

List of Plants

ALPHA-TOCOPHEROL

Chemid

ALPHATOCOPHEROL

Dosage

RDA=3-12 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>Abelmoschus esculentus</i> | Seed | -- | 304.0 | 0.23 | Wealth of India. |
| <i>Abelmoschus esculentus</i> | Oil | -- | 310.0 | -0.24 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| <i>Allium cepa</i> | Seed Oil | -- | -- | | Grujic-Injac, B., Basarevic-Dinic, L., Lajsic, S., Stefanovic, D. 1985. Chemical Analysis of Seed Oil of the Onion (<i>Allium cepa</i>). <i>Hrana Ishrana</i> , 25: 167-169 (Inst Ishr Vet Fak Belgrade, Yugoslavia) |
| <i>Allium ampeloprasum</i> | Plant | -- | -- | | * |
| <i>Allium sativum</i> var. <i>sativum</i> | Bulb | 0.1 | 12.0 | -1.0 | * |
| <i>Allium cepa</i> | Bulb | 0.4 | 30.0 | 1.0 | * |
| <i>Ananas comosus</i> | Fruit | 1.0 | 7.0 | -1.01 | USDA's Ag Handbook 8 and sequelae) |
| <i>Anethum graveolens</i> | Leaf | 16.0 | 147.0 | -0.63 | * |
| <i>Angelica sinensis</i> | Root | -- | -- | | Jim Duke's personal files. |
| <i>Apium graveolens</i> | Pt | 3.0 | 67.0 | 1.0 | * |
| <i>Apium graveolens</i> | Leaf | 136.0 | 266.0 | -0.23 | * |
| <i>Apium graveolens</i> | Plant | -- | 64.0 | -1.0 | * |
| <i>Apium graveolens</i> | Seed | -- | -- | | * |
| <i>Apium graveolens</i> | Shoot | -- | 64.0 | | * |
| <i>Arachis hypogaea</i> | Seed | 83.0 | 116.0 | -0.36 | * |
| <i>Arachis hypogaea</i> | Oil | -- | 89.0 | -0.57 | * |
| <i>Aspalathus linearis</i> | Plant | -- | -- | | * |
| <i>Avena sativa</i> | Seed | 4.4 | 10.1 | -0.7 | Jim Duke's personal files.* |
| <i>Berberis vulgaris</i> | Leaf | -- | 213.0 | -0.41 | Jim Duke's personal files. |
| <i>Beta vulgaris</i> | Root | 0.5 | 3.6 | -1.18 | * |
| <i>Beta vulgaris</i> | Leaf | 321.0 | 439.0 | 0.36 | Jim Duke's personal files.* |
| <i>Brassica oleracea</i> var. <i>capitata</i> l. | Leaf | 0.4 | 170.0 | -0.55 | * |

