

List of Plants

BETA-CAROTENE

Chemid

BETACAROTENE

Dosage

LD50=>1,000 mg/kg (orl rat) Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

PTD=15-30 mg/day

RDA=2.25-7.8 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
Acacia decurrens	Plant	--	--		*
Acacia nilotica	Plant	--	--		*
Acacia farnesiana	Leaf	120.0	646.0	1.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant	--	--		*
Actaea racemosa	Root	--	2.4	-0.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	0.4	6.0	-0.14	*
Aegle marmelos	Fruit	0.5	1.3	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aglaonema commutatum	Fruit	--	--		Wealth of India.
Aleurites moluccana	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	9.0	68.0	-0.84	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	0.1	0.2	-0.44	*
Allium cepa	Leaf	12.0	158.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Root	0.2	1.8	-0.42	*
Allium schoenoprasum	Leaf	34.0	475.0	0.93	*
Allium sativum var. sativum	Flower	0.6	5.0	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Flower	--	28.0	-0.19	*
Allium ampeloprasum	Leaf	0.2	230.0	-0.14	*
Allium sativum var. sativum	Shoot	2.0	9.0	-0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	--	0.17	-1.0	*
Allium cepa	Bulb	--	52.0	1.0	*
Allium ampeloprasum	Flower	25.0	151.0	1.71	*

<i>Alocasia macrorrhiza</i>	Root	--	--		*
<i>Aloe vera</i>	Leaf	--	3.0	-1.12	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Aloe vera</i>	Stem Essent. Oil	--	7.2		Rowe, T. D., Parks, L. M. 1941. A Phytochemical Study of <i>Aloe vera</i> Leaf. J. Amer. Pharm. Ass. Sci. Ed., 30: 262-266.
<i>Aloe</i> spp.	Leaf	0.2	31.0	-1.0	*
<i>Alpinia galanga</i>	Rhizome	15.0	108.0	1.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Althaea officinalis</i>	Root	--	--		*
<i>Amaranthus</i> sp.	Leaf	--	508.0	1.07	*
<i>Amaranthus spinosus</i>	Leaf	65.0	408.0	0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amorphophallus konjac</i>	Root	--	--		*
<i>Amorphophallus campanulatus</i>	Root	--	6.8	-0.39	*
<i>Anacardium occidentale</i>	Seed	--	0.6	-0.39	*
<i>Anacardium occidentale</i>	Leaf	6.0	20.0	-1.05	*
<i>Anacardium occidentale</i>	Fruit	7.6	53.0	-0.05	*
<i>Ananas comosus</i>	Fruit	--	3.0	-0.15	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Angelica sinensis</i>	Root	0.3	1.2	-0.43	*
<i>Annona squamosa</i>	Fruit	--	0.2	-0.15	*
<i>Annona diversifolia</i>	Fruit	--	0.4	-0.15	*
<i>Annona cherimola</i>	Fruit	--	0.2	-0.15	*
<i>Annona glabra</i>	Fruit	3.0	23.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona reticulata</i>	Fruit	--	0.2	-0.15	*
<i>Annona muricata</i>	Fruit	--	0.6	-0.15	*
<i>Apium graveolens</i>	Fruit	8.0	36.0	-0.08	*
<i>Apium graveolens</i>	Seed	7.5	36.0	1.82	*
<i>Apium graveolens</i>	Pt	1.0	144.0	1.41	*
<i>Arachis hypogaea</i>	Seed	--	0.34	-0.41	*
<i>Arachis hypogaea</i>	Leaf	77.0	360.0	0.43	*
<i>Arctium lappa</i>	Root	11.0	45.0	-0.15	*
<i>Arctostaphylos uva-ursi</i>	Leaf	20.0	172.0	-0.39	*
<i>Areca catechu</i>	Plant	--	--		*
<i>Armoracia rusticana</i>	Root	27.0	150.0	0.52	*
<i>Arracacia xanthorrhiza</i>	Root	1.1	3.8	-0.41	*
<i>Artemisia dracunculus</i>	Leaf	2.0	74.0	-0.82	*
<i>Artemisia absinthium</i>	Leaf	--	500.0	1.04	*

