

List of Plants

VIT-B-6

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VITB6

*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>Abelmoschus esculentus</i>	Fruit	2.0	22.0	2.32	USDA's Ag Handbook 8 and sequelae)
<i>Allium cepa</i>	Bulb	1.0	18.0		USDA's Ag Handbook 8 and sequelae)
<i>Allium schoenoprasum</i>	Leaf	1.0	22.0	0.63	USDA's Ag Handbook 8 and sequelae)
<i>Anacardium occidentale</i>	Seed	2.0	3.0	-0.75	*
<i>Ananas comosus</i>	Fruit	0.9	6.0	-0.37	USDA's Ag Handbook 8 and sequelae)
<i>Annona squamosa</i>	Fruit	2.0	8.0	-0.03	*
<i>Annona reticulata</i>	Fruit	2.0	8.0	-0.03	*
<i>Annona muricata</i>	Fruit	0.6	3.0	-0.88	*
<i>Anthriscus cerefolium</i>	Leaf	11.0	14.0	-0.13	*
<i>Apium graveolens</i>	Leaf	--	6.0	-0.89	USDA's Ag Handbook 8 and sequelae)
<i>Arachis hypogaea</i>	Seed	2.96	3.7	-0.46	*
<i>Artocarpus heterophyllus</i>	Fruit	1.0	4.0	-0.71	*
<i>Bertholletia excelsa</i>	Seed	2.0	3.0	-0.75	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Root	0.5	3.6	-1.76	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	2.2	16.0	0.06	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	3.0	17.0	0.15	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	2.0	30.0	1.0	*
<i>Brassica rapa</i>	Root	1.0	11.0	0.42	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	1.6	18.0	0.25	*
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	0.7	11.0	-0.42	*
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	1.6	18.0	0.25	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	0.8	14.0	-0.13	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	1.5	17.0		*
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	1.0	10.0	0.12	USDA's Ag Handbook 8 and sequelae)
<i>Cajanus cajan</i>	Seed	3.0	4.0	-0.34	*
<i>Capsicum frutescens</i>	Fruit	3.0	23.0	2.49	USDA's Ag Handbook 8 and sequelae)
<i>Capsicum annuum</i>	Fruit	2.0	22.0	2.32	USDA's Ag Handbook 8 and sequelae)
<i>Carica papaya</i>	Fruit	0.2	1.7	-1.09	USDA's Ag Handbook 8 and sequelae)
<i>Carya illinoensis</i>	Seed	1.8	2.0	-1.16	*
<i>Cichorium endivia</i>	Leaf	0.2	3.2	-1.16	*
<i>Citrus reticulata</i>	Fruit	1.0	5.0	-0.54	USDA's Ag Handbook 8 and sequelae)

Citrus sinensis	Fruit	1.0	5.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Corchorus olitorius	Leaf	6.0	50.0	3.28	*
Corylus avellana	Seed	--	6.0	0.48	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	0.5	13.0	0.81	*
Cucumis melo	Fruit	1.0	13.0	0.81	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	1.0	18.0	1.65	*
Cynara cardunculus	Flower	1.0	8.0	-1.0	USDA's Ag Handbook 8 and sequelae)
Daucus carota	Root	1.0	13.0	1.01	*
Erythroxylum coca	Leaf	--	5.0	-0.99	*
Ficus carica	Fruit	1.0	5.4	-0.47	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	0.6	7.0	-0.2	USDA's Ag Handbook 8 and sequelae)
Glycine max	Seed	3.0	6.0	0.48	*
Ipomoea batatas	Root	2.0	10.0	0.12	*
Juglans regia	Seed	4.0	11.0	2.53	*
Lactuca sativa	Leaf	0.6	9.2	-0.59	*
Lagenaria siceraria	Fruit	0.4	9.0	0.13	*
Lens culinaris	Seed	5.0	6.0	0.48	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	2.0	6.6	-1.0	USDA's Ag Handbook 8 and sequelae)
Lepidium sativum	Leaf	2.5	23.0	0.72	*
Lepidium meyenii	Root	--	11.0	0.42	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lycopersicon esculentum	Fruit	--	9.0	0.13	*
Malpighia glabra	Fruit	0.09	1.04	-1.2	*
Malus domestica	Fruit	1.0	3.0	-0.88	*
Mangifera indica	Fruit	1.3	7.3	-0.15	*
Mentha spicata	Leaf	1.5	10.0	-0.51	*
Moringa oleifera	Shoot	12.0	56.0		USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	1.0	10.0	0.3	USDA's Ag Handbook 8 and sequelae)
Murraya sp	Fruit	3.0	8.7	0.08	*
Musa x paradisiaca	Fruit	3.0	22.5	2.4	USDA's Ag Handbook 8 and sequelae)
Nasturtium officinale	Herb	1.0	26.0		USDA's Ag Handbook 8 and sequelae)
Papaver somniferum	Seed	4.4	4.7	-0.05	*
Pastinaca sativa	Root	0.9	4.4	-1.53	*
Persea americana	Fruit	--	10.9	0.45	*
Petroselinum crispum	Plant	2.0	14.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Fruit	0.74	7.6	-0.1	USDA's Ag Handbook 8 and sequelae)
Phaseolus lunatus	Seed	2.0	7.2	0.97	*
Phaseolus vulgaris	Seed	2.8	3.3	-0.63	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Fruit	2.0	3.0	-0.88	USDA's Ag Handbook 8 and sequelae)
Pisum sativum	Fruit	1.6	16.0	1.31	*
Pisum sativum	Seed	1.6	8.6	1.55	*
Portulaca oleracea	Plant	--	--		*
Prunus persica	Fruit	0.2	1.6	-1.11	*
Prunus armeniaca	Fruit	0.5	4.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	--	1.0	-1.57	USDA's Ag Handbook 8 and sequelae)
Prunus domestica	Fruit	0.7	6.0	-0.37	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	1.0	10.0	0.3	USDA's Ag Handbook 8 and sequelae)
Psophocarpus tetragonolobus	Seed	1.1	8.7	1.59	*
Punica granatum	Fruit	1.0	5.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	0.1	1.1	-1.19	*

Raphanus sativus	Root	0.7	14.5	1.45	*
Ribes nigrum	Fruit	1.0	4.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	1.0	7.0	-0.2	*
Ribes rubrum	Fruit	1.0	4.0	-0.71	*
Rosmarinus officinalis	Leaf	3.4	10.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	0.5	4.3	-0.66	Revised USDA data received 1993.
Secale cereale	Seed	--	3.0	-0.75	USDA's Ag Handbook 8 and sequelae)
Solanum melongena	Fruit	0.9	11.6	0.57	*
Solanum tuberosum	Tuber	2.5	12.5		*
Spinacia oleracea	Plant	1.9	24.0	1.0	USDA's Ag Handbook 8 and sequelae)
Vaccinium corymbosum	Fruit	0.3	2.5	-0.96	*
Vaccinium macrocarpon	Fruit	0.6	5.4	-0.47	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	0.67	4.0	-0.34	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3.7	4.3	-0.22	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	3.7	4.0	-0.34	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	0.8	11.0	1.0	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	1.0	6.0	-0.37	*
Zea mays	Seed	1.0	3.0	-0.75	*
Zingiber officinale	Rhizome	1.6	8.7		*
Zingiber officinale	Root	1.6	8.7	-0.26	USDA's Ag Handbook 8 and sequelae)