

# List of Plants

## RIBOFLAVIN

Chemid  
RIBOFLAVIN

### Dosage

PTD=1,000 mg/day

LD50=5,000 (scu rat)

RDA=0.4-1.8 mg/day

LD50=560 (ipr rat)

LD50=340 (ipr mus) Merck 11th Edition

\*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 nilotica	Plant	--	--		*
Acacia farnesiana	Leaf	2.0	9.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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 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	*
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	*
Alocasia macrorrhiza	Leaf	0.1	3.4	-0.16	*
Alocasia macrorrhiza	Root	0.2	0.6	-0.76	*

Aloe vera	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Aloe spp.	Leaf	--	--		*
Alpinia galanga	Rhizome	--	1.0	-1.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	0.1	0.5	-0.78	*
Amaranthus spinosus	Leaf	1.6	20.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amaranthus sp.	Leaf	1.0	26.0	-0.06	*
Amorphophallus konjac	Bark	--	--		*
Amorphophallus campanulatus	Root	0.2	3.2	-0.19	*
Anacardium occidentale	Leaf	0.1	0.3	-0.18	*
Anacardium occidentale	Fruit	2.4	16.7	2.5	*
Anacardium occidentale	Seed	2.0	3.3	-0.09	*
Ananas comosus	Fruit	--	3.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Anethum graveolens	Fruit	--	3.0	-0.43	*
Anethum graveolens	Plant	--	3.0	-0.59	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Seed	--	3.0	-0.2	USDA's Ag Handbook 8 and sequelae)
Angelica sinensis	Root	0.8	3.4	-0.15	*
Annona diversifolia	Fruit	0.3	10.0	1.07	*
Annona squamosa	Fruit	1.0	5.0	-0.0	*
Annona cherimola	Fruit	1.0	5.5	0.11	*
Annona reticulata	Fruit	0.7	5.5	0.11	*
Annona muricata	Fruit	0.5	6.0	0.21	*
Annona glabra	Fruit	0.7	5.0	-0.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Apium graveolens	Fruit	0.1	0.6	-0.94	*
Apium graveolens	Seed	0.1	0.6	-1.12	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Apium graveolens	Pt	--	34.0	1.33	*
Arachis hypogaea	Seed	1.3	3.1	-0.16	*
Arachis hypogaea	Leaf	5.8	27.0	-0.05	*
Aralia cordata	Leaf	0.2	4.0	-0.16	*
Arctium lappa	Root	0.8	3.4	-0.15	*
Arctostaphylos uva-ursi	Leaf	--	--	-0.18	*
Areca catechu	Seed	6.9	7.9	1.68	*
Armoracia rusticana	Root	4.0	20.0	3.49	*
Arracacia xanthorrhiza	Root	0.2	0.7	-0.74	*

<i>Artemisia vulgaris</i>	Leaf	1.6	13.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia dracunculus</i>	Plant	13.0	14.0	0.18	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus altilis</i>	Fruit	0.3	1.0	-0.86	*
<i>Artocarpus heterophyllus</i>	Fruit	1.0	4.0	-0.22	*
<i>Artocarpus altilis</i>	Seed	1.0	7.0	1.33	*
<i>Asparagus officinalis</i>	Root	2.4	24.0	4.36	*
<i>Asparagus officinalis</i>	Shoot	1.0	36.0	1.71	*
<i>Astragalus membranaceus</i>	Root	0.4	2.5	-0.34	*
<i>Avena sativa</i>	Seed	0.66	11.7	3.13	Jim Duke's personal files.*
<i>Avena sativa</i>	Plant	0.4	2.0	-0.66	*
<i>Averrhoa bilimbi</i>	Fruit	0.25	5.2	0.04	*
<i>Averrhoa carambola</i>	Fruit	0.2	5.2	0.04	*
<i>Bactris gasipaes</i>	Fruit	1.0	6.0	0.21	*
<i>Barosma betulina</i>	Leaf	--	1.1	-0.17	*
<i>Benincasa hispida</i>	Fruit	0.1	28.0	4.92	*
<i>Berberis vulgaris</i>	Root	--	9.4	1.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Berberis vulgaris</i>	Bark	--	9.4	2.07	*
<i>Bertholletia excelsa</i>	Seed	0.35	1.0	-0.97	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Leaf	1.7	26.0	-0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Root	0.2	3.9	-0.04	*
<i>Bixa orellana</i>	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.
<i>Bixa orellana</i>	Fruit	0.5	3.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	1.4	4.5	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Seed	0.9	6.0	0.95	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Leaf	2.8	22.0	-0.07	*
<i>Boehmeria nivea</i>	Shoot	--	16.0	-0.24	*
<i>Borago officinalis</i>	Leaf	1.0	21.0	-0.08	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	0.7	15.0	-0.11	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	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> var. <i>botrytis</i> L.	Flower	0.3	11.0	1.12	*

