

List of Plants



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*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	Fruit	7000.0	70000.0	0.35	USDA's Ag Handbook 8 and sequelae)
Abelmoschus manihot	Leaf	16100.0	138793.0	0.35	*
Abelmoschus esculentus	Seed	--	47400.0	-0.01	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abies spectabilis	Leaf	--	40600.0	-1.38	Wealth of India.
Abies spectabilis	Wood	--	2600.0	-0.62	Wealth of India.
Abrus precatorius	Leaf	17000.0	81000.0	-0.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Leaf	--	87000.0	-0.56	*
Acacia senegal	Leaf	--	84000.0	-0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Leaf	10000.0	53800.0	-1.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Fruit	51000.0	57000.0	0.01	*
Acacia senegal	Fruit	--	71000.0	0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia decurrens	Seed	--	38000.0	-0.3	*
Acacia tortilis	Seed	--	59000.0	0.33	*
Acacia senegal	Seed	--	58000.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Seed	40000.0	54000.0	0.18	*
Acacia catechu	Leaf	--	98000.0	-0.37	*
Acalypha indica	Leaf	31000.0	159000.0	0.71	Wealth of India.
Achillea millefolium	Plant	17700.0	100000.0	-0.38	*
Acrocomia totai	Fruit	--	103200.0	1.21	*
Acrocomia totai	Seed	--	19800.0	-0.84	*
Actinidia chinensis	Fruit	4500.0	41600.0	-0.39	*
Aegle marmelos	Fruit	10400.0	44155.0	-0.32	*
Aesculus hippocastanum	Seed	14000.0	30000.0	-0.54	*
Aframomum melegueta	Fruit	42000.0	103000.0	1.2	*
Aframomum melegueta	Seed	25000.0	105000.0	1.72	Wealth of India.
Agathosma betulina	Leaf	--	81000.0	-0.67	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Agave americana	Plant	--	124000.0	0.05	*
Ageratum conyzoides	Plant	--	97200.0	-0.43	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Albizia lebbek	Leaf	101000.0	104000.0	-0.26	Wealth of India.

<i>Albizia lebeck</i>	Seed	--	42000.0	-0.18	Wealth of India.
<i>Aleurites moluccana</i>	Seed	30000.0	36000.0	-0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium sativum</i> var. <i>sativum</i>	Leaf	10000.0	74000.0	-0.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Leaf	7000.0	90000.0	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Leaf	8000.0	75000.0	-0.77	*
<i>Allium schoenoprasum</i>	Leaf	4000.0	128000.0	0.16	*
<i>Allium sativum</i> var. <i>sativum</i>	Flower	6000.0	52000.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium cepa</i>	Bulb	4000.0	63000.0	-1.0	*
<i>Allium ampeloprasum</i>	Flower	4000.0	24000.0	-1.02	*
<i>Allium sativum</i> var. <i>sativum</i>	Root	12950.0	35000.0	-0.93	*
<i>Allium sativum</i> var. <i>sativum</i>	Shoot	7000.0	31000.0	-1.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	10000.0	395000.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Root	9000.0	66000.0	-0.04	*
<i>Alocasia macrorrhiza</i>	Leaf	8000.0	17700.0	-1.78	*
<i>Alocasia macrorrhiza</i>	Root	3000.0	30975.0	-1.04	*
<i>Aloe</i> spp.	Leaf	--	--		*
<i>Alpinia galanga</i>	Rhizome	10000.0	71000.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Althaea officinalis</i>	Root	8640.0	80000.0	0.36	*
<i>Amaranthus spinosus</i>	Leaf	26000.0	240000.0	2.13	*
<i>Amorphophallus konjac</i>	Leaf	2000.0	77000.0	-0.74	*
<i>Amorphophallus campanulatus</i>	Shoot	--	163000.0	1.4	*
<i>Amorphophallus campanulatus</i>	Root	3100.0	66000.0	-0.04	*
<i>Amorphophallus konjac</i>	Root	--	24000.0	-1.24	*
<i>Anacardium occidentale</i>	Leaf	12000.0	40000.0	-1.39	*
<i>Anacardium occidentale</i>	Fruit	2000.0	28000.0	-0.74	*
<i>Anacardium occidentale</i>	Seed	26000.0	32000.0	-0.48	*
<i>Ananas comosus</i>	Fruit	2800.0	36000.0	-0.54	*
<i>Anemone coronaria</i>	Seed	41000.0	45000.0	-0.09	*
<i>Anethum graveolens</i>	Plant	26000.0	205880.0	1.53	*
<i>Anethum graveolens</i>	Seed	64000.0	84000.0	1.09	*
<i>Anethum graveolens</i>	Fruit	64000.0	84000.0	0.71	*
<i>Angelica sinensis</i>	Root	12320.0	56000.0	-0.33	*
<i>Annona muricata</i>	Fruit	5000.0	38000.0	-0.48	*
<i>Annona squamosa</i>	Fruit	7000.0	40000.0	-0.43	*

<i>Annona cherimola</i>	Seed	12000.0	15500.0	-0.97	*
<i>Annona glabra</i>	Fruit	9000.0	68000.0	0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona reticulata</i>	Fruit	5000.0	11100.0	-1.18	*
<i>Annona cherimola</i>	Fruit	6100.0	34000.0	-0.59	*
<i>Annona diversifolia</i>	Fruit	13700.0	48070.0	-0.22	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Anogeissus latifolia</i>	Leaf	--	95000.0	-0.42	*
<i>Anredera baselloides</i>	Tuber	14000.0	93335.0	0.89	Wealth of India.
<i>Anthriscus cerefolium</i>	Leaf	166000.0	178950.0	1.06	*
<i>Apium graveolens</i>	Fruit	6720.0	32000.0	-0.64	*
<i>Apium graveolens</i>	Root	8300.0	100000.0	0.93	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Apium graveolens</i>	Pt	6000.0	219000.0	1.04	*
<i>Apium graveolens</i>	Seed	6720.0	106294.0	1.76	*
<i>Arachis hypogaea</i>	Plant	73000.0	116000.0	-0.09	*
<i>Arachis hypogaea</i>	Leaf	16000.0	74000.0	-0.79	*
<i>Arachis hypogaea</i>	Seed	16000.0	28000.0	-0.6	*
<i>Aralia cordata</i>	Leaf	6000.0	127660.0	0.16	*
<i>Arctium lappa</i>	Leaf	8200.0	35600.0	-1.47	Wealth of India.
<i>Arctium lappa</i>	Root	7990.0	34000.0	-0.96	*
<i>Arctostaphylos uva-ursi</i>	Seed	6000.0	33000.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Arctostaphylos uva-ursi</i>	Leaf	5800.0	50000.0	-1.21	*
<i>Areca catechu</i>	Sprout Seedling	--	10000.0	-1.43	*
<i>Areca catechu</i>	Seed	--	15000.0	-0.99	*
<i>Armoracia rusticana</i>	Root	10620.0	59000.0	-0.24	*
<i>Armoracia rusticana</i>	Plant	--	200000.0	1.43	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Arracacia xanthorrhiza</i>	Root	9000.0	31150.0	-1.04	*
<i>Artemisia vulgaris</i>	Leaf	22000.0	173220.0	0.96	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia absinthium</i>	Seed	--	66000.0	0.55	*
<i>Artocarpus altilis</i>	Seed	15000.0	85850.0	1.14	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus altilis</i>	Fruit	5600.0	33400.0	-0.6	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus heterophyllus</i>	Seed	15000.0	30990.0	-0.51	*
<i>Artocarpus heterophyllus</i>	Fruit	10000.0	37355.0	-0.5	*
<i>Arundo donax</i>	Plant	92000.0	150000.0	0.52	*
<i>Arundo donax</i>	Stem	--	42000.0	-1.01	*
<i>Asclepias syriaca</i>	Latex Exudate	--	12300.0		*
<i>Asclepias syriaca</i>	Seed	37000.0	42000.0	-0.18	*
<i>Asimina triloba</i>	Fruit	6000.0	22000.0	-0.9	*

