

List of Plants



Chemid

CALCIUM

Dosage

PTD=12,000 mg/day

RDA=400-1,200 mg/day

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	Part	Low PPM	High PPM	StdDev	*Reference
Abelmoschus manihot	Leaf	724.0	6241.0	-0.83	*
Abelmoschus esculentus	Seed	2100.0	2820.0	-0.24	*
Abelmoschus esculentus	Fruit	810.0	8100.0	0.98	USDA's Ag Handbook 8 and sequelae)
Abrus precatorius	Leaf	1266.0	2660.0	-1.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Leaf	930.0	5003.0	-0.92	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Leaf	--	22700.0	0.29	*
Acacia nilotica	Plant	--	--		*
Acacia catechu	Leaf	--	27400.0	0.61	*
Acacia tortilis	Fruit	--	7900.0	0.93	*
Acacia farnesiana	Seed	3900.0	5500.0	0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Seed	--	5600.0	0.27	*
Acacia senegal	Leaf	--	7500.0	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	6670.0	34205.0	1.08	Wealth of India.
Acanthopanax gracilistylis	Root Bark	--	12600.0	-0.55	*
Achillea millefolium	Plant	1535.0	8670.0	-0.53	*
Achyranthes bidentata	Root	1130.0	52200.0	4.91	*
Aconitum carmichaelii	Tuber	--	2550.0	-0.39	*
Acorus calamus	Rhizome	--	7040.0	0.02	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Acrocomia totai	Seed	--	800.0	-0.61	*
Acrocomia totai	Fruit	--	900.0	-0.68	*
Actaea dahurica	Rhizome	--	9750.0	0.61	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actaea racemosa	Root	--	5970.0	-0.16	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	160.0	1910.0	-0.45	*

Aegle marmelos	Fruit	850.0	2205.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aframomum melegueta	Fruit	750.0	9500.0	1.3	*
Agathosma betulina	Leaf	--	38800.0	1.39	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem	--	19000.0	0.03	*
Albizia julibrissin	Bark	--	35500.0	1.61	*
Albizia lebeck	Seed	--	1720.0	-0.45	Wealth of India.
Albizia lebeck	Leaf	10100.0	104000.0	5.85	Wealth of India.
Aleurites moluccana	Seed	800.0	860.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alisma plantago-aquatica	Rhizome	1630.0	3430.0	-0.76	*
Allium schoenoprasum	Leaf	690.0	11140.0	-0.5	*
Allium sativum var. sativum	Flower	250.0	2155.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	200.0	3008.0	0.12	*
Allium ampeloprasum	Flower	230.0	1361.0	-1.22	*
Allium sativum var. sativum	Shoot	120.0	538.0	-1.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	130.0	4947.0	1.16	*
Allium ampeloprasum	Root	520.0	3796.0	-0.4	*
Allium sativum var. sativum	Root	315.0	850.0	-0.72	*
Allium sativum var. sativum	Leaf	580.0	4265.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	420.0	5385.0	-0.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	520.0	5472.0	-0.89	*
Alocasia macrorrhiza	Root	281.0	1875.0	-0.61	*
Alocasia macrorrhiza	Leaf	570.0	15700.0	-0.19	*
Aloe vera	Leaf	190.0	4600.0	-0.95	*
Aloe spp.	Leaf	23.0	4600.0	-0.95	*
Alpinia galanga	Rhizome	310.0	2199.0	-1.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	881.0	8160.0	0.08	*
Amaranthus sp.	Leaf	1559.0	53333.0	2.38	*
Amaranthus spinosus	Leaf	4760.0	53335.0	2.38	*
Amomum xanthioides	Seed	--	5090.0	0.17	*
Amorphophallus campanulatus	Shoot	--	15200.0	0.03	*
Amorphophallus konjac	Root	--	234.0	-0.79	*
Amorphophallus campanulatus	Root	260.0	5720.0	-0.18	*
Amorphophallus konjac	Leaf	170.0	6538.0	-0.81	*

Amphicarpaea bracteata	Shoot	--	17300.0	0.19	*
Anacardium occidentale	Fruit	100.0	833.0	-0.7	*
Anacardium occidentale	Seed	240.0	823.0	-0.61	*
Ananas comosus	Fruit	62.0	1308.0	-0.59	*
Anemarrhena asphodeloides	Rhizome	10900.0	11600.0	1.02	*
Anethum graveolens	Seed	14003.0	17671.0	2.48	*
Anethum graveolens	Plant	1900.0	21453.0	0.84	*
Anethum graveolens	Fruit	14003.0	17671.0	3.19	*
Angelica dahurica	Root	--	2140.0	-0.58	*
Angelica sinensis	Root	620.0	2820.0	-0.5	*
Angelica laxiflora	Root	--	3800.0	-0.39	*
Annona cherimola	Fruit	78.0	1455.0	-0.55	*
Annona reticulata	Fruit	176.0	1270.0	-0.6	*
Annona glabra	Fruit	520.0	3940.0	0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona squamosa	Leaf	--	21200.0	0.19	*
Annona muricata	Fruit	140.0	2600.0	-0.29	*
Annona diversifolia	Fruit	315.0	1110.0	-0.63	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona squamosa	Fruit	216.0	1335.0	-0.58	*
Annona cherimola	Seed	860.0	1110.0	-0.56	*
Anogeissus latifolia	Leaf	--	30300.0	0.81	*
Anthriscus cerefolium	Leaf	13460.0	14509.0	-0.27	*
Apium graveolens	Pt	313.0	11918.0	-1.41	*
Apium graveolens	Seed	170.0	20776.0	3.05	*
Apium graveolens	Fruit	1680.0	8000.0	0.96	*
Apium graveolens	Root	340.0	3635.0	-0.41	ACTA AGRIC SCAND SUPPL 22: 1980
Arachis hypogaea	Leaf	2620.0	21500.0	0.21	*
Arachis hypogaea	Seed	560.0	969.0	-0.58	*
Arachis hypogaea	Plant	9300.0	31500.0	1.92	*
Aralia cordata	Leaf	130.0	2765.0	-1.07	*
Arctium lappa	Root	1723.0	7330.0	-0.01	*
Arctostaphylos uva-ursi	Leaf	1264.0	10900.0	-0.51	*
Areca catechu	Seed	500.0	1050.0	-0.57	*
Areca catechu	Sprout Seedling	--	60.0	-0.66	*

<i>Arisaema consanguineum</i>	Rhizome	--	1550.0	-1.17	*
<i>Aristolochia debilis</i>	Fruit	--	1740.0	-0.49	*
<i>Armoracia rusticana</i>	Root	1800.0	10000.0	0.28	*
<i>Arracacia xanthorrhiza</i>	Root	190.0	655.0	-0.74	*
<i>Artemisia vulgaris</i>	Plant	8000.0	11000.0	-0.28	Chem. & Pharm. Bull. 38: 2205.
<i>Artemisia capillaris</i>	Plant	--	15200.0	0.17	*
<i>Artemisia vulgaris</i>	Leaf	820.0	6455.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia vulgaris</i>	Shoot	--	8600.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia dracunculus</i>	Plant	11390.0	12340.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus altilis</i>	Seed	110.0	825.0	-0.61	*
<i>Artocarpus heterophyllus</i>	Seed	500.0	1033.0	-0.57	*
<i>Artocarpus altilis</i>	Fruit	170.0	1950.0	-0.44	*
<i>Artocarpus heterophyllus</i>	Fruit	200.0	1735.0	-0.49	*
<i>Arundo donax</i>	Plant	--	4900.0	-0.93	*
<i>Asiasarum sieboldii</i>	Root	7450.0	12900.0	0.6	*
<i>Asiasarum heterotropoides</i>	Root	7450.0	12900.0	0.6	*
<i>Asimina triloba</i>	Fruit	530.0	3248.0	-0.14	*
<i>Aspalathus linearis</i>	Plant	--	90.0	-1.44	*
<i>Aspalathus linearis</i>	Leaf	--	--		*
<i>Aspalathus linearis</i>	Shoot	--	2000.0	-0.93	*
<i>Asparagus officinalis</i>	Shoot	160.0	3840.0	-0.8	*
<i>Asparagus officinalis</i>	Root	265.0	2650.0	-0.52	*
<i>Asparagus lucidus</i>	Root	--	1810.0	-0.61	*
<i>Astragalus membranaceus</i>	Root	560.0	3500.0	-0.43	*
<i>Atractylodes ovata</i>	Rhizome	5800.0	11600.0	1.02	*
<i>Atractylodes lancea</i>	Rhizome	--	11300.0	0.95	*
<i>Avena sativa</i>	Plant	3146.0	14300.0	0.08	*
<i>Avena sativa</i>	Seed	400.0	4800.0	0.12	*
<i>Averrhoa carambola</i>	Fruit	29.0	1040.0	-0.65	*
<i>Averrhoa bilimbi</i>	Fruit	30.0	665.0	-0.74	*
<i>Azadirachta indica</i>	Leaf	16700.0	26500.0	0.55	*
<i>Azadirachta indica</i>	Fruit	1381.0	3400.0	-0.11	*
<i>Bacopa monnieri</i>	Shoot	--	2020.0	-0.93	Wealth of India.

