

List of Plants



Chemid

THIAMIN

Dosage

PTD=300 mg/day

LD50=301 (scu mus) Jim Duke's personal files.

RDA=0.3-1.6 mg/day

*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	Fruit	0.8	20.0	1.88	*
Abelmoschus esculentus	Seed	--	6.9	0.08	Wealth of India.
Acacia nilotica	Plant	--	--		*
Acacia farnesiana	Leaf	2.0	11.0	0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Root	--	58.0	4.57	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	0.2	1.0	-0.55	*
Aegle marmelos	Fruit	1.3	33.0	3.54	*
Agathosma betulina	Leaf	7.0	19.0	2.23	*
Agrimonia eupatoria	Leaf	--	2.4	-1.23	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
Aleurites moluccana	Seed	--	0.6	-1.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium schoenoprasum	Leaf	0.5	12.0	0.77	*
Allium sativum var. sativum	Flower	1.1	9.5	1.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	0.3	6.0	-1.0	*
Allium ampeloprasum	Flower	1.4	8.3	0.88	*
Allium sativum var. sativum	Shoot	1.4	6.3	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	--	8.0	1.0	*
Allium ampeloprasum	Root	1.1	8.0	0.12	*
Allium sativum var. sativum	Leaf	1.1	8.1	-0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	0.5	6.4	-0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Allium ampeloprasum	Leaf	0.9	8.5	0.04	*
Alocasia macrorrhiza	Root	0.2	3.0	-0.33	*
Alocasia macrorrhiza	Leaf	0.1	0.9	-1.54	*
Aloe vera	Leaf	--	0.8	-1.56	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	1.0	4.0	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	--	1.0	-0.5	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Amaranthus sp.	Leaf	1.0	7.0	-0.27	*
Amaranthus spinosus	Leaf	0.1	0.6	-1.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus konjac	Root	--	--		*
Amorphophallus campanulatus	Root	0.5	2.8	-0.34	*
Anacardium occidentale	Fruit	0.3	2.1	-0.41	*
Anacardium occidentale	Seed	2.0	8.7	0.5	*
Anacardium occidentale	Leaf	0.1	0.3	-1.67	*
Ananas comosus	Fruit	--	7.0	0.21	*
Anethum graveolens	Seed	4.0	5.0	-0.38	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Plant	4.0	5.0	-0.22	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Fruit	4.0	5.0	-0.04	*
Angelica sinensis	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona reticulata	Fruit	0.7	5.0	-0.04	*
Annona muricata	Fruit	0.7	4.8	-0.07	*
Annona cherimola	Fruit	1.0	4.0	-0.17	*
Annona squamosa	Fruit	1.0	5.0	-0.04	*
Annona diversifolia	Fruit	0.2	8.0	0.34	*
Annona glabra	Fruit	0.4	3.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Apium graveolens	Pt	--	10.0	1.26	*
Arachis hypogaea	Leaf	2.3	11.0	0.56	*
Arachis hypogaea	Seed	6.0	17.0	2.49	*
Aralia cordata	Leaf	0.6	13.0	0.98	*
Arctium lappa	Root	1.0	11.0	0.38	*
Arctostaphylos uva-ursi	Leaf	--	1.0	-1.52	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Areca catechu	Seed	1.7	1.9	-1.12	*
Armoracia rusticana	Root	--	3.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Arracacia xanthorrhiza	Root	0.7	2.4	-0.38	*