<i>Aspalathus linearis</i>	Shoot	--	25000.0	-1.8	*
<i>Asparagus officinalis</i>	Shoot	6000.0	171000.0	1.58	*
<i>Asparagus officinalis</i>	Root	2900.0	29000.0	-1.1	*
<i>Astragalus membranaceus</i>	Root	12800.0	80000.0	0.36	*
<i>Astragalus gummifer</i>	Gum	15000.0	30000.0	-1.0	*
<i>Avena sativa</i>	Seed	19000.0	96000.0	1.45	*
<i>Avena sativa</i>	Plant	18040.0	82000.0	-0.7	*
<i>Averrhoa carambola</i>	Fruit	2600.0	52000.0	-0.12	*
<i>Averrhoa bilimbi</i>	Fruit	3000.0	68965.0	0.32	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Azadirachta indica</i>	Leaf	--	112000.0	-0.12	*
<i>Azadirachta indica</i>	Fruit	--	39000.0	-0.46	*
<i>Bacopa monnieri</i>	Shoot	--	19000.0	-1.94	Wealth of India.
<i>Bactris gasipaes</i>	Fruit	7200.0	32800.0	-0.62	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Bactris gasipaes</i>	Seed	--	19000.0	-0.87	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Balanites aegyptiacus</i>	Shoot	--	66000.0	-0.85	*
<i>Balanites aegyptiacus</i>	Fruit	52000.0	81000.0	0.63	*
<i>Balanites aegyptiacus</i>	Seed	--	33000.0	-0.45	*
<i>Balanites aegyptiacus</i>	Leaf	--	127000.0	0.14	*
<i>Barosma betulina</i>	Leaf	--	81000.0	-0.67	*
<i>Basella alba</i>	Leaf	14000.0	202900.0	1.48	*
<i>Benincasa hispida</i>	Fruit	3000.0	76925.0	0.52	*
<i>Berberis vulgaris</i>	Bark	--	100000.0	0.78	*
<i>Berberis vulgaris</i>	Root	--	100000.0	0.93	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed	31840.0	35342.0	-0.38	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Leaf	15000.0	250000.0	2.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Root	7600.0	140000.0	2.07	*
<i>Betula lenta</i>	Leaf	--	77000.0	-0.74	Jim Duke's personal files.*
<i>Bixa orellana</i>	Fruit	10000.0	64100.0	0.19	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bixa orellana</i>	Seed	47000.0	54000.0	0.18	*
<i>Blighia sapida</i>	Seed	14000.0	104000.0	1.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	12000.0	449000.0	1.0	*
<i>Boehmeria nivea</i>	Shoot	134000.0	182000.0	1.84	*
<i>Boehmeria nivea</i>	Leaf	21000.0	161540.0	0.75	*
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	6600.0	121250.0	1.2	*
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	5700.0	90000.0	0.64	ACTA AGRIC SCAND SUPPL 22: 1980
<i>Brassica chinensis</i>	Leaf	8000.0	170960.0	0.92	*