<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 nigra</i>	Leaf	0.56	9.72	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	1.1	21.0	-0.08	*
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	1.0	8.0	-0.14	*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	0.4	10.0	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	0.4	4.0	-0.02	USDA's Ag Handbook 8 and sequelae)
<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 annuum</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>	Flower	0.5	3.6	-0.61	*
<i>Carthamus tinctorius</i>	Seed	1.0	2.0	-0.58	*
<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	*
<i>Caulophyllum thalictroides</i>	Root	1.0	7.9	0.84	*

Centella asiatica	Leaf	1.4	13.0	-0.12	*
Chamaemelum nobile	Flower	--	4.3	-0.45	*
Chenopodium album	Leaf	12.0	76.0	0.18	*
Chenopodium ambrosioides	Leaf	3.0	19.0	-0.09	*
Chenopodium album	Seed	1.0	2.0	-0.58	*
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 parthenium	Leaf	0.5	2.5	-0.17	*
Chrysanthemum coronarium	Bud	2.2	30.0	1.0	*
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	Seed	--	1.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	2.0	8.0	0.64	*
Citrus reticulata	Fruit	--	4.0	-0.22	*
Citrus aurantium	Fruit	1.0	3.0	-0.43	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 sinensis	Fruit	--	3.0	-0.43	*
Citrus aurantiifolia	Fruit	--	2.0	-0.64	*
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	*

<i>Colocasia esculenta</i>	Leaf	3.0	35.0	-0.01	*
<i>Corchorus olerius</i>	Leaf	2.6	44.0	0.03	*
<i>Coriandrum sativum</i>	Leaf	1.0	21.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coriandrum sativum</i>	Fruit	3.0	4.0	-0.22	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
<i>Corylus avellana</i>	Seed	0.6	4.4	0.34	*
<i>Crataegus rhipidophylla</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	--	--		*
<i>Crescentia alata</i>	Seed	--	1.2	-0.89	*
<i>Crocus sativus</i>	Silk Stigma Style	56.0	138.0	1.0	*
<i>Cucumis sativus</i>	Fruit	0.2	5.1	0.02	*
<i>Cucumis melo</i>	Fruit	0.2	2.4	-0.56	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	2.7	4.9	0.53	*
<i>Cucurbita pepo</i>	Fruit	1.1	13.1	1.73	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	0.4	6.0	0.21	*
<i>Cucurbita pepo</i>	Flower	0.7	15.0	2.06	USDA's Ag Handbook 8 and sequelae)
<i>Cuminum cyminum</i>	Fruit	3.0	4.0	-0.22	*
<i>Cuminum cyminum</i>	Seed	3.0	4.0	0.18	*
<i>Curcuma longa</i>	Rhizome	--	12.0	1.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Curcuma longa</i>	Plant	--	--		*
<i>Cyclanthera pedata</i>	Fruit	0.3	5.0	-0.0	*
<i>Cydonia oblonga</i>	Fruit	0.3	1.9	-0.67	*
<i>Cynara cardunculus</i>	Flower	0.6	7.0	0.19	*
<i>Cyphomandra betacea</i>	Fruit	0.3	3.0	-0.43	*
<i>Cyrtosperma chamissonis</i>	Root	0.2	1.0	-0.67	*
<i>Daucus carota</i>	Root	0.6	5.0	0.2	*
<i>Dioscorea alata</i>	Root	0.2	1.1	-0.65	*
<i>Dioscorea sp.</i>	Root	--	0.65	-0.75	*
<i>Dioscorea villosa</i>	Root	0.1	0.6	-0.76	*
<i>Dioscorea pentaphylla</i>	Root	0.2	1.0	-0.67	*
<i>Diospyros digyna</i>	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.
<i>Durio zibethinus</i>	Fruit	2.0	10.0	1.07	J Cell Biochem VOL. 22=1995
<i>Echinacea spp</i>	Bark	--	3.0	-0.04	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Echinacea purpurea</i>	Root	3.0	12.0	1.73	*
<i>Elaeagnus commutata</i>	Fruit	0.5	3.6	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeagnus umbellatus</i>	Fruit	2.9	16.0	2.35	*
<i>Elaeis guineensis</i>	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>Erythroxylum 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 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>Eugenia floribunda</i>	Fruit	0.2	1.6	-0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<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>	Plant	1.0	14.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Foeniculum vulgare</i>	Seed	0.4	3.8	0.11	*
<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>	Seed	1.0	3.0	-0.2	*
<i>Ginkgo biloba</i>	Leaf	0.3	1.2	-0.17	*
<i>Gliricidia sepium</i>	Leaf	0.8	5.0	-0.15	*
<i>Gliricidia sepium</i>	Flower	0.8	6.0	-0.05	*
<i>Glycine max</i>	Sprout Seedling	1.5	15.0	0.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<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
<i>Glycyrrhiza glabra</i>	Root	0.3	1.6	-0.54	*
<i>Gossypium sp</i>	Seed	--	2.3	-0.47	*

