

# List of Plants

## STIGMASTEROL

### Chemid

#### STIGMASTEROL

\*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 moschatus	Seed	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Abelmoschus esculentus	Root	--	60.0	-0.47	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Abrus precatorius	Seed	--	--		Wealth of India.
Acacia farnesiana	Seed	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Acacia farnesiana	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Achillea millefolium	Plant	--	--		*
Achyranthes bidentata	Root	--	--		*
Aesculus hippocastanum	Bark	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Seed	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Leaf	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Ageratum conyzoides	Plant	--	--		Wealth of India.
Aleurites fordii	Plant	--	--		*
Allium cepa	Seed	--	--		Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Feeds. Int. Conf. Chem. Biotechol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Allium cepa	Seed Oil	--	--		Grujic-Injac, B., Basarevic-Dinic, L., Lajsic, S., Stefanovic, D. 1985. Chemical Analysis of Seed Oil of the Onion (Allium cepa). Hrana Ishrana, 25: 167-169 (Inst Ishr Vet Fak Belgrade, Yugoslavia)
Allium sativum var. sativum	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Allium cepa	Bulb	--	40.0		*
Aloe vera	Shoot	--	--		Afzal, M., Ali, M., Hassan, R. A. H., Sweedan, N., Dhmi, M. S. I. 1991. Identification of Some Prostanoids in Aloe vera Extracts. Plant Medica, 57(1): 38-40.
Amaranthus spinosus	Leaf	--	--		Wealth of India.
Ambrosia hispida	Shoot	--	22.5	-1.0	*
Ananas comosus	Fruit	--	--	-1.17	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Anastatica hierochuntica	Plant	--	--		*
Anethum graveolens	Plant	--	420.0	1.16	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Anethum graveolens	Root	--	--		*

Anethum graveolens	Seed Essent. Oil	--	--		*
Angelica archangelica	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Angelica archangelica	Fruit	--	--		*
Anisomeles indica	Trichome	--	--		Wealth of India.
Annona cherimola	Seed	3080.0	4000.0	4.55	*
Annona muricata	Plant	--	--		*
Apium graveolens	Seed	--	300.0	-0.15	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Apium graveolens	Pt	--	30.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Arachis hypogaea	Plant	--	--		*
Arctium lappa	Plant	--	--		Jim Duke's personal files.
Arctium lappa	Root	--	--		Wealth of India.
Armoracia rusticana	Root	--	--	-0.81	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Artemisia annua	Shoot	--	--		Wright,C.W.(Ed)2002.Medicinal&Aromatic Plants-Industrial Profiles.Artemisia.344pp.Maffei,M.(Ed)2002.Vetiveria.The Genus Vetiveria.Taylor&Francis.NY,NY.191pp.Southwell,I.,Lowe,R.(Eds)1999.Tea Tree.The Genus Melaleuca.Harwood Acad.Pub.Amsterdam,Netherlands.
Artemisia dracunculus	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Artemisia annua	Root	--	--		Wright,C.W.(Ed)2002.Medicinal&Aromatic Plants-Industrial Profiles.Artemisia.344pp.Maffei,M.(Ed)2002.Vetiveria.The Genus Vetiveria.Taylor&Francis.NY,NY.191pp.Southwell,I.,Lowe,R.(Eds)1999.Tea Tree.The Genus Melaleuca.Harwood Acad.Pub.Amsterdam,Netherlands.
Artemisia vulgaris	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Artemisia annua	Plant	--	--		*
Artemisia herba-alba	Plant	--	--		*
Arundo donax	Plant	--	--		*
Avena sativa	Leaf	--	--		*
Avena sativa	Seed	--	--		*
Bacopa monnieri	Plant	--	--		Wealth of India.
Bidens pilosa	Leaf	--	--		Jim Duke's personal files.
Brassica juncea	Leaf	--	--	-0.92	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica rapa	Root	--	--	-0.81	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica oleracea var. botrytis l.	Plant	--	--		*
Brassica oleracea var. gemmifera	Leaf	--	--	-0.92	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica rapa	Leaf	--	--	-0.92	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica oleracea var. italica	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Brassica oleracea var. botrytis l.	Flower	20.0	200.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Bryonia alba	Plant	--	--		*

