

List of Plants

STEARIC-ACID

Chemid

STEARICACID

Dosage

LD50=22 (ivn 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
Abelmoschus esculentus	Seed	7200.0	10120.0	-0.35	*
Abrus precatorius	Seed	--	1225.0	-0.54	Wealth of India.
Abutilon theophrasti	Seed	--	1375.0	-0.54	Wealth of India.
Acacia farnesiana	Seed	600.0	2300.0	-0.52	*
Achillea millefolium	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Aesculus hippocastanum	Leaf	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Seed	--	1015.0	-0.54	*
Agrimonia eupatoria	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Akebia quinata	Seed	--	--		*
Aleurites moluccana	Seed	38190.0	46230.0	0.44	Wealth of India.
Aleurites fordii	Seed	3900.0	7800.0	-0.4	*
Alisma plantago-aquatica	Plant	--	--		*
Alliaria petiolata	Seed	--	880.0	-0.55	*
Allium cepa	Seed	--	6300.0	-0.43	Wealth of India.
Allium schoenoprasum	Leaf	80.0	1000.0	0.03	USDA's Ag Handbook 8 and sequelae)
Allium cepa	Seed Oil	--	35000.0	-0.65	*
Allium cepa	Bulb	20.0	195.0		*
Allium ampeloprasum	Plant	--	--		*
Aloe vera	Juice	--	--		Yamaguchi, I., Mega, N., Sanada, H. 1993. Components of the Gel of Aloe vera (L.) Burm. F. Biosci Biotech Biochem 57(8): 1350-1352.
Althaea officinalis	Seed	12415.0	16685.0	-0.2	Wealth of India.
Ammi visnaga	Plant	--	--		*
Amphicarpaea bracteata	Seed	650.0	2560.0	-0.51	*
Anacardium occidentale	Seed	17725.0	102000.0	1.65	*

Anamirta cocculus	Seed	52250.0	85500.0	1.29	*
Ananas comosus	Fruit	110.0	815.0	-0.23	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	1000.0	1083.0	-0.21	*
Anethum graveolens	Seed	1000.0	1083.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Angelica archangelica	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Angelica archangelica	Fruit	--	--		*
Angelica sinensis	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona reticulata	Plant	--	--		*
Annona muricata	Plant	--	--		*
Apium graveolens	Seed	3100.0	5000.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Pt	30.0	560.0		USDA's Ag Handbook 8 and sequelae)
Aquilegia vulgaris	Seed	--	5100.0	-0.45	*
Arachis hypogaea	Seed	10980.0	13760.0	-0.27	*
Arctium lappa	Plant	--	--		*
Arctium lappa	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Areca catechu	Seed	--	--		*
Arnica montana	Flower	--	--		*
Artemisia capillaris	Essential Oil	--	--		*
Artocarpus altiiis	Seed	5100.0	11660.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Asimina triloba	Fruit	102.0	2124.0	-0.14	*
Asparagus officinalis	Shoot	30.0	387.0	-1.41	*
Azadirachta indica	Fruit	79650.0	81000.0	5.09	*
Bactris gasipaes	Seed	--	9700.0	-0.35	*
Bactris gasipaes	Fruit	125.0	650.0	-0.24	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Balanites aegyptiacus	Seed	42000.0	77000.0	1.11	*
Benincasa hispida	Fruit	50.0	1280.0	-0.19	*
Bertholletia excelsa	Seed	16228.0	72800.0	1.01	*
Beta vulgaris	Root	10.0	79.0	-0.7	USDA's Ag Handbook 8 and sequelae)
Bixa orellana	Seed	200.0	1275.0	-0.54	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.
Borago officinalis	Seed	6110.0	18000.0	-0.17	*
Brassica oleracea var. sabellica l.	Leaf	40.0	260.0	-0.45	*
Brassica rapa	Leaf	10.0	214.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	30.0	290.0	-0.19	USDA's Ag Handbook 8 and sequelae)