<i>Artemisia vulgaris</i>	Leaf	21.0	168.0	-0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus altilis</i>	Seed	3.0	6.0	-0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus altilis</i>	Fruit	0.04	0.1	-0.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Artocarpus heterophyllus</i>	Fruit	0.2	8.0	-0.14	*
<i>Asimina triloba</i>	Fruit	0.4	2.5	-0.15	*
<i>Asparagus officinalis</i>	Shoot	0.3	120.0	-0.18	*
<i>Asparagus officinalis</i>	Root	6.5	65.0	-0.02	*
<i>Astragalus membranaceus</i>	Root	--	--		*
<i>Avena sativa</i>	Plant	16.0	72.0	-0.34	*
<i>Averrhoa carambola</i>	Fruit	0.03	75.0	-0.01	*
<i>Averrhoa bilimbi</i>	Fruit	0.35	14.0	-0.12	*
<i>Bactris gasipaes</i>	Fruit	0.5	55.0	-0.04	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Basella alba</i>	Leaf	48.0	695.0	1.89	*
<i>Benincasa hispida</i>	Fruit	--	2.5	-0.15	*
<i>Berberis vulgaris</i>	Bark	--	--		*
<i>Berberis vulgaris</i>	Fruit	--	--		Jim Duke's personal files.
<i>Berberis vulgaris</i>	Root	--	--	-0.44	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed	--	--	-0.43	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Root	--	438.0	2.36	*
<i>Bixa orellana</i>	Fruit	0.9	113.0	0.07	*
<i>Blighia sapida</i>	Aril	5.5	18.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Leaf	52.0	403.0	0.62	*
<i>Borago officinalis</i>	Leaf	25.0	360.0	0.43	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	18.0	385.0	0.54	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	--	4.0	-0.56	*
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	50.0	345.0	0.36	*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	5.0	41.0	-0.96	USDA's Ag Handbook 8 and sequelae)
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	--	--	-0.44	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Root	--	--		*
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	20.0	328.0	0.29	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	9.0	138.0	-0.54	*
<i>Brassica chinensis</i>	Leaf	18.0	385.0	0.54	*

Brassica oleracea var. italica	Leaf	9.0	138.0	-0.54	*
Brassica oleracea	Stem	0.24	2.67	-0.85	*
Brassica oleracea var. capitata L.	Leaf	0.6	12.0	-1.09	*
Brassica nigra	Leaf	29.0	475.0	0.93	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	--	1.7	-0.72	*
Brosimum alicastrum	Fruit	5.0	35.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	4.0	36.0	-0.21	*
Byrsonima crassifolia	Fruit	0.02	2.8	-0.15	*
Cajanus cajan	Seed	0.84	4.6	-0.14	*
Cajanus cajan	Fruit	0.4	4.0	-0.14	*
Calathea macrosepala	Flower	--	--	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	27.0	84.0	-0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Canavalia ensiformis	Fruit	0.24	2.2	-0.15	*
Canavalia ensiformis	Seed	--	0.2	-0.42	*
Canna indica	Root	0.1	0.3	-0.43	*
Cannabis sativa	Seed	--	0.06	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capsella bursa-pastoris	Plant	2.6	22.0	-0.61	*
Capsicum annuum	Fruit	25.0	95.0	0.03	*
Capsicum frutescens	Fruit	1.0	38.0	-0.08	*
Carica papaya	Leaf	116.0	514.0	1.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Pericarp	--	--		Jim Duke's personal files.
Carica papaya	Fruit	--	--		*
Carica papaya	Seed Oil	--	--		Jim Duke's personal files.
Carica pentagona	Fruit	0.6	9.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	13.0	90.0	0.77	*
Carum carvi	Fruit	--	2.0	-0.15	*
Carum carvi	Seed	--	2.0	-0.3	*
Carya illinoensis	Seed	0.13	0.83	-0.38	*
Casimiroa edulis	Fruit	0.3	2.4	-0.15	*
Catha edulis	Leaf	--	18.0	-1.06	*
Caulophyllum thalictroides	Root	2.6	24.0	-0.28	*
Centella asiatica	Leaf	40.0	369.0	0.47	*
Chamaemelum nobile	Flower	--	2.2	-0.59	*
Chenopodium ambrosioides	Leaf	35.0	165.0	-0.42	*
Chenopodium album	Leaf	71.0	316.0	0.24	*

