

# List of Plants

## VITAMIN-B-6

### Chemid

VITAMINB6

### Dosage

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RDA=0.3-2.2 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
Glycine max	Seed	3.0	6.0		USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	1.3	6.0		*
Solanum tuberosum	Tuber	2.5	12.5		USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	1.0	6.0		USDA's Ag Handbook 8 and sequelae)