Bupleurum chinense	Root	--	--		*
Cajanus cajan	Leaf	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Calendula officinalis	Flower	--	--		*
Calotropis sp.	Seed	--	--		*
Camellia sinensis	Seed Oil	--	--		*
Capsicum frutescens	Fruit	10.0	20.0	-0.9	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Capsicum annum	Fruit	10.0	180.0	1.32	*
Carica papaya	Seed Oil	--	--		Jim Duke's personal files.
Carum carvi	Seed	--	310.0	-0.14	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Caulophyllum thalictroides	Root	--	--		Jim Duke's personal files.
Centella asiatica	Essential Oil	--	2000.0		Jim Duke's personal files.
Centella asiatica	Plant	--	40.0	-0.81	=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
Ceratonia siliqua	Seed	--	--		Wealth of India.
Chenopodium album	Plant	--	--		*
Chrysanthemum x morifolium	Flower	--	--		Wealth of India.
Cinnamomum verum	Bark	--	20.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrullus lanatus	Seed Oil	--	--		*
Citrullus lanatus	Seed	--	--		*
Citrus limon	Fruit	--	10.0	-1.03	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus reticulata	Pericarp	--	--		*
Citrus sinensis	Fruit	--	20.0	-0.9	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus reticulata	Root	--	--		*
Citrus paradisi	Fruit	--	20.0	-0.9	*
Cnicus benedictus	Seed	--	--		Jim Duke's personal files.
Cnicus benedictus	Shoot	--	--		Jim Duke's personal files.
Cnicus benedictus	Plant	--	--		*
Cocos nucifera	Seed Oil	--	--		Jim Duke's personal files.
Coffea arabica	Seed	240.0	270.0	-0.19	*
Coix lacryma-jobi	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Commelina benghalensis	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Coriandrum sativum	Fruit	--	180.0	1.32	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Corylus avellana	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Corylus avellana	Seed	--	--		*
Cryptotaenia japonica	Shoot	--	--		*
Cucumis melo	Seed	--	--		*
Cucumis sativus	Plant	--	--		*

<i>Cucurbita pepo</i>	Seed	--	--		*
<i>Cuminum cyminum</i>	Seed	--	310.0	-0.14	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Curcuma longa</i>	Root	--	220.0	0.44	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Curcuma longa</i>	Rhizome	--	--		*
<i>Cymbopogon parkeri</i>	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
<i>Cynara cardunculus</i>	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Daucus carota</i>	Root	--	--		*
<i>Dioscorea villosa</i>	Root	10.0	100.0	-0.24	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Dipteryx odorata</i>	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Dodonaea viscosa</i>	Stem	--	--		*
<i>Echinacea</i> spp	Shoot	--	--		Economic & Medicinal Plant Research, 5: 253.
<i>Echinacea angustifolia</i>	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Elettaria cardamomum</i>	Seed	60.0	80.0	-0.43	*
<i>Euphrasia officinalis</i>	Plant	--	--		*
<i>Fagopyrum esculentum</i>	Seed	80.0	92.0	-0.41	*
<i>Ficus carica</i>	Fruit	30.0	150.0	0.91	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Ficus carica</i>	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Foeniculum vulgare</i>	Root	--	--		*
<i>Foeniculum vulgare</i>	Seed	310.0	340.0	-0.1	*
<i>Foeniculum vulgare</i>	Fruit	--	--		*
<i>Foeniculum vulgare</i>	Seed Essent. Oil	--	--		Jim Duke's personal files.
<i>Fragaria</i> spp	Fruit	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Fritillaria thunbergii</i>	Bulb	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Ginkgo biloba</i>	Leaf	--	--		Jim Duke's personal files.
<i>Ginkgo biloba</i>	Pollen Or Spore	--	--		*
<i>Gloriosa superba</i>	Bulb	--	--		*
<i>Glycine max</i>	Seed Oil	--	--		*
<i>Glycine max</i>	Seed	110.0	400.0	-0.02	*
<i>Glycyrrhiza glabra</i>	Root	--	--		*
<i>Harpagophytum procumbens</i>	Tuber	--	--		*
<i>Helianthus annuus</i>	Seed	610.0	650.0	0.3	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Heliotropium indicus</i>	Plant	--	--		*
<i>Holarrhena pubescens</i>	Tissue Culture	--	--		*
<i>Hordeum vulgare</i>	Embryo	--	--		*