Brassica oleracea var. gemmifera	Leaf	30.0	214.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	10.0	120.0	-0.6	*
Brassica chinensis	Leaf	10.0	214.0	-0.48	*
Brassica oleracea var. viridis l.	Plant	--	--		*
Brassica oleracea var. botrytis l.	Leaf	70.0	752.0	-0.13	*
Brassica oleracea var. botrytis l.	Flower	30.0	390.0	0.64	*
Brassica oleracea	Stem	10.0	110.0		*
Brassica oleracea var. capitata l.	Leaf	10.0	134.0	-0.53	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	20.0	294.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	70.0	752.0	-0.13	USDA's Ag Handbook 8 and sequelae)
Bryonia alba	Root	--	--		*
Cajanus cajan	Seed	240.0	733.0	-0.55	*
Camellia sinensis	Seed	--	--		*
Canarium indicum	Seed	--	74297.0	1.05	*
Capparis spinosa	Seed	11060.0	16200.0	-0.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capparis spinosa	Flower	--	348.0	0.13	*
Capsicum frutescens	Fruit	30.0	245.0	-0.26	USDA's Ag Handbook 8 and sequelae)
Capsicum annum	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Capsicum frutescens	Seed	--	--		*
Capsicum annum	Fruit	160.0	2180.0	-0.13	USDA's Ag Handbook 8 and sequelae)
Carapa guianensis	Seed	220000.0	260000.0	5.08	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Carica papaya	Flower	--	--		Jim Duke's personal files.
Carica papaya	Seed	12650.0	13282.0	-0.28	*
Carica papaya	Leaf	--	--		Jim Duke's personal files.
Carica papaya	Fruit	20.0	179.0	-0.27	*
Carica papaya	Seed Oil	--	50000.0	-0.53	Jim Duke's personal files.
Carthamus tinctorius	Seed	2000.0	6260.0	-0.43	*
Carum carvi	Plant	1100.0	1221.0	-0.32	*
Carum carvi	Seed	1000.0	1800.0	-0.53	*
Carya illinoensis	Leaf	--	--		*
Cassia tora	Seed	2508.0	5624.0	-0.44	*
Caulophyllum thalictroides	Root	--	--		Jim Duke's personal files.
Cedrus deodora	Seed	--	37995.0	0.26	*
Ceiba pentandra	Seed	4000.0	32000.0	0.13	*

<i>Centaurea calcitrapa</i>	Plant	--	--		*
<i>Centaurium erythraea</i>	Plant	--	--		*
<i>Centella asiatica</i>	Plant	--	--		*
<i>Ceratonia siliqua</i>	Seed	200.0	1820.0	-0.53	Wealth of India.
<i>Chamaelirium luteum</i>	Rhizome	--	--		Jim Duke's personal files.
<i>Chrysanthemum x morifolium</i>	Flower	--	--		Wealth of India.
<i>Cicer arietinum</i>	Seed	850.0	960.0	-0.54	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Root	20.0	100.0	-0.64	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Seed	--	--		*
<i>Cichorium intybus</i>	Leaf	10.0	204.0	-0.49	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	20.0	322.0	-0.41	*
<i>Cichorium intybus</i>	Plant	--	--		*
<i>Citrullus lanatus</i>	Cotyledon	--	59100.0	-0.59	*
<i>Citrullus lanatus</i>	Seed	12200.0	66000.0	0.87	*
<i>Citrullus colocynthis</i>	Seed	--	--		*
<i>Citrus aurantiifolia</i>	Fruit	10.0	85.0	-0.27	*
<i>Citrus paradisi</i>	Fruit	10.0	110.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Citrus reticulata</i>	Seed Oil	--	--		*
<i>Citrus reticulata</i>	Fruit	10.0	80.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Cocos nucifera</i>	Seed	584.0	32710.0	0.14	*
<i>Coffea arabica</i>	Seed	5920.0	12800.0	-0.29	*
<i>Coix lacryma-jobi</i>	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Colocasia esculenta</i>	Plant	--	200.0	-0.73	*
<i>Colocasia esculenta</i>	Root	60.0	205.0	-0.39	*
<i>Corchorus olitorius</i>	Seed	4180.0	5475.0	-0.45	*
<i>Corchorus olitorius</i>	Leaf	60.0	490.0	-0.3	*
<i>Coriandrum sativum</i>	Fruit	1100.0	1207.0	-0.2	USDA's Ag Handbook 8 and sequelae)
<i>Coriandrum sativum</i>	Seed Essent. Oil	--	2000.0		*
<i>Cornus mas</i>	Seed Oil	--	--		Hohn, M. E., Meinschein, W. G. 1976. Seed Oil Fatty Acids: Evolutionary Significance in the Nyssaceae and Cornaceae. Biochem. Syst. Ecol., 4: 193-199.
<i>Corylus avellana</i>	Seed	8000.0	10400.0	-0.34	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Crataegus laevigata</i>	Bark	--	--		*
<i>Crataegus rhipidophylla</i>	Bark	--	--		*
<i>Crocus sativus</i>	Silk Stigma Style	--	--		*
<i>Croton tiglium</i>	Seed	900.0	1500.0	-0.53	*
<i>Cryptostegia grandifolia</i>	Seed	--	10240.0	-0.34	*