<i>Brassica pekinensis</i>	Leaf	190000.0	210000.0	1.61	*
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	5500.0	90145.0	-0.51	*
<i>Brassica rapa</i>	Leaf	8000.0	170960.0	0.92	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	2800.0	101708.0	-0.3	*
<i>Brassica juncea</i>	Seed	53000.0	56500.0	0.26	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	2800.0	101708.0	-0.3	*
<i>Brassica oleracea</i>	Stem	7000.0	111110.0	1.89	*
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	6000.0	98072.0	-0.37	*
<i>Brassica nigra</i>	Seed	50000.0	54112.0	0.19	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Brassica juncea</i>	Leaf	10000.0	108695.0	-0.18	*
<i>Brassica rapa</i>	Root	7000.0	86000.0	0.53	*
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	15000.0	98500.0	-0.36	*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	13700.0	97818.0	-0.37	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	5830.0	99722.0	-0.34	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Shoot	10700.0	138000.0	0.82	*
<i>Brosimum alicastrum</i>	Fruit	9000.0	56250.0	-0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bupleurum chinense</i>	Root	7810.0	71000.0	0.1	*
<i>Byrsonima crassifolia</i>	Fruit	6000.0	34885.0	-0.56	*
<i>Cajanus cajan</i>	Seed	14000.0	46000.0	-0.06	*
<i>Cajanus cajan</i>	Fruit	13000.0	51000.0	-0.15	*
<i>Cajanus cajan</i>	Plant	--	58000.0	-1.14	*
<i>Cajanus cajan</i>	Leaf	--	185000.0	1.17	*
<i>Calathea macrosepala</i>	Flower	13000.0	168830.0	2.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Calotropis</i> sp.	Seed	--	65500.0	0.53	*
<i>Canarium indicum</i>	Seed	--	38500.0	-0.28	*
<i>Canavalia ensiformis</i>	Fruit	6000.0	53000.0	-0.09	*
<i>Canavalia ensiformis</i>	Seed	29000.0	48000.0	0.0	*
<i>Canna indica</i>	Root	9000.0	53000.0	-0.42	*
<i>Cannabis sativa</i>	Seed	46000.0	71000.0	0.7	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Capparis spinosa</i>	Leaf	--	132000.0	0.23	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Capparis spinosa</i>	Flower	79000.0	140000.0	1.63	*
<i>Capsella bursa-pastoris</i>	Plant	19000.0	161000.0	0.72	*
<i>Capsicum frutescens</i>	Fruit	6000.0	65000.0	0.22	*
<i>Capsicum annum</i>	Fruit	13416.0	52000.0	-0.12	*
<i>Carica papaya</i>	Fruit	2970.0	22000.0	-0.9	*
<i>Carica papaya</i>	Seed	--	88000.0	1.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Carica pentagona</i>	Fruit	4000.0	58825.0	0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Carica papaya</i>	Leaf	22000.0	154000.0	0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Flower	5320.0	38000.0	-0.7	*
<i>Carthamus tinctorius</i>	Seed	40000.0	45000.0	-0.09	*
<i>Carthamus tinctorius</i>	Plant	15000.0	122000.0	0.02	*
<i>Carum carvi</i>	Fruit	56460.0	67620.0	0.28	*
<i>Carum carvi</i>	Seed	55000.0	67620.0	0.59	*
<i>Carya ovata</i>	Shoot	25000.0	90000.0	-0.29	*
<i>Carya illinoensis</i>	Seed	16000.0	17000.0	-0.93	*
<i>Carya glabra</i>	Shoot	20000.0	110000.0	0.17	*
<i>Casimiroa edulis</i>	Seed	11000.0	58000.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Casimiroa edulis</i>	Fruit	4800.0	27777.0	-0.75	*
<i>Cassia tora</i>	Sprout Seedling	--	99000.0	0.92	*
<i>Castanea mollissima</i>	Seed	16700.0	29726.0	-0.55	*
<i>Castanea sativa</i>	Seed	12300.0	27060.0	-0.63	*
<i>Castanea dentata</i>	Seed	15600.0	28480.0	-0.58	*
<i>Castanea sativa</i>	Leaf	--	44000.0	-1.32	*
<i>Catha edulis</i>	Leaf	--	16000.0	-1.81	*
<i>Caulophyllum thalictroides</i>	Root	16060.0	146000.0	2.24	*
<i>Cedrela odorata</i>	Seed	--	83000.0	1.06	*
<i>Ceiba pentandra</i>	Wood	--	59000.0	1.99	*
<i>Ceiba pentandra</i>	Seed	61000.0	82000.0	1.03	*
<i>Cenchrus biflorus</i>	Seed	16000.0	18000.0	-0.9	*
<i>Cenchrus biflorus</i>	Shoot	77000.0	116000.0	0.31	*
<i>Centella asiatica</i>	Leaf	16050.0	150000.0	0.55	*
<i>Ceratonia siliqua</i>	Fruit	--	20000.0	-0.95	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Ceratonia siliqua</i>	Seed	--	30000.0	-0.54	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Chamaemelum nobile</i>	Flower	--	62000.0	-0.15	*
<i>Chamissoa altissima</i>	Leaf	16670.0	166700.0	0.84	Tramil
<i>Chenopodium ambrosioides</i>	Leaf	24000.0	166000.0	0.83	*
<i>Chondrus crispus</i>	Plant	--	150000.0	0.52	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum parthenium</i>	Leaf	3060.0	17000.0	-1.79	*
<i>Chrysanthemum cinerariifolium</i>	Shoot	--	71000.0	-0.73	*
<i>Chrysanthemum parthenium</i>	Plant	--	171000.0	0.9	*
<i>Chrysanthemum coronarium</i>	Leaf	11000.0	169230.0	0.89	*
<i>Chrysanthemum coronarium</i>	Bud	13400.0	180110.0	-1.0	*
<i>Chrysobalanus icaco</i>	Fruit	4000.0	58000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Chrysothamnium cainito</i>	Seed	--	37500.0	-0.31	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Chrysophyllum cainito	Fruit	3000.0	22000.0	-0.9	*
Cicer arietinum	Seed	24000.0	28900.0	-0.57	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	8900.0	44500.0	-0.66	*
Cichorium intybus	Leaf	6000.0	180000.0	1.08	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	13590.0	240000.0	2.13	*
Cimicifuga racemosa	Root	--	--		*
Cinchona spp	Seed	--	60000.0	0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum verum	Bark	--	17000.0	-2.04	Wealth of India.
Citrullus lanatus	Fruit	--	30600.0	-0.67	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrullus lanatus	Seed	--	62000.0	0.42	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrus paradisi	Fruit	3050.0	110000.0	1.38	*
Citrus limon	Fruit	--	28000.0	-0.74	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus mitis	Fruit	5400.0	64000.0	0.19	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus sinensis	Fruit	4100.0	36920.0	-0.51	*
Citrus aurantiifolia	Fruit	2000.0	3800.0	-1.37	*
Citrus mitis	Fruit Juice	6200.0	62000.0		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus aurantium	Fruit	5000.0	64000.0	0.19	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus reticulata	Fruit	3900.0	31525.0	-0.65	ACTA AGRIC SCAND SUPPL 22: 1980
Cnicus benedictus	Seed	--	41000.0	-0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cnicus benedictus	Plant	17689.0	133000.0	0.22	*
Cnidioscolus chayamansa	Leaf	17000.0	130000.0	0.2	*
Coccinia grandis	Fruit	5000.0	72465.0	0.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	9000.0	22000.0	-0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	--	37400.0	-0.32	*
Colocasia esculenta	Leaf	13000.0	155000.0	0.64	*
Colocasia esculenta	Root	8000.0	63000.0	-0.13	*
Colubrina texensis	Shoot	--	87000.0	-0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commelina benghalensis	Leaf	16000.0	115940.0	-0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corchorus olitorius	Leaf	15800.0	151000.0	0.57	*
Coriandrum sativum	Leaf	19000.0	153000.0	0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Seed	6000.0	6600.0	-1.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cornus florida	Seed	--	36000.0	-0.36	*
Corylus avellana	Seed	17000.0	50000.0	0.06	*
Crataegus rhipidophylla	Fruit	29000.0	31800.0	-0.64	*

<i>Crataegus laevigata</i>	Fruit	8091.0	29000.0	-0.72	*
<i>Crescentia alata</i>	Seed	38000.0	39000.0	-0.27	*
<i>Crocus sativus</i>	Silk Stigma Style	42700.0	133000.0	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Crotalaria juncea</i>	Seed	--	33000.0	-0.45	*
<i>Croton tiglium</i>	Seed	40000.0	60000.0	0.36	*
<i>Cucumis melo</i>	Fruit	6950.0	110000.0	1.38	*
<i>Cucumis sativus</i>	Fruit	3670.0	140000.0	2.16	*
<i>Cucurbita foetidissima</i>	Root	--	49000.0	-0.53	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Cucurbita pepo</i>	Flower	4800.0	98970.0	0.69	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	5550.0	96045.0	1.02	*
<i>Cucurbita foetidissima</i>	Leaf	--	215000.0	1.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cucurbita maxima</i>	Leaf	18200.0	129100.0	0.18	*
<i>Cucurbita pepo</i>	Seed	47530.0	70000.0	0.67	*
<i>Cucurbita foetidissima</i>	Seed	31000.0	48000.0	0.0	*
<i>Cucurbita foetidissima</i>	Fruit	--	95000.0	0.99	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Cucurbita pepo</i>	Fruit	7500.0	95238.0	1.0	*
<i>Cuminum cyminum</i>	Seed	58000.0	89000.0	1.24	*
<i>Cuminum cyminum</i>	Fruit	58000.0	89000.0	0.84	*
<i>Curcuma longa</i>	Rhizome	9000.0	148000.0	0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Curcuma longa</i>	Plant	9920.0	32000.0	-1.61	*
<i>Cuscuta europaea</i>	Plant	--	80000.0	-0.74	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Cyamopsis tetragonoloba</i>	Seed	33000.0	43000.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Leaf	144000.0	165000.0	0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Shoot	75000.0	80000.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Fruit	--	14000.0	-1.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	7000.0	122800.0	1.71	*
<i>Cydonia oblonga</i>	Seed	--	13000.0	-1.05	*
<i>Cydonia oblonga</i>	Fruit	--	3000.0	-1.39	*
<i>Cymbopogon citratus</i>	Plant	--	43000.0	-1.41	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cynara cardunculus</i>	Flower	10600.0	106000.0	0.85	*
<i>Cyphomandra betacea</i>	Fruit	6100.0	71000.0	0.37	*
<i>Cypripedium pubescens</i>	Root	--	58000.0	-0.27	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cyrtosperma chamissonis</i>	Root	5700.0	35925.0	-0.9	*
<i>Cyrtosperma chamissonis</i>	Leaf	16000.0	145545.0	0.47	*
<i>Cytisus scoparius</i>	Seed	--	38000.0	-0.3	*
<i>Daucus carota</i>	Root	56000.0	79000.0	0.33	*

