

List of Plants



Chemid
SILICON

*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	Plant Part	Low PPM	High PPM	StdDev	*Reference
Acacia nilotica	Plant	--	--		*
Acacia catechu	Plant	--	--		*
Achillea millefolium	Plant	1.0	4.5	-0.52	*
Actaea racemosa	Root	--	2.7	-0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Agathosma betulina	Leaf	--	43.0	-0.29	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Allium sativum var. sativum	Root	--	--		*
Allium cepa	Bulb	1.0	75.0		ACTA AGRIC SCAND SUPPL 22: 1980
Allium sativum var. sativum	Bulb	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Aloe vera	Leaf	--	2.2	-0.41	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Aloe spp.	Leaf	--	2.2	-0.41	*
Althaea officinalis	Root	0.3	3.0	-0.33	*
Amorphophallus konjac	Root	--	--		*
Anacardium occidentale	Seed	--	1280.0	0.85	*
Ananas comosus	Fruit	110.0	690.0	1.63	*
Anethum graveolens	Plant	30.0	700.0	3.67	ACTA AGRIC SCAND SUPPL 22: 1980
Angelica sinensis	Root	0.8	3.4	-0.33	*
Apium graveolens	Root	--	2.0	-0.33	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Fruit	1.0	4.5	-0.59	*
Arctium lappa	Root	5.3	22.5	-0.24	*
Arctostaphylos uva-ursi	Leaf	0.8	7.0	-0.39	*
Armoracia rusticana	Root	0.4	2.0	-0.33	*
Asparagus officinalis	Root	--	--		*
Astragalus membranaceus	Root	3.2	20.0	-0.25	*
Avena sativa	Plant	4.0	18.3	-0.44	*
Barosma betulina	Leaf	--	43.0	-0.29	*
Berberis vulgaris	Root	--	2.3	-0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	2.3	-0.54	*
Bertolletia excelsa	Seed	--	1770.0	1.62	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	1.0	83.0	0.04	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica napus var. napobrassica	Root	1.0	30.0	-0.21	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica oleracea var. italica	Leaf	1.0	90.0	-0.15	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica oleracea var. capitata l.	Leaf	1.0	25.0	-0.34	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica oleracea var. botrytis l.	Flower	2.0	125.0	2.18	*
Brassica oleracea var. botrytis l.	Leaf	1.0	90.0	-0.15	*
Brassica rapa	Root	120.0	1200.0	5.17	*
Bupleurum chinense	Root	--	--		*

<i>Capsicum annuum</i>	Fruit	--	--		*
<i>Carica papaya</i>	Fruit	1.2	10.0	-0.58	*
<i>Cart hamus tinctorius</i>	Flower	0.7	4.7	-0.56	*
<i>Carya illinoensis</i>	Seed	--	200.0	-0.84	*
<i>Carya ovata</i>	Shoot	172.0	2250.0	-1.0	*
<i>Carya glabra</i>	Shoot	100.0	4180.0	1.0	*
<i>Carya ovata</i>	Seed	--	1180.0	0.7	*
<i>Caulophyllum thalictroides</i>	Root	0.7	6.3	-0.31	*
<i>Centella asiatica</i>	Leaf	1.5	14.0	-0.37	*
<i>Chamaemelum nobile</i>	Flower	--	31.0	0.04	*
<i>Chondrus crispus</i>	Plant	--	67.0	-0.14	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum parthenium</i>	Leaf	0.8	4.6	-0.4	*
<i>Chrysanthemum parthenium</i>	Plant	--	46.0	-0.27	*
<i>Cichorium intybus</i>	Root	--	--		*
<i>Cimicifuga racemosa</i>	Root	0.6	2.7	-0.33	*
<i>Citrus reticulata</i>	Fruit	3.0	23.0	-0.53	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Citrus paradisi</i>	Fruit	--	2.0	-0.6	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Citrus sinensis</i>	Fruit	--	2.0	-0.6	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Cnicus benedictus</i>	Plant	--	--		*
<i>Cocos nucifera</i>	Seed	--	370.0	-0.57	Furr, A.K., et al. 1979
<i>Corylus avellana</i>	Seed	100.0	900.0	0.26	*
<i>Crataegus laevigata</i>	Fruit	--	--		*
<i>Crataegus rhipidophylla</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cucumis sativus</i>	Fruit	10.0	1000.0	2.64	*
<i>Cucurbita pepo</i>	Seed	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Curcuma longa</i>	Plant	6.0	20.0	-0.43	*
<i>Cymbopogon citratus</i>	Plant	--	132.0	0.25	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cypripedium pubescens</i>	Root	--	222.0	0.68	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Daucus carota</i>	Root	1.0	91.0	0.08	*
<i>Dioscorea sp.</i>	Root	--	--		*
<i>Dioscorea villosa</i>	Root	--	--		*
<i>Echinacea purpurea</i>	Root	8.0	30.1	-0.2	*
<i>Echinacea spp</i>	Root	--	8.0	-0.31	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Eleutherococcus senticosus</i>	Root	--	--		*
<i>Elytrigia repens</i>	Plant	--	253.0	0.98	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ephedra sinica</i>	Plant	0.7	3.1	-0.53	*
<i>Equisetum arvense</i>	Plant	8.3	38.6	-0.31	*
<i>Eriodictyon californicum</i>	Leaf	1.5	7.0	-0.39	*
<i>Eupatorium perfoliatum</i>	Plant	0.2	2.0	-0.53	*
<i>Euphrasia officinalis</i>	Plant	5.0	30.3	-0.36	*
<i>Foeniculum vulgare</i>	Fruit	--	4.2	-0.59	*
<i>Foeniculum vulgare</i>	Seed	0.1	0.4	-1.16	*
<i>Fragaria spp</i>	Fruit	10.0	270.0	0.27	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Frangula purshiana</i>	Bark	--	--		*
<i>Fucus vesiculosus</i>	Plant	0.9	7.6	-0.5	*
<i>Gentiana lutea</i>	Root	--	--		*
<i>Ginkgo biloba</i>	Leaf	0.5	2.0	-0.41	*
<i>Glycine max</i>	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Glycyrrhiza glabra</i>	Root	2.5	15.8	-0.27	*
<i>Gymnema sylvestre</i>	Leaf	0.6	3.0	-0.4	*