<i>Cucumis melo</i>	Cotyledon	10100.0	61400.0	-0.56	*
<i>Cucumis sativus</i>	Cotyledon	28800.0	59100.0	-0.59	*
<i>Cucumis sativus</i>	Seed	11100.0	69785.0	0.95	*
<i>Cucumis melo</i>	Seed	10080.0	35145.0	0.2	*
<i>Cucumis sativus</i>	Fruit	30.0	759.0	-0.23	*
<i>Cucurbita pepo</i>	Flower	20.0	410.0	0.89	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	22670.0	30710.0	0.1	*
<i>Cucurbita maxima</i>	Seed	--	21450.0	-0.1	*
<i>Cucurbita foetidissima</i>	Seed	2430.0	28475.0	0.05	*
<i>Cucurbita pepo</i>	Fruit	30.0	357.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita</i> spp	Fruit	40.0	635.0	-0.24	*
<i>Cyamopsis tetragonoloba</i>	Seed Oil	--	58000.0	-0.47	Varade, P. B., Misra, B. K., Sikka, K. C., Singh, S. P. 1984. Nutritive Assessment of Guar Oil (<i>Cyamopsis tetragonoloba</i> L. Taub). <i>J Agr Food Chem</i> , 32(5): 1073-1075.
<i>Cynara cardunculus</i>	Flower	30.0	200.0	-1.67	USDA's Ag Handbook 8 and sequelae)
<i>Cyperus rotundus</i>	Rhizome	--	--		*
<i>Datura stramonium</i>	Plant	--	--		*
<i>Daucus carota</i>	Seed	285.0	1240.0	-0.54	*
<i>Daucus carota</i>	Root	10.0	80.0	-0.69	*
<i>Dioscorea pentaphylla</i>	Root	20.0	108.0	-0.63	*
<i>Dipsacus fullonum</i>	Seed	4200.0	5660.0	-0.44	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Dipteryx odorata</i>	Seed	--	1425.0	-0.53	*
<i>Dodonaea viscosa</i>	Seed	7490.0	31400.0	0.12	*
<i>Elaeagnus angustifolia</i>	Seed	--	235.0	-0.56	Hetherington, M and Steck, W. 1997. Natural chemicals from northern prairie plants - the phytochemical contents of one thousand North American species. 277 pp. Ag-West Biotech, Inc. Saskatoon, Canada. Fytekem Products, Saskatoon.
<i>Elaeis guineensis</i>	Fruit	4600.0	69615.0	4.34	*
<i>Elettaria cardamomum</i>	Seed Oil	--	--		*
<i>Elettaria cardamomum</i>	Fruit	600.0	650.0	-0.24	Revised USDA data received 1993.
<i>Elettaria cardamomum</i>	Seed	1830.0	18300.0	-0.17	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Eleutherococcus senticosus</i>	Rhizome	--	--		*
<i>Eruca sativa</i>	Seed	2900.0	6600.0	-0.42	*
<i>Erythrina cristagalli</i>	Seed	--	6500.0	-0.42	*
<i>Eucommia ulmoides</i>	Seed Oil	--	25000.0	-0.74	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Fagopyrum esculentum</i>	Pollen Or Spore	--	--		*
<i>Fagopyrum esculentum</i>	Seed	--	460.0	-0.56	Lafferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in <i>J. Ethnobiology</i> 9(1):27-29.
<i>Ficus carica</i>	Seed	5232.0	6540.0	-0.42	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ficus carica</i>	Fruit	120.0	574.0	-0.24	USDA's Ag Handbook 8 and sequelae)
<i>Fragaria</i> spp	Fruit	40.0	475.0	-0.25	USDA's Ag Handbook 8 and sequelae)

