

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 | 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 | Bulb | -- | -- | | 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 |
| 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 | Bark | -- | 2.3 | -0.54 | * |
| Berberis vulgaris | Root | -- | 2.3 | -0.33 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Bertholletia 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 oleracea var. capitata l. | Leaf | 1.0 | 25.0 | -0.34 | ACTA AGRIC SCAND SUPPL 22: 1980 |

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|--|--------|-------|--------|-------|---|
| <i>Brassica oleracea</i> var. <i>botrytis</i> l. | Leaf | 1.0 | 90.0 | -0.15 | * |
| <i>Brassica oleracea</i> var. <i>italica</i> | Leaf | 1.0 | 90.0 | -0.15 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| <i>Brassica oleracea</i> var. <i>botrytis</i> l. | Flower | 2.0 | 125.0 | 2.18 | * |
| <i>Brassica rapa</i> | Root | 120.0 | 1200.0 | 5.17 | * |
| <i>Brassica napus</i> var. <i>napobrassica</i> | Root | 1.0 | 30.0 | -0.21 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| <i>Bupleurum chinense</i> | Root | -- | -- | | * |
| <i>Capsicum frutescens</i> | Fruit | -- | -- | | * |
| <i>Capsicum annuum</i> | Fruit | -- | -- | | * |
| <i>Carica papaya</i> | Fruit | 1.2 | 10.0 | -0.58 | * |
| <i>Carthamus tinctorius</i> | Flower | 0.7 | 4.7 | -0.56 | * |
| <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>Carya illinoensis</i> | Seed | -- | 200.0 | -0.84 | * |
| <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 rhipidophylla</i> | Fruit | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Crataegus laevigata</i> | Fruit | -- | -- | | * |
| <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 villosa</i> | Root | -- | -- | | * |
| <i>Dioscorea</i> sp. | Root | -- | -- | | * |
| <i>Echinacea purpurea</i> | Root | 8.0 | 30.1 | -0.2 | * |
| <i>Echinacea</i> spp | Root | -- | 8.0 | -0.31 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |

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|----------------------------|----------|------|--------|-------|--|
| Eleutherococcus senticosus | Root | -- | -- | | * |
| Elytrigia repens | Plant | -- | 253.0 | 0.98 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Ephedra sinica | Plant | 0.7 | 3.1 | -0.53 | * |
| Equisetum arvense | Plant | 8.3 | 38.6 | -0.31 | * |
| Eriodictyon californicum | Leaf | 1.5 | 7.0 | -0.39 | * |
| Eupatorium perfoliatum | Plant | 0.2 | 2.0 | -0.53 | * |
| Euphrasia officinalis | Plant | 5.0 | 30.3 | -0.36 | * |
| Foeniculum vulgare | Seed | 0.1 | 0.4 | -1.16 | * |
| Foeniculum vulgare | Fruit | -- | 4.2 | -0.59 | * |
| Fragaria spp | Fruit | 10.0 | 270.0 | 0.27 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| Frangula purshiana | Bark | -- | -- | | * |
| Fucus vesiculosus | Plant | 0.9 | 7.6 | -0.5 | * |
| Gentiana lutea | Root | -- | -- | | * |
| Ginkgo biloba | Leaf | 0.5 | 2.0 | -0.41 | * |
| Glycine max | Seed | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Glycyrrhiza glabra | Root | 2.5 | 15.8 | -0.27 | * |
| Gymnema sylvestre | Leaf | 0.6 | 3.0 | -0.4 | * |
| Harpagophytum procumbens | Root | 0.8 | 4.3 | -0.32 | * |
| Hibiscus sabdariffa | Flower | 1.0 | 9.1 | -0.46 | * |
| Hordeum vulgare | Stem | -- | 34.0 | -0.86 | * |
| Humulus lupulus | Fruit | -- | 4.5 | -0.59 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Humulus lupulus | Flower | 0.8 | 4.5 | -0.56 | * |
| Hydrangea arborescens | Root | 8.0 | 22.3 | -0.24 | * |
| Hydrastis canadensis | Root | 8.0 | 28.7 | -0.21 | * |
| Inula helenium | Root | -- | -- | | * |
| Juglans cinerea | Seed | -- | 1450.0 | 1.12 | * |
| Juglans nigra | Pericarp | 0.3 | 2.2 | | * |
| Juglans nigra | Seed | -- | 1387.0 | 1.02 | Furr, A.K., et al. 1979 |
| Juglans nigra | Fruit | -- | 22.0 | -0.54 | * |
| Juniperus communis | Fruit | 1.4 | 4.5 | -0.59 | * |
| Lactuca sativa | Leaf | 10.0 | 800.0 | 1.97 | * |
| Larrea tridentata | Plant | 1.0 | 3.1 | -0.53 | * |
| Lobelia inflata | Leaf | 0.1 | 0.8 | -0.41 | * |
| Lycopersicon esculentum | Fruit | -- | -- | | * |
| Malus domestica | Fruit | -- | 70.0 | -0.38 | * |
| Medicago sativa | Plant | -- | -- | | * |
| Mentha x piperita | Leaf | -- | -- | | * |
| Mentha pulegium | Plant | -- | 182.0 | 0.55 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Musa x paradisiaca | Fruit | 70.0 | 350.0 | 0.53 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| Myrica cerifera | Bark | -- | -- | | * |
| Nepeta cataria | Plant | -- | -- | | * |
| Panax ginseng | Root | -- | -- | | * |
| Panax quinquefolius | Plant | -- | -- | | * |