<i>Chondrus crispus</i>	Plant	--	55.0	-0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum parthenium</i>	Leaf	2.5	14.0	-1.08	*
<i>Chrysanthemum coronarium</i>	Bud	88.0	1183.0	1.0	*
<i>Chrysanthemum parthenium</i>	Plant	--	14.0	-0.65	*
<i>Chrysanthemum coronarium</i>	Leaf	32.0	485.0	0.97	*
<i>Chrysobalanus icaco</i>	Fruit	0.7	5.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Chrysophyllum cainito</i>	Fruit	--	0.9	-0.15	*
<i>Cicer arietinum</i>	Seed	0.4	0.5	-0.4	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Leaf	--	228.0	-0.15	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	9.6	241.0	-0.09	*
<i>Cimicifuga racemosa</i>	Root	5.0	24.0	-0.28	*
<i>Cinnamomum verum</i>	Bark	1.0	2.0	-0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cinnamomum aromaticum</i>	Bark	1.0	2.0	-0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrullus lanatus</i>	Fruit	2.0	48.0	-0.06	*
<i>Citrus paradisi</i>	Fruit	--	5.0	-0.14	*
<i>Citrus limon</i>	Fruit	--	2.0	-0.15	*
<i>Citrus sinensis</i>	Fruit	1.0	28.0	-0.1	*
<i>Citrus aurantiifolia</i>	Fruit	--	2.0	-0.15	*
<i>Citrus aurantium</i>	Fruit	1.0	27.0	-0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus reticulata</i>	Fruit	1.0	44.0	-0.07	*
<i>Citrus sinensis</i>	Pericarp	--	--		Jim Duke's personal files.
<i>Cnicus benedictus</i>	Plant	18.0	133.0	-0.01	*
<i>Cnidioscolus chayamansa</i>	Leaf	60.0	425.0	0.71	*
<i>Coccinia grandis</i>	Fruit	15.6	226.0	0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Coffea arabica</i>	Leaf	20.0	25.0	-1.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coix lacryma-jobi</i>	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cola acuminata</i>	Seed	--	1.0	-0.37	*
<i>Colocasia esculenta</i>	Root	--	0.8	-0.43	*
<i>Colocasia esculenta</i>	Leaf	18.0	298.0	0.16	*
<i>Corchorus olitorius</i>	Leaf	33.0	495.0	1.02	*
<i>Coriandrum sativum</i>	Leaf	29.0	228.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coriandrum sativum</i>	Seed	--	--	-0.43	*
<i>Corylus avellana</i>	Seed	--	0.4	-0.4	*
<i>Crataegus rhipidophylla</i>	Fruit	--	5.4	-0.14	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	1.4	5.0	-0.14	*

<i>Crescentia alata</i>	Seed	--	0.2	-0.42	*
<i>Crocus sativus</i>	Silk Stigma Style	--	--		*
<i>Cucumis melo</i>	Fruit	0.2	201.0	0.24	USDA's Ag Handbook 8 and sequelae)
<i>Cucumis sativus</i>	Fruit	0.3	8.0	-0.14	*
<i>Cucurbita pepo</i>	Fruit	9.6	114.0	0.07	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	0.12	1.9	-0.15	*
<i>Cucurbita pepo</i>	Flower	12.0	240.0	3.09	*
<i>Cucurbita pepo</i>	Seed	2.0	2.5	-0.27	*
<i>Cuminum cyminum</i>	Fruit	5.0	8.0	-0.14	*
<i>Cuminum cyminum</i>	Seed	5.0	8.0	0.07	*
<i>Curcuma longa</i>	Rhizome	--	--	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Curcuma longa</i>	Plant	6.0	18.0	-0.63	*
<i>Cyamopsis tetragonoloba</i>	Shoot	--	11.0	-0.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Fruit	--	2.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cycas revoluta</i>	Fruit	--	--		*
<i>Cyclanthera pedata</i>	Fruit	0.3	82.0	0.01	*
<i>Cydonia oblonga</i>	Fruit	--	16.0	-0.12	*
<i>Cynara cardunculus</i>	Flower	1.0	20.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyphomandra betacea</i>	Fruit	3.0	32.0	-0.09	*
<i>Cyrtosperma chamissonis</i>	Root	--	0.2	-0.44	*
<i>Daucus carota</i>	Root	27.0	673.0	3.87	*
<i>Dioscorea alata</i>	Root	--	0.2	-0.44	*
<i>Dioscorea villosa</i>	Root	7.0	29.0	-0.25	*
<i>Dioscorea sp.</i>	Root	--	19.0	-0.31	*
<i>Dioscorea pentaphylla</i>	Root	--	--		*
<i>Diospyros digyna</i>	Fruit	2.0	6.0	-0.14	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Durio zibethinus</i>	Fruit	0.1	1.0	-0.15	*
<i>Echinacea spp</i>	Root	--	2.2	-0.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Echinacea purpurea</i>	Root	0.6	2.2	-0.42	*
<i>Elaeagnus umbellatus</i>	Fruit	5.5	30.0	-0.09	*
<i>Elaeagnus commutata</i>	Fruit	0.2	1.4	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	365.0	575.0	0.96	*
<i>Eleocharis dulcis</i>	Tuber	--	--	-0.71	*
<i>Eleutherococcus senticosus</i>	Root	6.0	30.0	-0.24	*
<i>Ephedra sinica</i>	Plant	8.0	37.0	-0.53	*
<i>Equisetum arvense</i>	Plant	11.0	49.0	-0.46	*
<i>Equisetum arvense</i>	Sprout Seedling	--	--		Jim Duke's personal files.

