

# List of Plants

## ASCORBIC-ACID

### Chemid

ASCORBICACID

### Dosage

LD50=518 (ivn mus) Jim Duke's personal files.

PTD=1-5 g

RDA=60-100 mg/man/day

RDA=30-95 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	Plant	190.0	2340.0	-0.04	*
Abelmoschus esculentus	Fruit	130.0	2340.0	-0.14	*
Acacia senegal	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Acacia nilotica	Plant	--	--		*
Acacia farnesiana	Leaf	490.0	2636.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	1470.0	7540.0	0.26	Wealth of India.
Achillea millefolium	Plant	119.0	672.0	-0.44	*
Achillea millefolium	Leaf	580.0	3100.0	-0.16	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Acorus calamus	Plant	--	--		*
Actaea racemosa	Root	--	21.0	-0.63	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	750.0	6370.0	0.11	*
Aegle marmelos	Fruit	80.0	1330.0	-0.2	*
Aesculus hippocastanum	Leaf	--	147.2	-0.43	Jim Duke's personal files.
Aesculus hippocastanum	Seed	--	24.0	-0.32	Jim Duke's personal files.
Agathosma betulina	Leaf	--	4900.0	0.01	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Albizia lebbek	Seed	--	17.0	-0.33	Wealth of India.
Aleurites moluccana	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alliaria petiolata	Plant	--	--		*
Allium sativum var. sativum	Bulb	100.0	788.0		*
Allium ampeloprasum	Root	170.0	1241.0	0.06	*
Allium sativum var. sativum	Shoot	420.0	1883.0	-0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Allium sativum var. sativum	Leaf	390.0	2868.0	-0.18	*
Allium cepa	Leaf	390.0	5000.0	0.02	*
Allium ampeloprasum	Leaf	170.0	3019.0	-0.16	*
Allium sativum var. sativum	Root	--	--		*
Allium sativum var. sativum	Flower	440.0	3793.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	--	--		*
Allium ampeloprasum	Flower	400.0	2367.0	-0.11	*
Allium schoenoprasum	Leaf	57.0	9875.0	0.47	*
Alocasia macrorrhiza	Root	--	572.0	-0.32	*
Alocasia macrorrhiza	Leaf	--	50.0	-0.44	*
Aloe spp.	Leaf	31.0	6260.0	0.14	*
Aloe vera	Leaf	--	6260.0	0.14	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	260.0	1844.0	1.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	177.0	1640.0	0.29	*
Althaea officinalis	Seed	--	1640.0	0.65	*
Amaranthus spinosus	Leaf	98.0	5030.0	0.02	*
Amaranthus sp.	Leaf	345.0	6263.0	0.14	*
Amorphophallus campanulatus	Root	15.0	279.0	-0.49	*
Anacardium occidentale	Fruit	252.0	17500.0	0.8	*
Anacardium occidentale	Seed	20.0	21.0	-0.33	*
Anacardium occidentale	Leaf	890.0	2957.0	-0.17	*
Ananas comosus	Fruit	148.0	4178.0	-0.02	*
Anethum graveolens	Seed	--	1150.0	0.35	*
Anethum graveolens	Plant	1214.0	1440.0	-0.26	*
Angelica sinensis	Root	67.0	304.0	-0.47	*
Annona cherimola	Fruit	50.0	725.0	-0.24	*
Annona squamosa	Fruit	340.0	1600.0	-0.19	*
Annona reticulata	Fruit	150.0	1400.0	-0.2	*
Annona glabra	Fruit	210.0	1590.0	-0.19	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona diversifolia	Fruit	--	140.0	-0.28	J Cell Biochem VOL. 22=1995
Annona muricata	Fruit	190.0	1540.0	-0.19	*
Apium graveolens	Shoot	17.0	129.0	-0.36	*
Apium graveolens	Seed	171.0	1700.0	0.68	*

<i>Apium graveolens</i>	Pt	58.0	2778.0	-0.26	*
<i>Apium graveolens</i>	Fruit	357.0	1700.0	-0.18	*
<i>Apium graveolens</i>	Plant	17.0	129.0	-0.56	*
<i>Arachis hypogaea</i>	Seed	--	190.0	-0.22	*
<i>Arachis hypogaea</i>	Leaf	980.0	4558.0	-0.02	*
<i>Aralia cordata</i>	Leaf	50.0	1065.0	-0.35	*
<i>Arctium lappa</i>	Root	20.0	85.0	-0.6	*
<i>Arctostaphylos uva-ursi</i>	Leaf	22.0	191.0	-0.43	*
<i>Areca catechu</i>	Seed	--	--		*
<i>Armoracia rusticana</i>	Leaf	2440.0	4560.0	-0.02	*
<i>Armoracia rusticana</i>	Root	1800.0	10000.0	5.07	*
<i>Armoracia rusticana</i>	Plant	1220.0	18200.0	3.68	*
<i>Arracacia xanthorrhiza</i>	Root	310.0	1070.0	-0.03	*
<i>Artemisia vulgaris</i>	Leaf	720.0	5670.0	0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia dracunculus</i>	Leaf	--	588.0	-0.39	*
<i>Artemisia absinthium</i>	Leaf	1200.0	2600.0	-0.2	*
<i>Artocarpus heterophyllus</i>	Fruit	45.0	435.0	-0.26	*
<i>Artocarpus altilis</i>	Seed	65.0	275.0	-0.17	*
<i>Artocarpus altilis</i>	Fruit	150.0	985.0	-0.22	*
<i>Asimina triloba</i>	Fruit	76.0	893.0	-0.23	*
<i>Aspalathus linearis</i>	Shoot	157.0	94000.0	4.18	*
<i>Asparagus officinalis</i>	Root	398.0	3976.0	1.63	*
<i>Asparagus officinalis</i>	Shoot	100.0	5714.0	-0.09	*
<i>Astragalus membranaceus</i>	Root	--	--		*
<i>Avena sativa</i>	Plant	26.0	120.0	-0.57	*
<i>Averrhoa bilimbi</i>	Fruit	160.0	4665.0	0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Averrhoa carambola</i>	Fruit	200.0	4935.0	0.02	*
<i>Bacopa monnieri</i>	Shoot	--	630.0	-0.34	Wealth of India.
<i>Bactris gasipaes</i>	Fruit	110.0	828.0	-0.23	*
<i>Balanites aegyptiacus</i>	Fruit	--	390.0	-0.26	*
<i>Barosma betulina</i>	Leaf	--	4900.0	0.01	*
<i>Basella alba</i>	Leaf	1020.0	14785.0	0.93	*
<i>Benincasa hispida</i>	Fruit	130.0	6750.0	0.14	*
<i>Berberis vulgaris</i>	Leaf	--	--		Jim Duke's personal files.