<i>Dioscorea bulbifera</i>	Tuber	9000.0	31000.0	-1.32	*
<i>Dioscorea villosa</i>	Root	19680.0	82000.0	0.41	*
<i>Dioscorea alata</i>	Root	7000.0	35045.0	-0.93	*
<i>Dioscorea</i> sp.	Root	--	35000.0	-0.93	*
<i>Dioscorea pentaphylla</i>	Root	8200.0	44180.0	-0.67	*
<i>Diospyros digyna</i>	Fruit	3700.0	29210.0	-0.71	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Diospyros virginiana</i>	Fruit	9000.0	25280.0	-0.81	*
<i>Diospyros virginiana</i>	Stem	22000.0	54000.0	-0.51	*
<i>Diospyros virginiana</i>	Leaf	--	50000.0	-1.21	*
<i>Durio zibethinus</i>	Fruit	8000.0	57895.0	0.03	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Echinacea</i> spp	Root	--	80000.0	0.36	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Echinacea purpurea</i>	Root	20080.0	80000.0	0.36	*
<i>Elaeagnus umbellatus</i>	Fruit	5900.0	31945.0	-0.64	*
<i>Elaeagnus commutata</i>	Fruit	7000.0	51000.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeagnus angustifolia</i>	Seed	--	24000.0	-0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	9000.0	17000.0	-1.03	*
<i>Eleocharis dulcis</i>	Tuber	11000.0	60000.0	-0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Seed	--	58000.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Fruit	--	54000.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	12600.0	60000.0	-0.22	*
<i>Elytrigia repens</i>	Plant	61000.0	78000.0	-0.78	*
<i>Ephedra sinica</i>	Plant	11760.0	56000.0	-1.17	*
<i>Equisetum arvense</i>	Plant	22684.0	106000.0	-0.27	*
<i>Eriobotrya japonica</i>	Fruit	4000.0	44000.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	15620.0	71000.0	-0.84	*
<i>Eruca sativa</i>	Seed	--	48000.0	0.0	*
<i>Eryngium creticus</i>	Shoot	--	194700.0	2.13	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Eryngium floridanum</i>	Shoot	--	146900.0	1.03	*
<i>Erythrina fusca</i>	Leaf	14000.0	76000.0	-0.75	*
<i>Erythrina berteroana</i>	Shoot	12000.0	76000.0	-0.62	*
<i>Erythroxylum coca</i>	Leaf	46000.0	96250.0	-0.4	*
<i>Eugenia uniflora</i>	Fruit	2000.0	35715.0	-0.54	*
<i>Eugenia floribunda</i>	Fruit	2000.0	16000.0	-1.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	4000.0	27210.0	-0.76	*

Eupatorium perfoliatum	Plant	6030.0	67000.0	-0.98	*
Euphrasia officinalis	Plant	19404.0	126000.0	0.09	*
Fagopyrum esculentum	Seed	19000.0	24000.0	-0.72	*
Feijoa sellowiana	Fruit	5000.0	31250.0	-0.66	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ferula assa-foetida	Plant	15000.0	100000.0	-0.38	*
Ficus carica	Leaf	53000.0	167000.0	0.85	*
Ficus carica	Fruit	5000.0	57000.0	0.01	*
Foeniculum vulgare	Seed	9720.0	90000.0	1.27	*
Foeniculum vulgare	Plant	17000.0	170000.0	0.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Fruit	79600.0	93026.0	0.94	*
Fragaria spp	Fruit	3900.0	52065.0	-0.12	*
Frangula purshiana	Bark	18559.0	67000.0	-0.34	*
Fucus vesiculosus	Plant	29500.0	250000.0	2.33	*
Garcinia mangostana	Fruit	2000.0	13140.0	-1.13	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Gardenia jasminoides	Seed	--	25000.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Genipa americana	Fruit	2000.0	37000.0	-0.51	*
Gentiana lutea	Root	18040.0	82000.0	0.41	*
Ginkgo biloba	Leaf	11520.0	48000.0	-1.25	*
Ginkgo biloba	Seed	14000.0	38000.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gleditsia triacanthos	Seed	38000.0	40000.0	-0.24	*
Gleditsia triacanthos	Fruit	--	54000.0	-0.07	*
Gliricidia sepium	Seed	--	35000.0	-0.39	*
Gliricidia sepium	Leaf	5000.0	33000.0	-1.51	*
Gliricidia sepium	Flower	6000.0	69000.0	0.01	*
Glycine max	Plant	55000.0	119000.0	-0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	8000.0	58000.0	-0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	16000.0	52000.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	17000.0	61000.0	0.39	*
Glycyrrhiza glabra	Root	16799.0	107000.0	1.13	*
Gossypium sp	Seed	34100.0	47000.0	-0.03	*
Grindelia squarrosa	Seed	--	34000.0	-0.42	*
Guarea rusbyi	Bark	--	75000.0	-0.07	*
Gymnema sylvestre	Leaf	11400.0	60000.0	-1.04	*
Harpagophytum procumbens	Root	13490.0	71000.0	0.1	*
Helianthus annuus	Seed	26000.0	49300.0	0.04	*

<i>Helianthus tuberosus</i>	Tuber	11000.0	115500.0	1.68	*
<i>Hibiscus sabdariffa</i>	Leaf	10000.0	111000.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hibiscus sabdariffa</i>	Flower	2200.0	20000.0	-1.11	*
<i>Hippophae rhamnoides</i>	Fruit	--	5000.0	-1.34	Abstract (See species file)
<i>Hordeum vulgare</i>	Seed	9000.0	132000.0	2.53	Jim Duke's personal files.*
<i>Hordeum vulgare</i>	Plant	61000.0	235000.0	2.06	Jim Duke's personal files.*
<i>Hordeum vulgare</i>	Stem	--	81000.0	0.62	*
<i>Humulus lupulus</i>	Flower	15996.0	86000.0	0.4	*
<i>Humulus lupulus</i>	Fruit	70000.0	100000.0	1.12	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hydnocarpus kurzii</i>	Seed	--	49300.0	0.04	*
<i>Hydnocarpus wightiana</i>	Seed	--	38300.0	-0.29	*
<i>Hydrangea arborescens</i>	Root	18900.0	54000.0	-0.39	*
<i>Hydrastis canadensis</i>	Root	18282.0	66000.0	-0.04	*
<i>Hylocereus guatemalensis</i>	Fruit	5400.0	38860.0	-0.46	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Hylocereus undatus</i>	Fruit	6000.0	38460.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ilex paraguariensis</i>	Seed	--	13000.0	-1.05	*
<i>Ilex paraguariensis</i>	Leaf	--	42500.0	-1.35	*
<i>Indigofera tinctoria</i>	Leaf	--	44000.0	-1.32	*
<i>Inga feuillei</i>	Aril	4000.0	25000.0	-1.0	J Cell Biochem VOL. 22=1995
<i>Inga edulis</i>	Seed	13000.0	35425.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inula helenium</i>	Root	15840.0	72000.0	0.13	*
<i>Ipomoea aquatica</i>	Leaf	13000.0	212500.0	1.65	*
<i>Ipomoea batatas</i>	Root	7000.0	36064.0	-0.9	*
<i>Ipomoea batatas</i>	Leaf	12000.0	259000.0	2.47	*
<i>Jatropha curcas</i>	Seed	--	45000.0	-0.09	*
<i>Juglans nigra</i>	Fruit	--	29000.0	-0.72	*
<i>Juglans nigra</i>	Hull Husk	--	29000.0	-0.6	*
<i>Juglans regia</i>	Seed	12000.0	21000.0	-0.81	*
<i>Juglans cinerea</i>	Seed	25150.0	30466.0	-0.52	*
<i>Juglans nigra</i>	Pericarp	3480.0	29000.0		*
<i>Juglans nigra</i>	Seed	23000.0	27770.0	-0.6	*
<i>Juncus effusus</i>	Leaf	--	36000.0	-1.46	*
<i>Juniperus virginiana</i>	Shoot	38000.0	88000.0	-0.34	*
<i>Juniperus communis</i>	Fruit	9920.0	32000.0	-0.64	*
<i>Justicia pectoralis</i>	Leaf	23000.0	153000.0	0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf	--	36000.0	-1.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	6400.0	52762.0	0.15	*
<i>Lablab purpureus</i>	Fruit	10000.0	56818.0	0.0	*
<i>Lactuca sativa</i>	Leaf	7700.0	290000.0	3.02	*