Bactris gasipaes	Fruit	89.0	5820.0	0.45	*
Balanites aegyptiacus	Shoot	--	4800.0	-0.73	*
Balanites aegyptiacus	Fruit	1300.0	3800.0	-0.01	*
Barosma betulina	Leaf	--	38800.0	1.39	*
Basella alba	Leaf	1090.0	15800.0	-0.18	*
Belamcanda chinensis	Rhizome	--	6170.0	-0.16	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Benincasa hispida	Fruit	170.0	4870.0	0.23	*
Berberis vulgaris	Bark	--	19100.0	0.04	*
Berberis vulgaris	Root	--	19100.0	1.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	1300.0	1820.0	-0.43	*
Beta vulgaris	Root	120.0	4200.0	-0.35	*
Beta vulgaris	Leaf	700.0	17368.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Seed	970.0	1640.0	-0.46	*
Bixa orellana	Fruit	70.0	450.0	-0.79	*
Blechnum orientale	Rhizome	--	8280.0	0.29	*
Bletilla striata	Tuber	--	4400.0	0.15	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Blighia sapida	Seed	200.0	1300.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	400.0	1950.0	0.33	*
Boehmeria nivea	Plant	36000.0	39000.0	2.72	*
Boehmeria nivea	Shoot	4500.0	46000.0	2.28	*
Borago officinalis	Leaf	930.0	5005.0	-0.92	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	360.0	54247.0	2.45	*
Brassica rapa	Leaf	1050.0	22440.0	0.27	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Flower	210.0	4040.0	-0.48	*
Brassica oleracea var. capitata l.	Leaf	290.0	19500.0	0.07	*
Brassica nigra	Leaf	1107.0	17867.0	-0.04	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	200.0	2665.0	-1.74	*
Brassica chinensis	Leaf	1050.0	22440.0	0.27	*
Brassica oleracea var. sabellica l.	Leaf	1200.0	7725.0	-0.73	*
Brassica rapa	Root	300.0	3690.0	-0.41	*
Brassica oleracea var. gemmifera	Leaf	395.0	3177.0	-1.04	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	270.0	6040.0	-0.15	*

Brassica oleracea var. viridis l.	Leaf	1170.0	19180.0	0.05	*
Brassica oleracea var. botrytis l.	Leaf	360.0	54247.0	2.45	*
Brassica pekinensis	Leaf	11780.0	16800.0	-0.11	*
Brassica juncea	Leaf	512.0	5565.0	-0.88	*
Bromelia pinguin	Shoot	1070.0	15800.0	0.08	*
Brosimum alicastrum	Fruit	450.0	2812.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Broussonetia papyrifera	Fruit	--	26900.0	5.32	*
Bupleurum chinense	Root	2200.0	20000.0	1.38	*
Byrsonima crassifolia	Fruit	230.0	1920.0	-0.45	*
Cajanus cajan	Fruit	350.0	2022.0	-0.42	*
Cajanus cajan	Seed	290.0	1540.0	-0.48	*
Cajanus cajan	Plant	--	8900.0	-0.5	*
Calathea macrosepala	Plant	200.0	2600.0	-1.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Calendula officinalis	Leaf	--	30400.0	0.82	*
Camellia sinensis	Leaf	327.0	2456.0	-1.09	*
Canavalia ensiformis	Seed	960.0	3090.0	-0.19	*
Canavalia ensiformis	Fruit	330.0	5263.0	0.32	*
Canna indica	Root	150.0	1300.0	-0.67	*
Cannabis sativa	Seed	1200.0	1389.0	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capparis spinosa	Leaf	--	5500.0	-0.88	Wealth of India.
Capsella bursa-pastoris	Plant	2080.0	17627.0	0.43	*
Capsicum frutescens	Fruit	175.0	1560.0	-0.53	*
Capsicum annuum	Fruit	431.0	1670.0	-0.5	*
Carica papaya	Fruit	159.0	1180.0	-0.62	*
Carica papaya	Leaf	3440.0	23800.0	0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica pentagona	Fruit	110.0	1615.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Plant	--	17000.0	0.36	*
Carthamus tinctorius	Flower	620.0	4430.0	-0.37	*
Carthamus tinctorius	Seed	1260.0	1324.0	-0.52	*
Carum carvi	Fruit	6426.0	8160.0	0.99	*
Carum carvi	Seed	1530.0	8160.0	0.74	*
Carya ovata	Shoot	5250.0	33300.0	1.35	*
Carya glabra	Shoot	3800.0	40700.0	1.89	*
Carya ovata	Seed	--	1095.0	-0.56	*
Carya illinoensis	Seed	618.0	763.0	-0.62	*

Casimiroa edulis	Fruit	80.0	455.0	-0.78	*
Cassia tora	Sprout Seedling	--	28100.0	2.61	*
Cassia tora	Seed	--	11700.0	1.39	*
Castanea sativa	Seed	220.0	528.0	-0.66	*
Castanea mollissima	Seed	160.0	356.0	-0.7	*
Castanea dentata	Seed	240.0	427.0	-0.68	*
Catalpa ovata	Fruit	--	2890.0	-0.22	*
Catha edulis	Leaf	--	2900.0	-1.06	*
Caulophyllum thalictroides	Root	428.0	3890.0	-0.38	*
Ceiba pentandra	Seed	2300.0	4700.0	0.1	*
Celosia cristata	Flower	--	8910.0	0.87	*
Cenchrus biflorus	Seed	1440.0	1595.0	-0.47	*
Centella asiatica	Leaf	1700.0	15890.0	-0.17	*
Chaenomeles lagenaria	Fruit	--	2300.0	-0.36	*
Chamaemelum nobile	Flower	--	6720.0	0.26	*
Chamissoa altissima	Leaf	80.0	825.0	-1.2	Tramil
Chenopodium album	Leaf	3090.0	33800.0	1.05	*
Chenopodium ambrosioides	Leaf	3000.0	21000.0	0.18	*
Chenopodium album	Seed	--	3000.0	-0.21	*
Chondrus crispus	Plant	--	18820.0	0.56	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	630.0	9690.0	-0.6	*
Chrysanthemum coronarium	Bud	560.0	7525.0	1.0	*
Chrysanthemum parthenium	Leaf	1046.0	5810.0	-0.86	*
Chrysanthemum parthenium	Plant	--	5810.0	-0.83	*
Chrysanthemum cinerariifolium	Shoot	--	5300.0	-0.69	*
Chrysobalanus icaco	Fruit	290.0	2775.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysophyllum cainito	Fruit	75.0	1220.0	-0.61	*
Cicer arietinum	Seed	1020.0	1220.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	462.0	10080.0	-0.57	*
Cichorium intybus	Root	410.0	2050.0	-0.59	*
Cichorium intybus	Leaf	790.0	19900.0	0.1	*
Cimicifuga dahurica	Rhizome	--	9750.0	0.61	*
Cimicifuga racemosa	Root	1254.0	5970.0	-0.16	*
Cinnamomum verum	Bark	3415.0	6000.0	-1.21	*

