

List of Plants



Chemid

WATER

*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	--	114000.0	-0.44	Wealth of India.
Abelmoschus esculentus	Fruit	880000.0	895000.0	0.54	*
Abelmoschus manihot	Leaf	--	884000.0	0.38	*
Abelmoschus esculentus	Seed	--	98900.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abrus precatorius	Leaf	--	790000.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Leaf	--	814000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	--	805000.0	-0.01	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Achillea millefolium	Plant	--	823000.0	0.22	*
Acrocomia totai	Seed	--	31700.0	-0.75	*
Acrocomia totai	Fruit	--	43100.0	-3.16	*
Actaea racemosa	Root	--	790000.0	0.14	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	812000.0	837000.0	0.29	*
Aegle marmelos	Fruit	549600.0	615000.0	-0.68	*
Aesculus hippocastanum	Seed	30000.0	400000.0	0.66	*
Aframomum melegueta	Fruit	--	210000.0	-2.44	*
Aleurites moluccana	Seed	--	70000.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Flower	--	884000.0	0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	866000.0	918000.0	0.78	*
Allium ampeloprasum	Flower	--	831000.0	0.12	*
Allium schoenoprasum	Leaf	906500.0	920000.0	0.56	*
Allium sativum var. sativum	Shoot	--	777000.0	-2.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	585000.0	678000.0	-1.41	*
Allium ampeloprasum	Root	--	863000.0	0.61	*
Allium sativum var. sativum	Root	--	630000.0	-0.91	*
Allium sativum var. sativum	Leaf	--	864000.0	0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Allium cepa	Leaf	--	922000.0	0.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	854000.0	894000.0	0.43	*
Alocasia macrorrhiza	Root	630000.0	870000.0	0.66	*
Aloe spp.	Leaf	--	995000.0	0.93	*
Aloe vera	Plant	--	995000.0	0.96	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	--	859000.0	0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	--	892000.0	0.8	*
Amaranthus spinosus	Leaf	837000.0	850000.0	0.21	*
Amaranthus sp.	Leaf	--	916000.0	0.54	*
Amorphophallus campanulatus	Root	750000.0	894000.0	0.82	*
Amorphophallus konjac	Leaf	--	974000.0	0.83	*
Amphicarpaea bracteata	Seed	--	500000.0	1.05	*
Anacardium occidentale	Leaf	--	699000.0	-0.54	*
Anacardium occidentale	Seed	27000.0	52000.0	-0.67	*
Anacardium occidentale	Fruit	856000.0	879000.0	0.47	*
Anacardium occidentale	Resin, Exudate, Sap	79000.0	95000.0	-0.89	*
Ananas comosus	Fruit	812000.0	890000.0	0.52	*
Anethum graveolens	Plant	73000.0	830000.0	0.25	*
Anethum graveolens	Fruit	70310.0	83690.0	-2.99	*
Anethum graveolens	Seed	70310.0	83690.0	-0.55	USDA's Ag Handbook 8 and sequelae)
Angelica sinensis	Root	--	780000.0	0.07	*
Anisomeles indica	Seed	--	82000.0	-0.56	Wealth of India.
Annona cherimola	Seed	--	225000.0	-0.01	*
Annona squamosa	Fruit	728000.0	775000.0	0.02	*
Annona diversifolia	Fruit	715000.0	720000.0	-0.22	*
Annona cherimola	Fruit	687000.0	771000.0	0.0	*
Annona reticulata	Fruit	683000.0	801000.0	0.13	*
Annona glabra	Fruit	--	860000.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	811600.0	832000.0	0.27	*
Anogeissus latifolia	Leaf	123000.0	128000.0	-3.39	*
Anredera baselloides	Tuber	--	850000.0	0.64	Wealth of India.
Anthriscus cerefolium	Leaf	--	72000.0	-3.67	*

<i>Apium graveolens</i>	Pt	927000.0	947000.0	1.0	USDA's Ag Handbook 8 and sequelae)
<i>Apium graveolens</i>	Seed	60400.0	790000.0	2.16	*
<i>Apium graveolens</i>	Fruit	--	790000.0	0.08	*
<i>Apium graveolens</i>	Root	--	890000.0	0.79	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Arachis hypogaea</i>	Leaf	--	785000.0	-0.11	*
<i>Arachis hypogaea</i>	Seed	56000.0	422000.0	0.75	*
<i>Arachis hypogaea</i>	Plant	628000.0	842000.0	0.3	*
<i>Aralia cordata</i>	Leaf	--	953000.0	0.73	*
<i>Arctium lappa</i>	Root	--	765000.0	-0.03	*
<i>Arctium lappa</i>	Leaf	--	738000.0	-0.35	Wealth of India.
<i>Arctostaphylos uva-ursi</i>	Leaf	--	884000.0	0.38	*
<i>Areca catechu</i>	Sprout Seedling	--	864000.0	0.53	*
<i>Areca catechu</i>	Seed	123000.0	313000.0	0.33	*
<i>Armoracia rusticana</i>	Root	--	820000.0	0.33	*
<i>Arracacia xanthorrhiza</i>	Root	--	711000.0	-0.38	*
<i>Artemisia vulgaris</i>	Leaf	--	873000.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus heterophyllus</i>	Latex Exudate	650000.0	750000.0	0.71	*
<i>Artocarpus altilis</i>	Fruit	706000.0	891600.0	0.53	*
<i>Artocarpus heterophyllus</i>	Fruit	712740.0	772000.0	0.01	*
<i>Artocarpus heterophyllus</i>	Seed	516000.0	577000.0	1.34	*
<i>Artocarpus altilis</i>	Seed	--	562700.0	1.29	USDA's Ag Handbook 8 and sequelae)
<i>Asimina triloba</i>	Fruit	695000.0	766000.0	-0.02	*
<i>Asparagus officinalis</i>	Plant	914000.0	950000.0	0.77	*
<i>Asparagus officinalis</i>	Root	--	900000.0	0.86	*
<i>Astragalus membranaceus</i>	Root	--	840000.0	0.46	*
<i>Avena sativa</i>	Seed	48000.0	213000.0	-0.06	Jim Duke's personal files.*
<i>Avena sativa</i>	Plant	--	780000.0	0.04	*
<i>Averrhoa bilimbi</i>	Fruit	942000.0	947000.0	0.77	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Averrhoa carambola</i>	Fruit	874000.0	923000.0	0.66	*
<i>Bacopa monnieri</i>	Shoot	--	884000.0	0.14	Wealth of India.
<i>Bactris gasipaes</i>	Seed	--	69000.0	-0.61	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Bactris gasipaes</i>	Fruit	364000.0	609000.0	-0.7	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Basella alba</i>	Leaf	--	931000.0	0.62	*
<i>Benincasa hispida</i>	Fruit	958000.0	962000.0	0.83	*
<i>Bertholletia excelsa</i>	Seed	32860.0	38770.0	-0.72	USDA's Ag Handbook 8 and sequelae)