Eriobotrya japonica	Fruit	2.6	68.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriodictyon californicum	Leaf	21.0	96.0	-0.72	*
Erythrina fusca	Leaf	23.0	125.0	-0.59	*
Erythrina berteroana	Shoot	2.0	14.0	-0.66	*
Erythroxylum coca	Leaf	5.4	7.0	-1.11	*
Eugenia floribunda	Fruit	--	--	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	9.0	101.0	0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia brasiliensis	Fruit	0.4	2.4	-0.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Eupatorium perfoliatum	Plant	--	--		*
Euphrasia officinalis	Plant	11.0	73.0	-0.33	*
Ficus carica	Fruit	0.3	16.0	-0.12	*
Foeniculum vulgare	Fruit	--	1.0	-0.15	*
Foeniculum vulgare	Plant	21.0	241.0	0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	0.1	0.9	-0.37	*
Fragaria spp	Fruit	0.089	7.0	-0.14	*
Frangula purshiana	Bark	13.0	46.0	2.14	*
Frangula alnus	Fruit	--	--		*
Fucus vesiculosus	Plant	5.0	40.0	-0.51	*
Garcinia mangostana	Fruit	--	--	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gentiana lutea	Root	9.0	39.0	-0.19	*
Ginkgo biloba	Tissue Culture	--	--		Jim Duke's personal files.
Ginkgo biloba	Leaf	7.2	30.0	-1.01	*
Ginkgo biloba	Seed	1.0	4.0	-0.18	*
Gliricidia sepium	Flower	0.7	5.0	-0.55	*
Glycine max	Plant	--	0.3	-0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	0.2	3.5	1.84	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	4.1	13.4	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	--	11.3	0.28	*
Glycine max	Seed Oil	--	--		*
Glycyrrhiza glabra	Root	--	--		*
Glycyrrhiza glabra	Seed	--	5.0	-0.12	*
Gymnema sylvestre	Leaf	6.0	30.0	-1.01	*
Harpagophytum procumbens	Root	--	--		*
Helianthus tuberosus	Tuber	--	6.0	1.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Seed	--	0.3	-0.41	USDA's Ag Handbook 8 and sequelae)