Cinnamomum burmannii	Bark	--	17000.0	-0.16	*
Cinnamomum sieboldii	Root Bark	--	9000.0	-0.79	*
Cinnamomum aromaticum	Bark	4900.0	13569.0	-0.49	*
Cinnamomum sieboldii	Bark	--	14000.0	-0.45	*
Cistanche salsa	Plant	--	1730.0	-1.27	*
Citrullus lanatus	Seed	1294.0	1300.0	-0.52	*
Citrullus lanatus	Fruit	100.0	3400.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	117.0	11000.0	1.65	*
Citrus medica	Fruit	--	6840.0	0.69	*
Citrus sinensis	Fruit	210.0	5615.0	0.41	*
Citrus limon	Fruit	700.0	3227.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus mitis	Fruit	1400.0	14000.0	2.34	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus reticulata	Fruit	140.0	3077.0	-0.18	*
Citrus aurantiifolia	Fruit	90.0	3084.0	-0.18	*
Citrus aurantium	Fruit	18.0	4230.0	0.09	*
Cnicus benedictus	Plant	1490.0	11200.0	-0.26	*
Cnidium officinale	Rhizome	--	1710.0	-1.14	*
Cnidioscolus chayamansa	Leaf	2260.0	21050.0	0.18	*
Coccinia grandis	Fruit	400.0	5600.0	0.4	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	71.0	476.0	-0.67	*
Coffea arabica	Seed	1200.0	1281.0	-0.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Leaf	19000.0	20406.0	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	50.0	282.0	-0.71	*
Cola acuminata	Seed	580.0	1563.0	-0.47	*
Colocasia esculenta	Leaf	260.0	17400.0	-0.07	*
Colocasia esculenta	Root	130.0	3780.0	-0.4	*
Colubrina texensis	Shoot	--	32900.0	1.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commelina benghalensis	Leaf	2100.0	15215.0	-0.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commiphora wightii	Inflorescence	--	--		Jim Duke's personal files.
Coptis chinensis	Rhizome	1620.0	3410.0	-0.77	*
Coptis spp	Rhizome	1620.0	3410.0	-0.77	*
Coptis japonica	Rhizome	1620.0	3410.0	-0.77	*
Corchorus olitorius	Leaf	2080.0	18365.0	-0.0	*
Coriandrum sativum	Seed	6465.0	14469.0	1.9	*
Coriandrum sativum	Leaf	1330.0	13441.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cornus florida	Plant	--	--		*

<i>Cornus officinalis</i>	Fruit	--	3250.0	-0.14	*
<i>Corylus avellana</i>	Seed	1300.0	2591.0	-0.29	*
<i>Crataegus cuneata</i>	Fruit	--	3770.0	-0.02	*
<i>Crataegus rhipidophylla</i>	Fruit	--	5570.0	0.4	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	1554.0	5570.0	0.4	*
<i>Crescentia alata</i>	Seed	500.0	518.0	-0.67	*
<i>Cucumis melo</i>	Fruit	96.0	3080.0	-0.18	*
<i>Cucumis sativus</i>	Fruit	129.0	10000.0	1.42	*
<i>Cucurbita</i> spp	Fruit	200.0	3165.0	-0.16	*
<i>Cucurbita pepo</i>	Flower	390.0	8041.0	0.63	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	240.0	2960.0	-0.22	*
<i>Cucurbita maxima</i>	Leaf	364.0	2580.0	-1.08	*
<i>Cucurbita foetidissima</i>	Leaf	--	77600.0	4.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cucurbita pepo</i>	Fruit	210.0	2500.0	-0.31	USDA's Ag Handbook 8 and sequelae)
<i>Cuminum cyminum</i>	Seed	9310.0	15511.0	2.09	*
<i>Cuminum cyminum</i>	Fruit	9310.0	15511.0	2.69	*
<i>Curcuma longa</i>	Rhizome	270.0	2898.0	-0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Curcuma longa</i>	Plant	226.0	730.0	-1.38	*
<i>Cyamopsis tetragonoloba</i>	Leaf	--	24200.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Fruit	--	1300.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Shoot	7430.0	19800.0	0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	130.0	3160.0	-0.16	*
<i>Cydonia oblonga</i>	Fruit	60.0	805.0	-0.7	*
<i>Cymbopogon citratus</i>	Plant	--	3680.0	-1.06	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cynanchum atratum</i>	Root	--	9900.0	0.27	*
<i>Cynara cardunculus</i>	Flower	120.0	5286.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyperus rotundus</i>	Rhizome	--	3180.0	-0.82	*
<i>Cyphomandra betacea</i>	Fruit	39.0	5780.0	0.44	*
<i>Cypripedium pubescens</i>	Root	--	16800.0	1.03	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cyrto sperma chamissonis</i>	Root	1450.0	10630.0	0.35	*
<i>Daucus carota</i>	Root	210.0	5710.0	-0.19	*
<i>Dendrobium nobile</i>	Stem	--	6530.0	-1.32	*
<i>Dioscorea bulbifera</i>	Rhizome	690.0	2379.0	-0.99	*
<i>Dioscorea</i> sp.	Root	--	3060.0	-0.48	*
<i>Dioscorea alata</i>	Root	44.0	290.0	-0.78	*
<i>Dioscorea villosa</i>	Root	734.0	3060.0	-0.48	*

<i>Dioscorea pentaphylla</i>	Root	260.0	1400.0	-0.66	*
<i>Diospyros virginiana</i>	Fruit	270.0	758.0	-0.71	*
<i>Diospyros digyna</i>	Fruit	220.0	1070.0	-0.64	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Diospyros virginiana</i>	Stem	2640.0	17820.0	-0.1	*
<i>Diospyros virginiana</i>	Leaf	1150.0	12500.0	-0.41	*
<i>Dipsacus fullonum</i>	Plant	--	20900.0	0.78	*
<i>Drynaria fortunei</i>	Rhizome	--	16000.0	1.98	*
<i>Durio zibethinus</i>	Fruit	76.0	600.0	-0.75	*
<i>Echinacea purpurea</i>	Root	826.0	3290.0	-0.45	*
<i>Echinacea spp</i>	Root	3290.0	7760.0	0.04	Economic & Medicinal Plant Research, 5: 253.
<i>Elaeagnus umbellatus</i>	Fruit	196.0	1070.0	-0.64	*
<i>Elaeagnus commutata</i>	Fruit	70.0	507.0	-0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	820.0	1360.0	-0.58	*
<i>Eleocharis dulcis</i>	Tuber	40.0	265.0	-1.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Seed	3830.0	4177.0	0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Fruit	1300.0	1625.0	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	840.0	4000.0	-0.37	*
<i>Elytrigia repens</i>	Plant	3000.0	9280.0	-0.46	*
<i>Ephedra nevadensis</i>	Plant	4500.0	58100.0	4.76	*
<i>Ephedra spp</i>	Plant	--	11500.0	-0.22	*
<i>Ephedra sinica</i>	Plant	922.0	4390.0	-0.98	*
<i>Equisetum hyemale</i>	Plant	--	15500.0	0.2	*
<i>Equisetum arvense</i>	Plant	4045.0	18900.0	0.57	*
<i>Eriobotrya japonica</i>	Leaf	--	21900.0	0.24	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Eriobotrya japonica</i>	Fruit	180.0	2381.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriocaulon sp</i>	Leaf	--	2070.0	-1.12	*
<i>Eriodictyon californicum</i>	Leaf	638.0	2900.0	-1.06	*
<i>Eryngium floridanum</i>	Shoot	--	20600.0	0.43	*
<i>Erythrina berteriana</i>	Shoot	1080.0	6835.0	-0.58	*
<i>Erythrina fusca</i>	Leaf	570.0	3080.0	-1.05	*
<i>Erythroxyllum novogranatense</i>	Leaf	10200.0	13000.0	-0.37	*
<i>Erythroxyllum coca</i>	Plant	--	--		*
<i>Erythroxyllum novogranatense</i>	Leaf	7600.0	14600.0	-0.26	*
<i>Eucommia ulmoides</i>	Bark	--	10200.0	-0.81	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