Beta vulgaris	Leaf	864000.0	926000.0	0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	865000.0	881340.0	0.73	USDA's Ag Handbook 8 and sequelae)
Bixa orellana	Fruit	--	844000.0	0.32	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Seed	--	114000.0	-0.44	Wealth of India.
Blighia sapida	Aril	576000.0	692000.0	0.44	*
Blighia sapida	Seed	715000.0	798000.0	2.19	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Stem	--	105000.0	-1.97	*
Boehmeria nivea	Leaf	--	870000.0	0.31	*
Borago officinalis	Herb	--	930000.0	-1.41	USDA's Ag Handbook 8 and sequelae)
Brassica juncea	Leaf	--	908000.0	0.5	*
Brassica oleracea var. italica	Leaf	890000.0	910230.0	0.51	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Plant	894000.0	926000.0	0.66	*
Brassica pekinensis	Leaf	947000.0	954000.0	0.73	*
Brassica oleracea var. viridis l.	Leaf	932500.0	945500.0	0.69	*
Brassica oleracea var. botrytis l.	Leaf	890000.0	910230.0	0.51	*
Brassica napus var. napobrassica	Root	891260.0	901940.0	0.87	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	950000.0	956400.0	0.74	*
Brassica rapa	Leaf	950000.0	956400.0	0.74	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	910000.0	921000.0	0.62	*
Brassica oleracea var. capitata l.	Leaf	891000.0	950000.0	0.71	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Seed	--	76000.0	-0.58	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica juncea	Seed	--	62000.0	-0.64	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica rapa	Root	900000.0	921120.0	0.99	*
Brassica oleracea var. sabellica l.	Leaf	839000.0	850000.0	0.21	*
Brassica oleracea var. gemmifera	Leaf	846000.0	945500.0	0.69	*
Brassica nigra	Leaf	930030.0	933900.0	0.63	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	916000.0	925000.0	1.02	*
Brosimum alicastrum	Fruit	--	840000.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	--	890000.0	0.79	*
Byrsonima crassifolia	Fruit	793000.0	832000.0	0.27	*
Cajanus cajan	Fruit	644000.0	694000.0	-0.33	*

<i>Cajanus cajan</i>	Seed	99000.0	695000.0	1.79	*
<i>Calathea macrosepala</i>	Flower	--	923000.0	0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Calotropis sp.</i>	Seed	--	74000.0	-0.59	*
<i>Camellia sinensis</i>	Leaf	40000.0	120000.0	-3.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canarium indicum</i>	Seed	--	37600.0	-0.73	*
<i>Canavalia ensiformis</i>	Seed	107000.0	120000.0	-0.41	*
<i>Canavalia ensiformis</i>	Fruit	785000.0	886000.0	0.5	*
<i>Canna indica</i>	Root	--	668000.0	-0.66	*
<i>Cannabis sativa</i>	Seed	87500.0	136000.0	-0.35	*
<i>Capparis spinosa</i>	Flower	696000.0	795000.0	-0.11	*
<i>Capparis spinosa</i>	Leaf	--	696000.0	-0.56	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Capsella bursa-pastoris</i>	Plant	--	882000.0	0.48	*
<i>Capsicum annum</i>	Fruit	742000.0	937000.0	0.72	*
<i>Capsicum frutescens</i>	Fruit	70000.0	889550.0	0.52	*
<i>Carica papaya</i>	Leaf	697000.0	703000.0	-0.52	*
<i>Carica pentagona</i>	Fruit	930000.0	932000.0	0.7	*
<i>Carica papaya</i>	Fruit	--	865000.0	0.41	*
<i>Carica papaya</i>	Latex Exudate	--	750000.0	0.71	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Carthamus tinctorius</i>	Seed	48000.0	50000.0	-0.68	*
<i>Carthamus tinctorius</i>	Flower	--	860000.0	0.31	*
<i>Carum carvi</i>	Seed	91880.0	155000.0	-0.28	*
<i>Carya illinoensis</i>	Seed	30000.0	50540.0	-0.68	*
<i>Carya glabra</i>	Plant	--	--		*
<i>Casimiroa edulis</i>	Fruit	783000.0	820000.0	0.21	*
<i>Caulophyllum thalictroides</i>	Root	--	890000.0	0.79	*
<i>Ceiba pentandra</i>	Wood	--	98000.0		*
<i>Cenchrus biflorus</i>	Seed	--	98000.0	-0.5	*
<i>Centella asiatica</i>	Leaf	--	893000.0	0.43	*
<i>Centella asiatica</i>	Plant	--	893000.0	0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ceratonia siliqua</i>	Fruit	37000.0	247000.0	-2.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ceratonia siliqua</i>	Seed	88900.0	142100.0	-0.33	*
<i>Chamaemelum nobile</i>	Flower	--	812000.0	-0.0	*
<i>Chenopodium album</i>	Leaf	--	840300.0	0.16	*
<i>Chenopodium ambrosioides</i>	Leaf	--	855000.0	0.24	*
<i>Chenopodium album</i>	Seed	88000.0	94000.0	-0.51	*

