

# List of Plants



## Chemid

SELENIUM

## Dosage

RDA=10-75 ug/day

PTD=1 mg/day

LD50=6,700 mg/kg (orl rat)

\*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
Achillea millefolium	Plant	0.3	1.6	-0.36	*
Actaea racemosa	Root	--	3.2	-0.13	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Agathosma betulina	Leaf	--	70.0	5.0	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Allium sativum var. sativum	Bulb	0.1	1.6	1.0	*
Allium cepa	Bulb	0.001	0.003	-1.0	*
Allium sativum var. sativum	Root	0.6	1.6	-0.25	*
Aloe spp.	Leaf	--	2.3	-0.21	*
Aloe vera	Leaf	--	2.3	-0.21	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Althaea officinalis	Root	0.4	3.3	-0.13	*
Amorphophallus konjac	Root	--	--		*
Anacardium occidentale	Seed	--	0.2	-0.26	*
Anethum graveolens	Plant	0.001	0.012	-0.43	ACTA AGRIC SCAND SUPPL 22: 1980
Angelica sinensis	Root	0.1	0.4	-0.33	*
Apium graveolens	Fruit	--	0.2	-0.34	*
Apium graveolens	Root	--	0.002	-0.36	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Seed	--	0.2	-0.26	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Arachis hypogaea	Seed	--	0.02	-0.26	*
Arctium lappa	Root	0.3	1.4	-0.26	*
Arctostaphylos uva-ursi	Leaf	0.2	1.6	-0.26	*
Armoracia rusticana	Root	--	--		*
Asparagus officinalis	Shoot	0.041	0.078	-0.41	*
Asparagus officinalis	Root	0.1	1.0	-0.29	*
Astragalus membranaceus	Root	0.2	1.0	-0.29	*
Avena sativa	Plant	0.3	1.3	-0.37	*
Avena sativa	Bran	--	--		*
Barosma betulina	Leaf	--	--		*

<i>Berberis vulgaris</i>	Root	--	3.4	-0.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Berberis vulgaris</i>	Bark	--	3.4	-0.14	*
<i>Bertholletia excelsa</i>	Seed	3.0	497.0	4.66	*
<i>Beta vulgaris</i>	Root	--	0.002	-0.36	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Brassica napus</i> var. <i>napobrassica</i>	Leaf	--	0.031	-0.38	*
<i>Brassica pekinensis</i>	Leaf	0.001	0.002	-0.38	*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	--	0.024	-0.38	*
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	0.002	0.024	-0.38	*
<i>Brassica napus</i> var. <i>napobrassica</i>	Stem	--	0.017	-0.43	*
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	0.003	0.25	-0.36	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Stem	--	0.015	-0.43	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	--	--		*
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	--	0.002	-0.36	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Brassica rapa</i>	Root	--	--		*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Stem	--	0.012	-0.43	*
<i>Brassica oleracea</i> var. <i>italica</i>	Stem	--	0.015	-0.43	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	--	0.024	-0.38	*
<i>Bupleurum chinense</i>	Root	--	--		*
<i>Capsicum annuum</i>	Fruit	0.001	0.002	-0.39	*
<i>Carica papaya</i>	Fruit	0.1	1.0	-0.14	*
<i>Carthamus tinctorius</i>	Flower	0.3	2.0	-0.49	*
<i>Carya ovata</i>	Seed	--	0.02	-0.26	*
<i>Carya illinoensis</i>	Seed	--	0.02	-0.26	*
<i>Caulophyllum thalictroides</i>	Root	0.4	3.5	-0.11	*
<i>Centella asiatica</i>	Leaf	0.1	1.2	-0.29	*
<i>Chamaemelum nobile</i>	Flower	--	--		*
<i>Chondrus crispus</i>	Plant	--	18.0	0.38	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum parthenium</i>	Plant	--	--		*
<i>Chrysanthemum parthenium</i>	Leaf	0.3	1.7	-0.25	*
<i>Cichorium endivia</i>	Leaf	0.008	0.024	-0.38	*
<i>Cimicifuga racemosa</i>	Root	0.7	3.2	-0.13	*
<i>Citrus paradisi</i>	Fruit	--	0.027	-0.38	*
<i>Citrus sinensis</i>	Fruit	--	0.002	-0.39	*
<i>Citrus reticulata</i>	Fruit	--	--	-0.39	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Cnicus benedictus</i>	Plant	0.5	3.4	-0.28	*
<i>Cocos nucifera</i>	Seed	--	0.02	-0.26	Furr, A.K., et al. 1979
<i>Corylus avellana</i>	Seed	0.01	0.08	-0.26	*
<i>Crataegus rhipidophylla</i>	Fruit	--	20.0	4.57	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	0.6	2.0	0.11	*
<i>Cucumis sativus</i>	Fruit	0.001	2.8	0.31	*
<i>Cucumis melo</i>	Fruit	0.003	0.004	-0.39	*