Berberis vulgaris	Bark	--	--		*
Berberis vulgaris	Fruit	1560.0	3800.0	-0.05	*
Berberis vulgaris	Root	--	--	-0.65	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	--	7.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	120.0	3696.0	-0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	50.0	868.0	-0.15	*
Bixa orellana	Fruit	20.0	130.0	-0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	780.0	2735.0	1.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	260.0	1530.0		*
Boehmeria nivea	Leaf	730.0	5615.0	0.08	*
Borago officinalis	Shoot	--	39.0	-0.37	Jim Duke's personal files.
Borago officinalis	Leaf	30.0	5005.0	0.02	*
Brassica oleracea var. capitata l.	Leaf	190.0	6774.0	0.18	*
Brassica nigra	Leaf	234.0	4013.0	-0.07	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Flower	660.0	9300.0	2.03	*
Brassica rapa	Leaf	450.0	9713.0	0.46	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	250.0	2415.0	0.73	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	1200.0	7720.0	0.27	*
Brassica oleracea var. gemmifera	Leaf	720.0	6069.0	0.12	*
Brassica oleracea var. italica	Leaf	911.0	10360.0	0.52	*
Brassica chinensis	Leaf	450.0	9713.0	0.46	*
Brassica rapa	Root	210.0	2580.0	0.83	*
Brassica oleracea var. viridis l.	Leaf	233.0	3819.0	-0.09	*
Brassica oleracea var. botrytis l.	Leaf	911.0	10360.0	0.52	*
Brassica oleracea	Stem	620.0	6890.0	1.26	*
Bromelia pinguin	Shoot	192.0	3430.0	-0.21	*
Brosimum alicastrum	Fruit	280.0	1750.0	-0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	132.0	1200.0	0.04	*
Byrsonima crassifolia	Fruit	840.0	9275.0	0.29	*
Cajanus cajan	Seed	--	1279.0	0.43	*