Chondrus crispus	Plant	--	834000.0	0.27	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	--	935000.0	0.64	*
Chrysanthemum parthenium	Leaf	--	820000.0	0.06	*
Chrysanthemum coronarium	Bud	--	925600.0	-1.0	*
Chrysanthemum parthenium	Plant	--	895000.0	0.53	*
Chrysophyllum cainito	Fruit	784000.0	857000.0	0.38	*
Cicer arietinum	Seed	108220.0	122380.0	-0.4	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Leaf	931000.0	951000.0	0.72	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	934000.0	943800.0	0.68	*
Cichorium intybus	Root	240000.0	800000.0	0.2	*
Cimicifuga racemosa	Root	--	790000.0	0.14	*
Cinnamomum verum	Bark	--	107000.0	-2.02	Wealth of India.
Citrullus lanatus	Seed	71000.0	81000.0	-0.56	*
Citrullus lanatus	Fruit	915100.0	957000.0	0.81	*
Citrus mitis	Fruit	870800.0	871200.0	0.44	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus sinensis	Fruit	839000.0	898000.0	0.55	*
Citrus aurantiifolia	Fruit	877000.0	911000.0	0.61	*
Citrus mitis	Fruit Juice	--	896000.0		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus reticulata	Fruit	879720.0	886000.0	0.5	*
Citrus aurantium	Fruit	857000.0	892000.0	0.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	847000.0	930000.0	0.69	*
Citrus limon	Fruit	850000.0	894000.0	0.54	*
Cnicus benedictus	Plant	--	867000.0	0.41	*
Cnidioscolus chayamansa	Leaf	764000.0	811000.0	0.02	*
Coccinia grandis	Fruit	--	931000.0	0.7	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	363000.0	546000.0	1.22	*
Cocos nucifera	Leaf	--	84500.0	-3.61	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Hull Husk	--	80000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Coffea arabica	Seed	60000.0	100000.0	-0.49	*
Coix lacryma-jobi	Seed	89000.0	113000.0	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed	120000.0	629000.0	1.54	*
Colocasia esculenta	Root	660530.0	754000.0	-0.1	*
Colocasia esculenta	Leaf	810000.0	900000.0	0.46	*
Commelina benghalensis	Leaf	--	862000.0	0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corchorus olitorius	Leaf	804000.0	877200.0	0.35	*

Coriandrum sativum	Leaf	--	73000.0	-3.67	USDA's Ag Handbook 8 and sequelae)
Coriandrum sativum	Fruit	86000.0	112000.0	-2.86	*
Corylus avellana	Seed	50000.0	74000.0	-0.59	*
Crataegus rhipidophylla	Fruit	--	721000.0	-0.22	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus laevigata	Fruit	--	721000.0	-0.22	*
Crescentia alata	Seed	--	34000.0	-0.74	*
Crocus sativus	Silk Stigma Style	85000.0	156000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Crotalaria juncea	Seed	--	86000.0	-0.54	*
Croton tiglium	Seed	--	60000.0	-0.64	*
Cucumis melo	Fruit	896000.0	938000.0	0.73	*
Cucumis sativus	Fruit	944000.0	971000.0	0.87	*
Cucurbita pepo	Fruit	--	916000.0	0.63	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	--	936800.0	0.72	*
Cucurbita foetidissima	Root	--	653000.0	-0.76	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita maxima	Leaf	--	859000.0	0.26	*
Cucurbita pepo	Seed	65200.0	73110.0	-0.59	*
Cucurbita foetidissima	Fruit	--	899000.0	0.56	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cuminum cyminum	Fruit	--	81000.0	-3.0	*
Cuminum cyminum	Seed	--	81000.0	-0.56	*
Curcuma longa	Plant	--	690000.0	-0.35	*
Curcuma longa	Rhizome	--	133000.0	-1.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Fruit	--	825000.0	0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cycas revoluta	Seed	--	721000.0	1.89	*
Cycas revoluta	Fruit	--	618000.0	-0.66	*
Cyclanthera pedata	Fruit	881000.0	945000.0	0.76	*
Cydonia oblonga	Fruit	824000.0	857000.0	0.38	*
Cymbopogon citratus	Plant	--	798000.0	0.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	773000.0	854870.0	0.28	*
Cyphomandra betacea	Fruit	827000.0	87800.0	-2.97	*
Cyrtosperma chamissonis	Leaf	--	890000.0	0.41	*
Cyrtosperma chamissonis	Root	600000.0	794000.0	0.16	*
Daucus carota	Root	858000.0	907000.0	0.9	*
Dioscorea villosa	Root	--	760000.0	-0.06	*
Dioscorea pentaphylla	Root	796950.0	831850.0	0.41	*
Dioscorea bulbifera	Tuber	--	710000.0	-0.74	*

<i>Dioscorea</i> sp.	Root	--	690000.0	-0.52	*
<i>Dioscorea alata</i>	Root	650000.0	786000.0	0.11	*
<i>Diospyros virginiana</i>	Fruit	--	644000.0	-0.55	*
<i>Diospyros digyna</i>	Fruit	794600.0	831000.0	0.26	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Dipteryx odorata</i>	Seed	69000.0	102000.0	-0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Durio zibethinus</i>	Fruit	580000.0	810000.0	0.17	*
<i>Echinacea purpurea</i>	Root	--	749000.0	-0.13	*
<i>Echinacea</i> spp	Root	--	749000.0	-0.13	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Elaeagnus umbellatus</i>	Fruit	795600.0	815300.0	0.19	*
<i>Elaeagnus commutata</i>	Fruit	--	862000.0	0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	262000.0	280000.0	-2.13	*
<i>Eleocharis dulcis</i>	Tuber	773000.0	811000.0	0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	--	790000.0	0.14	*
<i>Elytrigia repens</i>	Plant	--	789000.0	0.08	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ephedra sinica</i>	Plant	--	790000.0	0.08	*
<i>Equisetum arvense</i>	Plant	--	786000.0	0.06	*
<i>Eriobotrya japonica</i>	Fruit	865000.0	886000.0	0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	--	780000.0	-0.14	*
<i>Eryngium floridanum</i>	Shoot	--	857000.0	-0.44	*
<i>Eryngium creticus</i>	Shoot	--	887000.0	0.2	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Erythrina fusca</i>	Leaf	--	815000.0	0.04	*
<i>Erythrina berteroana</i>	Shoot	--	842000.0	-0.77	*
<i>Erythroxylum coca</i>	Leaf	65000.0	800000.0	-0.04	*
<i>Erythroxylum novogranatense</i>	Leaf	100000.0	800000.0	-0.04	*
<i>Eugenia floribunda</i>	Fruit	--	871000.0	0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	854000.0	907000.0	0.59	*
<i>Eupatorium perfoliatum</i>	Plant	--	910000.0	0.6	*
<i>Euphorbia hirta</i>	Leaf	--	781400.0	-0.13	*
<i>Euphrasia officinalis</i>	Plant	--	846000.0	0.32	*
<i>Fagopyrum esculentum</i>	Seed	110000.0	128000.0	-0.38	*
<i>Feijoa sellowiana</i>	Fruit	792000.0	840000.0	0.3	*
<i>Ficus carica</i>	Leaf	--	676000.0	-0.66	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ficus carica</i>	Fruit	250000.0	877000.0	0.46	*
<i>Foeniculum vulgare</i>	Seed	--	892000.0	2.55	*