Gymnema sylvestre	Leaf	--	--		*
Harpagophytum procumbens	Root	--	--		*
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.
Helianthus tuberosus	Tuber	0.5	3.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Leaf	1.0	31.0	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
Hordeum vulgare	Stem	27.0	28.0	1.39	*
Hordeum vulgare	Seed	1.0	9.0	2.1	Jim Duke's personal files.*
Humulus lupulus	Fruit	--	10.0	1.07	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	2.0	10.1	0.91	*
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	Fruit	--	1.0	-0.86	*
Juglans nigra	Pericarp	0.1	1.0		*
Juglans regia	Seed	1.0	5.0	0.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans nigra	Seed	--	1.0	-0.97	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 meyenii	Root	3.5	4.0	-0.02	*
Lepidium sativum	Leaf	1.7	25.0	-0.06	*
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	Leaf	3.1	30.0	-0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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.
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	Leaf	0.6	2.7	-0.17	*
Mangifera indica	Fruit	0.5	3.3	-0.37	*
Manihot esculenta	Leaf	3.0	15.0	-0.11	*
Manihot esculenta	Root	0.2	3.2	-0.19	*
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	Shoot	6.0	30.0	1.12	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	0.7	6.3	0.28	*
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
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	Bud	--	0.6	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	0.2	2.2	-0.6	*
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	*
Passiflora ligularis	Fruit	0.6	6.2	0.26	*
Passiflora incarnata	Flower	0.1	0.5	-1.34	*
Passiflora quadrangularis	Fruit	0.3	5.0	-0.0	*

<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 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>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 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>Persea americana</i>	Fruit	1.0	7.7	0.58	*
<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 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>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 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>	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>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>	Leaf	2.3	3.5	-0.16	*
<i>Pimenta dioica</i>	Fruit	--	0.7	-0.92	*
<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>Pinus pinea</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	*

Piper auritum	Leaf	2.4	13.5	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pisum sativum	Fruit	0.8	8.0	0.64	*
Pisum sativum	Seed	1.2	6.7	1.22	*
Plantago major	Seed	--	--		*
Plantago psyllium	Seed	--	--	-1.35	*
Platonia insignis	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.
Platycodon grandiflorum	Root	3.9	4.7	0.14	*
Plectranthus amboinicus	Leaf	0.7	12.5	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	0.9	-0.69	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	0.2	1.1	-0.65	*
Portulaca oleracea	Herb	1.0	23.0	-1.0	*
Pourouma cecropiaefolia	Fruit	2.2	12.0	1.5	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	0.2	7.7	0.58	*
Pouteria viridis	Fruit	0.3	0.9	-0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria campechiana	Fruit	--	0.9	-0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus salicifolia	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.
Prunus dulcis	Seed	1.6	9.7	2.37	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	--	5.3	0.68	*
Prunus domestica	Fruit	0.9	6.5	0.32	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	0.4	4.4	-0.13	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	1.0	4.0	-0.22	*
Prunus cerasus	Fruit	--	5.0	-0.0	*
Psidium guajava	Fruit	0.4	4.0	-0.22	*
Psidium cattleianum	Fruit	0.2	1.9	-0.67	*
Psophocarpus tetragonolobus	Seed	1.0	7.7	1.6	*
Pueraria montana	Shoot	--	8.0	-1.02	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Punica granatum	Fruit	--	4.0	-0.22	*
Pyrus communis	Fruit	0.4	2.4	-0.56	*
Quararibea cordata	Fruit	0.2	4.5	-0.11	*
Quercus alba	Bark	--	--	-1.03	*
Raphanus sativus	Leaf	2.6	24.0	-0.07	*
Raphanus sativus	Fruit	0.3	5.3	0.06	*
Raphanus sativus	Root	0.3	9.3	1.14	*
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 rubrum	Fruit	1.0	3.0	-0.43	*
Ribes nigrum	Fruit	1.0	3.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	--	2.0	-0.64	*
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 canina	Fruit	1.4	7.2	0.47	*
Rosa spp	Fruit	--	--		*
Rosmarinus officinalis	Plant	1.5	5.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	--	--		*
Rubus idaeus	Fruit	0.9	6.7	0.36	Revised USDA data received 1993.
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	*
Rumex crispus	Root	3.0	10.8	1.47	*
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 canadensis	Fruit	1.0	3.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Plant	0.6	0.7	-0.75	*
Schisandra chinensis	Fruit	0.1	0.5	-0.97	*
Sclerocarya caffra	Fruit	0.5	6.0	0.21	*
Sclerocarya caffra	Seed	--	1.2	-0.89	*
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	Fruit	0.4	5.7	0.15	*
Sechium edule	Shoot	0.8	11.0	-0.72	*
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	Seed	0.6	3.0	-0.2	*
Sesamum indicum	Leaf	--	21.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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 quitoensis	Fruit	0.3	5.0	-0.0	*
Solanum nigrum	Plant	1.0	23.0	0.81	*
Solanum melongena	Fruit	0.2	8.8	0.81	*
Solanum tuberosum	Tuber	0.4	1.9	-0.81	*
Solanum torvum	Fruit	0.9	6.0	0.21	*
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 pinnata	Fruit	0.2	2.1	-0.62	*
Spondias mombin	Fruit	0.3	3.5	-0.32	*
Spondias purpurea	Fruit	0.3	2.1	-0.62	*
Spondias dulcis	Fruit	0.2	1.5	-0.75	*
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	Root	--	7.2	0.68	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	0.8	7.2	-0.14	*
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
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	*
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
Terminalia catappa	Seed	0.8	3.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	1.0	20.0	-0.08	*