Hibiscus sabdariffa	Flower	1.0	9.0	-0.48	*
Hibiscus rosa-sinensis	Leaf	75.0	750.0	2.13	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Leaf	41.0	555.0	1.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hippophae rhamnoides	Fruit	3.0	80.0	0.0	*
Hordeum vulgare	Seed	--	1.0	-0.37	Jim Duke's personal files.*
Hordeum vulgare	Plant	149.0	660.0	2.85	Jim Duke's personal files.*
Hordeum vulgare	Stem	--	312.0	1.4	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Fruit	--	2.4	-0.15	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	0.5	2.4	-0.59	*
Hydrangea arborescens	Root	--	--		*
Hydrastis canadensis	Root	0.8	3.0	-0.42	*
Hylocereus undatus	Fruit	--	--	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hylocereus guatemalensis	Fruit	0.05	0.7	-0.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hypericum perforatum	Shoot	--	12.1	-0.67	*
Inga feuillei	Aril	--	--	-1.0	J Cell Biochem VOL. 22=1995
Inga edulis	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inula helenium	Root	--	--		*
Ipomoea batatas	Leaf	1.8	345.0	0.36	*
Ipomoea aquatica	Leaf	28.0	500.0	1.04	*
Ipomoea batatas	Root	0.1	476.0	2.61	*
Iris x germanica	Leaf	--	--		*
Juglans nigra	Hull Husk	--	0.6	-1.34	*
Juglans nigra	Fruit	--	0.6	-0.15	*
Juglans regia	Seed	--	1.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans nigra	Pericarp	--	0.6		*
Juglans nigra	Seed	1.0	2.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juniperus communis	Fruit	4.0	12.2	-0.13	*
Justicia pectoralis	Leaf	27.0	178.0	-0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	0.66	5.44	-0.09	*
Lactuca sativa	Leaf	11.0	190.0	-0.31	*
Lagenaria siceraria	Fruit	--	--		*
Larrea tridentata	Plant	45.0	138.0	0.02	*
Lens culinaris	Sprout Seedling	0.3	1.0	-0.29	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Seed	--	16.0	0.57	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Lepidium sativum	Leaf	20.0	526.0	1.15	*
Licania platypus	Fruit	1.6	7.7	-0.14	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Seed	--	0.321	-0.41	*
Lobelia inflata	Leaf	6.0	54.0	-0.9	*
Luffa aegyptiaca	Leaf	92.0	933.0	2.93	*
Luffa aegyptiaca	Fruit	1.2	34.0	-0.09	*
Lupinus mutabilis	Seed	1.3	1.5	-0.34	*
Lupinus mutabilis	Fruit	0.3	1.0	-0.15	*
Lycium chinense	Leaf	44.0	428.0	0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium barbarum	Fruit	75.0	90.0	0.02	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Lycopersicon esculentum	Fruit	7.0	113.0	0.07	*
Lycopodium selago	Plant	--	--		*
Macadamia spp	Seed	--	--	-0.43	USDA's Ag Handbook 8 and sequelae)
Malpighia glabra	Fruit	3.0	69.0	-0.02	*
Malus domestica	Fruit	--	76.0	-0.0	*
Malva sylvestris	Leaf	33.0	390.0	0.56	*
Mammea americana	Fruit	0.4	24.0	-0.1	*
Mangifera indica	Leaf	6.0	44.0	-0.95	*
Mangifera indica	Fruit	11.0	96.0	0.03	*
Manihot esculenta	Root	14.0	150.0	0.52	*
Manilkara zapota	Fruit	0.2	1.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	--	--	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Leaf	0.06	394.0	0.58	*
Medicago sativa	Plant	28.0	149.0	0.08	*
Medicago sativa	Flower	--	--		*
Melicoccus bijugatas	Fruit	0.2	14.0	-0.12	*
Mentha x piperita	Leaf	35.0	238.0	-0.1	*
Mentha spicata	Leaf	2.0	175.0	-0.38	*
Menyanthes trifoliata	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Mimosa pudica	Leaf	65.0	930.0	2.91	*
Mimulus glabratus	Shoot	32.0	326.0	0.76	*
Momordica charantia	Leaf	51.0	330.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Pericarp	--	--		Jim Duke's personal files.
Momordica charantia	Fruit	--	18.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Fruit	--	5.2	-0.14	*

Morinda citrifolia	Leaf	--	124.0	-0.6	*
Morinda citrifolia	Bark	--	8.6	-0.28	*
Moringa oleifera	Seed	--	100.0	5.82	*
Moringa oleifera	Leaf	18.0	72.0	-0.82	*
Moringa oleifera	Shoot	45.0	215.0	0.26	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	1.0	8.0	-0.14	*
Muntingia calabura	Fruit	--	1.2	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	6.0	21.0	-0.11	*
Murraya koenigii	Leaf	60.0	225.0	-0.16	*
Musa x paradisiaca	Hull Husk	0.6	16.6	0.29	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Fruit	6.0	21.0	-0.11	USDA's Ag Handbook 8 and sequelae)
Myrciaria dubia	Fruit	--	--	-0.15	*
Myrciaria cauliflora	Fruit	--	--	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Bark	--	--		*
Nasturtium officinale	Herb	28.0	560.0	-1.0	*
Nelumbo nucifera	Seed	0.06	0.18	-0.42	*
Nelumbo nucifera	Rhizome	--	--		*
Nepeta cataria	Plant	3.0	24.0	-0.6	*
Nicotiana tabacum	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Leaf	--	25.0	-1.03	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum tenuiflorum	Leaf	--	25.0	-1.03	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Leaf	4.0	333.0	0.31	*
Olea europaea	Fruit	1.8	8.3	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Fruit	0.08	0.09	-0.15	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.
Opuntia ficus-indica	Bud	--	0.3	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	41.0	45.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant	48.0	52.0	-0.45	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	--	--		*
Oxalis tuberosa	Root	--	0.2	-0.44	*
Pachira macrocarpa	Seed	12.0	13.0	0.38	*
Pachyrhizus erosus	Tuber	--	--		*
Panax ginseng	Root	--	--		*
Papaver somniferum	Seed	--	--		*
Parthenium integrifolium	Root	7.0	42.0	-0.17	*
Passiflora quadrangularis	Seed	0.2	1.0	-0.37	*