<i>Cajanus cajan</i>	Fruit	320.0	1601.0	-0.18	*
<i>Calathea macrosepala</i>	Flower	70.0	910.0	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Calendula officinalis</i>	Flower	1330.0	3100.0	0.12	*
<i>Camellia sinensis</i>	Leaf	--	--		*
<i>Canavalia ensiformis</i>	Seed	--	23.0	-0.32	*
<i>Canavalia ensiformis</i>	Fruit	320.0	1488.0	-0.19	*
<i>Canna indica</i>	Root	70.0	210.0	-0.53	*
<i>Cannabis sativa</i>	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capparis spinosa</i>	Leaf	--	710.0	-0.38	Wealth of India.
<i>Capparis spinosa</i>	Flower	260.0	2300.0	-0.13	*
<i>Capparis spinosa</i>	Fruit	--	1335.0	-0.2	Wealth of India.
<i>Capsella bursa-pastoris</i>	Plant	360.0	5500.0	0.7	*
<i>Capsicum frutescens</i>	Fruit	350.0	23000.0	1.15	*
<i>Capsicum annum</i>	Fruit	230.0	20982.0	1.02	*
<i>Carica pentagona</i>	Fruit	290.0	4265.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Leaf	1400.0	6222.0	0.13	*
<i>Carica papaya</i>	Fruit	640.0	4741.0	0.01	*
<i>Carthamus tinctorius</i>	Seed	--	--	-0.34	*
<i>Carthamus tinctorius</i>	Flower	14.0	100.0	-0.8	*
<i>Carya illinoensis</i>	Seed	20.0	21.0	-0.33	*
<i>Casimiroa edulis</i>	Fruit	230.0	1395.0	-0.2	*
<i>Catha edulis</i>	Leaf	--	1610.0	-0.29	*
<i>Caulophyllum thalictroides</i>	Root	5.7	51.5	-0.62	*
<i>Centella asiatica</i>	Plant	--	138.0	-0.56	*
<i>Centella asiatica</i>	Leaf	40.0	374.0	-0.41	*
<i>Cephaelis ipecacuanha</i>	Plant	--	--		*
<i>Chamaemelum nobile</i>	Flower	--	267.0	-0.75	*
<i>Chenopodium ambrosioides</i>	Leaf	110.0	1020.0	-0.35	*
<i>Chenopodium album</i>	Plant	600.0	9000.0	1.52	*
<i>Chondrus crispus</i>	Plant	--	130.0	-0.56	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum coronarium</i>	Leaf	270.0	4155.0	-0.06	*
<i>Chrysanthemum coronarium</i>	Bud	370.0	4975.0		*
<i>Chrysanthemum parthenium</i>	Plant	--	330.0	-0.52	*
<i>Chrysanthemum parthenium</i>	Leaf	59.0	330.0	-0.41	*
<i>Chrysobalanus icaco</i>	Fruit	90.0	1420.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Chrysophyllum cainito</i>	Fruit	30.0	640.0	-0.24	*
<i>Cicer arietinum</i>	Seed	30.0	56.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	462.0	9302.0	0.42	*
<i>Cichorium intybus</i>	Root	50.0	250.0	-0.5	*
<i>Cichorium intybus</i>	Leaf	100.0	2040.0	-0.25	*
<i>Cimicifuga racemosa</i>	Root	28.0	135.0	-0.57	*
<i>Cinnamomum verum</i>	Bark	--	309.0	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cinnamomum aromaticum</i>	Bark	--	309.0	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrullus lanatus</i>	Fruit	--	94.0	-0.28	*
<i>Citrullus colocynthis</i>	Fruit	--	122.0	-0.28	*
<i>Citrus limon</i>	Fruit Juice	--	--		Jim Duke's personal files.
<i>Citrus reticulata</i>	Fruit	280.0	3684.0	-0.06	*
<i>Citrus mitis</i>	Fruit	884.0	11130.0	0.41	*
<i>Citrus paradisi</i>	Fruit	337.0	3862.0	-0.04	*
<i>Citrus limon</i>	Fruit	5208.0	5566.0	0.06	*
<i>Citrus aurantium</i>	Leaf	--	3000.0	-0.17	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
<i>Citrus mitis</i>	Fruit Juice	300.0	445.0	1.0	*
<i>Citrus sinensis</i>	Fruit	500.0	4071.0	-0.03	*
<i>Citrus aurantiifolia</i>	Fruit	291.0	4444.0	-0.01	*
<i>Citrus aurantium</i>	Fruit	420.0	3947.0	-0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cnicus benedictus</i>	Plant	4.0	30.0	-0.59	*
<i>Cnidocolus chayamansa</i>	Leaf	1960.0	12200.0	0.69	*
<i>Coccinia grandis</i>	Fruit	280.0	4058.0	-0.03	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cocos nucifera</i>	Seed	20.0	88.0	-0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coix lacryma-jobi</i>	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cola acuminata</i>	Seed	540.0	1456.0	0.54	*
<i>Colocasia esculenta</i>	Root	--	325.0	-0.46	*
<i>Colocasia esculenta</i>	Leaf	69.0	3625.0	-0.11	*
<i>Corchorus olitorius</i>	Leaf	370.0	4080.0	-0.07	*
<i>Coriandrum sativum</i>	Leaf	780.0	6290.0	0.14	*
<i>Coriandrum sativum</i>	Fruit	--	920.0	-0.23	*
<i>Corylus avellana</i>	Seed	10.0	22.0	-0.33	*
<i>Corylus avellana</i>	Leaf	--	--		*
<i>Crataegus rhipidophylla</i>	Leaf	--	1800.0	-0.28	*
<i>Crataegus laevigata</i>	Leaf	166.4	1800.0	-0.28	*