<i>paragophytum procumbens</i>	root	0.8	4.5	-0.52	*
<i>Hibiscus sabdariffa</i>	Flower	1.0	9.1	-0.46	*
<i>Hordeum vulgare</i>	Stem	--	34.0	-0.86	*
<i>Humulus lupulus</i>	Fruit	--	4.5	-0.59	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Humulus lupulus</i>	Flower	0.8	4.5	-0.56	*
<i>Hydrangea arborescens</i>	Root	8.0	22.3	-0.24	*
<i>Hydrastis canadensis</i>	Root	8.0	28.7	-0.21	*
<i>Inula helenium</i>	Root	--	--		*
<i>Juglans nigra</i>	Pericarp	0.3	2.2		*
<i>Juglans cinerea</i>	Seed	--	1450.0	1.12	*
<i>Juglans nigra</i>	Seed	--	1387.0	1.02	Furr, A.K., et al. 1979
<i>Juglans nigra</i>	Fruit	--	22.0	-0.54	*
<i>Juniperus communis</i>	Fruit	1.4	4.5	-0.59	*
<i>Lactuca sativa</i>	Leaf	10.0	800.0	1.97	*
<i>Larrea tridentata</i>	Plant	1.0	3.1	-0.53	*
<i>Lobelia inflata</i>	Leaf	0.1	0.8	-0.41	*
<i>Lycopersicon esculentum</i>	Fruit	--	--		*
<i>Malus domestica</i>	Fruit	--	70.0	-0.38	*
<i>Medicago sativa</i>	Plant	--	--		*
<i>Mentha x piperita</i>	Leaf	--	--		*
<i>Mentha pulegium</i>	Plant	--	182.0	0.55	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Musa x paradisiaca</i>	Fruit	70.0	350.0	0.53	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Myrica cerifera</i>	Bark	--	--		*
<i>Nepeta cataria</i>	Plant	--	--		*
<i>Panax ginseng</i>	Root	--	--		*
<i>Panax quinquefolius</i>	Plant	--	--		*
<i>Parthenium integrifolium</i>	Root	--	--		*
<i>Passiflora incarnata</i>	Flower	--	--		*
<i>Pastinaca sativa</i>	Root	2.0	50.0	-0.11	*
<i>Petroselinum crispum</i>	Leaf	60.0	1425.0	3.83	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Petroselinum crispum</i>	Plant	0.3	3.6	-0.52	*
<i>Phaseolus vulgaris</i>	Fruit	80.0	1200.0	3.29	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Phoenix dactylifera</i>	Fruit	--	660.0	1.54	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Pistacia vera</i>	Seed	--	1450.0	1.12	*
<i>Pisum sativum</i>	Seed	2.0	59.0	-1.06	*
<i>Plantago psyllium</i>	Seed	--	--		*
<i>Plantago major</i>	Seed	3.0	8.2	-1.14	*
<i>Polygonum multiflorum</i>	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Prunus persica</i>	Bark	--	--		*
<i>Prunus dulcis</i>	Seed	--	960.0	0.35	*
<i>Prunus persica</i>	Fruit	4.0	30.0	-0.51	*
<i>Prunus domestica</i>	Fruit	2.0	62.0	-0.41	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Pyrus communis</i>	Fruit	2.0	20.0	-0.54	*
<i>Quercus alba</i>	Bark	0.4	1.6	-0.56	*
<i>Quercus rubra</i>	Stem	68.0	2442.0	1.4	*
<i>Quercus rubra</i>	Seed	--	20.0	-1.12	*
<i>Raphanus sativus</i>	Root	10.0	425.0	1.61	*
<i>Rheum rhabarbarum</i>	Pt	3.0	200.0		*
<i>Rhodymenia palmata</i>	Plant	--	368.0	1.67	*
<i>Ribes uva-crispa</i>	Fruit	1.0	42.0	-0.47	*
<i>Ribes rubrum</i>	Fruit	10.0	312.0	0.41	*