<i>Eugenia uniflora</i>	Fruit	70.0	640.0	-0.74	*
<i>Eugenia floribunda</i>	Fruit	60.0	465.0	-0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	395.0	2720.0	-0.26	*
<i>Euodia rutaecarpa</i>	Fruit	--	11600.0	1.79	*
<i>Eupatorium perfoliatum</i>	Plant	1260.0	14000.0	0.04	*
<i>Euphrasia officinalis</i>	Plant	1771.0	11500.0	-0.22	*
<i>Fagopyrum esculentum</i>	Seed	241.0	1140.0	-0.55	*
<i>Fallopia japonica</i>	Plant	11000.0	12000.0	-0.17	Chem. & Pharm. Bull. 38: 2205.
<i>Feijoa sellowiana</i>	Fruit	40.0	731.0	-0.72	*
<i>Ficus carica</i>	Fruit	350.0	4228.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ficus carica</i>	Leaf	--	31600.0	0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Firmiana simplex</i>	Seed	--	2310.0	-0.34	*
<i>Foeniculum vulgare</i>	Seed	1415.0	13100.0	1.64	*
<i>Foeniculum vulgare</i>	Fruit	880.0	13941.0	2.33	*
<i>Foeniculum vulgare</i>	Leaf	1000.0	10556.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Forsythia suspensa</i>	Fruit	--	4380.0	0.12	*
<i>Fragaria spp</i>	Fruit	135.0	2900.0	-0.22	*
<i>Frangula purshiana</i>	Bark	4100.0	14800.0	-0.37	*
<i>Fraxinus rhynchophylla</i>	Bark	--	38600.0	1.9	*
<i>Fritillaria thunbergii</i>	Bulb	--	400.0	-1.28	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Fucus vesiculosus</i>	Plant	3587.0	30400.0	1.8	*
<i>Garcinia mangostana</i>	Fruit	100.0	637.0	-0.74	*
<i>Gardenia jasminoides</i>	Fruit	2810.0	4710.0	0.2	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Gastrodia elata</i>	Rhizome	--	2140.0	-1.04	*
<i>Genipa americana</i>	Fruit	400.0	3700.0	-0.04	*
<i>Genipa americana</i>	Seed	--	900.0	-0.6	*
<i>Gentiana scabra</i>	Root	--	7490.0	0.01	*
<i>Gentiana lutea</i>	Root	1791.0	8140.0	0.08	*
<i>Geranium thunbergii</i>	Plant	--	16900.0	0.35	*
<i>Ginkgo biloba</i>	Seed	20.0	230.0	-0.72	*
<i>Ginkgo biloba</i>	Leaf	2640.0	11000.0	-0.51	*
<i>Glechoma hederacea</i>	Plant	21000.0	23000.0	1.01	Chem. & Pharm. Bull. 38: 2205.
<i>Gleditsia triacanthos</i>	Seed	--	2800.0	-0.25	*
<i>Glehnia littoralis</i>	Root	--	1930.0	-0.6	*

Gliricidia sepium	Flower	220.0	1570.0	-1.16	*
Gliricidia sepium	Leaf	170.0	1110.0	-1.18	*
Glycine max	Plant	9400.0	13000.0	-0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	480.0	3504.0	-0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	670.0	2200.0	-0.38	*
Glycine max	Seed	780.0	4440.0	0.05	*
Glycyrrhiza glabra	Root	1379.0	8780.0	0.15	*
Glycyrrhiza uralensis	Root	6850.0	23500.0	1.76	*
Gymnema sylvestre	Leaf	169.0	890.0	-1.2	*
Harpagophytum procumbens	Root	1151.0	6060.0	-0.15	*
Helianthus annuus	Seed	917.0	1225.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Helianthus tuberosus	Tuber	140.0	9600.0	1.69	*
Hibiscus sabdariffa	Flower	374.0	3400.0	-0.66	*
Hibiscus rosa-sinensis	Flower	40.0	395.0	-1.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Seed	3200.0	6000.0	0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Leaf	2130.0	14792.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Stem	--	11000.0	-0.84	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hordeum vulgare	Plant	800.0	10400.0	-0.34	Jim Duke's personal files.*
Hordeum vulgare	Sprout Seedling	--	720.0	-0.58	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Hordeum vulgare	Seed	160.0	4100.0	-0.01	Jim Duke's personal files.*
Houttuynia cordata	Plant	--	770.0	-1.37	Suzuki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Flower	1157.0	6220.0	0.12	*
Humulus lupulus	Fruit	--	6222.0	0.55	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrangea arborescens	Root	2261.0	6460.0	-0.1	*
Hydrastis canadensis	Root	823.0	2970.0	-0.49	*
Hylocereus guatemalensis	Fruit	63.0	500.0	-0.77	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	100.0	640.0	-0.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hyoscyamus niger	Seed	--	7420.0	0.6	*
Inga feuillei	Aril	140.0	875.0	-1.35	J Cell Biochem VOL. 22=1995
Inga edulis	Seed	1920.0	5230.0	0.2	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inula helenium	Root	2200.0	10000.0	0.28	*
Ipomoea aquatica	Leaf	276.0	12665.0	-0.39	*
Ipomoea batatas	Root	203.0	2300.0	-0.56	*

<i>Ipomoea batatas</i>	Leaf	370.0	17900.0	-0.04	*
<i>Isatis tinctoria</i>	Root	--	16300.0	0.97	*
<i>Juglans nigra</i>	Seed	565.0	668.0	-0.64	*
<i>Juglans nigra</i>	Pericarp	371.0	3090.0		*
<i>Juglans nigra</i>	Hull Husk	--	3090.0	1.0	*
<i>Juglans nigra</i>	Fruit	--	3090.0	-0.18	*
<i>Juglans regia</i>	Seed	610.0	1100.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juglans cinerea</i>	Seed	512.0	724.0	-0.63	*
<i>Juncus effusus</i>	Pith	--	1440.0	-0.62	*
<i>Juniperus communis</i>	Fruit	2632.0	8490.0	1.07	*
<i>Juniperus virginiana</i>	Shoot	7980.0	31680.0	1.24	*
<i>Jussiaea repens</i>	Plant	--	14400.0	0.09	*
<i>Justicia pectoralis</i>	Leaf	6630.0	44200.0	1.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf	--	9600.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	500.0	4122.0	-0.0	*
<i>Lablab purpureus</i>	Fruit	500.0	2841.0	-0.23	*
<i>Lactuca sativa</i>	Leaf	360.0	19140.0	0.05	*
<i>Lagenaria siceraria</i>	Fruit	200.0	5830.0	0.46	*
<i>Lantana camara</i>	Fruit	--	1100.0	-0.64	*
<i>Lantana camara</i>	Shoot	--	6100.0	-0.63	*
<i>Larrea tridentata</i>	Plant	5396.0	16400.0	0.3	*
<i>Lens culinaris</i>	Seed	386.0	604.0	-0.65	*
<i>Lens culinaris</i>	Sprout Seedling	244.0	853.0	-0.57	USDA's Ag Handbook 8 and sequelae)
<i>Lepidium sativum</i>	Seed	3100.0	3290.0	-0.16	*
<i>Lepidium meyenii</i>	Root	2470.0	2500.0	-0.54	*
<i>Lepidium sativum</i>	Leaf	810.0	20340.0	0.13	*
<i>Licania platypus</i>	Fruit	105.0	938.0	-0.67	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ligustrum lucidum</i>	Fruit	--	3040.0	-0.19	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Ligustrum japonicum</i>	Fruit	--	3040.0	-0.19	*
<i>Limonia acidissima</i>	Seed	15800.0	16460.0	2.26	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Limonia acidissima</i>	Fruit	1300.0	6540.0	0.62	*
<i>Linum usitatissimum</i>	Hay	--	7200.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Linum usitatissimum</i>	Seed	1820.0	7400.0	0.6	*
<i>Liquidambar styraciflua</i>	Stem	2400.0	42000.0	2.52	*
<i>Liquidambar styraciflua</i>	Leaf	3720.0	18860.0	0.03	*
<i>Lobelia inflata</i>	Leaf	793.0	7020.0	-0.78	*
<i>Lonicera japonica</i>	Flower	--	7390.0	0.45	*