<i>Fucus vesiculosus</i>	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ganoderma lucidum</i>	Fruit	--	--		*
<i>Ganoderma lucidum</i>	Plant	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Ganoderma lucidum</i>	Tissue Culture	--	--		*
<i>Ginkgo biloba</i>	Pollen Or Spore	--	--		Jim Duke's personal files.
<i>Ginkgo biloba</i>	Seed	160.0	357.0	-0.56	USDA's Ag Handbook 8 and sequelae)
<i>Glycine max</i>	Seed	4320.0	7785.0	-0.4	*
<i>Gossypium sp</i>	Seed	1760.0	5589.0	-0.44	*
<i>Harpagophytum procumbens</i>	Tuber	--	--		*
<i>Helianthus annuus</i>	Seed	9000.0	28000.0	0.04	*
<i>Hibiscus sabdariffa</i>	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hippophae rhamnoides</i>	Fruit	--	1040.0	-0.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hippophae rhamnoides</i>	Bark	--	5720.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hippophae rhamnoides</i>	Seed	--	6610.0	-0.42	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Holarrhena pubescens</i>	Seed	--	12920.0	-0.29	*
<i>Hordeum vulgare</i>	Seed	130.0	1430.0	-0.53	Jim Duke's personal files.*
<i>Hordeum vulgare</i>	Leaf	--	--		*
<i>Houttuynia cordata</i>	Root	--	--		*
<i>Houttuynia cordata</i>	Shoot	--	--		*
<i>Hyoscyamus niger</i>	Seed	4000.0	6224.0	-0.43	*
<i>Hypericum perforatum</i>	Plant	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ilex paraguariensis</i>	Leaf	--	--		*
<i>Ipomoea batatas</i>	Root	60.0	221.0	-0.35	*
<i>Iris versicolor</i>	Rhizome	--	--		*
<i>Jatropha curcas</i>	Seed	26400.0	87360.0	1.33	*
<i>Juglans nigra</i>	Seed	13940.0	14575.0	-0.25	USDA's Ag Handbook 8 and sequelae)
<i>Juglans regia</i>	Seed	2000.0	21030.0	-0.11	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Juglans nigra</i>	Seed Oil	--	--		*
<i>Juglans cinerea</i>	Seed	4250.0	4397.0	-0.47	*
<i>Juniperus communis</i>	Plant	--	--		*
<i>Lablab purpureus</i>	Seed	90.0	742.0	-0.55	*
<i>Lactuca scariola</i>	Seed	--	13165.0	-0.28	*
<i>Lactuca sativa</i>	Leaf	40.0	667.0	-0.19	*
<i>Lagenaria siceraria</i>	Fruit	--	--		*
<i>Lawsonia inermis</i>	Oil	157800.0	158000.0		*