<i>Hordeum vulgare</i>	Plant	--	--		*
<i>Hordeum vulgare</i>	Sprout Seedling	--	1010.0	1.12	*
<i>Humulus lupulus</i>	Stem	--	--		*
<i>Hylocereus undatus</i>	Plant	--	--		*
<i>Illicium verum</i>	Fruit	--	80.0	-0.06	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Inula helenium</i>	Root	--	--		*
<i>Jatropha curcas</i>	Leaf	--	--		*
<i>Juglans regia</i>	Seed	--	11.0	-0.52	*
<i>Juglans nigra</i>	Fruit	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Kalanchoe spathulata</i>	Flower	--	--		*
<i>Lactuca sativa</i>	Seed	--	--		*
<i>Lawsonia inermis</i>	Leaf	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
<i>Lepidium meyenii</i>	Root	--	--		*
<i>Limonia acidissima</i>	Leaf	--	120.0	0.49	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Limonia acidissima</i>	Fruit	--	150.0	0.91	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Linum usitatissimum</i>	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Lycium chinense</i>	Seed	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
<i>Lycium chinense</i>	Leaf	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
<i>Lycopersicon esculentum</i>	Fruit	--	--		*
<i>Maclura pomifera</i>	Leaf	--	--		*
<i>Magnolia kobus</i>	Seed	--	--		*
<i>Matricaria recutita</i>	Flower	--	--		*
<i>Medicago sativa</i>	Fruit	--	40.0	-0.62	*
<i>Medicago sativa</i>	Plant	--	--		*
<i>Mentha spicata</i>	Shoot	--	--		*
<i>Mentha spicata</i>	Leaf	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Mitchella repens</i>	Plant	--	--		*
<i>Momordica charantia</i>	Fruit	--	--		*
<i>Momordica charantia</i>	Tissue Culture	--	--		Jim Duke's personal files.
<i>Moringa oleifera</i>	Seed	--	--		*
<i>Musa x paradisiaca</i>	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Myristica fragrans</i>	Seed	--	130.0	-0.37	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Myristica fragrans</i>	Aril	--	110.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Nerium oleander</i>	Plant	--	--		*

Nicotiana tabacum	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed Oil	--	--		*
Nigella sativa	Seed	--	--		*
Ocimum basilicum	Leaf	--	180.0	1.19	*
Ocimum suave	Leaf	--	--		J. Nat. Prod. 44: 308.
Ocimum basilicum	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Oenanthe javanica	Root	--	--		*
Oenothera biennis	Inflorescence	--	--		*
Oenothera biennis	Fruit	--	--		*
Ononis spinosa	Root	--	555.0	2.35	*
Ophiopogon japonicus	Tuber	--	--		*
Opuntia ficus-indica	Seed Oil	--	65000.0		*
Origanum majorana	Plant	50.0	55.0	-0.73	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Origanum vulgare	Plant	--	150.0	-0.24	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Oryza sativa	Juice	--	--		*
Panax quinquefolius	Plant	--	500.0	1.58	*
Panax ginseng	Root	--	--		*
Panax quinquefolius	Root	--	--		*
Papaver somniferum	Seed	50.0	55.0	-0.46	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Passiflora incarnata	Shoot	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Passiflora incarnata	Plant	--	--		*
Perilla frutescens	Plant	--	--		Han, J. S. 1978. A Study on Sterol in Perilla frutescens. Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon, 11: 211-215.
Petasites hybridus	Root	--	--		*
Petroselinum crispum	Sprout Seedling	20.0	180.0	-0.82	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pfaffia paniculata	Root	--	7.8	-0.77	*
Pfaffia paniculata	Plant	--	--		Abstract (See species file)
Phaseolus vulgaris	Seed	310.0	350.0	-0.09	*
Phoenix dactylifera	Fruit	--	--		Abstract (See species file)
Physostigma venenosum	Seed	--	--		*
Pimenta dioica	Fruit	--	30.0	-0.76	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pimpinella anisum	Tissue Culture	--	--		*
Pimpinella anisum	Seed	--	--		*
Pimpinella anisum	Plant	--	--		*
Pinus sylvestris	Plant	--	--		*

Piper methysticum	Rhizome	--	--		*
Piper nigrum	Fruit	140.0	210.0	1.74	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pistacia vera	Seed	--	--		*
Pisum sativum	Seed	--	--		*
Plantago psyllium	Seed	--	--		*
Plantago ovata	Seed	--	--		*
Prosopis glandulosa	Stem	--	--		Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of Prosopis glandulosa Stems. Planta Med. Suppl. 32: 244-246.
Prunella vulgaris	Leaf	--	--		*
Prunus persica	Seed	--	--		*
Prunus cerasus	Plant	--	--		*
Prunus dulcis	Sprout Seedling	30.0	33.0	-1.16	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Psoralea corylifolia	Seed	--	50.0	-0.47	*
Pterocarpus santalinus	Plant	--	--		*
Ptychopetalum olacoides	Root	--	--		Ito, Y., Hirayama, F., Aikawa, Y., Kondo, H., Sagara, K., Shoji, J. 1995. Constituents from Muira-Puama (The Roots of Ptychopetalum olacoides). Nat. Med. 49, 4: 487.
Pueraria montana	Stem	--	--		*
Punica granatum	Seed	--	--		*
Rauvolfia serpentina	Plant	--	--		*
Rauvolfia vomitoria	Root	--	--		*
Ricinus communis	Leaf	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Rosmarinus officinalis	Shoot	50.0	700.0	1.0	*
Rubus fruticosus	Plant	--	--		*
Ruellia tuberosa	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Ruscus aculeatus	Root	--	--		*
Salvia officinalis	Fruit Essent. Oil	--	--		*
Salvia officinalis	Leaf	5.0	230.0	1.78	*
Sambucus nigra	Leaf	--	--		*
Sambucus canadensis	Leaf	--	--		*
Sambucus nigra	Flower	--	--		*
Sambucus canadensis	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Sarracenia purpurea	Shoot	--	--		*
Satureja montana	Leaf	--	10.0	-0.8	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Satureja hortensis	Plant	--	10.0	-0.96	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Saussurea lappa	Root	--	--		*
Scutellaria baicalensis	Root	--	--		*
Serenoa repens	Fruit	12.0	38.0	-0.65	*