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|-------------------------------------|---------------|-------|-------|-------|---|
| Brassica oleracea var. italica | Leaf | 7.0 | 439.0 | 0.36 | * |
| Brassica chinensis | Leaf | 2.0 | 56.0 | -0.94 | * |
| Brassica oleracea var. sabellica l. | Stem | 9.0 | 16.0 | | * |
| Brassica oleracea var. gemmifera | Leaf | 4.0 | 63.0 | -0.92 | * |
| Brassica rapa | Leaf | 2.0 | 56.0 | -0.94 | * |
| Brassica rapa | Oil | -- | 189.0 | -0.42 | * |
| Brassica oleracea var. sabellica l. | Leaf | 359.0 | 785.0 | 1.53 | * |
| Brassica oleracea var. botrytis l. | Leaf | 7.0 | 439.0 | 0.36 | * |
| Brassica pekinensis | Leaf | 2.0 | 56.0 | -0.94 | * |
| Brassica oleracea var. botrytis l. | Flower | 0.3 | 4.0 | -1.0 | * |
| Calendula officinalis | Leaf | -- | -- | | * |
| Capsicum annum | Fruit | 22.0 | 284.0 | 3.25 | * |
| Carica papaya | Leaf | -- | -- | | Jim Duke's personal files. |
| Carthamus tinctorius | Oil | -- | 449.0 | -0.04 | * |
| Citrus reticulata | Fruit | 3.0 | 31.0 | -0.64 | * |
| Citrus paradisi | Fruit | 3.0 | 29.0 | -0.68 | * |
| Citrus sinensis | Fruit | 4.0 | 29.0 | -0.68 | * |
| Cocos nucifera | Oil | -- | 18.0 | -0.67 | * |
| Cocos nucifera | Seed | 7.0 | 13.0 | -0.69 | * |
| Cocos nucifera | Seed Oil | -- | -- | | Jim Duke's personal files. |
| Coffea arabica | Seed | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Corylus avellana | Seed | -- | 240.0 | 0.03 | * |
| Corylus avellana | Essential Oil | -- | -- | | * |
| Cucumis sativus | Fruit | 0.4 | 38.0 | -0.54 | * |
| Cucumis melo | Fruit | 1.4 | 14.0 | -0.91 | USDA's Ag Handbook 8 and sequelae) |
| Cucurbita pepo | Leaf | -- | -- | | * |
| Cucurbita pepo | Fruit | 10.0 | 119.0 | 0.71 | USDA's Ag Handbook 8 and sequelae) |
| Cucurbita pepo | Stem | -- | -- | | * |
| Curcuma longa | Root | 11.0 | 18.0 | -0.09 | * |
| Daucus carota | Root | 4.0 | 36.0 | 1.27 | * |
| Daucus carota | Leaf | -- | 788.0 | 1.55 | * |
| Elaeis guineensis | Fruit | 75.0 | 125.0 | 0.8 | Abstract (See species file) |
| Elettaria cardamomum | Seed | -- | -- | | * |
| Eleutherococcus senticosus | Root | -- | -- | | * |
| Eucalyptus globulus | Leaf | -- | 333.0 | -0.0 | * |
| Fragaria spp | Fruit | 1.0 | 54.0 | -0.29 | * |

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| Glycine max | Leaf | 29.0 | 280.0 | -0.18 | Jim Duke's personal files.* |
| Glycine max | Seed Coat | -- | -- | | * |
| Glycine max | Seed | 8.0 | 19.0 | -0.67 | * |
| Glycine max | Cotyledon | -- | -- | | * |
| Glycine max | Oil | -- | 95.0 | -0.56 | * |
| Hedera helix | Leaf | -- | -- | | * |
| Helianthus annuus | Oil | -- | 622.0 | 0.22 | * |
| Hibiscus sabdariffa | Seed | -- | 500.0 | 0.86 | * |
| Hordeum vulgare | Root | -- | -- | | * |
| Hordeum vulgare | Seed | 3.0 | 11.0 | -0.7 | Jim Duke's personal files.* |
| Hordeum vulgare | Tissue Culture | -- | -- | | * |
| Hordeum vulgare | Leaf | -- | -- | | * |
| Hordeum vulgare | Sprout Seedling | -- | -- | | * |
| Humulus lupulus | Strobilus | -- | -- | | * |
| Juglans regia | Seed | -- | 135.0 | -0.3 | * |
| Lactuca sativa | Fruit | 6.0 | 139.0 | 1.02 | * |
| Lactuca scariola | Seed | -- | -- | | * |
| Lepidium sativum | Oil | -- | 1830.0 | 2.0 | * |
| Lepidium sativum | Leaf | 7.0 | 66.0 | -0.91 | * |
| Linum usitatissimum | Oil | -- | 5.0 | -0.69 | * |
| Linum usitatissimum | Seed Oil | -- | -- | | * |
| Lycium chinense | Leaf | 94.0 | 177.0 | -0.53 | * |
| Lycopersicon esculentum | Fruit | 7.0 | 143.0 | 1.08 | * |
| Malus domestica | Fruit | 2.0 | 37.0 | -0.55 | * |
| Medicago sativa | Leaf | -- | -- | | * |
| Medicago sativa | Plant | 26.0 | 257.0 | 1.0 | * |
| Mentha x piperita | Plant | -- | -- | | * |
| Mentha x piperita | Leaf | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Moringa oleifera | Seed | -- | -- | | * |
| Musa x paradisiaca | Hull Husk | -- | 30.0 | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Oenothera biennis | Seed | 11.0 | 100.0 | -0.41 | * |
| Olea europaea | Oil | -- | 119.0 | -0.52 | * |
| Origanum vulgare | Leaf | -- | -- | | * |
| Oryza sativa | Seed | -- | -- | | * |
| Persea americana | Fruit | 13.0 | 49.0 | -0.37 | USDA's Ag Handbook 8 and sequelae) |
| Petroselinum crispum | Leaf | 36.0 | 252.0 | -0.28 | * |
| Phaseolus vulgaris | Leaf | 698.0 | 719.0 | 1.31 | Jim Duke's personal files.* |

