

# 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 fordii         | Seed     | 3900.0  | 7800.0   | -0.4   | *  |
| Aleurites moluccana      | Seed     | 38190.0 | 46230.0  | 0.44   | Wealth of India.   |
| Alisma plantago-aquatica | Plant    | --      | --       |        | *  |
| Alliaria petiolata       | Seed     | --      | 880.0    | -0.55  | *  |
| Allium ampeloprasum      | Plant    | --      | --       |        | *  |
| 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              | Seed     | --      | 6300.0   | -0.43  | Wealth of India.   |
| Allium cepa              | Bulb     | 20.0    | 195.0    |        | *  |
| 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 sinensis                  | Root          | --      | --      |       | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.  |
| Angelica archangelica              | Fruit         | --      | --      |       | *  |
| Angelica archangelica              | Plant         | --      | --      |       | Pakistan Encyclopedia Planta Medica. 1986.   |
| Annona reticulata                  | Plant         | --      | --      |       | *  |
| Annona muricata                    | Plant         | --      | --      |       | *  |
| Apium graveolens                   | Pt            | 30.0    | 560.0   |       | USDA's Ag Handbook 8 and sequelae)   |
| Apium graveolens                   | Seed          | 3100.0  | 5000.0  | -0.46 | 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                      | Root          | --      | --      |       | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.            |
| Arctium lappa                      | Plant         | --      | --      |       | *  |
| 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                   | 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.               |
| Bactris gasipaes                   | Seed          | --      | 9700.0  | -0.35 | *  |
| 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                  | 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 napus var. napobrassica    | Root     | 30.0     | 290.0    | -0.19 | USDA's Ag Handbook 8 and sequelae)   |
| Brassica oleracea var. sabellica l. | Leaf     | 40.0     | 260.0    | -0.45 | *  |
| Brassica oleracea var. gemmifera    | Leaf     | 30.0     | 214.0    | -0.48 | 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)   |
| Brassica rapa                       | Leaf     | 10.0     | 214.0    | -0.48 | USDA's Ag Handbook 8 and sequelae)   |
| Brassica chinensis                  | Leaf     | 10.0     | 214.0    | -0.48 | *  |
| Brassica rapa                       | Root     | 10.0     | 120.0    | -0.6  | *  |
| 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  | *  |
| Bryonia alba                        | Root     | --       | --       |       | *  |
| Cajanus cajan                       | Seed     | 240.0    | 733.0    | -0.55 | *  |
| Camellia sinensis                   | Seed     | --       | --       |       | *  |
| Canarium indicum                    | Seed     | --       | 74297.0  | 1.05  | *  |
| Capparis spinosa                    | Flower   | --       | 348.0    | 0.13  | *  |
| 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. |
| Capsicum annuum                     | 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 annuum                     | Fruit    | 160.0    | 2180.0   | -0.13 | USDA's Ag Handbook 8 and sequelae)   |
| Capsicum frutescens                 | Fruit    | 30.0     | 245.0    | -0.26 | 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                       | Fruit    | 20.0     | 179.0    | -0.27 | *  |
| Carica papaya                       | Seed Oil | --       | 50000.0  | -0.53 | Jim Duke's personal files.   |
| 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.   |
| Carthamus tinctorius                | Seed     | 2000.0   | 6260.0   | -0.43 | *  |
| Carum carvi                         | Seed     | 1000.0   | 1800.0   | -0.53 | *  |
| Carum carvi                         | Plant    | 1100.0   | 1221.0   | -0.32 | *  |
| 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>          | 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>Cichorium intybus</i>          | Root              | 20.0    | 100.0   | -0.64 | USDA's Ag Handbook 8 and sequelae)   |
| <i>Cichorium intybus</i>          | Seed              | --      | --      |       | *  |
| <i>Citrullus lanatus</i>          | Seed              | 12200.0 | 66000.0 | 0.87  | *  |
| <i>Citrullus colocynthis</i>      | Seed              | --      | --      |       | *  |
| <i>Citrullus lanatus</i>          | Cotyledon         | --      | 59100.0 | -0.59 | *  |
| <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>Citrus aurantiifolia</i>       | Fruit             | 10.0    | 85.0    | -0.27 | *  |