<i>Passiflora foetida</i>	Fruit	--	--	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	--	--		*
<i>Passiflora mollissima</i>	Fruit	--	1.2	-0.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora edulis</i>	Fruit	4.0	17.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Flower	5.3	48.0	0.12	*
<i>Passiflora ligularis</i>	Fruit	--	1.2	-0.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Pastinaca sativa</i>	Root	0.2	1.0	-0.43	*
<i>Peperomia pereskiiifolia</i>	Leaf	138.0	920.0	2.87	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	25.0	320.0	0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	17.0	556.0	0.92	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root	2.0	5.0	-0.4	Izidoost, 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>	Seed	7.0	66.0	3.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	44.0	313.0	0.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	0.3	27.0	-0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea schiedeana</i>	Fruit	0.03	1.4	-0.15	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	0.03	0.5	-0.79	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	12.0	154.0	0.11	*
<i>Petroselinum crispum</i>	Shoot	--	--		*
<i>Phaseolus vulgaris</i>	Sprout Seedling	--	--	-1.14	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	2.2	66.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Seed	--	0.1	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	0.1	9.8	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Sprout Seedling	0.3	0.8	-0.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Fruit	--	0.15	-0.15	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus vulgaris</i>	Leaf	32.4	245.5	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	--	9.8	0.18	USDA's Ag Handbook 8 and sequelae)
<i>Phoenix dactylifera</i>	Fruit	1.0	3.6	-0.14	*
<i>Phragmites australis</i>	Shoot	--	50.0	-0.5	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Phyllanthus emblica</i>	Fruit	--	4.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phyllanthus acidus</i>	Fruit	--	8.0	-0.14	*
<i>Physalis peruviana</i>	Fruit	0.14	84.0	0.01	*

<i>Physalis ixocarpa</i>	Fruit	0.5	6.0	-0.14	*
<i>Phytolacca americana</i>	Shoot	52.0	621.0	2.11	*
<i>Pimenta dioica</i>	Leaf	103.0	120.0	-0.62	*
<i>Pimenta dioica</i>	Fruit	--	4.0	-0.14	*
<i>Pinus cembroides</i>	Seed	0.1	0.2	-0.42	USDA's Ag Handbook 8 and sequelae)
<i>Pinus sylvestris</i>	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Piper betel</i>	Leaf	19.0	175.0	-0.38	*
<i>Piper auritum</i>	Leaf	34.0	193.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Piper nigrum</i>	Fruit	0.114	0.128	-0.15	*
<i>Pistacia vera</i>	Seed	1.38	1.46	-0.34	*
<i>Pisum sativum</i>	Seed	3.6	18.2	0.71	*
<i>Pisum sativum</i>	Fruit	0.8	8.3	-0.13	*
<i>Plantago psyllium</i>	Hull Husk	--	24.0	1.05	*
<i>Plantago major</i>	Seed	--	--		*
<i>Plantago psyllium</i>	Seed	5.0	24.0	1.07	*
<i>Platycodon grandiflorum</i>	Root	--	--		*
<i>Plectranthus amboinicus</i>	Leaf	10.0	175.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polygonum multiflorum</i>	Root	--	2.4	-0.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polymnia edulis</i>	Root	2.6	10.0	-0.37	*
<i>Portulaca oleracea</i>	Herb	11.0	4650.0	1.0	*
<i>Pourouma cecropiaefolia</i>	Fruit	--	--	-0.15	J Cell Biochem VOL. 22=1995
<i>Pouteria caimito</i>	Fruit	2.0	29.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria viridis</i>	Fruit	0.5	1.6	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	2.0	29.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Prunus dulcis</i>	Seed	--	0.05	-0.43	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	1.4	43.0	-0.07	*
<i>Prunus salicifolia</i>	Fruit	0.05	7.0	-0.14	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus armeniaca</i>	Fruit	13.0	189.0	0.21	*
<i>Prunus cerasus</i>	Fruit	1.0	6.0	-0.14	*
<i>Prunus persica</i>	Fruit	--	30.0	-0.09	*
<i>Prunus armeniaca</i>	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Psidium guajava</i>	Fruit	0.75	46.0	-0.06	*
<i>Psidium cattleianum</i>	Fruit	--	9.0	-0.13	*
<i>Psophocarpus tetragonolobus</i>	Seed	0.78	6.0	-0.05	*
<i>Psophocarpus tetragonolobus</i>	Fruit	--	4.0	-0.14	*