Foeniculum vulgare	Plant	842000.0	900000.0	0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Fruit	80670.0	104796.0	-2.89	*
Fragaria spp	Fruit	870000.0	917000.0	0.64	*
Frangula purshiana	Bark	--	723000.0	0.24	*
Fucus vesiculosus	Plant	--	882000.0	0.48	*
Garcinia mangostana	Fruit	802000.0	849000.0	0.34	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Genipa americana	Fruit	--	676000.0	-0.41	*
Gentiana lutea	Root	--	780000.0	0.07	*
Ginkgo biloba	Leaf	--	760000.0	-0.24	*
Ginkgo biloba	Seed	124000.0	552000.0	1.24	USDA's Ag Handbook 8 and sequelae)
Gliricidia sepium	Flower	855000.0	860000.0	0.31	*
Gliricidia sepium	Seed	--	132000.0	-0.37	*
Gliricidia sepium	Leaf	--	847000.0	0.2	*
Glycine max	Fruit	--	692000.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	815000.0	863000.0	0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	83980.0	682000.0	1.74	*
Glycyrrhiza glabra	Root	--	843000.0	0.48	*
Gossypium sp	Seed	67700.0	87700.0	-0.54	*
Gymnema sylvestre	Leaf	--	810000.0	0.01	*
Harpagophytum procumbens	Root	--	810000.0	0.27	*
Helianthus tuberosus	Tuber	370000.0	860000.0	0.74	*
Helianthus annuus	Seed	53600.0	72900.0	-0.59	*
Hibiscus sabdariffa	Seed	76000.0	129000.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	--	898000.0	0.56	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Leaf	--	856000.0	0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	--	890000.0	0.51	*
Hippophae rhamnoides	Fruit	--	825000.0	0.24	Abstract (See species file)
Hordeum vulgare	Stem	--	860000.0	0.43	*
Hordeum vulgare	Seed	6000.0	178000.0	-0.19	Jim Duke's personal files.*
Hordeum vulgare	Plant	--	883000.0	0.48	Jim Duke's personal files.*
Humulus lupulus	Flower	--	814000.0	0.01	*
Humulus lupulus	Fruit	60000.0	120000.0	-2.83	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hydnocarpus wightiana	Seed	--	84800.0	-0.55	*

Hydrangea arborescens	Root	--	650000.0	-0.78	*
Hydrastis canadensis	Root	--	723000.0	-0.3	*
Hylocereus undatus	Fruit	844000.0	922000.0	0.66	*
Hylocereus guatemalensis	Fruit	825000.0	830000.0	0.26	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ilex paraguariensis	Seed	--	72000.0	-0.6	*
Ilex paraguariensis	Leaf	--	55000.0	-3.75	*
Inga edulis	Seed	--	633000.0	1.56	*
Inga feuillei	Aril	--	840000.0	0.94	J Cell Biochem VOL. 22=1995
Inula helenium	Root	--	780000.0	0.07	*
Ipomoea batatas	Leaf	830000.0	878000.0	0.35	*
Ipomoea aquatica	Leaf	850000.0	929350.0	0.61	*
Ipomoea batatas	Root	682000.0	806000.0	0.24	*
Jatropha curcas	Seed	--	66000.0	-0.62	*
Juglans regia	Seed	25000.0	42000.0	-0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans cinerea	Seed	30000.0	36000.0	-0.74	*
Juglans nigra	Pericarp	--	880000.0		*
Juglans nigra	Seed	31000.0	43600.0	-0.71	*
Juglans nigra	Fruit	--	876000.0	0.46	*
Juniperus communis	Fruit	--	690000.0	-0.35	*
Justicia pectoralis	Leaf	--	850000.0	0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	--	824000.0	0.23	*
Lablab purpureus	Seed	--	878000.0	2.5	*
Lactuca sativa	Leaf	920000.0	971000.0	0.82	*
Lagenaria siceraria	Fruit	955400.0	963000.0	0.84	*
Lagenaria siceraria	Seed	--	24700.0	-0.78	*
Lantana camara	Fruit	--	760000.0	-0.05	*
Larrea tridentata	Plant	--	671000.0	-0.43	*
Lawsonia inermis	Leaf	--	90000.0	-3.58	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.
Lawsonia inermis	Seed	--	106000.0	-0.47	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lens culinaris	Sprout Seedling	650000.0	700000.0	-1.08	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	111900.0	124000.0	-0.4	*
Lepidium sativum	Seed	--	56900.0	-0.66	*
Lepidium sativum	Leaf	823000.0	894000.0	0.43	*
Lepidium meyenii	Root	--	153000.0	-4.03	*
Licania platypus	Fruit	646000.0	674000.0	-0.42	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	--	695000.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Limonia acidissima</i>	Seed	--	40000.0	-0.72	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Liquidambar orientalis</i>	Resin, Exudate, Sap	150000.0	300000.0	0.8	*
<i>Liquidambar styraciflua</i>	Resin, Exudate, Sap	150000.0	300000.0	0.8	*
<i>Lobelia inflata</i>	Leaf	--	887000.0	0.4	*
<i>Luffa aegyptiaca</i>	Fruit	930000.0	950000.0	0.78	*
<i>Luffa aegyptiaca</i>	Leaf	901000.0	940000.0	0.66	*
<i>Lupinus mutabilis</i>	Fruit	--	714000.0	-0.25	*
<i>Lupinus albus</i>	Seed	--	104400.0	-0.47	*
<i>Lupinus mutabilis</i>	Seed	77000.0	104000.0	-0.47	*
<i>Lycium chinense</i>	Leaf	--	896000.0	0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lycopersicon esculentum</i>	Fruit	910000.0	982000.0	0.92	*
<i>Macadamia spp</i>	Seed	28800.0	31000.0	-0.75	*
<i>Maclura pomifera</i>	Fruit	--	800000.0	0.13	Smith, J. L. and Perino, J. V. 1981. Osage Orange (<i>Maclura pomifera</i>): History and Economic Uses. Economic Botany 35(1): 24-41
<i>Malpighia glabra</i>	Fruit	914000.0	923000.0	0.66	*
<i>Malus domestica</i>	Fruit	809000.0	896000.0	0.55	*
<i>Malva sylvestris</i>	Leaf	--	920000.0	0.56	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Malva parviflora</i>	Plant	859000.0	863000.0	0.39	*
<i>Mammea americana</i>	Fruit	855000.0	890000.0	0.52	*
<i>Mangifera indica</i>	Fruit	754300.0	900000.0	0.56	*
<i>Mangifera indica</i>	Leaf	--	782000.0	-0.13	*
<i>Manihot esculenta</i>	Root	607000.0	694250.0	-0.49	*
<i>Manihot esculenta</i>	Leaf	748000.0	810000.0	0.01	*
<i>Manilkara zapota</i>	Fruit	690000.0	793000.0	0.1	*
<i>Maranta arundinacea</i>	Root	572000.0	674000.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Mauritia flexuosa</i>	Fruit	--	540000.0	-1.0	J Cell Biochem VOL. 22=1995
<i>Medicago sativa</i>	Seed	--	117000.0	-0.42	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Medicago sativa</i>	Plant	--	812000.0	0.18	*
<i>Melicoccus bijugatas</i>	Fruit	688000.0	825000.0	0.24	*
<i>Mentha spicata</i>	Plant	--	830000.0	0.25	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Mentha pulegium</i>	Plant	--	912000.0	0.6	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Mentha spicata</i>	Leaf	--	855000.0	0.24	*
<i>Mentha x piperita</i>	Leaf	--	851000.0	0.22	*
<i>Mimosa pudica</i>	Leaf	749000.0	930000.0	0.61	*
<i>Mimulus glabratus</i>	Shoot	--	900000.0	0.48	*
<i>Mirabilis expansa</i>	Root	650000.0	815000.0	0.3	*