<i>Lawsonia inermis</i>	Seed	8835.0	19285.0	-0.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Lens culinaris</i>	Sprout Seedling	60.0	200.0	-1.4	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	140.0	160.0	-0.56	USDA's Ag Handbook 8 and sequelae)
<i>Leonotis nepetaefolia</i>	Seed	3360.0	4560.0	-0.47	*
<i>Lepidium sativum</i>	Seed	9560.0	15325.0	-0.23	*
<i>Lepidium sativum</i>	Leaf	70.0	660.0	-0.19	*
<i>Ligustrum japonicum</i>	Seed	--	--		*
<i>Linum usitatissimum</i>	Seed	13595.0	16545.0	-0.21	Cunane, S. and Thompson, L. U., eds. 1995. Flaxseed in Human Nutrition. AOCS Press, Champaign IL. 384 pp.
<i>Linum usitatissimum</i>	Seed Oil	--	81000.0	-0.28	*
<i>Lobelia inflata</i>	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Luffa aegyptiaca</i>	Seed	36000.0	81000.0	1.19	*
<i>Luffa aegyptiaca</i>	Fruit	50.0	1000.0	-0.21	*
<i>Lupinus albus</i>	Seed	3160.0	3525.0	-0.49	*
<i>Lycopersicon esculentum</i>	Fruit	80.0	1322.0	-0.19	*
<i>Macadamia spp</i>	Seed	23560.0	27810.0	0.04	*
<i>Malus domestica</i>	Seed	--	--		Fathy, M. M., Abd El Megid, R. M. 1995. A Comparative Study of the Lipid Contents and the Antimicrobial Activity of Certain Rosaceous Seeds. Zagazig J Pharm Sci, 4(2): 121-127.
<i>Malus domestica</i>	Fruit	70.0	435.0	-0.25	*
<i>Mangifera indica</i>	Fruit	30.0	164.0	-0.27	*
<i>Manihot esculenta</i>	Root	70.0	220.0	-0.36	*
<i>Medicago sativa</i>	Seed Oil	--	--		*
<i>Melia azedarach</i>	Seed	--	22800.0	-0.07	*
<i>Mentha spicata</i>	Leaf	200.0	1385.0	0.28	USDA's Ag Handbook 8 and sequelae)
<i>Mentha x piperita</i>	Leaf	250.0	1170.0	0.14	*
<i>Mimosa pudica</i>	Seed	2135.0	15130.0	-0.24	*
<i>Momordica charantia</i>	Cotyledon	121200.0	241800.0	1.73	Jim Duke's personal files.
<i>Momordica charantia</i>	Seed	29800.0	147800.0	2.64	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Momordica charantia</i>	Fruit	--	--		Jim Duke's personal files.
<i>Momordica charantia</i>	Seed Oil	--	--		Jim Duke's personal files.
<i>Moringa oleifera</i>	Seed	6000.0	60000.0	0.74	*
<i>Morus alba</i>	Seed	--	--		*
<i>Mucuna pruriens</i>	Seed	390.0	12475.0	-0.29	*
<i>Murraya sp</i>	Plant	--	--		*
<i>Musa x paradisiaca</i>	Plant	--	--		*
<i>Musa x paradisiaca</i>	Fruit	60.0	233.0	-0.26	USDA's Ag Handbook 8 and sequelae)
<i>Myrica cerifera</i>	Fruit	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Myristica fragrans	Seed	--	--		*
Myristica fragrans	Seed Essent. Oil	--	--		*
Nardostachys chinensis	Root	--	--		*
Nelumbo nucifera	Rhizome	10.0	50.0	-1.0	*
Nepeta cataria	Seed Oil	--	--		*
Nerium oleander	Flower	--	--		*
Nigella sativa	Seed Oil	18100.0	60400.0	-0.45	*
Nigella sativa	Seed	8722.0	10192.0	-0.34	*
Ocimum basilicum	Seed	--	485.0	-0.55	*
Ocimum tenuiflorum	Seed	--	3255.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Seed	--	3255.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Oenothera biennis	Seed	1875.0	12150.0	-0.3	*
Oenothera biennis	Seed Oil	5000.0	19000.0	-0.79	*
Olea europaea	Fruit	2100.0	5600.0	0.09	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Opuntia ficus-indica	Flower	--	--		*
Opuntia ficus-indica	Seed	3130.0	10555.0	-0.34	*
Opuntia ficus-indica	Seed Oil	--	58000.0	-0.47	*
Origanum vulgare	Plant	5800.0	6247.0	1.71	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	150.0	270.0	-0.56	*
Pachira aquatica	Seed	--	17400.0	-0.19	*
Pachyrhizus erosus	Seed	--	--		*
Panax quinquefolius	Plant	--	--		*
Panax ginseng	Root	--	--		*
Papaver somniferum	Seed Oil	--	--		*
Papaver somniferum	Seed	5890.0	8036.0	-0.39	*
Papaver somniferum	Latex Exudate	--	--		*
Papaver bracteatum	Seed	9900.0	12000.0	-0.31	*
Passiflora edulis	Seed	--	4050.0	-0.48	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Pastinaca sativa	Root	140.0	685.0	0.76	*
Persea americana	Fruit	120.0	4320.0	0.01	*
Petasites hybridus	Root	--	--		*
Petiveria alliacea	Leaf	--	--		Germosen-Robineau, L. (Ed.) 1997. Farmacopea Vegetal Caribena. Endacaribe, Tramil. Ediciones Emile Desormeaux, Martinique F.W.I. 360 pp.
Petroselinum crispum	Seed	--	--		Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.