<i>Artemisia vulgaris</i>	Leaf	1.5	12.0	0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia dracunculus</i>	Plant	2.0	3.0	-0.39	*
<i>Artocarpus altilis</i>	Seed	2.0	10.0	0.81	*
<i>Artocarpus altilis</i>	Fruit	1.0	4.0	-0.17	*
<i>Artocarpus heterophyllus</i>	Fruit	0.3	3.0	-0.3	*
<i>Asparagus officinalis</i>	Shoot	1.0	26.0	1.19	*
<i>Avena sativa</i>	Plant	0.9	4.0	-0.31	Jim Duke's personal files.*
<i>Avena sativa</i>	Seed	2.6	12.1	1.32	*
<i>Averrhoa bilimbi</i>	Fruit	0.1	2.7	-0.34	*
<i>Averrhoa carambola</i>	Fruit	0.2	6.57	0.16	*
<i>Bactris gasipaes</i>	Fruit	0.3	1.4	-0.5	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Barosma betulina</i>	Leaf	7.0	19.0	2.23	*
<i>Basella alba</i>	Leaf	0.5	7.0	-0.27	*
<i>Benincasa hispida</i>	Fruit	--	10.0	0.6	*
<i>Berberis vulgaris</i>	Root	--	10.0	0.3	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed	--	10.0	0.81	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Root	0.1	2.4	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Leaf	0.6	14.0	1.19	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bixa orellana</i>	Seed	--	2.3	-1.02	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.
<i>Blighia sapida</i>	Aril	1.3	4.0	1.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Seed	0.7	7.0	0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Shoot	--	7.0	-0.58	*
<i>Boehmeria nivea</i>	Leaf	0.3	2.3	-1.25	*
<i>Borago officinalis</i>	Leaf	1.0	9.0	0.14	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	0.4	9.0	0.14	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	1.3	11.0	0.56	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	1.0	9.0	0.21	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	1.0	7.0	-0.27	*
<i>Brassica rapa</i>	Root	0.4	5.0	-0.15	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	0.6	8.0	-0.06	*
<i>Brassica chinensis</i>	Leaf	0.4	9.0	0.14	*

<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	0.3	4.75	-0.74	*
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	0.6	8.0	-0.06	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	0.5	10.0	0.35	*
<i>Brassica nigra</i>	Leaf	0.44	7.66	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	0.5	5.5	-1.37	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	0.6	12.0	1.96	*
<i>Bromelia pinguin</i>	Shoot	0.2	3.8	-0.87	*
<i>Brosimum alicastrum</i>	Fruit	0.5	3.1	-0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	0.1	1.2	-0.53	*
<i>Cajanus cajan</i>	Seed	4.0	13.0	1.53	*
<i>Cajanus cajan</i>	Fruit	3.4	12.4	0.9	*
<i>Calathea macrosepala</i>	Flower	0.4	5.2	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Camellia sinensis</i>	Leaf	1.0	4.0	-0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canavalia ensiformis</i>	Seed	4.6	8.6	0.48	*
<i>Canavalia ensiformis</i>	Fruit	1.0	10.0	0.6	*
<i>Canna indica</i>	Root	0.3	1.0	-0.5	*
<i>Cannabis sativa</i>	Seed	3.2	3.7	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capparis spinosa</i>	Flower	0.7	0.72	-1.34	*
<i>Capsella bursa-pastoris</i>	Plant	2.5	21.2	1.16	*
<i>Capsicum frutescens</i>	Fruit	--	8.0	0.34	USDA's Ag Handbook 8 and sequelae)
<i>Capsicum annuum</i>	Fruit	1.0	15.0	1.24	USDA's Ag Handbook 8 and sequelae)
<i>Carica papaya</i>	Fruit	0.2	2.6	-0.35	USDA's Ag Handbook 8 and sequelae)
<i>Carica pentagona</i>	Fruit	0.2	3.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Leaf	1.0	4.0	-0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Seed	5.9	6.2	-0.09	*
<i>Carum carvi</i>	Fruit	3.0	4.0	-0.17	*
<i>Carum carvi</i>	Seed	3.0	4.0	-0.62	USDA's Ag Handbook 8 and sequelae)
<i>Carya illinoensis</i>	Seed	7.2	8.9	0.55	*
<i>Casimiroa edulis</i>	Fruit	0.4	2.2	-0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Catha edulis</i>	Leaf	--	0.5	-1.63	*
<i>Caulophyllum thalictroides</i>	Root	--	9.3	0.23	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Centella asiatica</i>	Leaf	1.5	14.0	1.19	*
<i>Chamaemelum nobile</i>	Flower	--	0.8	-1.32	*