| <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>        | Root              | 60.0    | 205.0   | -0.39 | *  |
| <i>Colocasia esculenta</i>        | Plant             | --      | 200.0   | -0.73 | *  |
| <i>Corchorus olitorius</i>        | Leaf              | 60.0    | 490.0   | -0.3  | *  |
| <i>Corchorus olitorius</i>        | Seed              | 4180.0  | 5475.0  | -0.45 | *  |
| <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. <i>Biochem. Syst. Ecol.</i> , 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 rhipidophylla</i>    | Bark              | --      | --      |       | *  |
| <i>Crataegus laevigata</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 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>Cucumis melo</i>               | Cotyledon       | 10100.0 | 61400.0 | -0.56 | *   |
| <i>Cucumis sativus</i>            | Cotyledon       | 28800.0 | 59100.0 | -0.59 | *   |
| <i>Cucurbita pepo</i>             | Seed            | 22670.0 | 30710.0 | 0.1   | *   |
| <i>Cucurbita maxima</i>           | Seed            | --      | 21450.0 | -0.1  | *   |
| <i>Cucurbita pepo</i>             | Fruit           | 30.0    | 357.0   | -0.26 | USDA's Ag Handbook 8 and sequelae)  |
| <i>Cucurbita foetidissima</i>     | Seed            | 2430.0  | 28475.0 | 0.05  | *   |
| <i>Cucurbita spp</i>              | Fruit           | 40.0    | 635.0   | -0.24 | *   |
| <i>Cucurbita pepo</i>             | Flower          | 20.0    | 410.0   | 0.89  | USDA's Ag Handbook 8 and sequelae)  |
| <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>              | Root            | 10.0    | 80.0    | -0.69 | *   |
| <i>Daucus carota</i>              | Seed            | 285.0   | 1240.0  | -0.54 | *   |
| <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. Fytokem Products, Saskatoon. |
| <i>Elaeis guineensis</i>          | Fruit           | 4600.0  | 69615.0 | 4.34  | *   |
| <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>Elettaria cardamomum</i>       | Seed Oil        | --      | --      |       | *   |
| <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>               | Fruit           | 120.0   | 574.0   | -0.24 | USDA's Ag Handbook 8 and sequelae)  |
| <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>Fragaria spp</i>               | 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>        | 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>Ganoderma lucidum</i>        | Fruit           | --      | --      |       | *  |
| <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>     | Seed            | --      | 6610.0  | -0.42 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| <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>Holarrhena pubescens</i>     | Seed            | --      | 12920.0 | -0.29 | *  |
| <i>Hordeum vulgare</i>          | Leaf            | --      | --      |       | *  |
| <i>Hordeum vulgare</i>          | Seed            | 130.0   | 1430.0  | -0.53 | Jim Duke's personal files.*  |
| <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 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 cinerea</i>          | Seed            | 4250.0  | 4397.0  | -0.47 | *  |
| <i>Juglans nigra</i>            | Seed            | 13940.0 | 14575.0 | -0.25 | USDA's Ag Handbook 8 and sequelae)   |
| <i>Juglans nigra</i>            | Seed Oil        | --      | --      |       | *  |
| <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>         | 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. |

|                         |                 |          |          |       |  |
|-------------------------|-----------------|----------|----------|-------|--|
| Lawsonia inermis        | Oil             | 157800.0 | 158000.0 |       | *  |
| Lens culinaris          | Seed            | 140.0    | 160.0    | -0.56 | USDA's Ag Handbook 8 and sequelae)   |
| Lens culinaris          | Sprout Seedling | 60.0     | 200.0    | -1.4  | USDA's Ag Handbook 8 and sequelae)   |
| Leonotis nepetaefolia   | Seed            | 3360.0   | 4560.0   | -0.47 | *  |
| Lepidium sativum        | Leaf            | 70.0     | 660.0    | -0.19 | *  |
| Lepidium sativum        | Seed            | 9560.0   | 15325.0  | -0.23 | *  |
| Ligustrum japonicum     | Seed            | --       | --       |       | *  |
| Linum usitatissimum     | Seed Oil        | --       | 81000.0  | -0.28 | *  |
| Linum usitatissimum     | 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.  |
| Lobelia inflata         | Plant           | --       | --       |       | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.  |
| Luffa aegyptiaca        | Seed            | 36000.0  | 81000.0  | 1.19  | *  |
| Luffa aegyptiaca        | Fruit           | 50.0     | 1000.0   | -0.21 | *  |
| Lupinus albus           | Seed            | 3160.0   | 3525.0   | -0.49 | *  |