Momordica charantia	Leaf	801000.0	846000.0	0.19	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Momordica charantia	Fruit	795000.0	934000.0	0.71	*
Morinda citrifolia	Leaf	--	776000.0	-0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	--	786600.0	-1.96	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	--	882000.0	0.48	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Seed	--	40000.0	-0.72	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Leaf	--	750000.0	-0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Fruit	850000.0	875000.0	0.45	*
Mucuna pruriens	Cr	91000.0	114000.0		*
Mucuna pruriens	Seed	71000.0	114000.0	-0.44	*
Muntingia calabura	Fruit	751000.0	778000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	642170.0	663430.0	-0.47	*
Murraya koenigii	Leaf	663000.0	730000.0	-0.39	*
Musa x paradisiaca	Flower	--	902000.0	0.59	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Pith	--	883000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Bulb	--	902000.0	0.63	*
Musa x paradisiaca	Shoot	--	926000.0	1.04	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.
Musa x paradisiaca	Latex Exudate	--	114600.0	-1.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Fruit	626000.0	757000.0	-0.06	*
Myrciaria dubia	Fruit	930000.0	940000.0	0.74	*
Myrciaria cauliflora	Fruit	835000.0	871000.0	0.44	*
Myrica cerifera	Bark	--	782000.0	0.46	*
Myristica fragrans	Seed	62000.0	143000.0	-0.32	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	82000.0	159000.0	-1.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myroxylon balsamum	Seed	--	46000.0	-0.7	*
Nasturtium officinale	Herb	897000.0	951000.0	0.76	*
Nelumbo nucifera	Rhizome	750000.0	838000.0	0.71	*
Nelumbo nucifera	Seed	143000.0	80200.0	-0.57	*
Nepeta cataria	Plant	--	880000.0	0.47	*
Nicotiana tabacum	Leaf	800000.0	900000.0	0.46	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed	--	55000.0	-0.66	*
Nyssa sylvatica	Resin, Exudate, Sap	150000.0	300000.0	0.8	*
Ocimum tenuiflorum	Plant	--	74800.0	-2.98	*
Ocimum basilicum	Leaf	771000.0	865000.0	0.29	*

<i>Oenothera biennis</i>	Seed	63000.0	83000.0	-0.55	*
<i>Olea europaea</i>	Fruit	--	782000.0	0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Opuntia ficus-indica</i>	Seed	53000.0	136000.0	-0.35	*
<i>Opuntia ficus-indica</i>	Fruit	814000.0	864000.0	0.41	*
<i>Opuntia ficus-indica</i>	Bud	--	952600.0	1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Origanum vulgare</i>	Plant	68380.0	74820.0	-2.98	USDA's Ag Handbook 8 and sequelae)
<i>Origanum majorana</i>	Plant	74920.0	77880.0	-2.97	USDA's Ag Handbook 8 and sequelae)
<i>Oryza sativa</i>	Seed	--	103000.0	-0.48	*
<i>Oxalis tuberosa</i>	Root	824000.0	838000.0	0.45	*
<i>Pachira macrocarpa</i>	Seed	--	54000.0	-0.67	*
<i>Pachyrhizus erosus</i>	Tuber	--	891500.0	1.05	*
<i>Panax ginseng</i>	Root	--	788000.0	0.12	*
<i>Papaver somniferum</i>	Seed	62250.0	73300.0	-0.59	*
<i>Parthenium integrifolium</i>	Root	--	840000.0	0.46	*
<i>Passiflora quadrangularis</i>	Seed	--	784000.0	2.14	*
<i>Passiflora foetida</i>	Fruit	--	820000.0	0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	800000.0	944000.0	0.75	*
<i>Passiflora mollissima</i>	Fruit	920000.0	926000.0	0.68	*
<i>Passiflora edulis</i>	Seed	--	54000.0	-0.67	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora ligularis</i>	Fruit	699000.0	860000.0	0.39	*
<i>Passiflora edulis</i>	Fruit	751000.0	790000.0	0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Flower	--	890000.0	0.51	*
<i>Pastinaca sativa</i>	Root	724000.0	810000.0	0.27	*
<i>Paullinia yoko</i>	Bark	--	123000.0	-1.96	*
<i>Peganum harmala</i>	Plant	--	677000.0	-0.4	*
<i>Peperomia pelucida</i>	Leaf	--	922000.0	0.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pereskifolia</i>	Leaf	--	850000.0	0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	914000.0	968000.0	0.86	*
<i>Perideridia gairdneri</i>	Root	--	628600.0	-0.92	Izidoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Perilla frutescens</i>	Seed	63000.0	178000.0	-0.19	*
<i>Perilla frutescens</i>	Leaf	--	860000.0	0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	716000.0	830000.0	0.26	*

