

List of Plants



Chemid

BIOTIN

Dosage

RDA=50-300 ug

Martindale's 29th

PTD=50 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
Allium sativum var. sativum	Bulb	--	22.0		*
Angelica sinensis	Root	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Arachis hypogaea	Seed	--	--		*
Avena sativa	Seed	0.132	1.4	-0.53	Jim Duke's personal files.*
Erythroxylum coca	Leaf	0.8	1.0		*
Glycine max	Seed	--	750.0	2.84	*
Gossypium sp	Seed	--	0.3	-0.53	*
Hordeum vulgare	Seed	0.1	0.9	-0.53	Jim Duke's personal files.*
Juglans regia	Seed	--	0.02	-0.53	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lens culinaris	Seed	--	132.0	0.06	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lycopersicon esculentum	Fruit	--	--		*
Malus domestica	Plant	--	--		*
Medicago sativa	Plant	--	0.18	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Leaf	--	--		*
Musa x paradisiaca	Fruit	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nasturtium officinale	Plant	--	--		*
Panax quinquefolius	Plant	1.0	9.0	1.0	*
Panax ginseng	Root	--	0.9		*
Persea americana	Fruit	0.1	0.4	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phaseolus vulgaris	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Pisum sativum	Seed	--	82.0	-0.16	*
Sambucus nigra	Fruit	0.007	0.009	-1.0	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Sesamum indicum	Seed	--	0.06	-0.53	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Theobroma cacao	Sprout Seedling	--	--		*
Trigonella foenum-graecum	Sprout Seedling	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Triticum aestivum	Seed	--	216.0	0.44	*
Vicia faba	Seed	--	0.03	-0.53	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vitis vinifera	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Zea mays	Cob	0.02	0.06		*