Rosa canina	Fruit	--	--		*
Rubus idaeus	Leaf	0.2	1.3	-0.41	*
Rubus chamaemorus	Fruit	10.0	62.0	-0.41	*
Rumex crispus	Root	0.3	1.3	-0.34	*
Ruscus aculeatus	Root	7.0	22.4	-0.24	*
Salix alba	Bark	0.5	2.9	-0.52	*
Salvia officinalis	Leaf	0.5	3.1	-0.4	*
Schisandra chinensis	Fruit	0.5	3.4	-0.6	*
Scutellaria lateriflora	Plant	0.7	4.8	-0.52	*
Senna alexandrina	Leaf	2.0	10.7	-0.38	*
Serenoa repens	Fruit	1.0	7.8	-0.58	*
Silybum marianum	Leaf	--	--		*
Silybum marianum	Plant	--	--		Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Smilax spp	Root	2.0	8.8	-0.3	*
Smilax officinalis	Root	2.0	8.8	-0.3	*
Solanum tuberosum	Tuber	1.0	10.0		ACTA AGRIC SCAND SUPPL 22: 1980
Sorbus aucubaria	Fruit	20.0	190.0	0.01	*
Spinacia oleracea	Leaf	1.0	855.0	2.13	ACTA AGRIC SCAND SUPPL 22: 1980
Spirulina spp.	Plant	--	--		*
Stachys officinalis	Plant	1.3	8.0	-0.5	*
Stellaria media	Plant	0.5	5.7	-0.51	*
Stevia rebaudiana	Leaf	--	132.0	-0.02	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root	--	35.0	-0.18	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	1.0	9.0	-0.39	*
Tabebuia heptaphylla	Bark	1.5	8.4	-0.38	*
Tanacetum parthenium	Plant	--	4.6	-0.52	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	0.7	4.7	-0.32	*
Thymus vulgaris	Leaf	3.4	20.2	-0.35	*
Trifolium pratense	Flower	0.2	1.2	-0.64	*
Trigonella foenum-graecum	Seed	0.6	4.7	-1.15	*
Turnera diffusa	Leaf	0.9	4.1	-0.4	*
Ulmus rubra	Bark	--	--		*
Urtica dioica	Leaf	2.0	10.3	-0.38	*
Vaccinium myrtillus	Fruit	--	--		*
Vaccinium macrocarpon	Fruit	0.5	4.0	-0.6	*
Vaccinium vitis-idaea	Fruit	5.0	133.0	-0.18	*
Valeriana officinalis	Root	0.1	0.9	-0.34	*
Verbascum thapsus	Leaf	3.3	7.4	-0.39	*
Viburnum opulus	Bark	--	99.0	2.0	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Viscum album	Leaf	--	--		*
Vitis vinifera	Fruit	1.0	28.0	-0.52	ACTA AGRIC SCAND SUPPL 22: 1980
Vitis vinifera	Stem	--	365.0	-0.55	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Yucca baccata	Root	0.3	1.2	-0.34	*
Zea mays	Silk Stigma Style	--	237.0		*
Zingiber officinale	Rhizome	--	285.0		*
Zingiber officinale	Root	2.0	28.5	-0.21	*