| Lycopersicon esculentum | Fruit           | 80.0     | 1322.0   | -0.19 | *  |
| Macadamia spp           | Seed            | 23560.0  | 27810.0  | 0.04  | *  |
| Malus domestica         | 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. |
| Malus domestica         | Fruit           | 70.0     | 435.0    | -0.25 | *  |
| Mangifera indica        | Fruit           | 30.0     | 164.0    | -0.27 | *  |
| Manihot esculenta       | Root            | 70.0     | 220.0    | -0.36 | *  |
| Medicago sativa         | Seed Oil        | --       | --       |       | *  |
| Melia azedarach         | Seed            | --       | 22800.0  | -0.07 | *  |
| Mentha spicata          | Leaf            | 200.0    | 1385.0   | 0.28  | USDA's Ag Handbook 8 and sequelae)   |
| Mentha x piperita       | Leaf            | 250.0    | 1170.0   | 0.14  | *  |
| Mimosa pudica           | Seed            | 2135.0   | 15130.0  | -0.24 | *  |
| Momordica charantia     | 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.   |
| Momordica charantia     | Seed Oil        | --       | --       |       | Jim Duke's personal files.   |
| Momordica charantia     | Cotyledon       | 121200.0 | 241800.0 | 1.73  | Jim Duke's personal files.   |
| Momordica charantia     | Fruit           | --       | --       |       | Jim Duke's personal files.   |
| Moringa oleifera        | Seed            | 6000.0   | 60000.0  | 0.74  | *  |
| Morus alba              | Seed            | --       | --       |       | *  |
| Mucuna pruriens         | Seed            | 390.0    | 12475.0  | -0.29 | *  |
| Murraya sp              | Plant           | --       | --       |       | *  |
| Musa x paradisiaca      | Fruit           | 60.0     | 233.0    | -0.26 | USDA's Ag Handbook 8 and sequelae)   |
| Musa x paradisiaca      | Plant           | --       | --       |       | *  |
| Myrica cerifera         | Fruit           | --       | --       |       | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses  |

|                        |                  |         |         |       |  |
|------------------------|------------------|---------|---------|-------|--|
| Myristica fragrans     | Seed Essent. Oil | --      | --      |       | *  |
| Myristica fragrans     | Seed             | --      | --      |       | *  |
| 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 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.               |
| Ocimum basilicum       | Seed             | --      | 485.0   | -0.55 | *  |
| 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 Oil         | --      | 58000.0 | -0.47 | *  |
| Opuntia ficus-indica   | Seed             | 3130.0  | 10555.0 | -0.34 | *  |
| 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 ginseng          | Root             | --      | --      |       | *  |
| Panax quinquefolius    | Plant            | --      | --      |       | *  |
| Papaver somniferum     | Latex Exudate    | --      | --      |       | *  |
| Papaver somniferum     | Seed             | 5890.0  | 8036.0  | -0.39 | *  |
| Papaver somniferum     | Seed Oil         | --      | --      |       | *  |
| 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.           |



|                              |                 |         |         |       |   |
|------------------------------|-----------------|---------|---------|-------|---|
| <i>Phaseolus lunatus</i>     | Seed            | 220.0   | 739.0   | -0.55 | *   |
| <i>Phaseolus vulgaris</i>    | Seed            | 220.0   | 247.0   | -0.56 | USDA's Ag Handbook 8 and sequelae)  |
| <i>Phaseolus vulgaris</i>    | Fruit           | 40.0    | 411.0   | -0.25 | USDA's Ag Handbook 8 and sequelae)  |
| <i>Phaseolus vulgaris</i>    | Sprout Seedling | 90.0    | 968.0   | 0.89  | USDA's Ag Handbook 8 and sequelae)  |
| <i>Phoenix dactylifera</i>   | Seed            | 3000.0  | 10000.0 | -0.35 | *   |
| <i>Phyllanthus emblica</i>   | Seed            | --      | 3440.0  | -0.49 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.  |
| <i>Phyllanthus emblica</i>   | Seed Oil        | --      | --      |       | *   |
| <i>Physalis peruviana</i>    | Fruit           | --      | 3400.0  | -0.05 | *   |
| <i>Physostigma venenosum</i> | Seed            | --      | --      |       | *   |
| <i>Pinellia ternata</i>      | Tuber           | --      | --      |       | *   |
| <i>Pinus walliciana</i>      | Seed            | --      | 13130.0 | -0.28 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.  |
| <i>Pinus gerardiana</i>      | 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.  |
| <i>Pinus pinea</i>           | Seed            | 16720.0 | 17920.0 | -0.18 | USDA's Ag Handbook 8 and sequelae)  |
| <i>Pinus edulis</i>          | Seed            | 20110.0 | 21400.0 | -0.1  | USDA's Ag Handbook 8 and sequelae)  |