Lagenaria siceraria	Seed	--	44300.0	-0.11	*
Lagenaria siceraria	Fruit	4300.0	96400.0	1.03	*
Lantana camara	Stem	--	35000.0	-1.3	*
Lantana camara	Shoot	--	102900.0	0.01	*
Lantana camara	Fruit	--	37000.0	-0.51	*
Larrea tridentata	Plant	28294.0	86000.0	-0.63	*
Lawsonia inermis	Seed	47500.0	52780.0	0.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lawsonia inermis	Leaf	--	148000.0	0.51	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
Lens culinaris	Seed	21000.0	30875.0	-0.51	*
Lens culinaris	Sprout Seedling	9250.0	35833.0	-0.75	USDA's Ag Handbook 8 and sequelae)
Leonotis nepetaefolia	Seed	59000.0	65000.0	0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lepidium meyenii	Root	--	50000.0	-0.5	*
Lepidium sativum	Leaf	18000.0	169800.0	0.9	*
Lepidium sativum	Seed	57000.0	60440.0	0.38	*
Licania platypus	Fruit	9600.0	45480.0	-0.29	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Seed	50300.0	52290.0	0.13	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	19000.0	192300.0	3.51	*
Linum usitatissimum	Seed	26000.0	49000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Hay	62000.0	72000.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Liquidambar styraciflua	Stem	20000.0	120000.0	2.26	*
Liquidambar styraciflua	Seed	--	52000.0	0.12	*
Liquidambar styraciflua	Leaf	40000.0	82000.0	-0.65	*
Lobelia inflata	Leaf	5537.0	49000.0	-1.23	*
Luffa aegyptiaca	Leaf	7000.0	71000.0	-0.84	*
Luffa aegyptiaca	Fruit	4000.0	80000.0	0.6	*
Lupinus mutabilis	Seed	35000.0	39000.0	-0.27	*
Lupinus mutabilis	Fruit	8000.0	28000.0	-0.74	*
Lupinus albus	Seed	32800.0	36580.0	-0.34	*
Lycium chinense	Leaf	17000.0	163000.0	0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	5700.0	105461.0	1.26	*
Macadamia spp	Seed	12400.0	17000.0	-0.93	*
Maclura pomifera	Wood	--	3300.0	-0.59	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Maclura pomifera	Leaf	--	99600.0	-0.34	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Malpighia glabra	Fruit	2000.0	42000.0	-0.38	*
Malus domestica	Fruit	2300.0	43000.0	-0.35	*
Malva neglecta	Plant	172500.0	174500.0	0.97	*
Malva sylvestris	Leaf	13000.0	155000.0	0.64	*
Malva parviflora	Plant	23000.0	168000.0	0.85	*
Mammea americana	Fruit	1700.0	23070.0	-0.87	*

Mangifera indica	Fruit	4700.0	29140.0	-0.71	*
Mangifera indica	Seed	--	36600.0	-0.34	*
Mangifera indica	Leaf	19000.0	133000.0	0.25	*
Manihot esculenta	Leaf	27000.0	135000.0	0.28	*
Manihot esculenta	Root	5000.0	34300.0	-0.95	*
Manilkara zapota	Fruit	4000.0	24000.0	-0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	9000.0	37000.0	-0.87	*
Mauritia flexuosa	Fruit	8000.0	17390.0	-1.02	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	18800.0	100000.0	-0.38	*
Medicago sativa	Seed	44000.0	49830.0	0.06	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Melicoccus bijugatas	Fruit	3400.0	27000.0	-0.77	*
Melilotus indica	Plant	85000.0	131000.0	0.18	*
Melilotus alba	Seed	--	41000.0	-0.21	*
Mentha x piperita	Leaf	21009.0	141000.0	0.39	*
Mentha spicata	Plant	16000.0	140485.0	0.35	*
Mentha pulegium	Plant	--	73000.0	-0.87	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mimosa pudica	Seed	36000.0	54000.0	0.18	*
Mimosa pudica	Leaf	5000.0	71000.0	-0.84	*
Mimosa hostilis	Plant	--	34400.0	-1.56	*
Mimulus glabratus	Shoot	15000.0	150000.0	1.1	*
Mirabilis expansa	Root	7000.0	42000.0	-0.73	*
Momordica charantia	Fruit	4000.0	142000.0	2.21	*
Momordica charantia	Leaf	21000.0	149000.0	0.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	15000.0	67000.0	-0.91	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	22600.0	105900.0	0.08	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	9700.0	82200.0	0.66	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Seed	32000.0	33333.0	-0.44	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Leaf	23000.0	92000.0	-0.47	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Fruit	7000.0	72000.0	0.4	*
Morus alba	Leaf	80000.0	204000.0	1.5	*
Mucuna pruriens	Seed	30000.0	44000.0	-0.12	*
Muntingia calabura	Fruit	12000.0	59000.0	0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	15000.0	125000.0	0.11	*
Murraya sp	Fruit	10090.0	38333.0	-0.47	*
Musa x paradisiaca	Hull Husk	--	121000.0	1.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Fruit	10090.0	38333.0	-0.47	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Sprout Seedling	--	143000.0	2.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Flower	--	12000.0	-1.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Pith	--	6000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Musa x paradisiaca	Shoot	11710.0	158300.0	1.29	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Musa x paradisiaca	Leaf	--	88000.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria dubia	Fruit	2000.0	33335.0	-0.6	*
Myrciaria cauliflora	Fruit	2000.0	24000.0	-0.85	*
Myrica cerifera	Bark	13080.0	60000.0	-0.58	*
Myrica cerifera	Leaf	--	127000.0	0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nandina domestica	Seed	--	27000.0	-0.63	*
Nasturtium officinale	Herb	13000.0	179000.0	1.0	*
Nelumbo nucifera	Rhizome	9700.0	68000.0	-0.75	*
Nelumbo nucifera	Seed	9000.0	52000.0	0.12	*
Nepeta cataria	Plant	6000.0	50000.0	-1.28	*
Nicotiana tabacum	Leaf	120000.0	250000.0	2.31	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed	38000.0	53000.0	0.15	*
Nyssa sylvatica	Stem	15000.0	44000.0	-0.93	*
Nyssa sylvatica	Leaf	25000.0	91000.0	-0.49	*
Ocimum tenuiflorum	Seed	--	2000.0	-1.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Seed	--	2000.0	-1.38	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Plant	20000.0	153000.0	0.58	*
Ocimum tenuiflorum	Plant	--	97500.0	-0.42	*
Oenothera biennis	Seed	47800.0	78000.0	0.91	*
Olea europaea	Leaf	--	61000.0	-1.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Fruit	64000.0	294000.0	6.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Twig	--	85000.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Seed	31700.0	241000.0	5.81	*
Opuntia ficus-indica	Fruit	3000.0	27000.0	-0.77	*
Opuntia ficus-indica	Bud	--	235000.0	1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	69000.0	79720.0	-0.75	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant	96900.0	123300.0	0.04	*
Oryza sativa	Seed	7000.0	57000.0	0.27	*
Oryza sativa	Plant	75000.0	185800.0	1.17	*
Oxalis tuberosa	Root	8000.0	49000.0	-0.53	*
Pachira macrocarpa	Seed	35000.0	37000.0	-0.33	*
Pachyrhizus erosus	Tuber	5000.0	46080.0	-0.79	*
Panax ginseng	Root	10600.0	50000.0	-0.5	*
Panicum maximum	Leaf	7100.0	160000.0	0.72	*

