

# List of Plants

## TOCOPHEROL

### Chemid

TOCOPHEROL

### Dosage

RDA=2-10 mg/day

ADI=2 mg/kg

Martindale's 28th

PTD=800 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
<i>Actinidia chinensis</i>	Fruit	--	--		*
<i>Anacardium occidentale</i>	Seed	--	8.0	-0.4	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Asparagus officinalis</i>	Shoot	19.8	256.0		*
<i>Bertholletia excelsa</i>	Seed	76.0	80.0	-0.4	*
<i>Capsicum frutescens</i>	Fruit	--	24.0	-0.49	*
<i>Capsicum annuum</i>	Fruit	--	24.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ceratonia siliqua</i>	Seed	--	--		*
<i>Elaeagnus umbellatus</i>	Fruit	44.0	250.0	2.12	*
<i>Elaeagnus angustifolia</i>	Fruit	1.0	20.0	-0.54	*
<i>Fagopyrum esculentum</i>	Seed	--	42.0	-0.4	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Ficus carica</i>	Fruit	--	1.0	-0.75	Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
<i>Foeniculum vulgare</i>	Seed	--	--		Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
<i>Foeniculum vulgare</i>	Fruit	--	--		*
<i>Frangula alnus</i>	Fruit	--	200.0	1.54	*
<i>Helianthus annuus</i>	Seed	--	34000.0	2.64	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Hibiscus sabdariffa</i>	Seed	--	--		*
<i>Ipomoea aquatica</i>	Leaf	118.0	1180.0	1.68	*
<i>Ipomoea batatas</i>	Root	--	40.0		*
<i>Ipomoea batatas</i>	Leaf	--	81.0	-0.94	*

Lactuca virosa	Seed	--	--		*
Lens culinaris	Seed	--	20.0	-0.4	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Linum usitatissimum	Seed	--	47.0	-0.4	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Leaf	74.0	296.0	-0.43	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Fruit	2.0	11.0	-0.64	USDA's Ag Handbook 8 and sequelae)
Nicotiana tabacum	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Opuntia ficus-indica	Bud	--	2.5		Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Panicum maximum	Leaf	230.0	345.0	-0.31	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pisum sativum	Seed	0.3	22.0	-0.4	*
Portulaca oleracea	Plant	82.0	2309.0		*
Ribes uva-crispa	Fruit	7.0	56.0	-0.12	*
Rubus idaeus	Fruit	3.0	12.0	-0.63	USDA's Ag Handbook 8 and sequelae)
Sophora pachycarpa	Plant	--	--		*
Sorbus aucubaria	Fruit	--	--		*
Tilia sp.	Flower	--	--		*
Triticum aestivum	Seed	59.0	1897.0	-0.23	*
Viola tricolor	Flower	--	302.0		*