Chenopodium album	Leaf	1.0	10.0	0.35	*
Chenopodium ambrosioides	Leaf	0.6	4.0	-0.9	*
Chenopodium album	Seed	1.0	2.0	-1.09	*
Chondrus crispus	Plant	--	2.3	-0.45	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	0.9	14.0	1.19	*
Chrysanthemum coronarium	Bud	0.3	4.2	1.0	*
Chrysanthemum parthenium	Plant	--	4.1	-0.3	*
Chrysophyllum cainito	Fruit	0.1	2.3	-0.39	*
Cicer arietinum	Seed	4.0	6.0	-0.14	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	0.7	14.0	1.19	*
Cichorium intybus	Root	--	2.0	-0.42	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	1.0	14.0	1.19	USDA's Ag Handbook 8 and sequelae)
Cimicifuga racemosa	Root	--	58.0	4.57	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cinnamomum verum	Bark	--	1.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum aromaticum	Bark	--	1.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	4.0	9.0	0.47	*
Citrus reticulata	Fruit	1.0	8.0	0.34	*
Citrus aurantium	Fruit	1.0	6.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	--	6.0	0.09	*
Citrus limon	Fruit	4.0	6.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus sinensis	Fruit	1.0	7.0	0.21	*
Citrus aurantiifolia	Fruit	--	3.0	-0.3	*
Cnicus benedictus	Plant	--	2.7	-0.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnidioscolus chayamansa	Leaf	2.0	15.0	1.4	*
Cocos nucifera	Seed	0.3	1.0	-1.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	--	2.0	-1.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	2.8	3.2	-0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed	--	1.0	-1.33	*
Colocasia esculenta	Leaf	1.3	17.0	1.81	*
Colocasia esculenta	Root	0.3	5.0	-0.15	*
Corchorus olitorius	Leaf	1.3	10.8	0.52	*
Coriandrum sativum	Fruit	2.0	3.0	-0.3	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Coriandrum sativum	Leaf	1.0	16.0	1.6	*
Corylus avellana	Seed	1.6	6.0	-0.14	*

<i>Crataegus laevigata</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus rhipidophylla</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crescentia alata</i>	Seed	7.3	7.6	0.24	*
<i>Crocus sativus</i>	Silk Stigma Style	0.7	4.0	1.0	*
<i>Cucumis melo</i>	Fruit	0.3	4.4	-0.12	USDA's Ag Handbook 8 and sequelae)
<i>Cucumis sativus</i>	Fruit	0.3	7.6	0.29	*
<i>Cucurbita pepo</i>	Fruit	0.5	5.9	0.07	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	0.6	10.0	0.6	*
<i>Cucurbita pepo</i>	Flower	0.4	8.6	0.96	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	1.9	3.7	-0.69	*
<i>Cuminum cyminum</i>	Fruit	6.0	7.0	0.21	*
<i>Cuminum cyminum</i>	Seed	6.0	7.0	0.1	*
<i>Curcuma longa</i>	Rhizome	--	8.0	0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	0.4	8.0	0.34	*
<i>Cydonia oblonga</i>	Fruit	0.2	1.9	-0.44	*
<i>Cynara cardunculus</i>	Flower	0.7	6.0	0.2	*
<i>Cyphomandra betacea</i>	Fruit	0.3	7.0	0.21	*
<i>Cyrtosperma chamissonis</i>	Root	0.1	1.2	-0.49	*
<i>Daucus carota</i>	Root	1.0	6.0	-0.06	*
<i>Dioscorea pentaphylla</i>	Root	1.0	7.0	0.03	*
<i>Dioscorea alata</i>	Root	0.3	1.4	-0.47	*
<i>Dioscorea sp.</i>	Root	--	3.5	-0.28	*
<i>Durio zibethinus</i>	Fruit	2.4	18.0	1.62	*
<i>Echinacea spp</i>	Root	--	2.6	-0.36	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Elaeagnus commutata</i>	Fruit	0.3	2.2	-0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeagnus umbellatus</i>	Fruit	0.7	4.3	-0.13	*
<i>Elaeis guineensis</i>	Fruit	2.0	3.5	-0.23	*
<i>Eleocharis dulcis</i>	Tuber	0.3	6.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Seed	1.0	2.0	-1.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ephedra sinica</i>	Plant	--	47.0	3.35	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Equisetum arvense</i>	Plant	--	--	-0.65	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Eriobotrya japonica</i>	Fruit	0.2	1.8	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eryngium floridanum</i>	Shoot	--	6.0	-0.67	*
<i>Erythrina berterioana</i>	Shoot	1.9	12.0	-0.11	*
<i>Erythrina fusca</i>	Leaf	2.4	9.0	0.14	*
<i>Erythroxylum coca</i>	Leaf	3.5	8.0	-0.06	*