Lophatherum gracile	Plant	--	2380.0	-1.2	*
Luffa aegyptiaca	Leaf	560.0	55000.0	2.5	*
Luffa aegyptiaca	Fruit	200.0	4000.0	0.03	*
Lupinus albus	Seed	1760.0	1965.0	-0.4	*
Lupinus mutabilis	Seed	900.0	1000.0	-0.58	*
Lupinus mutabilis	Fruit	280.0	980.0	-0.66	*
Lycium chinense	Root Bark	--	53900.0	2.2	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lycium chinense	Leaf	1480.0	14231.0	-0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Fruit	225.0	1170.0	-0.62	*
Lycopersicon esculentum	Leaf	--	60800.0	2.89	*
Lycopersicon esculentum	Fruit	60.0	2400.0	-0.34	*
Lycopodium clavatum	Plant	--	16020.0	0.26	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lygodium japonicum	Pollen Or Spore	--	3060.0		*
Macadamia spp	Seed	355.0	1075.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Magnolia denudata	Flower	--	8040.0	0.63	*
Magnolia officinalis	Bark	--	6350.0	-1.18	*
Magnolia kobus	Flower	--	8040.0	0.63	*
Magnolia fargesii	Flower	--	8040.0	0.63	*
Malpighia glabra	Fruit	120.0	1400.0	-0.57	*
Malus domestica	Fruit	43.0	570.0	-0.76	*
Malva parviflora	Plant	3120.0	23650.0	1.08	*
Malva sylvestris	Leaf	900.0	10715.0	-0.53	*
Mammea americana	Fruit	40.0	985.0	-0.66	*
Mangifera indica	Leaf	290.0	29300.0	0.74	*
Mangifera indica	Fruit	92.0	1400.0	-0.57	*
Manihot esculenta	Root	190.0	2890.0	-0.49	*
Manihot esculenta	Leaf	1450.0	10000.0	-0.58	*
Manilkara zapota	Fruit	240.0	1300.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	150.0	467.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	740.0	1610.0	-0.52	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	1690.0	8990.0	-0.49	*
Melia azedarach	Seed	--	2310.0	-0.34	*
Melia azedarach	Leaf	--	25500.0	0.48	*
Melicoccus bijugatas	Fruit	34.0	555.0	-0.76	*
Melilotus indica	Plant	--	13400.0	-0.02	*
Mentha pulegium	Plant	9440.0	16870.0	0.35	*

Mentha x rotundifolia	Leaf	--	16300.0	-0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mentha arvensis var. piperascens	Plant	--	13500.0	-0.01	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha x piperita	Leaf	2414.0	16200.0	-0.15	*
Mentha spicata	Plant	1990.0	13770.0	0.02	*
Mimosa pudica	Leaf	350.0	23800.0	0.37	*
Mimulus glabratus	Shoot	5430.0	54300.0	2.89	*
Momordica charantia	Fruit	130.0	4333.0	0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	2640.0	18701.0	0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root	--	10000.0	0.28	*
Morinda citrifolia	Leaf	360.0	1600.0	-1.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	300.0	2545.0	-0.3	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	4400.0	17600.0	-0.06	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Root Bark	16100.0	16500.0	-0.29	*
Morus alba	Leaf	7000.0	27400.0	0.61	*
Morus alba	Fruit	300.0	6400.0	0.59	*
Mucuna pruriens	Seed	1320.0	1600.0	-0.47	*
Muntingia calabura	Fruit	640.0	5615.0	0.41	*
Murraya sp	Fruit	20.0	95.0	-0.87	*
Murraya koenigii	Leaf	8100.0	30035.0	0.79	*
Musa x paradisiaca	Leaf	--	7500.0	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Fruit	20.0	95.0	-0.87	*
Musa x paradisiaca	Sprout Seedling	--	11600.0	0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Flower	--	300.0	-1.51	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Pith	--	100.0	-0.79	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	60.0	3695.0	-0.04	*
Myrciaria dubia	Fruit	270.0	4500.0	0.15	*
Myrica cerifera	Bark	2442.0	11200.0	-0.71	*
Myristica fragrans	Aril	--	2400.0	1.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	1110.0	2000.0	-0.39	*
Nardostachys chinensis	Rhizome	--	11600.0	1.02	*
Nasturtium officinale	Herb	1200.0	24000.0	1.0	*
Nelumbo nucifera	Fruit	1360.0	1511.0	-0.54	*
Nelumbo nucifera	Seed	590.0	13333.0	1.69	*
Nelumbo nucifera	Rhizome	450.0	3704.0	-0.7	*
Nepeta cataria	Plant	739.0	6160.0	-0.79	*
Nigella sativa	Seed	--	10600.0	1.19	*

<i>Notopterygium incisum</i>	Rhizome	--	3850.0	-0.67	*
<i>Nyssa sylvatica</i>	Stem	2850.0	14520.0	-0.46	*
<i>Nyssa sylvatica</i>	Leaf	1950.0	22750.0	0.29	*
<i>Ocimum basilicum</i>	Leaf	3200.0	23700.0	0.36	*
<i>Ocimum tenuiflorum</i>	Leaf	--	31500.0	0.89	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
<i>Oenothera biennis</i>	Seed	12700.0	18000.0	2.54	*
<i>Oenothera biennis</i>	Plant	12100.0	23400.0	1.05	*
<i>Olea europaea</i>	Fruit	610.0	2798.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Olea europaea</i>	Leaf	--	11800.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ophiopogon japonicus</i>	Tuber	870.0	3450.0	-0.13	*
<i>Opuntia ficus-indica</i>	Be	--	560.0		*
<i>Opuntia ficus-indica</i>	Bud	--	560.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Opuntia ficus-indica</i>	Fruit	180.0	3065.0	-0.18	*
<i>Origanum majorana</i>	Plant	17925.0	23625.0	1.07	USDA's Ag Handbook 8 and sequelae)
<i>Origanum vulgare</i>	Plant	14070.0	18794.0	0.56	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
<i>Oryza sativa</i>	Plant	1900.0	3300.0	-1.1	*
<i>Oryza sativa</i>	Seed	71.0	364.0	-0.69	*
<i>Oxalis tuberosa</i>	Root	40.0	247.0	-0.78	*
<i>Pachira macrocarpa</i>	Seed	830.0	875.0	-0.6	*
<i>Pachyrhizus erosus</i>	Tuber	150.0	1380.0	-0.74	*
<i>Paeonia moutan</i>	Root Bark	5150.0	16700.0	-0.28	*
<i>Paeonia lactiflora</i>	Root	10300.0	40600.0	3.64	*
<i>Paeonia suffruticosa</i>	Root Bark	5150.0	16700.0	-0.28	*
<i>Panax japonicus</i>	Rhizome	--	7000.0	0.02	*
<i>Panax ginseng</i>	Root	611.0	2880.0	-0.5	*
<i>Panax quinquefolius</i>	Plant	2340.0	10800.0	-0.3	*
<i>Panicum maximum</i>	Leaf	7100.0	20900.0	0.17	*
<i>Papaver somniferum</i>	Seed	13807.0	16214.0	2.22	*
<i>Parthenium integrifolium</i>	Root	1424.0	8900.0	0.16	*
<i>Passiflora ligularis</i>	Fruit	56.0	810.0	-0.7	*
<i>Passiflora incarnata</i>	Fruit	140.0	509.0	-0.77	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Passiflora edulis</i>	Fruit	130.0	1190.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Seed	90.0	415.0	-0.69	*

