seed	1.8	3.0	-0.2	*
<i>Vigna unguiculata</i>	Shoot	1.8	17.0	-0.14	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Fruit	1.1	9.0	0.85	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Seed	2.1	2.8	-0.28	USDA's Ag Handbook 8 and sequelae)
<i>Vitis vinifera</i>	Plant	0.5	3.2	-0.57	*
<i>Vitis vinifera</i>	Stem	--	6.9	-0.49	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Xanthosoma sagittifolium</i>	Root	0.3	0.9	-0.69	*
<i>Yucca baccata</i>	Bark	--	7.0	1.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Yucca baccata</i>	Root	1.4	6.7	0.57	*
<i>Zea mays</i>	Silk Stigma Style	--	1.5	-1.0	*
<i>Zea mays</i>	Fruit	1.0	4.0	-0.22	*
<i>Zea mays</i>	Cob	1.0	3.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Zingiber officinale</i>	Root	0.2	3.1	-0.21	*
<i>Zingiber officinale</i>	Rhizome	--	5.0	-0.1	*
<i>Zizyphus spina-christi</i>	Fruit	--	1.4	-0.77	*
<i>Zizyphus jujuba</i>	Fruit	0.3	2.4	-0.56	*