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|--------------------------|--------|------|--------|-------|--|
| Parthenium integrifolium | Root | -- | -- | | * |
| Passiflora incarnata | Flower | -- | -- | | * |
| Pastinaca sativa | Root | 2.0 | 50.0 | -0.11 | * |
| Petroselinum crispum | Leaf | 60.0 | 1425.0 | 3.83 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| Petroselinum crispum | Plant | 0.3 | 3.6 | -0.52 | * |
| Phaseolus vulgaris | Fruit | 80.0 | 1200.0 | 3.29 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| Phoenix dactylifera | Fruit | -- | 660.0 | 1.54 | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| Pistacia vera | Seed | -- | 1450.0 | 1.12 | * |
| Pisum sativum | Seed | 2.0 | 59.0 | -1.06 | * |
| Plantago major | Seed | 3.0 | 8.2 | -1.14 | * |
| Plantago psyllium | Seed | -- | -- | | * |
| Polygonum multiflorum | Root | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Prunus persica | Bark | -- | -- | | * |
| Prunus dulcis | Seed | -- | 960.0 | 0.35 | * |
| Prunus persica | Fruit | 4.0 | 30.0 | -0.51 | * |
| Prunus domestica | Fruit | 2.0 | 62.0 | -0.41 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| Pyrus communis | Fruit | 2.0 | 20.0 | -0.54 | * |
| Quercus alba | Bark | 0.4 | 1.6 | -0.56 | * |
| Quercus rubra | Stem | 68.0 | 2442.0 | 1.4 | * |
| Quercus rubra | Seed | -- | 20.0 | -1.12 | * |
| Raphanus sativus | Root | 10.0 | 425.0 | 1.61 | * |
| Rheum rhabarbarum | Pt | 3.0 | 200.0 | | * |
| Rhodymenia palmata | Plant | -- | 368.0 | 1.67 | * |
| Ribes uva-crispa | Fruit | 1.0 | 42.0 | -0.47 | * |
| Ribes rubrum | Fruit | 10.0 | 312.0 | 0.41 | * |
| Ribes nigrum | Fruit | 10.0 | 220.0 | 0.11 | ACTA AGRIC SCAND SUPPL 22: 1980 |
| 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 Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Smilax officinalis | Root | 2.0 | 8.8 | -0.3 | * |
| Smilax spp | 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 |

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|---------------------------|-------------------|-----|-------|-------|---|
| 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 Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Symphytum officinale | Leaf | 1.0 | 9.0 | -0.39 | * |
| Symphytum officinale | Root | -- | 35.0 | -0.18 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Tabebuia heptaphylla | Bark | 1.5 | 8.4 | -0.38 | * |
| Tanacetum parthenium | Plant | -- | 4.6 | -0.52 | Pedersen, M. 1987. Nutritional Herbology. 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 Herbology. 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 Herbology. 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 | * |