

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
Abelmoschus esculentus	Oil	--	310.0	-0.24	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abelmoschus esculentus	Seed	--	304.0	0.23	Wealth of India.
Allium ampeloprasum	Plant	--	--		*
Allium sativum var. sativum	Bulb	0.1	12.0	-1.0	*
Allium cepa	Seed Oil	--	--		Grujic-Injac, B., Basarevic-Dinic, L., Lajsic, S., Stefanovic, D. 1985. Chemical Analysis of Seed Oil of the Onion (Allium cepa). Hrana Ishrana, 25: 167-169 (Inst Ishr Vet Fak Belgrade, Yugoslavia)
Allium cepa	Bulb	0.4	30.0	1.0	*
Ananas comosus	Fruit	1.0	7.0	-1.01	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Leaf	16.0	147.0	-0.63	*
Angelica sinensis	Root	--	--		Jim Duke's personal files.
Apium graveolens	Seed	--	--		*
Apium graveolens	Plant	--	64.0	-1.0	*
Apium graveolens	Shoot	--	64.0		*
Apium graveolens	Leaf	136.0	266.0	-0.23	*
Apium graveolens	Pt	3.0	67.0	1.0	*
Arachis hypogaea	Seed	83.0	116.0	-0.36	*
Arachis hypogaea	Oil	--	89.0	-0.57	*
Aspalathus linearis	Plant	--	--		*
Avena sativa	Seed	4.4	10.1	-0.7	Jim Duke's personal files.*
Berberis vulgaris	Leaf	--	213.0	-0.41	Jim Duke's personal files.
Beta vulgaris	Root	0.5	3.6	-1.18	*
Beta vulgaris	Leaf	321.0	439.0	0.36	Jim Duke's personal files.*
Brassica oleracea var. gemmifera	Leaf	4.0	63.0	-0.92	*

Brassica rapa	Oil	--	189.0	-0.42	*
Brassica oleracea var. botrytis l.	Flower	0.3	4.0	-1.0	*
Brassica oleracea var. italica	Leaf	7.0	439.0	0.36	*
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 rapa	Leaf	2.0	56.0	-0.94	*
Brassica oleracea var. capitata l.	Leaf	0.4	170.0	-0.55	*
Brassica chinensis	Leaf	2.0	56.0	-0.94	*
Brassica oleracea var. sabellica l.	Stem	9.0	16.0		*
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 paradisi	Fruit	3.0	29.0	-0.68	*
Citrus sinensis	Fruit	4.0	29.0	-0.68	*
Citrus reticulata	Fruit	3.0	31.0	-0.64	*
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	Essential Oil	--	--		*
Corylus avellana	Seed	--	240.0	0.03	*
Cucumis melo	Fruit	1.4	14.0	-0.91	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	0.4	38.0	-0.54	*
Cucurbita pepo	Stem	--	--		*
Cucurbita pepo	Fruit	10.0	119.0	0.71	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Leaf	--	--		*
Curcuma longa	Root	11.0	18.0	-0.09	*
Daucus carota	Leaf	--	788.0	1.55	*
Daucus carota	Root	4.0	36.0	1.27	*
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	*

Glycine max	Seed	8.0	19.0	-0.67	*
Glycine max	Oil	--	95.0	-0.56	*
Glycine max	Seed Coat	--	--		*
Glycine max	Leaf	29.0	280.0	-0.18	Jim Duke's personal files.*
Glycine max	Cotyledon	--	--		*
Hedera helix	Leaf	--	--		*
Helianthus annuus	Oil	--	622.0	0.22	*
Hibiscus sabdariffa	Seed	--	500.0	0.86	*
Hordeum vulgare	Tissue Culture	--	--		*
Hordeum vulgare	Seed	3.0	11.0	-0.7	Jim Duke's personal files.*
Hordeum vulgare	Leaf	--	--		*
Hordeum vulgare	Sprout Seedling	--	--		*
Hordeum vulgare	Root	--	--		*
Humulus lupulus	Strobilus	--	--		*
Juglans regia	Seed	--	135.0	-0.3	*
Lactuca scariola	Seed	--	--		*
Lactuca sativa	Fruit	6.0	139.0	1.02	*
Lepidium sativum	Leaf	7.0	66.0	-0.91	*
Lepidium sativum	Oil	--	1830.0	2.0	*
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	Leaf	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Mentha x piperita	Plant	--	--		*
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.*

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

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