<i>Crataegus laevigata</i>	Fruit	24.0	85.0	-0.28	*
<i>Crataegus rhipidophylla</i>	Fruit	--	85.0	-0.28	*
<i>Cucumis melo</i>	Fruit	397.0	4370.0	-0.01	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita</i> spp	Fruit	148.0	2340.0	-0.14	*
<i>Cucurbita pepo</i>	Fruit	90.0	1071.0	-0.22	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Flower	280.0	5773.0	0.94	USDA's Ag Handbook 8 and sequelae)
<i>Cuminum cyminum</i>	Tissue Culture	--	--		*
<i>Cuminum cyminum</i>	Fruit	--	76.0	-0.28	*
<i>Cuminum cyminum</i>	Seed	--	76.0	-0.29	*
<i>Curcuma longa</i>	Rhizome	--	293.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Curcuma longa</i>	Plant	--	--		*
<i>Cyamopsis tetragonoloba</i>	Shoot	--	2800.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Fruit	--	490.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	140.0	2800.0	-0.11	*
<i>Cydonia oblonga</i>	Fruit	100.0	960.0	-0.22	*
<i>Cynara cardunculus</i>	Flower	--	828.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyperus rotundus</i>	Root	--	90.0	-0.59	*
<i>Cyphomandra betacea</i>	Fruit	223.0	2060.0	-0.16	*
<i>Cyrtosperma chamissonis</i>	Root	--	762.0	-0.21	*
<i>Datura metel</i>	Leaf	--	2220.0	-0.24	*
<i>Datura stramonium</i>	Plant	--	--		*
<i>Daucus carota</i>	Root	91.0	775.0	-0.2	*
<i>Dioscorea alata</i>	Root	--	100.0	-0.59	*
<i>Dioscorea</i> sp.	Root	--	194.0	-0.54	*
<i>Dioscorea villosa</i>	Root	110.0	460.0	-0.38	*
<i>Dioscorea villosa</i>	Rhizome	--	149.0	-0.56	*
<i>Dioscorea pentaphylla</i>	Root	26.0	140.0	-0.57	*
<i>Diospyros virginiana</i>	Fruit	660.0	1855.0	-0.17	*
<i>Diospyros digyna</i>	Fruit	1915.0	9330.0	0.3	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Duchesnea indica</i>	Leaf	--	--		*
<i>Durio zibethinus</i>	Fruit	240.0	1270.0	-0.21	*
<i>Echinacea</i> spp	Root	--	843.0	-0.16	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Echinacea purpurea</i>	Root	212.0	843.0	-0.16	*
<i>Echinacea</i> spp	Leaf	--	2140.0	-0.25	Economic & Medicinal Plant Research, 5: 253.
<i>Elaeagnus commutata</i>	Fruit	100.0	725.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Elaeagnus angustifolia</i>	Fruit	40.0	500.0	-0.25	*
<i>Elaeagnus umbellatus</i>	Fruit	10.0	57.0	-0.28	*
<i>Elaeis guineensis</i>	Fruit	120.0	163.0	-0.27	*
<i>Eleocharis dulcis</i>	Tuber	40.0	317.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	42.0	200.0	-0.53	*
<i>Ephedra sinica</i>	Plant	151.0	721.0	-0.42	*
<i>Equisetum arvense</i>	Plant	45.0	208.0	-0.54	*
<i>Eriobotrya japonica</i>	Fruit	10.0	840.0	-0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	0.4	1.7	-0.44	*
<i>Eryngium floridanum</i>	Shoot	--	1958.0	-0.28	*
<i>Erythrina fusca</i>	Leaf	30.0	780.0	-0.37	*
<i>Erythrina berteroana</i>	Shoot	370.0	2340.0	-0.26	*
<i>Erythroxylum coca</i>	Leaf	14.0	15.0	-0.44	*
<i>Eugenia uniflora</i>	Fruit	140.0	2115.0	-0.15	*
<i>Eugenia brasiliensis</i>	Fruit	188.0	1290.0	-0.2	*
<i>Eugenia floribunda</i>	Fruit	230.0	1785.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eupatorium perfoliatum</i>	Plant	--	--		*
<i>Euphorbia hirta</i>	Leaf	--	443.0	-0.4	*
<i>Euphrasia officinalis</i>	Plant	10.0	67.0	-0.58	*
<i>Fagopyrum esculentum</i>	Seed	--	--	-0.34	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Feijoa sellowiana</i>	Fruit	280.0	1750.0	-0.18	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Leaf	1050.0	3300.0	-0.14	*
<i>Ficus carica</i>	Fruit	20.0	2013.0	-0.16	*
<i>Filipendula ulmaria</i>	Flower	--	--		*
<i>Filipendula ulmaria</i>	Plant	--	--		*
<i>Foeniculum vulgare</i>	Fruit	--	--		*
<i>Foeniculum vulgare</i>	Seed	--	--	-0.34	*
<i>Foeniculum vulgare</i>	Plant	340.0	3148.0	0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Foeniculum vulgare</i>	Leaf	--	123600.0	11.02	Jim Duke's personal files.
<i>Fragaria spp</i>	Fruit	400.0	6948.0	0.15	*
<i>Fragaria spp</i>	Leaf	3190.0	4350.0	-0.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Frangula purshiana</i>	Bark	--	--	-1.01	*
<i>Fucus vesiculosus</i>	Plant	30.0	258.0	-0.53	*
<i>Garcinia mangostana</i>	Fruit	10.0	255.0	-0.27	*



Genipa americana	Fruit	330.0	1020.0	-0.22	*
Gentiana lutea	Root	40.0	183.0	-0.54	*
Ginkgo biloba	Leaf	--	--		*
Ginkgo biloba	Fruit	--	640.0	-0.24	Jim Duke's personal files.
Ginkgo biloba	Seed	150.0	545.0	-0.01	*
Gliricidia sepium	Leaf	440.0	3145.0	-0.15	*
Glycine max	Sprout Seedling	100.0	949.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	--	849.0	0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	290.0	942.0	-0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	98.0	626.0	-0.29	*
Gymnema sylvestre	Leaf	152.0	800.0	-0.37	*
Harpagophytum procumbens	Root	--	--		*
Helianthus tuberosus	Tuber	40.0	306.0	-0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	22.0	200.0	-0.77	*
Hibiscus rosa-sinensis	Flower	40.0	405.0	-0.71	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Fruit	540.0	3750.0	-0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hippophae rhamnoides	Fruit	500.0	14000.0	0.59	*
Hippophae rhamnoides	Leaf	1500.0	3400.0	-0.13	*
Hordeum vulgare	Stem	--	3300.0	-0.07	*
Hordeum vulgare	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Humulus lupulus	Flower	332.0	1782.0	-0.29	*
Humulus lupulus	Fruit	--	1782.0	-0.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrangea arborescens	Root	--	--		*
Hydrastis canadensis	Root	189.0	681.0	-0.26	*
Hylocereus undatus	Fruit	80.0	515.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hylocereus guatemalensis	Fruit	80.0	515.0	-0.25	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hypericum perforatum	Plant	--	1300.0	-0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hypericum perforatum	Shoot	--	16.5	-0.37	*
Hypericum perforatum	Leaf	--	--		*
Hypericum perforatum	Seed	--	395.0	-0.1	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
Inga edulis	Seed	130.0	355.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inula helenium	Root	4.4	20.0	-0.63	*

