

List of Plants



Chemid

SELENIUM

Dosage

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

PTD=1 mg/day

RDA=10-75 ug/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
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 vera	Leaf	--	2.3	-0.21	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Aloe spp.	Leaf	--	2.3	-0.21	*
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	Root	--	0.002	-0.36	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Fruit	--	0.2	-0.34	*
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>	Bark	--	3.4	-0.14	*
<i>Berberis vulgaris</i>	Root	--	3.4	-0.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<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 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 napus</i> var. <i>napobrassica</i>	Root	--	0.002	-0.36	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	0.002	0.024	-0.38	*
<i>Brassica rapa</i>	Root	--	--		*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Stem	--	0.012	-0.43	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	--	0.024	-0.38	*
<i>Brassica napus</i> var. <i>napobrassica</i>	Leaf	--	0.031	-0.38	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	--	--		*
<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 napus</i> var. <i>napobrassica</i>	Stem	--	0.017	-0.43	*
<i>Brassica oleracea</i> var. <i>italica</i>	Stem	--	0.015	-0.43	*
<i>Bupleurum chinense</i>	Root	--	--		*
<i>Capsicum annum</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 sinensis</i>	Fruit	--	0.002	-0.39	*
<i>Citrus reticulata</i>	Fruit	--	--	-0.39	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Citrus paradisi</i>	Fruit	--	0.027	-0.38	*
<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 melo</i>	Fruit	0.003	0.004	-0.39	*
<i>Cucumis sativus</i>	Fruit	0.001	2.8	0.31	*

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 sp.	Root	--	--		*
Dioscorea villosa	Root	0.2	0.8	-0.31	*
Echinacea spp	Root	--	0.5	-0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Echinacea purpurea	Root	0.5	2.1	-0.21	*
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 nigra	Pericarp	0.4	3.0		*
Juglans cinerea	Seed	--	0.1	-0.26	*
Juglans nigra	Seed	--	0.02	-0.26	Furr, A.K., et al. 1979
Juniperus virginiana	Shoot	0.01	0.04	-0.97	*
Juniperus communis	Fruit	0.1	0.2	-0.34	*
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	Stem	--	0.015	-0.43	*
Medicago sativa	Plant	--	--	-0.43	*
Medicago sativa	Leaf	--	0.026	-0.38	*
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	Seed	--	0.01	-0.26	*
Phaseolus vulgaris	Fruit	0.001	0.008	-0.38	*
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 psyllium	Seed	0.3	1.4	-0.25	*
Plantago major	Seed	0.3	1.0	-0.25	*
Polygonum multiflorum	Root	--	74.0	4.9	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Prunus dulcis	Seed	0.005	0.06	-0.26	*
Prunus persica	Fruit	--	0.003	-0.39	*
Prunus domestica	Fruit	--	0.013	-0.38	*
Prunus persica	Bark	--	--		*
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 rubrum	Fruit	--	--		*
Ribes nigrum	Fruit	--	0.002	-0.39	*
Ribes uva-crispa	Fruit	--	--		*
Rosa canina	Fruit	0.4	2.1	0.13	*
Rubus chamaemorus	Fruit	--	--		*
Rubus idaeus	Leaf	0.4	2.5	-0.19	*
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	--	--		*

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