<i>Psoralea esculenta</i>	Root	--	1.0	-0.43	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>Pteridium aquilinum</i>	Leaf	--	1.0	-1.13	*
<i>Pyrus communis</i>	Fruit	0.17	1.7	-0.15	*
<i>Quararibea cordata</i>	Fruit	10.0	72.0	-0.01	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Quercus alba</i>	Bark	--	--		*
<i>Raphanus sativus</i>	Leaf	24.7	214.0	-0.21	*
<i>Raphanus sativus</i>	Fruit	0.3	26.2	-0.1	*
<i>Raphanus sativus</i>	Root	--	1.0	-0.43	*
<i>Rheum rhabarbarum</i>	Leaf	0.3	5.0	-1.12	*
<i>Rheum rhabarbarum</i>	Pt	0.6	12.0	-0.62	*
<i>Rhodymenia palmata</i>	Plant	--	--		*
<i>Ribes rubrum</i>	Fruit	0.25	4.0	-0.14	*
<i>Ribes nigrum</i>	Fruit	1.0	8.0	-0.14	USDA's Ag Handbook 8 and sequelae)
<i>Ribes uva-crispa</i>	Fruit	0.6	14.0	-0.12	*
<i>Rosa gallica</i>	Flower	16.0	17.0	-0.36	*
<i>Rosa canina</i>	Fruit	8.0	42.0	-0.07	*
<i>Rosa rubiginosa</i>	Plant	--	--		*
<i>Rosmarinus officinalis</i>	Plant	19.0	21.0	-0.61	*
<i>Rosmarinus officinalis</i>	Leaf	15.0	55.0	-0.9	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Leaf	19.0	114.0	-0.64	*
<i>Rubus idaeus</i>	Fruit	0.06	7.0	-0.14	*
<i>Rumex acetosa</i>	Leaf	77.0	1100.0	3.65	*
<i>Rumex crispus</i>	Root	58.0	225.0	1.0	*
<i>Rumex crispus</i>	Leaf	10.38	140.0	-0.53	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Ruscus aculeatus</i>	Root	4.0	13.0	-0.35	*
<i>Salix alba</i>	Bark	--	--		*
<i>Salvia officinalis</i>	Leaf	6.0	39.0	-0.97	*
<i>Sambucus canadensis</i>	Fruit	4.0	18.0	-0.12	USDA's Ag Handbook 8 and sequelae)
<i>Sambucus nigra</i>	Leaf	--	150.0	-0.48	*
<i>Sambucus nigra</i>	Fruit	100.0	150.0	0.14	*
<i>Satureja hortensis</i>	Plant	--	34.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Schisandra chinensis</i>	Fruit	9.0	61.0	-0.03	*
<i>Scutellaria lateriflora</i>	Plant	2.6	19.0	-0.62	*
<i>Sechium edule</i>	Shoot	12.0	164.0	0.02	*
<i>Senna alexandrina</i>	Leaf	48.0	235.0	-0.11	*
<i>Serenoa repens</i>	Fruit	3.0	24.0	-0.1	*
<i>Sesamum indicum</i>	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Sicana odorifera</i>	Fruit	1.0	8.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sida rhombifolia</i>	Leaf	60.0	305.0	0.19	*
<i>Silybum marianum</i>	Leaf	7.0	31.0	-1.0	*
<i>Silybum marianum</i>	Plant	--	31.0	-0.56	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sinapis alba</i>	Seed	--	--		*
<i>Smilax officinalis</i>	Root	8.0	36.0	-0.21	*
<i>Smilax spp</i>	Root	8.0	36.0	-0.21	*
<i>Solanum sessiliflorum</i>	Fruit	1.4	14.0	-0.12	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Solanum quitoensis</i>	Fruit	1.0	16.0	-0.12	*
<i>Solanum tuberosum</i>	Tuber	--	0.01	-0.71	*
<i>Solanum melongena</i>	Fruit	--	6.0	-0.14	*
<i>Solanum torvum</i>	Fruit	4.0	27.0	-0.1	*
<i>Solanum nigrum</i>	Leaf	1.0	110.0	-0.66	*
<i>Sonchus oleraceus</i>	Leaf	14.0	545.0	1.24	*
<i>Sorbus aucubaria</i>	Plant	62.0	98.0	-0.2	*
<i>Spinacia oleracea</i>	Plant	4.0	690.0	3.01	*
<i>Spinacia oleracea</i>	Leaf	--	32.5	-1.0	*
<i>Spirulina spp.</i>	Plant	--	480.0	1.87	*
<i>Spirulina pratensis</i>	Plant	--	478.0	1.86	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spondias pinnata</i>	Fruit	2.0	28.0	-0.1	*
<i>Spondias mombin</i>	Fruit	1.0	115.0	0.07	*
<i>Spondias dulcis</i>	Fruit	2.0	16.0	-0.12	*
<i>Spondias purpurea</i>	Fruit	0.6	9.0	-0.13	*
<i>Stachys officinalis</i>	Plant	--	--		*
<i>Stellaria media</i>	Plant	4.0	43.0	-0.49	*
<i>Stevia rebaudiana</i>	Leaf	--	75.0	-0.81	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Leaf	12.0	108.0	-0.67	*
<i>Symphytum officinale</i>	Root	--	660.0	3.78	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Syzygium malaccense</i>	Fruit	--	0.08	-0.15	*
<i>Syzygium aromaticum</i>	Bark	2.0	3.0	-0.65	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium jambos</i>	Fruit	1.4	8.5	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium cumini</i>	Fruit	--	3.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tabebuia heptaphylla</i>	Bark	0.8	4.3	-0.56	*
<i>Tagetes erecta</i>	Flower	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Tamarindus indica	Flower	--	10.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf	2.0	110.0	-0.66	*
Tamarindus indica	Fruit	--	1.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	14.0	-0.65	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	12.0	84.0	0.1	*
Taraxacum officinale	Flower	--	--		*
Taraxacum officinale	Leaf	40.0	583.0	1.4	*
Taxus baccata	Fruit	--	--		*
Tecoma stans	Flower	--	--		*
Terminalia catappa	Fruit	--	1.8	-0.15	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.
Terminalia catappa	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	26.4	440.0	0.78	*
Theobroma cacao	Plant	--	--		*
Theobroma bicolor	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Fruit	1.9	9.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	24.0	25.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Leaf	4.0	25.0	-1.03	*
Tragopogon porrifolius	Root	--	0.268	-0.43	*
Trichosanthes anguina	Fruit	1.0	18.0	-0.12	*
Trifolium pratense	Flower	2.0	12.0	-0.44	*
Trigonella foenum-graecum	Seed	--	0.2	-0.42	*
Trigonella foenum-graecum	Leaf	23.0	278.0	0.07	*
Triticum aestivum	Seed	--	0.22	-0.42	*
Tropaeolum tuberosum	Root	0.3	2.1	-0.42	*
Tropaeolum majus	Shoot	90.0	665.0	2.31	*
Turnera diffusa	Leaf	15.0	71.0	-0.83	*
Ulex europaeus	Plant	75.0	253.0	0.64	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ullucus tuberosus	Root	--	0.7	-0.43	*
Ulmus rubra	Bark	4.0	25.0	0.78	*
Urtica dioica	Seed	10.0	25.0	1.13	Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
Urtica dioica	Leaf	19.0	94.0	-0.73	*
Vaccinium macrocarpon	Fruit	0.2	2.6	-0.15	*