<i>Inula helenium</i>	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Ipomoea aquatica</i>	Leaf	320.0	7300.0	0.23	*
<i>Ipomoea batatas</i>	Root	201.0	1186.0	0.03	*
<i>Ipomoea batatas</i>	Leaf	210.0	4234.0	-0.05	*
<i>Iris x germanica</i>	Flower	--	4200.0	0.46	*
<i>Iris x germanica</i>	Root	--	870.0	-0.15	*
<i>Iris x germanica</i>	Leaf	--	4860.0	0.01	*
<i>Juglans nigra</i>	Hull Husk	--	--		*
<i>Juglans regia</i>	Seed	--	52.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans nigra</i>	Fruit	--	--	-0.28	*
<i>Juglans regia</i>	Leaf	8000.0	13000.0	0.76	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Juglans regia</i>	Fruit	4500.0	15000.0	0.65	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Juglans nigra</i>	Pericarp	--	--		*
<i>Juniperus communis</i>	Leaf	--	600.0	-0.39	*
<i>Juniperus communis</i>	Fruit	--	--		*
<i>Justicia pectoralis</i>	Leaf	280.0	1867.0	-0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	--	1063.0	0.3	*
<i>Lablab purpureus</i>	Fruit	7.7	63.6	-0.28	*
<i>Lactuca sativa</i>	Leaf	180.0	3000.0	-0.17	*
<i>Lagenaria siceraria</i>	Leaf	50.0	330.0	-0.41	*
<i>Lagenaria siceraria</i>	Fruit	101.0	2265.0	-0.14	*
<i>Larrea tridentata</i>	Plant	250.0	760.0	-0.42	*
<i>Lens culinaris</i>	Sprout Seedling	148.0	605.0	-0.6	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	42.0	70.0	-0.3	*
<i>Leonurus cardiaca</i>	Plant	--	42.0	-0.58	*
<i>Lepidium meyenii</i>	Root	25.0	2860.0	0.99	*
<i>Lepidium sativum</i>	Leaf	690.0	6510.0	0.16	*
<i>Licania platypus</i>	Fruit	110.0	1005.0	-0.22	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Limonia acidissima</i>	Fruit	20.0	65.0	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Lobelia inflata</i>	Leaf	255.0	2252.0	-0.23	*
<i>Luffa aegyptiaca</i>	Fruit	120.0	2400.0	-0.14	*
<i>Luffa aegyptiaca</i>	Leaf	950.0	9596.0	0.45	*
<i>Lycium chinense</i>	Leaf	80.0	769.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lycium chinense</i>	Fruit	--	425.0	-0.26	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>Lycopersicon esculentum</i>	Fruit	50.0	2952.0	-0.1	*

Lycopus europeus	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Macadamia spp	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maclura pomifera	Fruit	30.0	150.0	-0.28	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Malpighia glabra	Fruit	16228.0	172231.0	10.42	*
Malus domestica	Fruit	20.0	402.0	-0.26	*
Malva parviflora	Plant	454.0	4745.0	0.52	*
Malva neglecta	Leaf	--	1175.0	-0.33	*
Malva sylvestris	Leaf	240.0	2855.0	-0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mammea americana	Fruit	100.0	1515.0	-0.19	*
Mangifera indica	Leaf	530.0	2430.0	-0.22	*
Mangifera indica	Fruit	30.0	1760.0	-0.18	*
Manihot esculenta	Root	97.0	1530.0	0.23	*
Manihot esculenta	Leaf	800.0	10000.0	0.48	*
Manilkara zapota	Fruit	90.0	625.0	-0.25	*
Maranta arundinacea	Root	70.0	215.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Marrubium vulgare	Flower	--	--		*
Marrubium vulgare	Plant	--	--		*
Matricaria recutita	Plant	--	--		Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Mauritia flexuosa	Fruit	--	--	-0.28	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	276.0	1470.0	-0.25	*
Medicago sativa	Leaf	--	--		*
Melicoccus bijugatas	Fruit	8.0	230.0	-0.27	*
Mentha x piperita	Leaf	30.0	201.0	-0.43	*
Mentha spicata	Leaf	135.0	9200.0	0.41	USDA's Ag Handbook 8 and sequelae)
Menyanthes trifoliata	Leaf	--	2047.0	-0.25	*
Mimosa pudica	Leaf	180.0	2570.0	-0.21	*
Mimulus glabratus	Shoot	220.0	2200.0	-0.26	*
Momordica charantia	Leaf	1700.0	12412.0	0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	570.0	36447.0	1.98	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	520.0	2320.0	-0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Leaf	2200.0	8800.0	0.37	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Fruit	--	1200.0	-0.21	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Moringa oleifera	Shoot	517.0	2425.0	-0.25	USDA's Ag Handbook 8 and sequelae)
Morus alba	Leaf	2000.0	3000.0	-0.17	*
Morus alba	Fruit	50.0	1040.0	-0.22	*