<i>Eugenia floribunda</i>	Fruit	0.2	1.6	-0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	0.2	2.1	-0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	0.4	2.7	-0.34	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Euphrasia officinalis</i>	Plant	--	4.3	-0.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fagopyrum esculentum</i>	Seed	2.7	9.0	0.58	*
<i>Ficus carica</i>	Fruit	--	3.3	-0.26	*
<i>Foeniculum vulgare</i>	Seed	4.0	5.0	-0.38	USDA's Ag Handbook 8 and sequelae)
<i>Foeniculum vulgare</i>	Fruit	4.0	5.0	-0.04	*
<i>Foeniculum vulgare</i>	Plant	1.0	11.0	0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Fragaria spp</i>	Fruit	0.2	4.0	-0.17	*
<i>Frangula purshiana</i>	Bark	--	--	-0.66	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fucus vesiculosus</i>	Plant	--	--	-0.65	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Garcinia mangostana</i>	Fruit	0.3	1.9	-0.44	*
<i>Genipa americana</i>	Fruit	0.4	1.2	-0.53	*
<i>Gentiana lutea</i>	Root	--	4.8	-0.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ginkgo biloba</i>	Seed	2.0	5.0	-0.38	USDA's Ag Handbook 8 and sequelae)
<i>Gliricidia sepium</i>	Leaf	1.4	9.0	0.14	*
<i>Gliricidia sepium</i>	Flower	1.1	8.0	0.79	*
<i>Glycine max</i>	Fruit	4.4	14.0	1.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycine max</i>	Sprout Seedling	1.9	17.0	0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycine max</i>	Seed	4.0	10.0	0.81	*
<i>Glycyrrhiza glabra</i>	Root	--	2.1	-0.41	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Gossypium sp</i>	Seed	--	3.2	-0.81	*
<i>Helianthus tuberosus</i>	Tuber	2.0	10.0	1.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Helianthus annuus</i>	Seed	22.0	24.0	4.16	*
<i>Hibiscus sabdariffa</i>	Leaf	--	12.0	0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hibiscus rosa-sinensis</i>	Flower	0.3	3.0	-0.68	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hibiscus sabdariffa</i>	Flower	--	3.0	-0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hordeum vulgare</i>	Seed	1.0	10.0	0.81	*
<i>Hordeum vulgare</i>	Stem	--	13.0	1.0	*
<i>Humulus lupulus</i>	Fruit	--	3.4	-0.25	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Hydrastis canadensis</i>	Root	--	2.6	-0.36	*
<i>Hylocereus undatus</i>	Fruit	0.4	2.6	-0.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Hylocereus guatemalensis</i>	Fruit	0.3	2.5	-0.36	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Inga edulis</i>	Seed	1.9	5.2	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inga feuillei</i>	Aril	0.2	1.2	-1.32	J Cell Biochem VOL. 22=1995
<i>Ipomoea batatas</i>	Root	0.6	5.1	-0.14	*
<i>Ipomoea batatas</i>	Leaf	0.8	9.8	0.31	*
<i>Ipomoea aquatica</i>	Leaf	0.3	9.0	0.14	*
<i>Juglans regia</i>	Seed	3.0	5.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans nigra</i>	Seed	--	2.0	-1.09	*
<i>Juglans nigra</i>	Fruit	--	2.0	-0.43	*
<i>Juniperus communis</i>	Fruit	--	1.2	-0.53	*
<i>Justicia pectoralis</i>	Leaf	0.4	2.7	-1.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	0.77	12.0	1.29	*
<i>Lactuca sativa</i>	Leaf	0.5	8.3	-0.0	*
<i>Lagenaria siceraria</i>	Fruit	0.3	6.5	0.15	*
<i>Larrea tridentata</i>	Plant	--	5.1	-0.21	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Lens culinaris</i>	Sprout Seedling	2.0	8.0	-0.63	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	2.6	6.0	-0.14	*
<i>Lepidium meyenii</i>	Root	--	2.0	-0.42	*
<i>Lepidium sativum</i>	Leaf	0.8	7.5	-0.17	*
<i>Licania platypus</i>	Fruit	0.05	4.5	-0.11	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Linum usitatissimum</i>	Seed	--	1.8	-1.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lobelia inflata</i>	Leaf	--	3.2	-1.06	*
<i>Luffa aegyptiaca</i>	Leaf	0.5	5.0	-0.69	*
<i>Luffa aegyptiaca</i>	Fruit	0.5	10.0	0.6	*
<i>Lupinus albus</i>	Seed	6.0	7.0	0.1	*
<i>Lupinus mutabilis</i>	Seed	4.7	5.2	-0.33	*
<i>Lupinus mutabilis</i>	Fruit	0.9	3.1	-0.29	*
<i>Lycium chinense</i>	Leaf	0.8	7.7	-0.13	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>	Fruit	--	0.8	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lycopersicon esculentum</i>	Fruit	1.0	10.0	0.6	*
<i>Macadamia spp</i>	Seed	3.0	4.0	-0.62	USDA's Ag Handbook 8 and sequelae)
<i>Malpighia glabra</i>	Fruit	0.2	2.3	-0.39	*
<i>Malus domestica</i>	Fruit	1.0	2.0	-0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Malva sylvestris</i>	Leaf	1.0	20.0	2.44	*
<i>Malva parviflora</i>	Plant	--	1.0	-0.56	*