Cucurbita pepo	Seed	0.08	0.4	-0.26	*
Curcuma longa	Plant	0.5	1.6	-0.36	*
Cymbopogon citratus	Plant	--	62.0	2.34	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cypripedium pubescens	Root	--	49.0	3.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Daucus carota	Root	0.001	0.02	-0.36	*
Dioscorea villosa	Root	0.2	0.8	-0.31	*
Dioscorea sp.	Root	--	--		*
Echinacea purpurea	Root	0.5	2.1	-0.21	*
Echinacea spp	Root	--	0.5	-0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Eleutherococcus senticosus	Root	0.2	1.0	-0.29	*
Elytrigia repens	Plant	--	102.0	4.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	0.3	1.2	-0.37	*
Equisetum arvense	Plant	0.3	1.3	-0.37	*
Eriodictyon californicum	Leaf	2.6	12.0	0.54	*
Eupatorium perfoliatum	Plant	0.1	1.0	-0.38	*
Euphrasia officinalis	Plant	0.1	0.5	-0.41	*
Fagopyrum esculentum	Seed	--	0.2	-0.26	Lafferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Foeniculum vulgare	Fruit	--	--		*
Foeniculum vulgare	Seed	17.3	160.0	1.32	*
Fragaria spp	Fruit	--	0.002	-0.39	ACTA AGRIC SCAND SUPPL 22: 1980
Frangula purshiana	Bark	0.3	1.1	-0.46	*
Fucus vesiculosus	Plant	0.2	1.7	-0.35	*
Gentiana lutea	Root	0.4	1.8	-0.23	*
Ginkgo biloba	Leaf	0.5	2.0	-0.23	*
Glycine max	Seed	0.04	2.6	-0.24	*
Glycyrrhiza glabra	Root	--	0.1	-0.36	*
Gymnema sylvestre	Leaf	0.4	2.3	-0.21	*
Harpagophytum procumbens	Root	0.3	1.5	-0.26	*
Hibiscus sabdariffa	Flower	1.6	14.3	1.73	*
Hordeum vulgare	Stem	--	24.0	2.71	*
Humulus lupulus	Fruit	--	1.7	0.04	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	0.3	1.7	-0.54	*
Hydrangea arborescens	Root	0.6	1.6	-0.25	*
Hydrastis canadensis	Root	0.3	1.0	-0.29	*
Inula helenium	Root	--	--		*
Juglans nigra	Fruit	--	--		*
Juglans cinerea	Seed	--	0.1	-0.26	*
Juglans nigra	Pericarp	0.4	3.0		*
Juglans nigra	Seed	--	0.02	-0.26	Furr, A.K., et al. 1979
Juniperus communis	Fruit	0.1	0.2	-0.34	*
Juniperus virginiana	Shoot	0.01	0.04	-0.97	*
Lactuca sativa	Leaf	--	0.058	-0.38	*
Larrea tridentata	Plant	0.6	1.9	-0.34	*
Liquidambar styraciflua	Plant	0.01	0.4	-0.41	*

Lobelia inflata	Leaf	0.1	0.5	-0.34	*
Lycopersicon esculentum	Fruit	0.001	0.034	-0.38	*
Malus domestica	Fruit	--	--	-0.39	*
Medicago sativa	Plant	--	--	-0.43	*
Medicago sativa	Leaf	--	0.026	-0.38	*
Medicago sativa	Stem	--	0.015	-0.43	*
Mentha x piperita	Leaf	0.2	1.1	-0.3	*
Mentha pulegium	Plant	--	25.0	0.69	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Musa x paradisiaca	Fruit	0.001	0.04	-0.38	ACTA AGRIC SCAND SUPPL 22: 1980
Myrica cerifera	Bark	1.0	3.4	-0.14	*
Nepeta cataria	Plant	2.0	12.3	0.12	*
Panax ginseng	Root	0.5	2.5	-0.18	*
Parthenium integrifolium	Root	0.4	2.5	-0.18	*
Passiflora incarnata	Flower	--	--		*
Petroselinum crispum	Plant	0.001	0.021	-0.43	*
Phaseolus vulgaris	Fruit	0.001	0.008	-0.38	*
Phaseolus vulgaris	Seed	--	0.01	-0.26	*
Phyllanthus emblica	Fruit	2.4	12.0	2.59	*
Pimenta dioica	Plant	--	0.04	-0.43	*
Pinus echinata	Shoot	0.02	0.2	1.38	*
Pistacia vera	Seed	--	0.1	-0.26	*
Pisum sativum	Seed	0.001	0.002	-0.26	*
Plantago major	Seed	0.3	1.0	-0.25	*
Plantago psyllium	Seed	0.3	1.4	-0.25	*
Polygonum multiflorum	Root	--	74.0	4.9	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Prunus persica	Fruit	--	0.003	-0.39	*
Prunus domestica	Fruit	--	0.013	-0.38	*
Prunus persica	Bark	--	--		*
Prunus dulcis	Seed	0.005	0.06	-0.26	*
Pyrus communis	Fruit	--	0.001	-0.39	*
Quercus phellos	Stem	0.01	0.3	-0.39	*
Quercus stellata	Stem	--	0.04	-0.43	*
Quercus alba	Stem	--	0.04	-0.43	*
Quercus rubra	Seed	--	0.02	-0.26	*
Quercus alba	Bark	0.3	1.5	-0.41	*
Raphanus sativus	Root	--	--		*
Rheum rhabarbarum	Pt	--	--		*
Rhodymenia palmata	Plant	--	--		*
Rhus glabra	Stem	--	0.25	-0.4	*
Ribes nigrum	Fruit	--	0.002	-0.39	*
Ribes uva-crispa	Fruit	--	--		*
Ribes rubrum	Fruit	--	--		*
Rosa canina	Fruit	0.4	2.1	0.13	*
Rubus idaeus	Leaf	0.4	2.5	-0.19	*
Rubus chamaemorus	Fruit	--	--		*
Rumex crispus	Root	0.6	2.5	-0.18	*
Ruscus aculeatus	Root	0.4	1.4	-0.26	*
Salix alba	Bark	0.2	1.1	-0.46	*
Salvia officinalis	Leaf	--	--		*