<i>Persea schiedeana</i>	Fruit	765000.0	776000.0	0.02	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	--	945000.0	-1.0	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	--	921000.0	0.64	*
<i>Phaseolus lunatus</i>	Leaf	--	972000.0	0.82	*
<i>Phaseolus acutifolius</i>	Seed	49800.0	90100.0	-0.53	*
<i>Phaseolus vulgaris</i>	Seed	63000.0	604000.0	1.44	*
<i>Phaseolus lunatus</i>	Sprout Seedling	--	640000.0	-1.67	*
<i>Phaseolus coccineus</i>	Seed	64200.0	136000.0	-0.35	*
<i>Phaseolus acutifolius</i>	Hay	66000.0	108000.0		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus vulgaris</i>	Leaf	--	868000.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	46900.0	702400.0	1.82	*
<i>Phaseolus coccineus</i>	Fruit	342000.0	583000.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus acutifolius</i>	Fruit	--	80000.0	-3.0	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus vulgaris</i>	Sprout Seedling	--	907000.0	0.95	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	688000.0	942000.0	0.75	*
<i>Phoenix dactylifera</i>	Seed	71700.0	90000.0	-0.53	*
<i>Phoenix dactylifera</i>	Fruit	153000.0	785000.0	0.06	*
<i>Phragmites australis</i>	Rhizome	--	53000.0	-1.32	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Phyllanthus emblica</i>	Fruit	771000.0	841000.0	0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phyllanthus acidus</i>	Fruit	905000.0	914000.0	0.62	*
<i>Physalis ixocarpa</i>	Fruit	917000.0	930000.0	0.69	*
<i>Physalis angulata</i>	Fruit	--	900000.0	0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Physalis peruviana</i>	Fruit	789000.0	829000.0	0.25	*
<i>Phytelephas aequatorialis</i>	Flower	--	708000.0	-0.68	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Seed	--	877100.0	2.49	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Mesocarp	483800.0	811400.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytolacca americana</i>	Shoot	--	916000.0	0.83	*
<i>Pimpinella anisum</i>	Seed	95000.0	110000.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus cembroides</i>	Seed	31000.0	37000.0	-0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus gerardiana</i>	Seed	--	75000.0	-0.59	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

<i>Pinus elliottii</i>	Resin, Exudate, Sap	--	20000.0	-1.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus edulis</i>	Seed	30000.0	59000.0	-0.65	*
<i>Pinus pinea</i>	Seed	56000.0	69750.0	-0.61	*
<i>Piper nigrum</i>	Fruit	103109.0	107091.0	-2.88	USDA's Ag Handbook 8 and sequelae)
<i>Piper betel</i>	Leaf	--	854000.0	0.23	*
<i>Piper methysticum</i>	Root	--	120000.0	-4.25	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Piper auritum</i>	Leaf	804000.0	822000.0	0.07	*
<i>Pistacia vera</i>	Seed	36500.0	5300.0	-0.85	*
<i>Pisum sativum</i>	Seed	760000.0	793670.0	2.17	*
<i>Pisum sativum</i>	Fruit	880000.0	897750.0	0.55	*
<i>Plantago psyllium</i>	Seed	782000.0	--		*
<i>Plantago major</i>	Seed	--	700000.0	1.81	*
<i>Plantago psyllium</i>	Hull Husk	--	83000.0	1.0	*
<i>Platonia insignis</i>	Fruit	700000.0	723000.0	-0.21	*
<i>Platycodon grandiflorum</i>	Root	--	242000.0	-3.45	*
<i>Plectranthus amboinicus</i>	Leaf	--	944000.0	0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polygonum multiflorum</i>	Root	--	800000.0	0.2	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polymnia edulis</i>	Root	822000.0	909000.0	0.91	*
<i>Portulaca oleracea</i>	Herb	912000.0	950000.0	0.65	*
<i>Pothomorphe sp.</i>	Leaf	--	820000.0	0.06	*
<i>Pourouma cecropiaefolia</i>	Fruit	--	820000.0	0.21	J Cell Biochem VOL. 22=1995
<i>Pouteria campechiana</i>	Fruit	572000.0	606000.0	-0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria caimito</i>	Fruit	606000.0	741000.0	-0.13	*
<i>Pouteria viridis</i>	Fruit	--	684000.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Prunus persica</i>	Fruit	835000.0	964000.0	0.84	*
<i>Prunus cerasus</i>	Fruit	826000.0	874000.0	0.45	*
<i>Prunus salicifolia</i>	Fruit	768000.0	808000.0	0.16	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus persica</i>	Bark	--	792000.0	0.49	*
<i>Prunus armeniaca</i>	Fruit	--	963500.0	0.84	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	840000.0	933000.0	0.71	*
<i>Psidium guajava</i>	Seed	--	103000.0	-0.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Psidium guajava</i>	Fruit	770000.0	868000.0	0.42	USDA's Ag Handbook 8 and sequelae)
<i>Psidium cattleianum</i>	Fruit	783200.0	843000.0	0.31	*
<i>Psophocarpus tetragonolobus</i>	Tuber	--	574000.0	-2.08	*
<i>Psophocarpus tetragonolobus</i>	Seed	79780.0	882930.0	2.51	*
<i>Psophocarpus tetragonolobus</i>	Leaf	758000.0	779000.0	-0.14	*
<i>Psoralea esculenta</i>	Root	--	569800.0	-1.31	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.