Mammea americana	Fruit	0.2	2.3	-0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Leaf	0.4	1.8	-1.36	*
Mangifera indica	Fruit	0.4	3.4	-0.25	*
Manihot esculenta	Leaf	2.0	10.0	0.35	*
Manihot esculenta	Root	0.3	7.1	0.04	*
Manilkara zapota	Fruit	--	0.4	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	0.8	4.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Matricaria recutita	Plant	--	--		Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Mauritia flexuosa	Fruit	1.2	2.6	-0.35	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	1.3	7.5	-0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mentha x piperita	Leaf	--	12.1	0.79	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	1.0	3.0	-0.39	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha spicata	Leaf	0.8	5.0	-0.69	*
Mimosa pudica	Leaf	1.2	17.0	1.81	*
Mimulus glabratus	Shoot	0.8	8.0	-0.48	*
Momordica charantia	Fruit	0.2	12.0	0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	1.3	8.0	-0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	1.6	7.0	-0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	2.0	12.0	-0.11	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	0.5	4.5	-0.11	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	--	2.0	-0.43	*
Mucuna pruriens	Seed	1.4	5.7	-0.21	*
Muntingia calabura	Fruit	0.3	2.9	-0.31	*
Murraya koenigii	Leaf	--	3.0	-1.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	0.48	1.6	-0.48	*
Musa x paradisiaca	Fruit	0.3	6.9	0.2	*
Myrciaria dubia	Fruit	0.1	1.7	-0.47	*
Myrciaria cauliflora	Fruit	0.1	0.6	-0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Bark	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Myristica fragrans	Seed	3.0	4.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	--	3.0	0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	1.0	18.0	1.0	*
Nelumbo nucifera	Seed	1.5	7.5	0.22	*
Nelumbo nucifera	Rhizome	2.2	14.0	1.56	*
Ocimum basilicum	Leaf	1.0	6.0	-0.48	*