Papaver somniferum	Seed	65450.0	75060.0	0.82	*
Parthenium integrifolium	Root	11040.0	69000.0	0.04	*
Passiflora ligularis	Fruit	8700.0	61900.0	0.14	*
Passiflora edulis	Fruit	8000.0	32000.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora foetida	Fruit	6000.0	33335.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Seed	8000.0	37000.0	-0.33	*
Passiflora incarnata	Flower	3190.0	29000.0	-0.9	*
Passiflora mollissima	Fruit	7000.0	87500.0	0.8	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora edulis	Seed	--	18400.0	-0.89	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	4000.0	71000.0	0.37	*
Pastinaca sativa	Root	9800.0	90000.0	0.64	*
Pastinaca sativa	Seed	--	12000.0	-1.08	*
Paullinia yoko	Bark	--	61000.0	-0.55	*
Paullinia cupana	Seed	--	14200.0	-1.01	Abstract (See species file)
Peganum harmala	Plant	34000.0	105250.0	-0.28	*
Peperomia pereskiaifolia	Leaf	23000.0	153335.0	0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pelucida	Leaf	11000.0	141000.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	3000.0	94000.0	0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	10000.0	85000.0	1.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Leaf	20000.0	143000.0	0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	6000.0	56000.0	-0.02	*
Persea schiedeana	Fruit	7200.0	38725.0	-0.46	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Pt	14600.0	26545.0	-1.35	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	10823.0	137000.0	0.29	*
Phaseolus acutifolius	Hay	92000.0	123000.0	1.0	*
Phaseolus vulgaris	Seed	17000.0	62000.0	0.42	*
Phaseolus lunatus	Sprout Seedling	22000.0	61000.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Fruit	--	40000.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus acutifolius	Fruit	--	68000.0	0.29	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus vulgaris	Leaf	26000.0	177000.0	1.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	15000.0	100000.0	1.57	*
Phaseolus coccineus	Seed	28000.0	61000.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus acutifolius	Seed	31000.0	42000.0	-0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Phaseolus vulgaris	Sprout Seedling	5000.0	53763.0	-0.28	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	6000.0	156000.0	2.57	*
Phaseolus lunatus	Leaf	5000.0	179000.0	1.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Fruit	16000.0	28000.0	-0.74	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phoenix dactylifera	Seed	8900.0	18000.0	-0.9	*
Phoenix dactylifera	Fruit	5000.0	44800.0	-0.31	*
Phoradendron serotinum	Leaf	--	59000.0	-1.05	*
Phragmites australis	Rhizome	--	58000.0	-0.94	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phragmites australis	Shoot	--	108000.0	0.13	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus emblica	Fruit	4000.0	25000.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	4000.0	70000.0	0.35	*
Physalis peruviana	Fruit	8000.0	47000.0	-0.25	*
Physalis ixocarpa	Fruit	6000.0	82000.0	0.66	*
Physalis angulata	Fruit	20000.0	200000.0	3.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis alkekengi	Fruit	--	5000.0	-1.34	*
Phytelephas aequatorialis	Mesocarp	18200.0	154295.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Flower	17000.0	58220.0	-0.24	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas macrocarpa	Seed	--	15000.0	-0.99	*
Phytelephas aequatorialis	Seed	7300.0	59400.0	0.35	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Pimenta dioica	Leaf	76000.0	89000.0	-0.53	*
Pimpinella anisum	Fruit	66000.0	77000.0	0.53	*
Pimpinella anisum	Seed	60000.0	100000.0	1.57	*
Pinus cembroides	Seed	29000.0	30000.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Pinus echinata	Shoot	17000.0	42000.0	-1.4	*
Pinus edulis	Seed	22600.0	27000.0	-0.63	*
Pinus pinea	Seed	43000.0	47155.0	-0.02	*
Pinus gerardiana	Seed	29000.0	31350.0	-0.5	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Piper nigrum	Fruit	42932.0	60000.0	0.09	*
Piper methysticum	Root	--	32000.0	-1.02	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Piper betel	Leaf	23000.0	157500.0	0.68	*
Piper auritum	Leaf	24000.0	135000.0	0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pistacia vera	Seed	24000.0	33000.0	-0.45	*
Pisum sativum	Plant	60000.0	191000.0	1.26	*
Pisum sativum	Fruit	5600.0	55391.0	-0.03	*
Pisum sativum	Seed	8280.0	43138.0	-0.14	*

Plantago psyllium	Seed	4796.0	22000.0	-0.78	*
Plantago major	Seed	18600.0	62000.0	0.42	*
Plantago psyllium	Hull Husk	--	19800.0	-0.81	*
Platonia insignis	Fruit	10000.0	40000.0	-0.43	*
Platycodon grandiflorum	Root	15000.0	20000.0	-1.36	*
Plectranthus amboinicus	Leaf	12000.0	214285.0	1.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	70000.0	0.07	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Polymnia edulis	Root	3000.0	67000.0	-0.02	*
Portulaca oleracea	Herb	14000.0	159090.0	-1.0	*
Pothomorphe sp.	Leaf	17000.0	95000.0	-0.42	*
Pourouma cecropiaefolia	Fruit	2000.0	11110.0	-1.18	J Cell Biochem VOL. 22=1995
Pouteria campechiana	Fruit	6000.0	23000.0	-0.87	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria caimito	Fruit	7000.0	27070.0	-0.77	*
Pouteria viridis	Fruit	12000.0	37975.0	-0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prosopis juliflora	Fruit	--	48000.0	-0.22	*
Prosopis juliflora	Seed	35000.0	300000.0	7.58	*
Prosopis juliflora	Leaf	--	85000.0	-0.6	*
Prunus persica	Fruit	4000.0	150000.0	2.42	*
Prunus domestica	Fruit	3810.0	170000.0	2.93	*
Prunus armeniaca	Fruit	7000.0	105000.0	1.25	USDA's Ag Handbook 8 and sequelae)
Prunus serotina	Stem	1900.0	54000.0	-0.51	*
Prunus persica	Bark	--	63000.0	-0.48	*
Prunus cerasus	Fruit	4000.0	48000.0	-0.22	*
Prunus salicifolia	Fruit	5600.0	35345.0	-0.55	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus serotina	Leaf	29000.0	96000.0	-0.4	*
Prunus dulcis	Seed	21000.0	33022.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	10000.0	30000.0	-0.54	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Psidium cattleianum	Fruit	5000.0	44000.0	-0.33	*
Psidium guajava	Seed	--	30000.0	-0.54	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Psidium guajava	Fruit	4300.0	43200.0	-0.35	*
Psophocarpus tetragonolobus	Leaf	19000.0	99360.0	-0.34	*
Psophocarpus tetragonolobus	Tuber	20000.0	46948.0	-0.76	*
Psophocarpus tetragonolobus	Seed	6120.0	80863.0	0.99	*
Pteridium aquilinum	Leaf	6000.0	68965.0	-0.88	*
Pteridium aquilinum	Rhizome	83000.0	92222.0	-0.27	*
Pterocarpus marsupium	Leaf	--	75000.0	-0.77	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pueraria montana	Root	14000.0	44600.0	-0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Punica granatum	Fruit	5000.0	35858.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	2720.0	40000.0	-0.43	*

