

List of Plants

VITAMIN-B

Chemid

VITAMINB

Dosage

RDA=5-20 mg/day

PTD=1,000 mg/day

LDlo=4,000 (scu mus)

LD50=5,000 (orl mus)

*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
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