Vaccinium vitis-idaea	Plant	--	--		*
Vaccinium corymbosum	Fruit	0.6	3.9	-0.14	*
Vaccinium myrtillus	Fruit	4.0	47.0	-0.06	*
Valeriana officinalis	Plant	--	--		*
Valeriana officinalis	Root	--	--		*
Verbascum thapsus	Leaf	19.0	43.0	-0.95	*
Verbena officinalis	Leaf	--	--		*
Viburnum opulus	Fruit	--	6400.0	12.22	*
Vicia faba	Seed	2.1	11.0	0.26	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	0.1	0.6	-0.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Shoot	0.7	6.9	-0.69	*
Vigna unguiculata	Seed	--	0.3	-0.41	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	0.1	1.4	0.05	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	0.3	21.9	0.94	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	0.1	0.9	-0.37	*
Vigna unguiculata	Fruit	1.5	72.0	-0.01	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	0.9	1.2	-0.35	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	--	0.2	-0.42	*
Vigna subterranea	Seed	--	0.11	-0.42	*
Vigna unguiculata	Shoot	0.7	6.9	-0.69	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	0.2	0.5	-0.4	*
Viscum album	Leaf	--	--		*
Vitis vinifera	Stem	--	43.0	-0.56	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	0.5	2.1	-0.15	*
Xanthosoma sagittifolium	Root	--	0.6	-0.43	*
Xanthosoma sagittifolium	Leaf	33.0	327.0	0.29	*
Yucca baccata	Root	--	--		*
Zea mays	Seed	0.5	2.5	-0.27	*
Zea mays	Silk Stigma Style	--	--		*
Zingiber officinale	Rhizome	--	4.0	-0.67	*
Zingiber officinale	Root	0.1	1.0	-0.43	*
Zizyphus jujuba	Fruit	0.2	700.0	1.2	*
Zizyphus spina-christi	Fruit	--	--		*