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|-------------------------------|---------------------|--------|--------|-------|---|
| <i>Phaseolus vulgaris</i> | Fruit | 0.2 | 14.0 | -0.91 | * |
| <i>Pimpinella anisum</i> | Tissue Culture | -- | -- | | * |
| <i>Pimpinella anisum</i> | Leaf | -- | -- | | * |
| <i>Pimpinella anisum</i> | Root | -- | -- | | * |
| <i>Piper nigrum</i> | Resin, Exudate, Sap | -- | 1000.0 | | * |
| <i>Piper nigrum</i> | Fruit | -- | 0.054 | -1.12 | Charalambous, G. (Ed.). 1994. Spices, Herbs and Edible Fungi. Elsevier Science B. V. Amsterdam. 764 pp. |
| <i>Pistacia vera</i> | Seed | 52.0 | 54.0 | -0.56 | * |
| <i>Populus nigra</i> | Inflorescence | -- | -- | | * |
| <i>Prunus dulcis</i> | Seed | 150.0 | 275.0 | 0.14 | * |
| <i>Prunus domestica</i> | Fruit | 8.0 | 62.0 | -0.17 | * |
| <i>Prunus persica</i> | Fruit | 10.0 | 86.0 | 0.2 | * |
| <i>Prunus cerasus</i> | Fruit | 1.3 | 9.4 | -0.98 | * |
| <i>Psoralea corylifolia</i> | Seed | -- | -- | | * |
| <i>Pyrus communis</i> | Fruit | 0.6 | 31.0 | -0.64 | * |
| <i>Rheum rhabarbarum</i> | Leaf | 1197.0 | 1238.0 | 3.07 | * |
| <i>Rheum rhabarbarum</i> | Pt | 2.0 | 48.0 | -1.0 | * |
| <i>Ribes rubrum</i> | Fruit | 8.0 | 59.0 | -0.21 | * |
| <i>Ribes nigrum</i> | Fruit | 22.0 | 120.0 | 0.73 | * |
| <i>Ricinus communis</i> | Oil | -- | 9.0 | -0.69 | * |
| <i>Rosa canina</i> | Fruit | 41.0 | 204.0 | 2.02 | * |
| <i>Rosmarinus officinalis</i> | Leaf | -- | -- | | * |
| <i>Rubus idaeus</i> | Fruit | 9.0 | 56.0 | -0.26 | * |
| <i>Sesamum indicum</i> | Seed Oil | -- | -- | | * |
| <i>Sesamum indicum</i> | Seed | 22.0 | 24.0 | -0.65 | USDA's Ag Handbook 8 and sequelae) |
| <i>Solanum tuberosum</i> | Tuber | 0.5 | 2.8 | | USDA's Ag Handbook 8 and sequelae) |
| <i>Spinacia oleracea</i> | Leaf | 12.0 | 419.0 | 0.29 | * |
| <i>Taraxacum officinale</i> | Leaf | -- | 170.0 | -0.55 | Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin. |
| <i>Trifolium pratense</i> | Plant | -- | -- | | * |
| <i>Trifolium pratense</i> | Inflorescence | 126.0 | 400.0 | | * |
| <i>Triticum aestivum</i> | Seed | -- | 1271.0 | 3.31 | * |
| <i>Triticum aestivum</i> | Oil | 1508.0 | 2170.0 | 2.51 | * |
| <i>Urtica dioica</i> | Seed | 230.0 | 380.0 | 0.48 | 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>Urtica dioica</i> | Leaf | 16.0 | 94.0 | -0.81 | * |
| <i>Vaccinium macrocarpon</i> | Fruit | 9.0 | 81.0 | 0.13 | * |
| <i>Vaccinium corymbosum</i> | Fruit | 18.0 | 116.0 | 0.66 | * |

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|-----------------------|----------|------|-------|-------|---|
| Valeriana officinalis | Flower | -- | 221.0 | 1.0 | * |
| Vitis vinifera | Fruit | 6.0 | 31.0 | -0.64 | * |
| Zea mays | Fruit | -- | -- | | * |
| Zea mays | Seed Oil | -- | -- | | * |
| Zea mays | Oil | 90.0 | 257.0 | -0.32 | * |
| Zea mays | Seed | -- | -- | | * |