Theobroma bicolor	Seed	3.4	3.5	-0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Fruit	1.6	3.8	-0.26	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Fruit	1.5	7.2	0.47	*
Theobroma speciosum	Fruit	10.0	27.0	4.71	J Cell Biochem VOL. 22=1995
Theobroma cacao	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.
Thymus vulgaris	Leaf	0.7	4.3	-0.16	*
Thymus vulgaris	Plant	4.0	53.0	2.9	*
Trachyspermum ammi	Fruit	2.8	3.0	-0.43	*
Tragopogon porrifolius	Root	1.0	10.0	1.3	*
Trichosanthes anguina	Fruit	0.6	11.0	1.28	*
Trifolium pratense	Flower	0.6	3.3	-0.68	*
Trigonella foenum-graecum	Seed	0.4	3.2	-0.12	*
Triticum aestivum	Seed	0.7	8.0	1.72	*
Triticum aestivum	Plant	11.0	40.0	1.99	*
Tropaeolum tuberosum	Root	0.8	8.5	0.97	*
Tropaeolum majus	Shoot	3.5	25.5	0.69	*
Turnera diffusa	Leaf	--	--		*
Ullucus tuberosus	Root	0.2	2.2	-0.41	*
Ulmus rubra	Bark	0.7	4.1	0.32	*
Urtica dioica	Leaf	0.9	4.3	-0.16	*
Vaccinium corymbosum	Fruit	0.5	3.4	-0.34	*
Vaccinium myrtillus	Fruit	0.2	2.6	-0.52	*
Vaccinium macrocarpon	Fruit	0.2	1.9	-0.67	*
Valeriana officinalis	Root	0.1	1.2	-0.63	*
Verbascum thapsus	Leaf	0.5	1.1	-0.17	*
Vicia faba	Seed	1.1	6.0	0.95	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	1.5	4.5	0.37	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	1.4	1.6	-0.74	*
Vigna mungo	Seed	2.0	2.2	-0.51	*
Vigna unguiculata	Seed	2.3	2.6	-0.35	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	1.0	15.0	0.22	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	1.8	3.0	-0.2	*
Vigna unguiculata	Shoot	1.8	17.0	-0.14	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	1.8	17.0	-0.14	*

Vigna unguiculata	Fruit	1.1	9.0	0.85	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	2.1	2.8	-0.28	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	0.9	1.0	-0.97	*
Vitis vinifera	Stem	--	6.9	-0.49	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Plant	0.5	3.2	-0.57	*
Xanthosoma sagittifolium	Root	0.3	0.9	-0.69	*
Yucca baccata	Root	1.4	6.7	0.57	*
Yucca baccata	Bark	--	7.0	1.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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.
Zea mays	Silk Stigma Style	--	1.5	-1.0	*
Zea mays	Fruit	1.0	4.0	-0.22	*
Zingiber officinale	Root	0.2	3.1	-0.21	*
Zingiber officinale	Rhizome	--	5.0	-0.1	*
Zizyphus spina-christi	Fruit	--	1.4	-0.77	*
Zizyphus jujuba	Fruit	0.3	2.4	-0.56	*