Phaseolus vulgaris	Sprout Seedling	90.0	968.0	0.89	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Seed	220.0	739.0	-0.55	*
Phaseolus vulgaris	Seed	220.0	247.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	40.0	411.0	-0.25	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Seed	3000.0	10000.0	-0.35	*
Phyllanthus emblica	Seed	--	3440.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus emblica	Seed Oil	--	--		*
Physalis peruviana	Fruit	--	3400.0	-0.05	*
Physostigma venenosum	Seed	--	--		*
Pinellia ternata	Tuber	--	--		*
Pinus gerardiana	Seed	3840.0	6485.0	-0.42	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	16720.0	17920.0	-0.18	USDA's Ag Handbook 8 and sequelae)
Pinus edulis	Seed	20110.0	21400.0	-0.1	USDA's Ag Handbook 8 and sequelae)
Pinus walliciana	Seed	--	13130.0	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Piper nigrum	Fruit	--	--		=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
Piscidia piscipula	Plant	--	--		*
Pistacia vera	Seed	6280.0	8960.0	-0.37	*
Pisum sativum	Seed	70.0	331.0	-0.56	*
Pisum sativum	Fruit	30.0	297.0	-0.26	*
Plantago ovata	Seed	1300.0	3450.0	-0.49	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Plantago asiatica	Seed	--	--		*
Plantago ovata	Seed Coat	--	--		*
Plantago psyllium	Seed	--	--		*
Polypodium vulgare	Rhizome	--	--		*
Portulaca oleracea	Seed	--	6438.0	-0.43	*
Prunella vulgaris	Leaf	--	--		*
Prunus dulcis	Seed	10210.0	10680.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Prunus cerasus	Seed	8700.0	11600.0	-0.31	*
Prunus persica	Seed	--	--		*
Prunus domestica	Seed	16380.0	17640.0	-0.18	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Prunus persica	Fruit	10.0	80.0	-0.27	*
Prunus cerasus	Fruit	160.0	1152.0	-0.2	*
Prunus laurocerasus	Seed	425.0	510.0	-0.55	*
Prunus domestica	Fruit	90.0	608.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	30.0	220.0	-0.26	USDA's Ag Handbook 8 and sequelae)

Psidium guajava	Fruit	160.0	1152.0	-0.2	USDA's Ag Handbook 8 and sequelae)
Psidium cattleianum	Fruit	160.0	825.0	-0.22	*
Psophocarpus tetragonolobus	Leaf	440.0	1901.0	0.62	*
Psophocarpus tetragonolobus	Tuber	360.0	845.0	1.0	*
Psophocarpus tetragonolobus	Seed	7450.0	8128.0	-0.39	*
Pueraria montana	Stem	--	--		*
Punica granatum	Seed	--	--		*
Quisqualis indica	Seed	20930.0	24570.0	-0.03	*
Quisqualis indica	Fruit	--	--		*
Raphanus sativus	Root	40.0	775.0	0.98	*
Ribes uva-crispa	Fruit	130.0	1071.0	-0.21	*
Ribes rubrum	Fruit	30.0	187.0	-0.27	*
Ribes nigrum	Fruit	70.0	388.0	-0.25	USDA's Ag Handbook 8 and sequelae)
Robinia pseudoacacia	Seed	700.0	3125.0	-0.5	*
Rosa canina	Seed Oil	--	--		*
Rosa rubiginosa	Seed Oil	--	--		*
Rosmarinus officinalis	Leaf	2310.0	7165.0	4.05	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	130.0	970.0	-0.21	Revised USDA data received 1993.
Ruta graveolens	Seed Oil	--	--		*
Salvia officinalis	Fruit Essent. Oil	--	--		*
Salvia sclarea	Seed	--	8568.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Salvia officinalis	Seed	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Salvia sp.	Seed	6610.0	58320.0	0.7	*
Sambucus canadensis	Seed	5628.0	8960.0	-0.37	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sambucus nigra	Flower	--	--		*
Sambucus nigra	Leaf	--	--		*
Sambucus nigra	Plant	--	--		*
Satureja hortensis	Seed	--	8400.0	-0.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Schisandra chinensis	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Scutellaria baicalensis	Root Essent. Oil	--	--		*
Secale cereale	Seed	90.0	100.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Senna obtusifolia	Seed	--	3550.0	-0.49	*
Serenoa repens	Fruit	720.0	2305.0	-0.13	*
Serenoa repens	Seed	--	--		*
Sesamum indicum	Seed	11808.0	32832.0	0.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sesamum indicum	Seed Oil	--	60000.0	-0.45	*
Silybum marianum	Seed	--	--		*