Opuntia ficus-indica	Fruit	0.1	1.3	-0.52	*
Opuntia ficus-indica	Bud	--	0.1	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	--	3.0	-0.39	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	3.0	4.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	2.2	3.9	-0.64	*
Oxalis tuberosa	Root	0.5	3.1	-0.32	*
Pachira macrocarpa	Seed	--	0.3	-1.5	*
Pachyrhizus erosus	Tuber	0.4	3.7	-1.05	*
Panax ginseng	Root	--	1.7	-0.44	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Papaver somniferum	Seed	7.8	9.9	0.79	*
Passiflora ligularis	Fruit	--	5.2	-0.02	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	--	--		*
Passiflora foetida	Fruit	0.1	0.6	-0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora edulis	Fruit	--	1.4	-0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Seed	--	--		*
Pastinaca sativa	Root	0.8	11.4	0.42	*
Peperomia pereskiiifolia	Leaf	1.5	10.0	0.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pelucida	Leaf	0.3	3.8	-0.94	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	0.2	6.3	0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Leaf	1.0	5.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	1.0	7.0	0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea schiedeana	Fruit	0.5	3.0	-0.3	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Persea americana	Fruit	0.5	4.2	-0.14	*
Petasites japonicus	Pt	0.2	3.6	-1.18	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	--	7.0	-0.05	*
Phaseolus vulgaris	Sprout Seedling	3.7	40.0	1.9	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	0.5	8.8	0.44	*
Phaseolus coccineus	Seed	3.0	3.5	-0.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus acutifolius	Seed	3.3	3.6	-0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	3.7	10.0	0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Sprout Seedling	0.1	4.7	-0.89	*
Phaseolus coccineus	Fruit	3.4	5.4	0.01	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Phaseolus vulgaris	Leaf	1.8	13.6	1.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	1.6	7.4	0.19	*
Phoenix dactylifera	Fruit	0.1	1.7	-0.47	*
Phyllanthus emblica	Fruit	0.3	1.9	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	0.1	6.0	0.09	*
Physalis peruviana	Fruit	0.5	4.7	-0.08	*
Physalis ixocarpa	Fruit	0.5	6.0	0.09	*
Phytolacca americana	Shoot	1.0	10.0	-0.3	*
Picrasma excelsa	Plant	--	--		*
Pimenta dioica	Leaf	1.1	1.7	-1.38	*
Pimenta dioica	Fruit	--	1.1	-0.54	*
Pinus pinea	Seed	6.0	9.0	0.58	*
Pinus cembroides	Seed	7.0	12.0	1.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	12.0	13.0	1.53	USDA's Ag Handbook 8 and sequelae)
Piper auritum	Leaf	1.2	6.7	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper nigrum	Fruit	0.5	1.6	-0.48	*
Piper betel	Leaf	0.1	4.8	-0.73	*
Pisum sativum	Fruit	1.5	15.0	1.24	*
Pisum sativum	Seed	2.4	13.9	1.75	*
Plantago psyllium	Seed	--	--	-1.57	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Platonia insignis	Fruit	0.4	1.4	-0.5	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Platycodon grandiflorum	Root	1.0	1.3	-0.48	*
Plectranthus amboinicus	Leaf	0.3	5.4	-0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	0.1	-0.58	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	0.2	1.1	-0.5	*
Portulaca oleracea	Herb	1.0	10.0	-1.0	*
Pourouma cecropiaefolia	Fruit	--	--	-0.68	J Cell Biochem VOL. 22=1995
Pouteria campechiana	Fruit	0.2	4.5	-0.11	*
Pouteria caimito	Fruit	0.2	7.7	0.3	*
Pouteria viridis	Fruit	0.1	0.3	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus persica	Fruit	1.0	2.0	-0.43	*
Prunus cerasus	Fruit	--	5.0	-0.04	*
Prunus salicifolia	Fruit	0.2	1.3	-0.52	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus dulcis	Seed	2.2	2.6	-0.95	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	--	1.5	-1.21	*
Prunus domestica	Fruit	0.4	2.9	-0.31	USDA's Ag Handbook 8 and sequelae)