Muntingia calabura	Fruit	805.0	3795.0	-0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	40.0	445.0	-0.4	*
Murraya sp	Fruit	161.0	596.0	-0.25	*
Musa x paradisiaca	Fruit	161.0	596.0	-0.25	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Hull Husk	--	1380.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria dubia	Fruit	--	--		Jim Duke's personal files.
Myrciaria cauliflora	Fruit	170.0	1770.0	-0.17	*
Myrica cerifera	Bark	143.0	656.0	1.41	*
Nandina domestica	Leaf	--	100.0	-0.43	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nasturtium officinale	Herb	430.0	13690.0	1.0	*
Nasturtium officinale	Shoot	--	370.0	-0.35	*
Nelumbo nucifera	Seed	--	--		*
Nelumbo nucifera	Rhizome	--	15.0	-0.76	*
Nepeta cataria	Plant	--	--		*
Nigella sativa	Leaf	--	2577.0	-0.2	*
Ocimum tenuiflorum	Leaf	--	830.0	-0.37	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Leaf	--	830.0	-0.37	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Leaf	27.0	2000.0	-0.26	*
Opuntia ficus-indica	Fruit	65.0	1690.0	-0.18	*
Opuntia ficus-indica	Flower	--	940.0	-0.55	*
Origanum vulgare	Plant	--	--		*
Origanum majorana	Plant	514.0	555.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	--	--		*
Oxalis tuberosa	Root	370.0	2284.0	0.66	*
Pachira macrocarpa	Seed	240.0	255.0	-0.19	*
Pachyrhizus erosus	Plant	140.0	1845.0	-0.16	*
Panax quinquefolius	Plant	--	39.0	-0.58	*
Panax ginseng	Root	--	--	-0.65	*
Panax ginseng	Leaf	--	--		*
Papaver somniferum	Fruit	--	1120.0	-0.21	*
Papaver somniferum	Seed	--	--	-0.34	*
Papaver somniferum	Tissue Culture	--	--		*
Parthenium integrifolium	Root	--	--		*
Passiflora quadrangularis	Seed	150.0	695.0	0.08	*
Passiflora foetida	Fruit	150.0	835.0	-0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Passiflora quadrangularis</i>	Fruit	150.0	2680.0	-0.12	*
<i>Passiflora mollissima</i>	Fruit	700.0	8750.0	0.26	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora edulis</i>	Fruit	300.0	1205.0	-0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Flower	11.0	100.0	-0.8	*
<i>Passiflora ligularis</i>	Fruit	108.0	950.0	-0.23	*
<i>Pastinaca sativa</i>	Root	160.0	830.0	-0.17	*
<i>Peperomia pereskiiifolia</i>	Leaf	50.0	335.0	-0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	100.0	1280.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	20.0	1250.0	-0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root	112.0	302.0	-0.47	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>Perilla frutescens</i>	Flower	--	--		Lamparska, K. 1966. Studies on Vitamin C Dynamics in <i>Perilla ocyimoides</i> and in <i>Calendula officinalis</i> Grown in Short and Long Day Conditions. Zesz Nauk Uniw Mikolaja Kopernika Toruniu Biol, 8: 69-.
<i>Perilla frutescens</i>	Seed	--	200.0	-0.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	460.0	3286.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	65.0	994.0	-0.22	*
<i>Persea schiedeana</i>	Fruit	57.0	698.0	-0.24	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	315.0	5725.0	1.66	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Fruit	--	1220.0	-0.21	*
<i>Petroselinum crispum</i>	Shoot	--	--		*
<i>Petroselinum crispum</i>	Plant	430.0	7695.0	1.21	*
<i>Petroselinum crispum</i>	Leaf	--	--		*
<i>Phaseolus vulgaris</i>	Fruit	10.0	2389.0	-0.14	*
<i>Phaseolus coccineus</i>	Fruit	--	270.0	-0.27	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus acutifolius</i>	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	--	177.0	-0.23	*
<i>Phaseolus lunatus</i>	Sprout Seedling	70.0	194.0	-0.93	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	--	952.0	0.23	*
<i>Phaseolus vulgaris</i>	Leaf	1100.0	8333.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Seed	--	23.0	-0.32	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Sprout Seedling	387.0	4161.0	2.25	USDA's Ag Handbook 8 and sequelae)
<i>Phoenix dactylifera</i>	Fruit	--	750.0	-0.24	*

Phragmites australis	Leaf	2000.0	9100.0	0.4	*
Phyllanthus emblica	Plant	--	15610.0	3.07	*
Phyllanthus acidus	Fruit	20.0	1279.0	-0.2	*
Phyllanthus emblica	Fruit	110.0	27293.0	1.41	*
Physalis ixocarpa	Fruit	20.0	460.0	-0.26	*
Physalis alkekingi	Fruit	--	4000.0	-0.04	*
Physalis peruviana	Fruit	365.0	2865.0	-0.11	*
Phytolacca americana	Shoot	1360.0	16184.0	0.41	*
Pimenta dioica	Leaf	2012.0	2067.0	-0.25	*
Pimenta dioica	Fruit	--	426.0	-0.26	*
Pimpinella anisum	Seed	8.0	9.0	-0.33	*
Pimpinella anisum	Fruit	8.0	9.0	-0.28	*
Pinus edulis	Seed	20.0	21.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Pinus sylvestris	Leaf	--	3000.0	-0.17	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Pinus cembroides	Seed	--	10.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper auritum	Leaf	490.0	3370.0	-0.13	*
Piper nigrum	Fruit	--	10.0	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Piper betel	Leaf	43.0	2130.0	-0.25	*
Pisum sativum	Fruit	600.0	5935.0	0.08	*
Pisum sativum	Sprout Seedling	--	1650.0	0.24	*
Pisum sativum	Seed	44.0	1892.0	0.8	*
Plantago major	Plant	--	--		*
Plantago major	Seed	--	--		*
Plantago psyllium	Seed	--	--	-0.34	*
Platonia insignis	Fruit	180.0	1190.0	-0.21	*
Platycodon grandiflorum	Root	--	--		*
Plectranthus amboinicus	Leaf	120.0	2145.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	250.0	1400.0	0.15	*
Portulaca oleracea	Herb	105.0	7000.0	-1.0	*
Pothomorphe sp.	Plant	--	--		*
Pourouma cecropiaefolia	Fruit	10.0	55.0	-0.28	J Cell Biochem VOL. 22=1995
Pouteria viridis	Fruit	430.0	1360.0	-0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria campechiana	Fruit	400.0	1475.0	-0.19	*
Pouteria caimito	Fruit	490.0	1890.0	-0.17	*
Prunus domestica	Fruit	86.0	699.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	14.0	1127.0	-0.21	*