Quararibea cordata	Fruit	3000.0	25850.0	-0.8	*
Quercus rubra	Stem	20000.0	66000.0	-0.0	*
Quercus alba	Bark	31008.0	136000.0	2.0	*
Quercus suber	Cork	1000.0	40000.0		*
Quercus phellos	Stem	14000.0	42000.0	-1.01	*
Quercus stellata	Stem	25000.0	84000.0	0.75	*
Quercus alba	Stem	20000.0	76000.0	0.41	*
Quercus velutina	Stem	24000.0	62000.0	-0.17	*
Quisqualis indica	Seed	65000.0	69519.0	0.65	*
Raphanus sativus	Root	10000.0	185700.0	3.37	*
Rheum rhabarbarum	Pt	8000.0	160000.0	0.31	*
Rheum rhabarbarum	Leaf	10000.0	194000.0	1.32	*
Rhizophora mangle	Leaf	89000.0	101000.0	-0.31	*
Rhodymenia palmata	Plant	--	182000.0	1.1	*
Rhus copallina	Stem	25000.0	61000.0	-0.21	*
Rhus copallina	Leaf	27000.0	96000.0	-0.4	*
Rhus glabra	Stem	21000.0	67000.0	0.04	*
Rhynchosia minima	Shoot	--	76900.0	-0.59	*
Ribes uva-crispa	Fruit	4000.0	183000.0	3.27	*
Ribes rubrum	Fruit	6000.0	75000.0	0.47	*
Ribes nigrum	Fruit	8050.0	61100.0	0.11	*
Ricinus communis	Seed	20000.0	22000.0	-0.78	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Ricinus communis	Leaf	--	124000.0	0.09	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Robinia pseudoacacia	Leaf	61000.0	75000.0	-0.77	*
Robinia pseudoacacia	Seed	40000.0	47000.0	-0.03	*
Rollinia mucosa	Fruit	7000.0	30700.0	-0.67	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Seed	--	22000.0	-0.78	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rosa canina	Fruit	12716.0	68000.0	0.29	*
Rosmarinus officinalis	Plant	23500.0	75570.0	-0.82	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	13520.0	80000.0	-0.68	*
Rubus idaeus	Fruit	3880.0	30815.0	-0.67	Revised USDA data received 1993.
Rubus chamaemorus	Fruit	4100.0	31250.0	-0.66	*
Rumex crispus	Leaf	15000.0	202703.0	1.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex acetosella	Shoot	--	81000.0	-0.5	*
Rumex crispus	Root	39321.0	153000.0	2.44	*
Rumex acetosa	Leaf	11000.0	110000.0	-0.16	*
Ruscus aculeatus	Root	19026.0	63000.0	-0.13	*
Salix alba	Bark	18480.0	110000.0	1.12	*
Salix alba	Wood	--	8700.0	-0.34	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Salvia officinalis	Leaf	13659.0	87000.0	-0.56	*

<i>Sambucus canadensis</i>	Fruit	6150.0	32918.0	-0.61	USDA's Ag Handbook 8 and sequelae)
<i>Sambucus nigra</i>	Fruit	8600.0	48765.0	-0.2	*
<i>Santalum acuminatum</i>	Fruit	21000.0	90130.0	0.87	*
<i>Sassafras albidum</i>	Stem	11000.0	37000.0	-1.22	*
<i>Sassafras albidum</i>	Seed	24000.0	26000.0	-0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sassafras albidum</i>	Leaf	33000.0	68000.0	-0.9	*
<i>Satureja hortensis</i>	Plant	21100.0	105000.0	-0.29	*
<i>Schinus molle</i>	Fruit	--	54700.0	-0.05	*
<i>Schisandra chinensis</i>	Fruit	6900.0	46000.0	-0.28	*
<i>Sclerocarya caffra</i>	Seed	48000.0	50000.0	0.06	*
<i>Sclerocarya caffra</i>	Fruit	2000.0	24000.0	-0.85	*
<i>Scutellaria lateriflora</i>	Plant	13152.0	96000.0	-0.45	*
<i>Secale cereale</i>	Seed	18000.0	24650.0	-0.7	USDA's Ag Handbook 8 and sequelae)
<i>Secale cereale</i>	Seed	--	54750.0	0.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Sechium edule</i>	Shoot	8000.0	108100.0	0.13	*
<i>Sechium edule</i>	Leaf	21600.0	122000.0	0.06	*
<i>Sechium edule</i>	Fruit	4000.0	57145.0	0.01	*
<i>Senna alexandrina</i>	Leaf	20097.0	99000.0	-0.35	*
<i>Senna obtusifolia</i>	Seed	42000.0	48100.0	0.01	*
<i>Serenoa repens</i>	Fruit	3770.0	29000.0	-0.72	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sesamum indicum</i>	Seed	42270.0	65000.0	0.51	*
<i>Sesamum indicum</i>	Leaf	--	124000.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sicana odorifera</i>	Fruit	6000.0	47620.0	-0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sida rhombifolia</i>	Leaf	16000.0	81000.0	-0.67	*
<i>Silybum marianum</i>	Plant	--	63000.0	-1.05	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Silybum marianum</i>	Leaf	13860.0	63000.0	-0.98	*
<i>Simmondsia chinensis</i>	Seed	14000.0	16000.0	-0.96	*
<i>Sinapis alba</i>	Seed	44145.0	49280.0	0.04	*
<i>Smilax officinalis</i>	Root	13230.0	63000.0	-0.13	*
<i>Smilax spp</i>	Root	13230.0	63000.0	-0.13	*
<i>Solanum tuberosum</i>	Tuber	8100.0	85000.0	0.59	*
<i>Solanum melongena</i>	Fruit	5000.0	80000.0	0.6	*
<i>Solanum quitoensis</i>	Fruit	6000.0	73000.0	0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Solanum torvum</i>	Fruit	11000.0	75000.0	0.47	*
<i>Solanum melongena</i>	Leaf	20000.0	147000.0	0.5	*
<i>Sonchus oleraceus</i>	Leaf	16000.0	235000.0	2.05	*