<i>Prunus armeniaca</i>	Fruit	0.3	2.5	-0.36	USDA's Ag Handbook 8 and sequelae)
<i>Psidium guajava</i>	Fruit	0.4	4.0	-0.17	*
<i>Psidium cattleianum</i>	Fruit	0.2	1.9	-0.44	*
<i>Psophocarpus tetragonolobus</i>	Seed	1.4	11.2	1.1	*
<i>Punica granatum</i>	Fruit	--	4.0	-0.17	*
<i>Pyrus communis</i>	Fruit	0.2	1.2	-0.53	*
<i>Quararibea cordata</i>	Fruit	0.2	2.1	-0.41	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Quercus alba</i>	Bark	--	--	-0.66	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Raphanus sativus</i>	Leaf	1.4	7.0	-0.27	*
<i>Raphanus sativus</i>	Fruit	0.3	7.9	0.33	*
<i>Raphanus sativus</i>	Root	0.3	9.7	0.27	*
<i>Rheum rhabarbarum</i>	Leaf	0.2	3.3	-1.04	*
<i>Rheum rhabarbarum</i>	Pt	0.2	6.5	-0.08	*
<i>Rhizophora mangle</i>	Leaf	--	--		*
<i>Rhodymenia palmata</i>	Plant	--	1.6	-0.51	*
<i>Ribes uva-crispa</i>	Fruit	--	3.0	-0.3	*
<i>Ribes rubrum</i>	Fruit	1.0	2.0	-0.43	*
<i>Ribes nigrum</i>	Fruit	1.0	3.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Rollinia mucosa</i>	Fruit	0.4	1.8	-0.45	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Rosa canina</i>	Fruit	--	3.8	-0.2	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Rosmarinus officinalis</i>	Plant	5.0	6.0	-0.14	USDA's Ag Handbook 8 and sequelae)
<i>Rosmarinus officinalis</i>	Leaf	3.0	6.0	-0.48	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Fruit	0.3	2.2	-0.4	Revised USDA data received 1993.
<i>Rubus idaeus</i>	Leaf	--	3.4	-1.02	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Rumex crispus</i>	Root	--	8.1	0.13	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Rumex crispus</i>	Leaf	0.6	8.1	-0.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Rumex acetosa</i>	Leaf	0.8	9.0	0.14	*
<i>Ruscus aculeatus</i>	Root	--	8.3	0.14	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Salix alba</i>	Bark	--	--	-0.66	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Salvia officinalis</i>	Leaf	7.0	8.0	-0.06	Father Nature's Pharmacy: The aggregate of all these three-letter citations.
<i>Sambucus nigra</i>	Plant	--	1.0	-0.56	*
<i>Sambucus canadensis</i>	Fruit	1.0	3.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Satureja hortensis</i>	Plant	--	4.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Schisandra chinensis</i>	Fruit	--	--	-0.68	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sclerocarya caffra</i>	Seed	--	0.4	-1.48	*

<i>Sclerocarya caffra</i>	Fruit	0.3	3.6	-0.22	*
<i>Scutellaria lateriflora</i>	Plant	--	2.8	-0.41	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Secale cereale</i>	Seed	3.0	3.0	-0.86	USDA's Ag Handbook 8 and sequelae)
<i>Sechium edule</i>	Shoot	0.3	4.0	-0.85	*
<i>Sechium edule</i>	Plant	--	--		*
<i>Serenoa repens</i>	Fruit	0.6	5.0	-0.04	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sesamum indicum</i>	Seed	5.0	10.0	0.81	USDA's Ag Handbook 8 and sequelae)
<i>Sicana odorifera</i>	Fruit	0.5	4.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sida rhombifolia</i>	Leaf	2.2	11.0	0.56	*
<i>Sinapis alba</i>	Seed	5.0	6.0	-0.14	*
<i>Solanum quitoensis</i>	Fruit	0.4	7.0	0.21	*
<i>Solanum torvum</i>	Fruit	1.2	8.0	0.34	*
<i>Solanum nigrum</i>	Leaf	1.0	12.0	0.77	*
<i>Solanum sessiliflorum</i>	Fruit	0.25	2.5	-0.36	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Solanum tuberosum</i>	Tuber	1.0	5.0	-0.5	*
<i>Solanum melongena</i>	Fruit	0.4	10.0	0.6	*
<i>Sonchus oleraceus</i>	Leaf	0.7	19.0	2.23	*
<i>Sphenostylis stenocarpa</i>	Seed	6.9	7.6	0.24	*
<i>Spinacia oleracea</i>	Plant	0.7	10.2	0.22	USDA's Ag Handbook 8 and sequelae)
<i>Spirulina pratensis</i>	Plant	--	51.0	3.69	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spondias purpurea</i>	Fruit	0.7	3.7	-0.21	*
<i>Spondias dulcis</i>	Fruit	0.5	4.0	-0.17	*
<i>Spondias pinnata</i>	Fruit	0.2	2.1	-0.41	*
<i>Spondias mombin</i>	Fruit	0.4	4.5	-0.11	*
<i>Stellaria media</i>	Plant	0.2	2.1	-0.47	*
<i>Stevia rebaudiana</i>	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Root	--	1.2	-0.49	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Syzygium cumini</i>	Fruit	--	1.8	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium aromaticum</i>	Fruit	--	1.0	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium aromaticum</i>	Flower	--	1.0	-1.26	*
<i>Syzygium malaccense</i>	Fruit	0.1	3.5	-0.23	*
<i>Syzygium jambos</i>	Fruit	0.1	1.1	-0.54	*
<i>Tabebuia heptaphylla</i>	Bark	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Tamarindus indica</i>	Leaf	--	4.0	-0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Fruit	2.0	9.0	0.47	USDA's Ag Handbook 8 and sequelae)