Silybum marianum	Seed Oil	--	178000.0	0.52	*
Silybum marianum	Plant	--	--		*
Simarouba glauca	Seed	169600.0	185220.0	3.45	*
Sinapis alba	Seed	2340.0	2846.0	-0.5	*
Skimmia arborescens	Seed	--	4000.0	-0.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Solanum tuberosum	Tuber	40.0	190.0	-1.0	*
Solanum nigrum	Seed	--	4085.0	-0.48	*
Solanum melongena	Fruit	50.0	620.0	-0.24	*
Spartium junceum	Seed	--	--		*
Spinacia oleracea	Plant	7.0	356.0	-0.67	*
Spinacia oleracea	Leaf	--	--		*
Stellaria media	Plant	--	--		*
Sterculia urens	Seed	4020.0	5226.0	-0.45	*
Strychnos nux-vomica	Seed	2640.0	3300.0	-0.49	*
Swertia chirata	Plant	--	--		*
Tagetes minuta	Seed Oil	--	--		*
Tamarindus indica	Seed Oil	--	--		*
Tamarindus indica	Fruit	600.0	874.0	-0.22	USDA's Ag Handbook 8 and sequelae)
Taraxacum officinale	Pollen Or Spore	--	--		*
Tecoma stans	Seed	600.0	690.0	-0.55	*
Terminalia bellirica	Seed	40000.0	112000.0	1.86	*
Terminalia pallida	Seed Oil	--	92000.0	-0.19	Gunasekar, D., Sreeramulu, K., Rao, K. V. 1992. Fatty Acid Composition of the Seed Oil of Terminalia pallida. Asian J. Chem. 4 2: 400-401.
Terminalia chebula	Seed Oil	--	--		Miglani, B. D., Chawla, A. S. 1974. Chemical Investigation of the Oil of Terminaliaa chebula. J. Inst. Chem. (Calcutta) 46: 189-.
Terminalia catappa	Seed	21600.0	40525.0	0.31	*
Tetragonia tetragonioides	Leaf	20.0	335.0	-0.4	*
Teucrium polium	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
Theobroma angustifolium	Seed	43700.0	115050.0	1.93	*
Theobroma cacao	Seed	111300.0	215450.0	4.11	*
Theobroma bicolor	Seed	172655.0	182375.0	3.39	*
Theobroma cacao	Plant	--	--		*
Thevetia neriiifolia	Seed	59000.0	70800.0	0.97	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Thevetia peruviana	Seed	59000.0	79060.0	1.15	*
Tribulus terrestris	Fruit	2800.0	4000.0	-0.01	*

Trichosanthes anguina	Seed	30500.0	41100.0	0.33	*
Trifolium pratense	Pollen Or Spore	--	--		*
Trigonella foenum-graecum	Seed	--	--		*
Trigonella foenum-graecum	Seed Oil	--	107400.0	-0.06	*
Triticum aestivum	Plant	--	--		*
Tussilago farfara	Flower	--	--		*
Urtica dioica	Root	--	--		Jim Duke's personal files.
Valeriana officinalis	Root	--	--		*
Vanilla planifolia	Fruit	--	39.0	-0.28	*
Verbascum thapsus	Seed	--	164000.0	2.99	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Verbascum thapsus	Seed Oil	--	325000.0	1.72	*
Vicia faba	Seed	170.0	895.0	-0.55	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	662.0	762.0	-0.55	*
Vigna radiata	Sprout Seedling	80.0	840.0	0.51	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	80.0	783.0	0.71	*
Vigna unguiculata	Shoot	80.0	783.0	0.71	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	710.0	1170.0	-0.54	*
Vigna aconitifolia	Seed	510.0	565.0	-0.55	*
Vigna unguiculata	Seed	200.0	218.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	270.0	813.0	-0.55	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	387.0	1075.0	-0.54	*
Vigna unguiculata	Fruit	130.0	1070.0	-0.21	USDA's Ag Handbook 8 and sequelae)
Vitellaria paradoxa	Seed	215660.0	233020.0	4.49	*
Vitellaria paradoxa	Seed Oil	--	459000.0	2.82	Adomako, D. 1977. Fatty Acid Composition and Characteristics of Pentadesma Butyracea Fat Extracted From Ghana Seeds. J. Sci. Food Agr. 28: 384-386.
Vitis vinifera	Seed	1440.0	4800.0	-0.46	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vitis vinifera	Seed Oil	--	--		*
Withania somnifera	Plant	--	--		*
Zea mays	Silk Stigma Style	--	--		*
Zea mays	Seed	110.0	457.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Root	170.0	1540.0	2.81	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome	170.0	1540.0	1.0	*