Prunus cerasus	Fruit	70.0	873.0	-0.23	*
Prunus dulcis	Seed	--	13.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	100.0	745.0	-0.24	USDA's Ag Handbook 8 and sequelae)
Prunus salicifolia	Fruit	222.0	1415.0	-0.2	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Psidium cattleianum	Fruit	150.0	2100.0	-0.15	*
Psidium guajava	Seed	--	8.0	-0.33	*
Psidium guajava	Fruit	24.0	18315.0	0.85	*
Psophocarpus tetragonolobus	Seed	--	--		*
Psophocarpus tetragonolobus	Fruit	--	190.0	-0.27	*
Psoralea esculenta	Root	4.0	171.0	-0.55	*
Punica granatum	Fruit	40.0	636.0	-0.24	*
Punica granatum	Fruit Juice	--	--		*
Pyrus communis	Fruit	40.0	250.0	-0.27	*
Quararibea cordata	Fruit	90.0	660.0	-0.24	*
Quercus alba	Bark	29.0	127.0	-0.54	*
Raphanus sativus	Leaf	810.0	7043.0	0.21	*
Raphanus sativus	Fruit	690.0	7822.0	0.2	*
Raphanus sativus	Root	226.0	6216.0	2.91	*
Rhamnus cathartica	Fruit	--	--		*
Rhamnus cathartica	Leaf	--	--		*
Rheum rhabarbarum	Leaf	110.0	1833.0	-0.27	*
Rheum rhabarbarum	Pt	80.0	2581.0	-0.38	*
Rhodymenia palmata	Plant	--	120.0	-0.57	*
Ribes nigrum	Fruit	150.0	10030.0	0.34	*
Ribes uva-crispa	Fruit	263.0	2397.0	-0.14	*
Ribes rubrum	Fruit	300.0	2554.0	-0.13	*
Ribes nigrum	Leaf	--	--		*
Rollinia mucosa	Fruit	330.0	1450.0	-0.19	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	1384.0	7400.0	0.18	*
Rosa rubiginosa	Seed	--	12500.0	7.17	*
Rosa multiflora	Leaf	--	2000.0	-0.26	*
Rosa canina	Flower	3000.0	13000.0	3.17	*
Rosa gallica	Fruit	5450.0	8470.0	0.24	*
Rosa spp	Fruit	1000.0	12500.0	0.49	*
Rosmarinus officinalis	Plant	612.0	673.0	-0.44	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	11.0	675.0	-0.38	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	70.0	1870.0	-0.17	*
Rubus fruticosus	Leaf	--	--		*

Rubus idaeus	Seed	--	300.0	-0.16	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rubus idaeus	Leaf	620.0	3670.0	-0.1	*
Rumex acetosa	Leaf	630.0	12400.0	0.71	*
Rumex crispus	Root	1042.0	4054.0	1.67	*
Rumex crispus	Leaf	300.0	4054.0	-0.07	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex acetosella	Leaf	500.0	12000.0	0.67	*
Ruscus aculeatus	Root	77.0	256.0	-0.5	*
Ruta graveolens	Leaf	--	4790.0	0.0	*
Salix alba	Bark	11.0	68.0	-0.76	*
Salvia officinalis	Leaf	55.0	350.0	-0.41	*
Sambucus nigra	Fruit	128.0	1515.0	-0.19	*
Sambucus canadensis	Fruit	360.0	1782.0	-0.17	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Leaf	739.0	11000.0	0.58	*
Schisandra chinensis	Fruit	153.0	1022.0	-0.22	*
Sclerocarya caffra	Fruit	540.0	8190.0	0.22	*
Scutellaria lateriflora	Plant	140.0	1025.0	-0.35	*
Sechium edule	Shoot	330.0	4460.0	-0.16	*
Sechium edule	Fruit	110.0	1570.0	-0.19	*
Senna alexandrina	Leaf	1130.0	5566.0	0.07	*
Serenoa repens	Fruit	11.0	88.0	-0.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sicana odorifera	Fruit	139.0	1270.0	-0.21	*
Sida rhombifolia	Leaf	900.0	4545.0	-0.02	*
Silybum marianum	Leaf	26.0	120.0	-0.43	*
Sinapis alba	Plant	--	--		*
Smilax officinalis	Root	--	--		*
Smilax spp	Root	--	--		*
Solanum torvum	Fruit	40.0	275.0	-0.27	*
Solanum melongena	Fruit	13.0	947.0	-0.23	*
Solanum nigrum	Leaf	110.0	4067.0	-0.07	*
Solanum quitoensis	Fruit	310.0	7925.0	0.21	*
Solanum tuberosum	Tuber	170.0	990.0	1.41	*
Solanum melongena	Leaf	790.0	5809.0	0.1	*
Sonchus oleraceus	Leaf	50.0	625.0	-0.39	*
Sophora japonica	Leaf	--	470.0	-0.4	*
Sorbus aucubaria	Fruit	39.0	2650.0	-0.12	*
Spinacia oleracea	Leaf	--	--		*
Spinacia oleracea	Plant	239.0	7595.0	1.19	*