<i>Passiflora foetida</i>	Fruit	200.0	1110.0	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora mollissima</i>	Fruit	40.0	500.0	-0.77	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora quadrangularis</i>	Fruit	90.0	2500.0	-0.31	*
<i>Passiflora edulis</i>	Seed	--	800.0	-0.61	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora incarnata</i>	Flower	506.0	4600.0	-0.32	*
<i>Pastinaca sativa</i>	Root	315.0	3525.0	-0.42	*
<i>Peganum harmala</i>	Plant	--	5600.0	-0.85	*
<i>Peperomia pelucida</i>	Leaf	1240.0	15900.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pereskiiifolia</i>	Leaf	1500.0	10000.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	130.0	2025.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perideridia gairdneri</i>	Root	--	600.0	-0.75	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>	Leaf	1970.0	14071.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Seed	1400.0	3500.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Plant	--	12670.0	-0.1	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Persea americana</i>	Fruit	60.0	964.0	-0.67	*
<i>Persea schiedeana</i>	Fruit	114.0	532.0	-0.77	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	1030.0	18725.0	0.75	USDA's Ag Handbook 8 and sequelae)
<i>Petasites japonicus</i>	Plant	13000.0	14000.0	0.04	Chem. & Pharm. Bull. 38: 2205.
<i>Petroselinum crispum</i>	Plant	1000.0	16850.0	0.35	*
<i>Petroselinum crispum</i>	Shoot	--	1600.0	-0.96	*
<i>Peucedanum decursivum</i>	Plant	14400.0	30000.0	1.76	*
<i>Phaseolus coccineus</i>	Seed	600.0	1600.0	-0.47	*
<i>Phaseolus vulgaris</i>	Leaf	2740.0	20758.0	0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Seed	250.0	8600.0	0.82	*
<i>Phaseolus coccineus</i>	Fruit	500.0	610.0	-0.75	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus acutifolius</i>	Seed	1120.0	1966.0	-0.4	*
<i>Phaseolus vulgaris</i>	Sprout Seedling	170.0	1828.0	-0.45	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	356.0	18000.0	3.26	*
<i>Phaseolus lunatus</i>	Leaf	80.0	2857.0	-1.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	510.0	3295.0	-0.16	*
<i>Phaseolus lunatus</i>	Sprout Seedling	1090.0	3028.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Phellodendron amurense	Bark	--	14100.0	-0.44	*
Phoenix dactylifera	Seed	18.0	436.0	-0.68	Abstract (See species file)
Phoenix dactylifera	Fruit	140.0	2000.0	-0.43	*
Phragmites australis	Shoot	--	9400.0	-0.39	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus acidus	Fruit	60.0	2326.0	-0.35	*
Phyllanthus emblica	Fruit	120.0	2660.0	-0.28	*
Physalis peruviana	Fruit	80.0	585.0	-0.75	*
Physalis ixocarpa	Fruit	70.0	2580.0	-0.29	*
Physalis angulata	Fruit	810.0	8100.0	0.98	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phytelephas aequatorialis	Mesocarp	1160.0	3410.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Flower	1780.0	6095.0	0.09	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytolacca americana	Shoot	530.0	6307.0	-0.62	*
Pimenta dioica	Leaf	10056.0	11166.0	-0.5	*
Pimenta dioica	Fruit	7224.0	8000.0	0.96	*
Pimpinella anisum	Seed	6460.0	7843.0	0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pimpinella anisum	Fruit	7138.0	7843.0	0.92	*
Pinellia ternata	Tuber	4180.0	10000.0	1.8	*
Pinus edulis	Seed	59.0	117.0	-0.74	*
Pinus gerardiana	Seed	910.0	980.0	-0.58	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	260.0	280.0	-0.71	USDA's Ag Handbook 8 and sequelae)
Pinus echinata	Shoot	1088.0	11760.0	-0.22	*
Pinus cembroides	Seed	120.0	145.0	-0.73	USDA's Ag Handbook 8 and sequelae)
Piper auritum	Leaf	2570.0	14440.0	-0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper nigrum	Fruit	2700.0	4989.0	0.26	*
Piper betel	Leaf	2300.0	15750.0	-0.18	*
Pistacia vera	Seed	1066.0	1464.0	-0.49	*
Pisum sativum	Seed	230.0	1700.0	-0.45	*
Pisum sativum	Plant	10200.0	14100.0	0.05	*
Pisum sativum	Fruit	430.0	4253.0	0.09	*
Plantago major	Shoot	860.0	1340.0	-0.98	*
Plantago psyllium	Seed	728.0	3340.0	-0.15	*
Plantago psyllium	Hull Husk	--	3059.0	-1.0	*
Plantago major	Seed	7020.0	23400.0	3.54	*
Plantago asiatica	Plant	--	18000.0	0.47	*
Platonia insignis	Fruit	200.0	720.0	-0.72	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Platycodon grandiflorum	Root	180.0	5240.0	-0.24	*

<i>Plectranthus amboinicus</i>	Leaf	2320.0	41430.0	1.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polygala tenuifolia</i>	Root	--	3420.0	-0.44	*
<i>Polygonum multiflorum</i>	Plant	--	2225.0	-1.22	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Polygonum multiflorum</i>	Root	--	3370.0	-0.44	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polygonum multiflorum</i>	Rhizome	--	15300.0	1.82	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Polymnia edulis</i>	Root	150.0	1650.0	-0.63	*
<i>Polystichum polyblepharum</i>	Plant	6000.0	6900.0	-0.72	*
<i>Portulaca oleracea</i>	Herb	780.0	20800.0	-1.0	*
<i>Pothomorphe</i> sp.	Leaf	1690.0	9440.0	-0.61	*
<i>Pourouma cecropiaefolia</i>	Fruit	340.0	1890.0	-0.45	J Cell Biochem VOL. 22=1995
<i>Pouteria viridis</i>	Fruit	230.0	730.0	-0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	220.0	895.0	-0.68	*
<i>Pouteria caimito</i>	Fruit	220.0	3700.0	-0.04	*
<i>Prosopis juliflora</i>	Leaf	--	20800.0	0.16	*
<i>Prunella vulgaris</i>	Flower	--	14500.0	2.42	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Prunus domestica</i>	Fruit	38.0	2040.0	-0.42	*
<i>Prunus persica</i>	Seed	--	970.0	-0.58	*
<i>Prunus armeniaca</i>	Fruit	134.0	1899.0	-0.45	*
<i>Prunus serotina</i>	Stem	323.0	18360.0	-0.04	*
<i>Prunus cerasus</i>	Fruit	140.0	1954.0	-0.44	*
<i>Prunus persica</i>	Fruit	18.0	8850.0	1.15	*
<i>Prunus salicifolia</i>	Fruit	172.0	1080.0	-0.64	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus serotina</i>	Leaf	4060.0	32640.0	0.97	*
<i>Prunus armeniaca</i>	Seed	930.0	1522.0	-0.48	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
<i>Prunus dulcis</i>	Seed	2426.0	2962.0	-0.22	*
<i>Psidium cattleianum</i>	Fruit	210.0	3400.0	-0.11	*
<i>Psidium guajava</i>	Fruit	90.0	1582.0	-0.52	*
<i>Psophocarpus tetragonolobus</i>	Leaf	1845.0	11383.0	-0.48	*
<i>Psophocarpus tetragonolobus</i>	Tuber	300.0	704.0	-0.94	*
<i>Psophocarpus tetragonolobus</i>	Seed	567.0	8586.0	0.82	*
<i>Psoralea esculenta</i>	Root	--	5100.0	-0.25	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>Pueraria pseudohirsuta</i>	Root	5330.0	8300.0	0.1	*
<i>Pueraria montana</i>	Shoot	1600.0	1700.0	-0.95	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pueraria montana</i>	Root	150.0	475.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Pulsatilla chinensis</i>	Root	--	16200.0	0.96	*
<i>Punica granatum</i>	Fruit	30.0	650.0	-0.74	*
<i>Pyrus communis</i>	Fruit	68.0	1776.0	-0.48	*
<i>Quararibea cordata</i>	Fruit	184.0	1250.0	-0.6	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Quercus stellata</i>	Stem	5750.0	31920.0	1.43	*
<i>Quercus phellos</i>	Stem	2940.0	14700.0	-0.44	*
<i>Quercus rubra</i>	Stem	5200.0	23760.0	0.54	*
<i>Quercus alba</i>	Stem	4600.0	27360.0	0.93	*
<i>Quercus alba</i>	Bark	8436.0	37000.0	1.75	*
<i>Quercus velutina</i>	Stem	5040.0	22940.0	0.45	*
<i>Quercus rubra</i>	Seed	--	947.0	-0.59	*
<i>Quisqualis indica</i>	Fruit	--	1430.0	-0.56	*
<i>Raphanus sativus</i>	Seed	--	3670.0	-0.09	*
<i>Raphanus sativus</i>	Fruit	260.0	10130.0	1.45	*
<i>Raphanus sativus</i>	Root	190.0	8570.0	0.13	*
<i>Raphanus sativus</i>	Leaf	2380.0	19130.0	0.05	*
<i>Rauvolfia serpentina</i>	Seed	3400.0	6900.0	0.51	*
<i>Rehmannia glutinosa</i>	Root	--	1150.0	-0.68	*
<i>Rheum rhabarbarum</i>	Pt	600.0	18462.0	0.66	*
<i>Rheum rhabarbarum</i>	Leaf	470.0	14400.0	-0.28	*
<i>Rheum palmatum</i>	Rhizome	9630.0	12400.0	1.19	*
<i>Rhizophora mangle</i>	Leaf	--	13500.0	-0.34	*
<i>Rhodymenia palmata</i>	Plant	--	6320.0	-0.78	*
<i>Rhus copallina</i>	Leaf	3240.0	24960.0	0.45	*
<i>Rhus glabra</i>	Stem	2520.0	24790.0	0.66	*
<i>Rhus copallina</i>	Stem	2450.0	21350.0	0.28	*
<i>Rhynchosia minima</i>	Shoot	--	19200.0	0.33	*
<i>Ribes uva-crispa</i>	Fruit	185.0	4122.0	0.06	*
<i>Ribes rubrum</i>	Fruit	298.0	2875.0	-0.23	*
<i>Ribes nigrum</i>	Fruit	502.0	4720.0	0.2	*
<i>Ricinus communis</i>	Leaf	--	26700.0	0.56	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Robinia pseudoacacia</i>	Seed	--	19000.0	2.73	*
<i>Robinia pseudoacacia</i>	Leaf	12900.0	15000.0	-0.23	*
<i>Rollinia mucosa</i>	Fruit	240.0	1050.0	-0.65	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Rosa laevigata</i>	Fruit	--	7620.0	0.87	*
<i>Rosa canina</i>	Fruit	1515.0	8100.0	0.98	*
<i>Rosmarinus officinalis</i>	Plant	3170.0	16150.0	0.27	USDA's Ag Handbook 8 and sequelae)