Sesamum indicum	Seed Oil	--	--		*
Sesamum indicum	Seed	--	780.0	0.46	*
Siegesbeckia orientalis	Plant	--	--		*
Sinomenium acutum	Stem	--	--		*
Sinomenium acutum	Rhizome	--	--		*
Smilax spp	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Smilax regelii	Root	--	--		Simpson, J. C. E., Williams, N. E. 1937. The Ether-Soluble Constituents of Sarsaparilla Root. Part I. J. Chem. Soc., 1937: 733-738.
Solanum tuberosum	Plant	--	--		*
Solanum dulcamara	Leaf	--	--		*
Solanum tuberosum	Tuber	10.0	45.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Sophora angustifolia	Root	--	--		*
Stevia rebaudiana	Leaf	--	--		*
Stevia rebaudiana	Tissue Culture	--	10.0	-1.0	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Strychnos nux-vomica	Seed	--	--		*
Symphytum officinale	Root	--	--		*
Syzygium aromaticum	Fruit	--	140.0	0.77	*
Syzygium aromaticum	Plant	--	--		*
Tagetes erecta	Flower	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Tanacetum parthenium	Fruit Essent. Oil	--	--		*
Taraxacum officinale	Root	--	--		*
Taraxacum officinale	Leaf	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Teucrium chamaedrys	Plant	--	--		Abstract (See species file)
Teucrium scordium	Plant	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Theobroma cacao	Seed	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Theobroma cacao	Plant	--	--		*
Thymus vulgaris	Leaf	80.0	85.0	0.08	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Tilia sp.	Wood	--	--		*
Tribulus terrestris	Flower	--	--		*
Trichosanthes kirilowii	Root	--	--		*
Trigonella foenum-graecum	Tissue Culture	12.0	400.0	1.0	*



<i>Trigonella foenum-graecum</i>	Seed	--	70.0	-0.44	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Tussilago farfara</i>	Leaf	--	--		*
<i>Uncaria tomentosa</i>	Bark	--	--		*
<i>Urginea maritima</i>	Bulb	--	--		*
<i>Urtica dioica</i>	Root	--	--		Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
<i>Valeriana officinalis</i>	Plant	--	--		Lokar, L. C., Martini, F. 1997. Chemotaxonomic Investigations on the Genus <i>Valeriana</i> L. in the Northeastern Italy and in Tuscany. I. Phytosterols. Dept. of Biology, University of Trieste. <i>Allionia</i> 35: 103-115.
<i>Verbascum thapsus</i>	Seed	--	--		*
<i>Verbascum thapsus</i>	Stem	--	--		*
<i>Verbascum thapsus</i>	Root	--	--		*
<i>Verbascum thapsus</i>	Leaf	--	--		*
<i>Vernonia cinerea</i>	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Vicia faba</i>	Seed	90.0	450.0	0.04	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Vigna unguiculata</i>	Seed	14.0	250.0	-0.21	*
<i>Vigna radiata</i>	Seed	80.0	230.0	-0.24	*
<i>Vigna unguiculata</i>	Seed	--	250.0	-0.21	*
<i>Vigna radiata</i>	Sprout Seedling	90.0	900.0	0.86	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Vigna angularis</i>	Seed	--	--		*
<i>Vitellaria paradoxa</i>	Seed	--	10.0	-0.52	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Vitis vinifera</i>	Root	--	--		*
<i>Vitis vinifera</i>	Plant	--	--		*
<i>Vitis vinifera</i>	Seed	--	--		*
<i>Withania somnifera</i>	Plant	--	--		*
<i>Withania somnifera</i>	Tissue Culture	--	--		*
<i>Zea mays</i>	Seed Oil	--	--		*
<i>Zea mays</i>	Root	--	--		*
<i>Zea mays</i>	Silk Stigma Style	--	--		*
<i>Zea mays</i>	Seed	--	210.0	-0.26	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Zea mays</i>	Shoot	--	--		*
<i>Zingiber officinale</i>	Root	40.0	200.0	0.33	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)