Spinacia oleracea	Fruit Juice	--	55.0	-1.0	*
Spirulina spp.	Plant	--	--		*
Spirulina pratensis	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias mombin	Fruit	160.0	1615.0	-0.18	*
Spondias purpurea	Fruit	450.0	2025.0	-0.16	*
Spondias dulcis	Fruit	360.0	2750.0	-0.11	*
Spondias pinnata	Fruit	210.0	2165.0	-0.15	*
Stachys officinalis	Plant	1.3	8.0	-0.59	*
Stellaria media	Plant	6.0	69.0	-0.58	*
Stellaria media	Shoot	--	--	-0.37	*
Stevia rebaudiana	Leaf	--	110.0	-0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	88.0	800.0	-0.37	*
Symphytum officinale	Root	--	132.0	-0.57	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syringa vulgaris	Leaf	--	1315.0	-0.32	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Syzygium cumini	Fruit	57.0	1330.0	-0.2	*
Syzygium aromaticum	Bark	--	810.0	1.98	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	65.0	4615.0	0.0	*
Syzygium jambos	Fruit	30.0	2385.0	-0.14	*
Tabebuia heptaphylla	Bark	32.0	181.0	-0.34	*
Tamarindus indica	Fruit	24.0	585.0	-0.25	*
Tamarindus indica	Flower	--	600.0	-0.65	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf	--	263.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	330.0	-0.52	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	54.0	376.0	-0.43	*
Taraxacum officinale	Leaf	18.0	6520.0	0.16	*
Terminalia chebula	Fruit	--	920.0	-0.23	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Terminalia catappa	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	300.0	5000.0	0.02	*
Theobroma bicolor	Seed	--	--	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma speciosum	Fruit	90.0	230.0	-0.27	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Fruit	210.0	1010.0	-0.22	*
Theobroma cacao	Seed	--	31.0	-0.32	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Theobroma cacao	Fruit	30.0	70.0	-0.28	J Cell Biochem VOL. 22=1995
Thuja occidentalis	Branches	--	--		*
Thymus vulgaris	Leaf	--	--	-0.44	*
Tilia sp.	Leaf	--	--		*
Tragopogon porrifolius	Root	80.0	491.0	-0.37	*
Tribulus terrestris	Leaf	--	420.0	-0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	--	--		*
Trifolium pratense	Flower	534.0	2966.0	0.08	*
Trigonella foenum-graecum	Leaf	--	520.0	-0.4	*
Trigonella foenum-graecum	Shoot	--	--		*
Trigonella foenum-graecum	Seed	78.0	600.0	0.02	*
Triticum aestivum	Seed	--	--		*
Tropaeolum tuberosum	Root	670.0	4800.0	2.1	*
Tropaeolum majus	Flower	--	1300.0	-0.43	*
Tropaeolum majus	Pt	1000.0	1600.0	-1.02	*
Tropaeolum majus	Leaf	2000.0	4650.0	-0.01	*
Tulipa gesneriana	Stem	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Turnera diffusa	Leaf	206.0	983.0	-0.35	*
Ullucus tuberosus	Root	230.0	1750.0	0.35	*
Ulmus rubra	Bark	--	--	-1.01	*
Urtica dioica	Plant	640.0	2200.0	-0.08	Jim Duke's personal files.
Urtica dioica	Leaf	166.0	830.0	-0.37	*
Vaccinium macrocarpon	Fruit	144.0	1200.0	-0.21	*
Vaccinium vitis-idaea	Fruit	280.0	1865.0	-0.17	*
Vaccinium corymbosum	Fruit	125.0	878.0	-0.23	*
Vaccinium myrtillus	Fruit	132.0	1650.0	-0.18	*
Valeriana officinalis	Root	--	--	-0.65	*
Verbascum thapsus	Leaf	341.0	776.0	-0.37	*
Viburnum opulus	Fruit	--	126100.0	7.56	*
Vicia faba	Seed	330.0	1735.0	0.7	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	120.0	820.0	-0.23	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Seed	15.0	75.0	-0.29	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	113.0	1506.0	0.12	USDA's Ag Handbook 8 and sequelae)

Vigna mungo	Seed	--	22.0	-0.33	*
Vigna unguiculata	Seed	16.0	17.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	48.0	53.0	-0.31	*
Vigna angularis	Seed	--	--		*
Vigna unguiculata	Shoot	360.0	3523.0	-0.2	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	56.0	2633.0	-0.12	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	360.0	3523.0	-0.2	*
Vigna mungo	Sprout Seedling	--	426.0	-0.74	*
Vigna aconitifolia	Seed	20.0	44.0	-0.31	*
Viscum album	Fruit	--	7500.0	0.18	*
Vitis vinifera	Stem	--	310.0	-1.19	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Leaf	3490.0	3870.0	-0.08	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vitis vinifera	Fruit	99.0	600.0	-0.25	USDA's Ag Handbook 8 and sequelae)
Yucca baccata	Root	27.0	131.0	-0.57	*
Zea mays	Silk Stigma Style	--	11.0		*
Zea mays	Seed	--	85.0	-0.29	*
Zingiber officinale	Root	20.0	288.0	-0.48	*
Zingiber officinale	Rhizome	--	317.0	-0.31	*
Zizyphus spina-christi	Fruit	300.0	330.0	-0.26	*
Zizyphus jujuba	Fruit	460.0	3882.0	-0.04	*