<i>Rubia cordifolia</i>	Root	--	37800.0	3.33	*
<i>Rubus idaeus</i>	Fruit	220.0	1645.0	-0.51	Revised USDA data received 1993.
<i>Rubus chamaemorus</i>	Fruit	150.0	1125.0	-0.63	*
<i>Rubus idaeus</i>	Leaf	2045.0	12100.0	-0.43	*
<i>Rubus chingii</i>	Fruit	--	7490.0	0.84	*
<i>Rumex crispus</i>	Leaf	150.0	10000.0	-0.58	*
<i>Rumex acetosa</i>	Leaf	430.0	4300.0	-0.97	*
<i>Rumex crispus</i>	Root	2570.0	10000.0	0.28	*
<i>Ruscus aculeatus</i>	Root	2190.0	7250.0	-0.02	*
<i>Salix alba</i>	Bark	2369.0	14100.0	-0.44	*
<i>Salvia officinalis</i>	Leaf	1696.0	10800.0	-0.52	*
<i>Salvia miltiorrhiza</i>	Root	--	2780.0	-0.51	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Sambucus nigra</i>	Fruit	235.0	1440.0	-0.56	*
<i>Sambucus canadensis</i>	Fruit	380.0	1881.0	-0.46	USDA's Ag Handbook 8 and sequelae)
<i>Santalum acuminatum</i>	Fruit	420.0	1800.0	-0.47	*
<i>Sassafras albidum</i>	Stem	913.0	10360.0	-0.91	*
<i>Sassafras albidum</i>	Leaf	2607.0	17680.0	-0.05	*
<i>Satureja hortensis</i>	Plant	--	23429.0	1.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Schisandra chinensis</i>	Fruit	864.0	5760.0	0.44	*
<i>Schizonepeta tenuifolia</i>	Plant	--	10900.0	-0.29	*
<i>Sclerocarya caffra</i>	Seed	1430.0	1490.0	-0.49	*
<i>Scrophularia buergeriana</i>	Root	--	2670.0	-0.52	*
<i>Scutellaria baicalensis</i>	Root	4630.0	10300.0	0.32	*
<i>Scutellaria lateriflora</i>	Plant	623.0	4550.0	-0.97	*
<i>Secale cereale</i>	Seed	315.0	685.0	-0.64	*
<i>Sechium edule</i>	Leaf	592.0	3345.0	-1.03	*
<i>Sechium edule</i>	Fruit	190.0	2715.0	-0.26	*
<i>Sechium edule</i>	Shoot	660.0	8920.0	-0.42	*
<i>Senna occidentalis</i>	Seed	--	7450.0	0.61	*
<i>Senna obtusifolia</i>	Seed	4100.0	6590.0	0.45	*
<i>Senna alexandrina</i>	Leaf	5339.0	26300.0	0.54	*
<i>Serenoa repens</i>	Fruit	605.0	4640.0	0.18	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sesamum indicum</i>	Seed	800.0	12638.0	1.56	*
<i>Sicana odorifera</i>	Fruit	210.0	2460.0	-0.32	*
<i>Sida rhombifolia</i>	Leaf	4660.0	23535.0	0.35	*
<i>Siegesbeckia orientalis</i>	Plant	--	11100.0	-0.27	*
<i>Silybum marianum</i>	Leaf	1421.0	6460.0	-0.82	*

<i>Silybum marianum</i>	Plant	--	6460.0	-0.76	*
<i>Simmondsia chinensis</i>	Seed	--	372.0	-0.69	*
<i>Sinapis alba</i>	Seed	4983.0	5850.0	0.31	*
<i>Sinomenium acutum</i>	Rhizome	--	15400.0	1.84	*
<i>Smilax</i> spp	Root	626.0	2980.0	-0.48	*
<i>Smilax officinalis</i>	Root	626.0	2980.0	-0.48	*
<i>Solanum torvum</i>	Fruit	1040.0	7125.0	0.75	*
<i>Solanum melongena</i>	Fruit	120.0	5706.0	0.43	*
<i>Solanum quitoensis</i>	Fruit	60.0	975.0	-0.66	*
<i>Solanum nigrum</i>	Leaf	1999.0	14400.0	-0.28	*
<i>Solanum tuberosum</i>	Tuber	34.0	2550.0	-0.39	*
<i>Solanum melongena</i>	Leaf	2540.0	18676.0	0.02	*
<i>Solanum sessiliflorum</i>	Fruit	120.0	1200.0	-0.61	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Sonchus oleraceus</i>	Leaf	1310.0	19265.0	0.06	*
<i>Sophora subprostrata</i>	Root	--	18600.0	1.23	*
<i>Sophora angustifolia</i>	Root	8750.0	9710.0	0.25	*
<i>Sophora secundiflora</i>	Seed	500.0	1900.0	-0.41	*
<i>Sophora japonica</i>	Seed	--	2649.0	-0.28	*
<i>Sorbus aucubaria</i>	Fruit	100.0	2115.0	-0.4	*
<i>Spartium junceum</i>	Stem	--	6500.0	-1.33	*
<i>Sphenostylis stenocarpa</i>	Root	100.0	284.0	-0.78	*
<i>Sphenostylis stenocarpa</i>	Seed	550.0	607.0	-0.65	*
<i>Spinacia oleracea</i>	Plant	730.0	15700.0	0.23	*
<i>Spirulina pratensis</i>	Plant	--	280.0	-1.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spirulina</i> spp.	Plant	--	280.0	-1.42	*
<i>Spondias purpurea</i>	Fruit	140.0	925.0	-0.68	*
<i>Spondias dulcis</i>	Seed	--	5000.0	0.16	*
<i>Spondias pinnata</i>	Fruit	360.0	3710.0	-0.03	*
<i>Spondias dulcis</i>	Fruit	560.0	4275.0	0.1	*
<i>Spondias tuberosa</i>	Fruit	--	200.0	-0.84	*
<i>Spondias mombin</i>	Fruit	260.0	2500.0	-0.31	*
<i>Stachys officinalis</i>	Plant	2822.0	16800.0	0.34	*
<i>Stellaria media</i>	Plant	--	12100.0	-0.16	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Stellaria media</i>	Shoot	400.0	1110.0	-0.99	*