Tamarindus indica	Flower	--	4.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	4.1	-0.3	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	1.0	17.0	1.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Seed	3.0	7.0	0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	0.4	6.7	-0.33	*
Theobroma bicolor	Seed	2.2	2.3	-1.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Seed	1.0	3.0	-0.86	*
Theobroma speciosum	Fruit	9.0	25.0	2.52	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Fruit	18.0	85.0	10.2	J Cell Biochem VOL. 22=1995
Theobroma cacao	Fruit	1.8	4.2	-0.14	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Plant	5.0	6.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trachyspermum ammi	Fruit	2.1	2.3	-0.39	*
Tragopogon porrifolius	Root	1.0	3.0	-0.33	*
Trichosanthes anguina	Fruit	0.4	7.4	0.26	*
Trifolium pratense	Flower	--	4.2	-0.32	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trigonella foenum-graecum	Seed	3.0	14.0	1.77	*
Triticum aestivum	Seed	1.1	12.0	1.29	*
Triticum aestivum	Plant	3.3	4.0	-0.31	*
Tropaeolum majus	Shoot	0.9	6.5	-0.62	*
Tropaeolum tuberosum	Root	0.6	9.3	0.23	*
Turnera diffusa	Leaf	--	1.8	-1.36	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	0.4	4.3	-0.21	*
Ulmus rubra	Bark	--	5.0	2.16	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Urtica dioica	Leaf	0.3	5.4	-0.61	*
Vaccinium corymbosum	Fruit	0.5	3.1	-0.29	*
Vaccinium myrtillus	Fruit	7.0	8.0	0.34	*
Vaccinium macrocarpon	Fruit	0.3	2.5	-0.36	*
Valeriana officinalis	Root	--	1.6	-0.45	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Verbascum thapsus	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	1.7	9.0	0.58	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	0.8	5.4	0.01	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Vigna subterranea	Seed	1.8	5.2	-0.33	*
Vigna unguiculata	Seed	1.1	10.0	0.81	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	4.2	6.5	-0.02	*
Vigna unguiculata	Shoot	3.5	35.0	2.02	*
Vigna radiata	Sprout Seedling	0.7	10.3	-0.45	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	3.4	6.6	0.0	*
Vigna unguiculata	Seed	9.0	10.0	0.81	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	3.5	35.0	2.02	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	0.8	10.0	0.6	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	5.4	7.7	0.27	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	5.6	6.2	-0.09	*
Vitellaria paradoxa	Seed	--	5.6	-0.23	*
Vitis vinifera	Fruit	0.8	4.9	-0.06	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Stem	--	11.0	0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Root	1.3	3.8	-0.26	*
Yucca baccata	Root	--	2.4	-0.38	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zea mays	Silk Stigma Style	--	2.1	-1.0	*
Zea mays	Fruit	2.0	8.0	0.34	*
Zingiber officinale	Rhizome	--	3.0	-0.98	*
Zingiber officinale	Root	--	3.0	-0.33	*
Zizyphus spina-christi	Fruit	--	0.4	-0.63	*
Zizyphus jujuba	Fruit	0.2	1.3	-0.52	*