<i>Sophora secundiflora</i>	Seed	--	32000.0	-0.48	*
<i>Sophora japonica</i>	Seed	--	39000.0	-0.27	*
<i>Sorbus aucubaria</i>	Wood	--	6300.0	-0.45	*
<i>Sorbus aucubaria</i>	Fruit	7300.0	57690.0	0.03	*
<i>Spartium junceum</i>	Stem	--	44000.0	-0.93	*
<i>Sphenostylis stenocarpa</i>	Seed	29000.0	32000.0	-0.48	*
<i>Sphenostylis stenocarpa</i>	Root	8000.0	23000.0	-1.27	*
<i>Spinacia oleracea</i>	Plant	16850.0	285700.0	2.98	*
<i>Spirulina pratensis</i>	Plant	--	182000.0	1.1	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spirulina</i> spp.	Plant	--	43000.0	-1.41	*
<i>Spondias mombin</i>	Fruit	4000.0	35000.0	-0.56	*
<i>Spondias purpurea</i>	Fruit	6000.0	34000.0	-0.59	*
<i>Spondias dulcis</i>	Fruit	4000.0	31000.0	-0.66	*
<i>Spondias pinnata</i>	Fruit	5000.0	52000.0	-0.12	*
<i>Stachys officinalis</i>	Plant	10080.0	60000.0	-1.1	*
<i>Stellaria media</i>	Plant	13031.0	157000.0	0.65	*
<i>Sterculia urens</i>	Gum	--	59200.0	1.0	*
<i>Stevia rebaudiana</i>	Leaf	63000.0	130000.0	0.2	*
<i>Symphoricarpos orbiculatus</i>	Stem	38000.0	88000.0	0.92	*
<i>Symphytum officinale</i>	Leaf	3960.0	36000.0	-1.46	*
<i>Symphytum officinale</i>	Root	--	140000.0	2.07	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Syzygium malaccense</i>	Fruit	1000.0	47000.0	-0.25	*
<i>Syzygium jambos</i>	Fruit	4000.0	28385.0	-0.73	*
<i>Syzygium cumini</i>	Fruit	3000.0	40000.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tabebuia heptaphylla</i>	Bark	14857.0	83000.0	0.2	*
<i>Tamarindus indica</i>	Seed	25000.0	32000.0	-0.48	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tamarindus indica</i>	Flower	--	35000.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Leaf	26000.0	73000.0	-0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Fruit	27000.0	39358.0	-0.45	USDA's Ag Handbook 8 and sequelae)
<i>Tanacetum parthenium</i>	Plant	--	171000.0	0.9	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Leaf	18000.0	205000.0	1.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Taraxacum officinale</i>	Root	11440.0	80000.0	0.36	*
<i>Tephrosia purpurea</i>	Leaf	77000.0	99600.0	-0.34	*
<i>Terminalia bellirica</i>	Leaf	49000.0	80000.0	-0.68	*
<i>Terminalia catappa</i>	Seed	24000.0	43000.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Terminalia arjuna</i>	Leaf	--	70900.0	-0.84	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tetragonia tetragonioides</i>	Leaf	18000.0	300000.0	3.19	*
<i>Tetrapanax papyrifera</i>	Pith	--	59000.0	1.0	*
<i>Theobroma cacao</i>	Fruit	38000.0	90475.0	0.88	J Cell Biochem VOL. 22=1995
<i>Theobroma angustifolium</i>	Seed	18200.0	44600.0	-0.1	*
<i>Theobroma bicolor</i>	Seed	33000.0	41725.0	-0.19	*
<i>Theobroma bicolor</i>	Fruit	7000.0	89060.0	0.84	*
<i>Theobroma speciosum</i>	Fruit	15000.0	38460.0	-0.47	J Cell Biochem VOL. 22=1995
<i>Thymus vulgaris</i>	Plant	113681.0	130809.0	0.18	USDA's Ag Handbook 8 and sequelae)
<i>Thymus vulgaris</i>	Leaf	21504.0	128000.0	0.16	*
<i>Tilia</i> sp.	Fruit	21000.0	66000.0	0.24	*
<i>Trachyspermum ammi</i>	Fruit	79000.0	85313.0	0.74	*
<i>Tribulus terrestris</i>	Leaf	46000.0	167000.0	0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Trichosanthes anguina</i>	Fruit	5000.0	92590.0	0.93	*
<i>Tridax procumbens</i>	Leaf	--	159000.0	0.71	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Trifolium pratense</i>	Flower	8100.0	45000.0	-0.54	*
<i>Trifolium pratense</i>	Shoot	--	79000.0	-0.55	*
<i>Trifolium pratense</i>	Seed	--	41000.0	-0.21	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Trigonella foenum-graecum</i>	Seed	5070.0	39000.0	-0.27	*
<i>Triticum aestivum</i>	Seed	4000.0	12000.0	-1.08	*
<i>Tropaeolum tuberosum</i>	Root	4000.0	57000.0	-0.3	*
<i>Tropaeolum majus</i>	Shoot	14000.0	102200.0	-0.01	*
<i>Turnera diffusa</i>	Leaf	18900.0	90000.0	-0.51	*
<i>Ulex europaeus</i>	Seed	--	43000.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ulex europaeus</i>	Plant	16000.0	34000.0	-1.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ullucus tuberosus</i>	Root	6000.0	44000.0	-0.67	*
<i>Ulmus rubra</i>	Bark	12464.0	76000.0	-0.04	*
<i>Uncaria catechu</i>	Plant	30000.0	50000.0	-1.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Urtica dioica</i>	Leaf	16800.0	84000.0	-0.61	*
<i>Vaccinium vitis-idaea</i>	Fruit	2500.0	18000.0	-1.0	*
<i>Vaccinium corymbosum</i>	Fruit	2070.0	13845.0	-1.11	*
<i>Vaccinium myrtillus</i>	Fruit	3840.0	48000.0	-0.22	*
<i>Vaccinium macrocarpon</i>	Fruit	4800.0	40000.0	-0.43	*

Valeriana officinalis	Root	16874.0	143000.0	2.15	*
Valerianella locusta	Plant	12000.0	166666.0	0.82	*
Vanilla planifolia	Fruit	45000.0	97000.0	1.04	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Verbascum thapsus	Leaf	37840.0	86000.0	-0.58	*
Vetiveria zizanioides	Leaf	53000.0	90000.0	-0.51	*
Vicia faba	Seed	11000.0	57900.0	0.3	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	8000.0	54800.0	-0.05	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Fruit	6000.0	49383.0	-0.19	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Fruit	--	54000.0	-0.07	*
Vigna mungo	Seed	32000.0	36000.0	-0.36	*
Vigna angularis	Seed	32600.0	37622.0	-0.31	*
Vigna aconitifolia	Leaf	--	138000.0	0.34	*
Vigna subterranea	Seed	18000.0	42000.0	-0.18	*
Vigna radiata	Sprout Seedling	3750.0	53025.0	-0.3	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Plant	--	126000.0	0.09	*
Vigna unguiculata	Shoot	10500.0	102740.0	0.0	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	35000.0	56000.0	0.24	*
Vigna aconitifolia	Fruit	--	144000.0	2.26	*
Vigna unguiculata	Seed	16000.0	120000.0	2.17	*
Vigna unguiculata	Shoot	10500.0	102740.0	0.0	*
Vigna unguiculata	Seed	39270.0	45132.0	-0.08	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Plant	--	75000.0	-0.83	*
Vigna radiata	Seed	32210.0	37609.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Fruit	--	122000.0	1.69	*
Vigna aconitifolia	Plant	126000.0	138000.0	0.31	*
Viscum album	Leaf	--	54000.0	-1.14	*
Vitellaria paradoxa	Seed	--	18000.0	-0.9	*
Vitis vinifera	Fruit	4290.0	77000.0	0.53	*
Vitis vinifera	Stem	--	88000.0	0.92	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Root	6000.0	146000.0	2.24	*
Xanthosoma sagittifolium	Leaf	13000.0	129000.0	0.18	*
Yucca baccata	Root	13520.0	65000.0	-0.07	*
Zea mays	Silk Stigma Style	--	33000.0	-1.0	*
Zea mays	Seed	10000.0	90000.0	1.27	*
Zingiber officinale	Root	2450.0	35000.0	-0.93	*
Zingiber officinale	Rhizome	7700.0	200000.0	1.83	*
Zizyphus spina-christi	Fruit	44000.0	49000.0	-0.2	*
Zizyphus jujuba	Leaf	--	86000.0	-0.58	*

Zizyphus jujuba	Shoot	--	108000.0	0.13	*
Zizyphus jujuba	Fruit	6000.0	35000.0	-0.56	*
Zizyphus jujuba	Seed	13000.0	17000.0	-0.93	*