<i>Stevia rebaudiana</i>	Leaf	--	5440.0	-0.89	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Stevia rebaudiana</i>	Plant	--	2100.0	-1.23	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
<i>Stillingia sylvatica</i>	Plant	--	3100.0	-1.12	*
<i>Symphoricarpos orbiculatus</i>	Stem	2584.0	22880.0	0.45	*
<i>Symphytum officinale</i>	Root	--	11300.0	0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Leaf	1980.0	18000.0	-0.03	*
<i>Syzygium jambos</i>	Fruit	290.0	2045.0	-0.42	*
<i>Syzygium cumini</i>	Fruit	80.0	920.0	-0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium aromaticum</i>	Fruit	6460.0	9540.0	1.31	*
<i>Syzygium malaccense</i>	Fruit	55.0	2615.0	-0.29	*
<i>Syzygium aromaticum</i>	Flower	6460.0	9540.0	1.04	*
<i>Tabebuia heptaphylla</i>	Bark	5836.0	32600.0	1.33	*
<i>Tamarindus indica</i>	Seed	--	1210.0	-0.54	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tamarindus indica</i>	Flower	--	2650.0	-0.86	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Leaf	1053.0	23000.0	0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Fruit	170.0	2829.0	-0.24	*
<i>Tanacetum parthenium</i>	Plant	--	5810.0	-0.83	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Plant	12000.0	21000.0	0.79	Chem. & Pharm. Bull. 38: 2205.
<i>Taraxacum officinale</i>	Leaf	1870.0	42232.0	1.63	*
<i>Taraxacum officinale</i>	Root	878.0	6140.0	-0.14	*
<i>Taraxacum mongolicum</i>	Plant	--	16900.0	0.35	*
<i>Tephrosia purpurea</i>	Leaf	--	16500.0	-0.13	*
<i>Terminalia catappa</i>	Seed	320.0	5100.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Terminalia bellirica</i>	Leaf	--	20800.0	0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tetragonia tetragonioides</i>	Leaf	580.0	9665.0	-0.6	*
<i>Tetrapanax papyrifera</i>	Pith	--	18300.0	1.41	*
<i>Theobroma cacao</i>	Fruit	1300.0	3095.0	-0.18	J Cell Biochem VOL. 22=1995
<i>Theobroma bicolor</i>	Seed	650.0	675.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Theobroma speciosum</i>	Fruit	190.0	485.0	-0.78	J Cell Biochem VOL. 22=1995
<i>Theobroma bicolor</i>	Fruit	158.0	184.0	-0.85	*

Theobroma cacao	Seed	800.0	1100.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	16935.0	22534.0	0.96	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	2806.0	16700.0	-0.12	*
Trachyspermum ammi	Fruit	15250.0	16469.0	2.91	*
Tragopogon porrifolius	Root	480.0	2610.0	-0.52	*
Tribulus terrestris	Leaf	--	33500.0	1.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	500.0	9260.0	1.25	*
Trifolium pratense	Shoot	4800.0	22900.0	0.6	*
Trifolium pratense	Flower	2358.0	13100.0	2.03	*
Trigonella foenum-graecum	Leaf	--	12900.0	-0.38	*
Trigonella foenum-graecum	Seed	95.0	730.0	-0.63	*
Triticum aestivum	Seed	100.0	4100.0	-0.01	*
Triticum aestivum	Plant	900.0	10400.0	-0.34	*
Tropaeolum tuberosum	Root	70.0	500.0	-0.76	*
Tropaeolum majus	Shoot	2110.0	15400.0	0.05	*
Turnera diffusa	Leaf	3801.0	18100.0	-0.02	*
Tussilago farfara	Flower	--	3670.0	-0.58	*
Ullucus tuberosus	Root	30.0	365.0	-0.77	*
Ulmus rubra	Bark	1602.0	9770.0	-0.85	*
Urtica dioica	Leaf	5800.0	29000.0	0.72	*
Vaccinium macrocarpon	Fruit	1440.0	12000.0	1.88	*
Vaccinium vitis-idaea	Fruit	180.0	1730.0	-0.49	*
Vaccinium corymbosum	Fruit	58.0	400.0	-0.8	*
Vaccinium myrtillus	Fruit	510.0	6380.0	0.58	*
Valeriana officinalis	Root	4956.0	42000.0	3.79	*
Valerianella radicata	Plant	19884.0	24463.0	1.16	*
Valerianella locusta	Plant	6410.0	7139.0	-0.69	*
Vanilla planifolia	Fruit	--	19000.0	3.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Verbascum thapsus	Leaf	5852.0	13300.0	-0.35	*
Vetiveria zizanioides	Leaf	2800.0	3100.0	-1.05	*
Viburnum opulus	Bark	--	23540.0	0.47	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	220.0	31160.0	4.96	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	500.0	3425.0	-0.1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Vigna unguiculata	Shoot	630.0	6164.0	-0.63	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	630.0	6164.0	-0.63	*
Vigna unguiculata	Seed	1255.0	1643.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	1360.0	3500.0	-0.12	*
Vigna radiata	Sprout Seedling	110.0	1571.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Plant	--	17400.0	0.41	*
Vigna aconitifolia	Fruit	--	20100.0	3.75	*
Vigna unguiculata	Seed	253.0	14400.0	1.88	*
Vigna unguiculata	Fruit	500.0	4115.0	0.06	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	1183.0	1602.0	-0.47	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Plant	23400.0	23700.0	1.08	*
Vigna mungo	Fruit	--	27100.0	5.36	*
Vigna angularis	Seed	660.0	762.0	-0.62	*
Vigna subterranea	Seed	100.0	945.0	-0.59	*
Vigna mungo	Seed	1100.0	2220.0	-0.35	*
Vigna aconitifolia	Leaf	--	23400.0	0.34	*
Viscum album	Leaf	--	8910.0	-0.65	*
Vitellaria paradoxa	Seed	--	1070.0	-0.57	*
Vitis vinifera	Stem	--	17700.0	-0.11	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vitis vinifera	Fruit	92.0	4774.0	0.21	*
Xanthosoma sagittifolium	Root	59.0	4000.0	-0.37	*
Xanthosoma sagittifolium	Leaf	950.0	17800.0	-0.04	*
Yucca baccata	Root	1718.0	8260.0	0.09	*
Zea mays	Silk Stigma Style	--	2520.0		*
Zea mays	Seed	10.0	181.0	-0.73	*
Zingiber officinale	Rhizome	150.0	3458.0	-0.75	*
Zingiber officinale	Root	116.0	1650.0	-0.63	*
Zizyphus jujuba	Shoot	800.0	21600.0	0.5	*
Zizyphus jujuba	Leaf	--	19700.0	0.09	*
Zizyphus jujuba	Fruit	260.0	1602.0	-0.52	*
Zizyphus spina-christi	Fruit	1400.0	1544.0	-0.53	*