<i>Schisandra chinensis</i>	Fruit	0.1	0.7	-0.21	*
<i>Scutellaria lateriflora</i>	Plant	0.1	0.8	-0.39	*
<i>Senna alexandrina</i>	Leaf	0.3	1.6	-0.26	*
<i>Senna obtusifolia</i>	Seed	--	--		*
<i>Serenoa repens</i>	Fruit	0.3	2.6	0.26	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Silybum marianum</i>	Leaf	2.0	7.1	0.16	*
<i>Silybum marianum</i>	Plant	--	7.1	-0.11	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Smilax officinalis</i>	Root	0.7	3.1	-0.14	*
<i>Smilax</i> spp	Root	0.7	3.1	-0.14	*
<i>Solanum melongena</i>	Fruit	0.001	0.002	-0.39	*
<i>Solanum tuberosum</i>	Tuber	--	0.01		*
<i>Sorbus aucubaria</i>	Fruit	0.001	0.011	-0.38	*
<i>Spinacia oleracea</i>	Leaf	--	0.057	-0.38	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Spirulina</i> spp.	Plant	--	1.0	-0.38	*
<i>Stachys officinalis</i>	Plant	0.5	2.8	-0.3	*
<i>Stellaria media</i>	Plant	--	0.4	-0.41	*
<i>Stevia rebaudiana</i>	Leaf	--	25.0	1.54	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphoricarpos orbiculatus</i>	Stem	0.02	0.08	-0.42	*
<i>Symphytum officinale</i>	Leaf	0.1	1.2	-0.29	*
<i>Symphytum officinale</i>	Root	--	5.7	0.04	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Tabebuia heptaphylla</i>	Bark	--	0.2	-0.59	*
<i>Tanacetum parthenium</i>	Plant	--	1.7	-0.35	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Root	0.1	0.9	-0.3	*
<i>Thymus vulgaris</i>	Leaf	--	16.0	0.85	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Trifolium pratense</i>	Stem	--	0.018	-0.43	*
<i>Trifolium pratense</i>	Leaf	--	0.024	-0.38	*
<i>Trifolium pratense</i>	Flower	0.1	0.8	-0.7	*
<i>Trigonella foenum-graecum</i>	Seed	0.2	1.6	-0.25	*
<i>Turnera diffusa</i>	Leaf	0.2	0.7	-0.33	*
<i>Ulmus rubra</i>	Bark	0.3	1.5	-0.41	*
<i>Urtica dioica</i>	Plant	--	--		*
<i>Urtica dioica</i>	Leaf	0.4	2.2	-0.21	*
<i>Vaccinium vitis-idaea</i>	Fruit	--	0.013	-0.38	*
<i>Vaccinium myrtillus</i>	Fruit	0.2	2.8	0.31	*
<i>Vaccinium macrocarpon</i>	Fruit	--	0.002	-0.39	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Valeriana officinalis</i>	Root	0.5	4.4	-0.05	*
<i>Verbascum thapsus</i>	Leaf	0.2	0.5	-0.34	*
<i>Viburnum opulus</i>	Bark	--	23.0	2.62	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Vigna unguiculata</i>	Seed	0.014	0.14	-0.26	*
<i>Vigna unguiculata</i>	Seed	0.014	0.14	-0.26	*
<i>Viscum album</i>	Leaf	--	--		*
<i>Vitis vinifera</i>	Stem	--	18.0	1.92	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Vitis vinifera</i>	Fruit	--	0.012	-0.38	*
<i>Yucca baccata</i>	Root	0.2	0.9	-0.3	*

Zea mays	Silk Stigma Style	--	5.7		*
Zea mays	Seed	--	0.5	-0.26	*
Zingiber officinale	Rhizome	--	--		*
Zingiber officinale	Root	0.1	1.0	-0.29	*