<i>Pteridium aquilinum</i>	Leaf	--	913000.0	0.53	*
<i>Pterocarpus marsupium</i>	Leaf	--	788000.0	-0.1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pueraria montana</i>	Root	--	686000.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Punica granatum</i>	Seed	--	350000.0	0.47	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Punica granatum</i>	Fruit	780000.0	823220.0	0.23	*
<i>Pyrus communis</i>	Fruit	817000.0	891000.0	0.52	*
<i>Quararibea cordata</i>	Fruit	800000.0	853000.0	0.36	*
<i>Quercus suber</i>	Cork	30000.0	70000.0		*
<i>Quercus alba</i>	Bark	--	772000.0	0.42	*
<i>Quisqualis indica</i>	Seed	--	65000.0	-0.62	*
<i>Raphanus sativus</i>	Leaf	--	856000.0	0.24	*
<i>Raphanus sativus</i>	Fruit	899000.0	923000.0	0.66	*
<i>Raphanus sativus</i>	Root	926000.0	945000.0	1.15	*
<i>Rauvolfia serpentina</i>	Seed	55000.0	87000.0	-0.54	*
<i>Rheum rhabarbarum</i>	Stem	927000.0	950000.0	0.71	*
<i>Rheum rhabarbarum</i>	Leaf	--	900000.0	0.46	*
<i>Rhizophora mangle</i>	Leaf	--	656000.0	-0.76	*
<i>Rhus copallina</i>	Plant	--	--		*
<i>Ribes nigrum</i>	Fruit	815220.0	824000.0	0.23	USDA's Ag Handbook 8 and sequelae)
<i>Ribes uva-crispa</i>	Fruit	875000.0	882000.0	0.48	*
<i>Ribes rubrum</i>	Fruit	834000.0	845000.0	0.32	*
<i>Ricinus communis</i>	Seed	51000.0	56000.0	-0.66	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Robinia pseudoacacia</i>	Seed	103000.0	115000.0	-0.43	*
<i>Rollinia mucosa</i>	Fruit	--	772000.0	0.01	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Rosa canina</i>	Fruit	--	813000.0	0.18	*
<i>Rosmarinus officinalis</i>	Plant	77900.0	677700.0	-0.4	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Fruit	--	865700.0	0.41	Revised USDA data received 1993.
<i>Rubus idaeus</i>	Leaf	--	831000.0	0.12	*
<i>Rubus chamaemorus</i>	Fruit	--	840000.0	0.3	*
<i>Rumex acetosa</i>	Leaf	--	900000.0	0.46	*
<i>Rumex crispus</i>	Root	--	743000.0	-0.17	*
<i>Rumex crispus</i>	Leaf	--	926000.0	0.59	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Ruscus aculeatus</i>	Plant	--	698000.0	-0.31	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ruscus aculeatus</i>	Root	--	698000.0	-0.47	*
<i>Salix alba</i>	Bark	--	832000.0	0.64	*
<i>Salvia officinalis</i>	Leaf	--	843000.0	0.18	*
<i>Sambucus nigra</i>	Fruit	791000.0	821600.0	0.22	*

Santalum acuminatum	Fruit	--	767000.0	-0.02	*
Schisandra chinensis	Fruit	--	913000.0	0.62	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Seed	--	39000.0	-0.72	*
Sclerocarya caffra	Fruit	--	917000.0	0.64	*
Scutellaria lateriflora	Plant	--	863000.0	0.39	*
Secale cereale	Seed	100000.0	110000.0	-0.45	*
Sechium edule	Leaf	--	823000.0	0.08	*
Sechium edule	Fruit	925000.0	930000.0	0.69	*
Sechium edule	Shoot	--	926000.0	1.04	*
Senna alexandrina	Leaf	--	797000.0	-0.05	*
Senna obtusifolia	Seed	96800.0	97200.0	-0.5	*
Serenoa repens	Fruit	--	870000.0	0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	45100.0	50820.0	-0.68	USDA's Ag Handbook 8 and sequelae)
Sicana odorifera	Fruit	851000.0	874000.0	0.45	*
Sida rhombifolia	Leaf	--	802000.0	-0.03	*
Silybum marianum	Plant	--	882000.0	0.48	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	--	780000.0	-0.14	*
Simmondsia chinensis	Seed	43000.0	46000.0	-0.7	*
Sinapis alba	Seed	66450.0	75700.0	-0.58	*
Smilax officinalis	Root	--	790000.0	0.14	*
Smilax spp	Root	--	790000.0	0.14	*
Solanum torvum	Fruit	--	854000.0	0.36	*
Solanum melongena	Fruit	905000.0	932000.0	0.7	*
Solanum quitoensis	Fruit	858000.0	925000.0	0.67	*
Solanum nigrum	Leaf	821000.0	878000.0	0.35	*
Solanum tuberosum	Tuber	700000.0	800000.0	0.15	*
Solanum melongena	Leaf	--	864000.0	0.28	*
Solanum sessiliflorum	Fruit	--	900000.0	0.56	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Sonchus oleraceus	Leaf	920000.0	932000.0	0.62	*
Sorbus aucubaria	Fruit	--	740000.0	-0.13	*
Sphenostylis stenocarpa	Seed	--	94000.0	-0.51	*
Sphenostylis stenocarpa	Root	--	648000.0	-0.79	*
Spinacia oleracea	Plant	913120.0	930000.0	0.68	*
Spondias pinnata	Fruit	--	903000.0	0.58	*
Spondias mombin	Fruit	827000.0	880000.0	0.48	*