| <i>Piper nigrum</i>          | 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 |
| <i>Piscidia piscipula</i>    | Plant           | --      | --      |       | *   |
| <i>Pistacia vera</i>         | Seed            | 6280.0  | 8960.0  | -0.37 | *   |
| <i>Pisum sativum</i>         | Seed            | 70.0    | 331.0   | -0.56 | *   |
| <i>Pisum sativum</i>         | Fruit           | 30.0    | 297.0   | -0.26 | *   |
| <i>Plantago ovata</i>        | Seed Coat       | --      | --      |       | *   |
| <i>Plantago ovata</i>        | 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.  |
| <i>Plantago asiatica</i>     | Seed            | --      | --      |       | *   |
| <i>Plantago psyllium</i>     | Seed            | --      | --      |       | *   |
| <i>Polypodium vulgare</i>    | Rhizome         | --      | --      |       | *   |
| <i>Portulaca oleracea</i>    | Seed            | --      | 6438.0  | -0.43 | *   |
| <i>Prunella vulgaris</i>     | Leaf            | --      | --      |       | *   |
| <i>Prunus dulcis</i>         | Seed            | 10210.0 | 10680.0 | -0.33 | USDA's Ag Handbook 8 and sequelae)  |
| <i>Prunus cerasus</i>        | Seed            | 8700.0  | 11600.0 | -0.31 | *   |
| <i>Prunus persica</i>        | Seed            | --      | --      |       | *   |
| <i>Prunus domestica</i>      | 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.  |
| <i>Prunus cerasus</i>        | Fruit           | 160.0   | 1152.0  | -0.2  | *   |
| <i>Prunus persica</i>        | Fruit           | 10.0    | 80.0    | -0.27 | *   |
| <i>Prunus laurocerasus</i>   | Seed            | 425.0   | 510.0   | -0.55 | *   |
| <i>Prunus domestica</i>      | Fruit           | 90.0    | 608.0   | -0.24 | USDA's Ag Handbook 8 and sequelae)  |
| <i>Prunus armeniaca</i>      | 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 rubiginosa             | Seed Oil          | --      | --      |       | *  |
| Rosa canina                 | 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 sp.                  | Seed              | 6610.0  | 58320.0 | 0.7   | *  |
| Salvia sclarea              | Seed              | --      | 8568.0  | -0.38 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses  |
| Salvia officinalis          | Fruit Essent. Oil | --      | --      |       | *  |
| Salvia officinalis          | Seed              | --      | --      |       | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.     |
| 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              | Leaf              | --      | --      |       | *  |
| Sambucus nigra              | Plant             | --      | --      |       | *  |
| Sambucus nigra              | Flower            | --      | --      |       | *  |
| 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          | Plant           | --       | --       |       | *   |
| Silybum marianum          | Seed Oil        | --       | 178000.0 | 0.52  | *   |
| 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 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 catappa        | Seed            | 21600.0  | 40525.0  | 0.31  | *   |
| 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 bellirica      | Seed            | 40000.0  | 112000.0 | 1.86  | *   |
| 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 cacao           | Plant           | --       | --       |       | *   |
| 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  | *   |
| Thevetia peruviana        | Seed            | 59000.0  | 79060.0  | 1.15  | *   |
| 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.                          |
| 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 Oil          | --       | 107400.0 | -0.06 | *   |
| Trigonella foenum-graecum | Seed              | --       | --       |       | *   |
| 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 Oil          | --       | 325000.0 | 1.72  | *   |
| 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.                          |
| Vicia faba                | Seed              | 170.0    | 895.0    | -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)  |
| Vigna unguiculata         | Seed              | 270.0    | 813.0    | -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 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         | Shoot             | 80.0     | 783.0    | 0.71  | USDA's Ag Handbook 8 and sequelae)  |
| 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. |
| Vitellaria paradoxa       | Seed              | 215660.0 | 233020.0 | 4.49  | *   |
| Vitis vinifera            | Seed Oil          | --       | --       |       | *   |
| 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.                          |
| 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   | *   |