Spondias dulcis	Fruit	596000.0	869000.0	0.43	*
Spondias purpurea	Fruit	758000.0	762000.0	-0.04	*
Stachys officinalis	Plant	--	832000.0	0.26	*
Stellaria media	Plant	--	917000.0	0.63	*
Sterculia urens	Gum	120000.0	240000.0		*
Stevia rebaudiana	Leaf	--	823000.0	0.08	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root	--	862000.0	0.61	*
Symphytum officinale	Leaf	--	890000.0	0.41	*
Syzygium jambos	Fruit	820000.0	891000.0	0.52	*
Syzygium cumini	Fruit	827000.0	858000.0	0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	903000.0	935000.0	0.71	*
Syzygium aromaticum	Fruit	69000.0	252000.0	-2.25	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Syzygium aromaticum	Flower	69000.0	252000.0	-3.65	*
Tabebuia heptaphylla	Bark	--	821000.0	0.6	*
Tamarindus indica	Fruit	--	314000.0	-1.99	USDA's Ag Handbook 8 and sequelae)
Tanacetum parthenium	Plant	--	895000.0	0.53	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	--	857000.0	0.57	*
Taraxacum officinale	Leaf	356000.0	880000.0	0.36	*
Terminalia catappa	Seed	27000.0	60000.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia bellirica	Fruit	--	61000.0	-3.09	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Terminalia chebula	Fruit	--	100000.0	-2.92	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Terminalia bellirica	Leaf	751000.0	780000.0	-0.14	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tetragonia tetragonioides	Leaf	--	940000.0	0.66	*
Theobroma bicolor	Fruit	790000.0	921400.0	0.66	*
Theobroma cacao	Fruit	--	580000.0	-0.83	J Cell Biochem VOL. 22=1995
Theobroma speciosum	Fruit	--	610000.0	-0.7	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Seed	36000.0	523100.0	1.13	*
Theobroma angustifolium	Seed	31900.0	441700.0	0.82	*
Theobroma bicolor	Petiole	--	505900.0	1.0	*
Theobroma angustifolium	Petiole	--	446800.0	-1.0	*
Theobroma cacao	Seed	--	36000.0	-0.74	*
Thymus vulgaris	Plant	74111.0	81690.0	-2.95	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	--	832000.0	0.12	*

<i>Tilia</i> sp.	Leaf	--	120000.0	-3.43	*
<i>Tilia</i> sp.	Fruit	--	681000.0	-0.39	*
<i>Trachyspermum ammi</i>	Fruit	--	74000.0	-3.03	*
<i>Tragopogon porrifolius</i>	Root	768000.0	776000.0	0.04	*
<i>Tribulus terrestris</i>	Leaf	720000.0	791000.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Trichosanthes anguina</i>	Fruit	--	946000.0	0.76	*
<i>Trifolium pratense</i>	Flower	--	820000.0	0.05	*
<i>Trigonella foenum-graecum</i>	Seed	--	870000.0	2.47	*
<i>Triticum aestivum</i>	Seed	60000.0	159000.0	-0.26	*
<i>Triticum aestivum</i>	Plant	666000.0	876000.0	0.45	*
<i>Tropaeolum tuberosum</i>	Root	860000.0	921000.0	0.99	*
<i>Tropaeolum majus</i>	Shoot	--	863000.0	-0.31	*
<i>Turnera diffusa</i>	Leaf	--	790000.0	-0.09	*
<i>Ulex europaeus</i>	Plant	--	527000.0	-1.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ullucus tuberosus</i>	Root	859000.0	863000.0	0.61	*
<i>Ulmus rubra</i>	Bark	--	836000.0	0.66	*
<i>Urtica dioica</i>	Leaf	--	800000.0	-0.04	*
<i>Vaccinium myrtillus</i>	Fruit	--	920000.0	0.65	*
<i>Vaccinium macrocarpon</i>	Fruit	--	880000.0	0.48	*
<i>Vaccinium corymbosum</i>	Fruit	843000.0	849000.0	0.34	*
<i>Vaccinium vitis-idaea</i>	Fruit	800000.0	932000.0	0.7	*
<i>Valeriana officinalis</i>	Root	--	882000.0	0.74	*
<i>Valerianella locusta</i>	Plant	--	928000.0	0.67	*
<i>Vanilla planifolia</i>	Fruit	259000.0	309000.0	-2.01	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Verbascum thapsus</i>	Leaf	--	560000.0	-1.24	*
<i>Viburnum opulus</i>	Bark	--	782000.0	0.46	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Vicia faba</i>	Seed	--	810000.0	2.23	USDA's Ag Handbook 8 and sequelae)
<i>Vicia faba</i>	Fruit	--	854000.0	0.36	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vigna aconitifolia</i>	Seed	90130.0	108000.0	-0.46	*
<i>Vigna unguiculata</i>	Leaf	--	890000.0	0.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vigna unguiculata</i>	Leaf	--	890000.0	0.41	*
<i>Vigna subterranea</i>	Seed	101000.0	573000.0	1.33	*
<i>Vigna mungo</i>	Seed	98000.0	106000.0	-0.47	*

Vigna unguiculata	Shoot	--	897800.0	0.44	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	83120.0	85480.0	-0.55	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	--	888140.0	0.76	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	--	134400.0	-0.36	*
Vigna unguiculata	Seed	115600.0	668000.0	1.69	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	--	897800.0	0.44	*
Vigna unguiculata	Fruit	872000.0	884560.0	0.5	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	86100.0	94890.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	--	798000.0	-0.05	*
Vitis vinifera	Stem	--	792000.0	0.21	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	761000.0	897000.0	0.55	*
Xanthosoma sagittifolium	Leaf	--	839000.0	0.16	*
Xanthosoma sagittifolium	Root	150000.0	770000.0	0.0	*
Yucca baccata	Root	--	792000.0	0.15	*
Zea mays	Seed	100000.0	885000.0	2.52	*
Zea mays	Silk Stigma Style	--	620000.0	1.0	*
Zingiber officinale	Root	--	930000.0	1.05	*
Zingiber officinale	Rhizome	93090.0	930000.0	0.95	*
Zizyphus jujuba	Fruit	162000.0	830000.0	0.26	*
Zizyphus spina-christi	Fruit	--	93000.0	-2.95	*
Zizyphus jujuba	Seed	--	213000.0	-0.06	*