

List of Plants



Chemid

CALCIUM

Dosage

RDA=400-1,200 mg/day

PTD=12,000 mg/day

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

Plant	Part	Low PPM	High PPM	StdDev	*Reference
Abelmoschus esculentus	Seed	2100.0	2820.0	-0.24	*
Abelmoschus esculentus	Fruit	810.0	8100.0	0.98	USDA's Ag Handbook 8 and sequelae)
Abelmoschus manihot	Leaf	724.0	6241.0	-0.83	*
Abrus precatorius	Leaf	1266.0	2660.0	-1.08	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
Acacia farnesiana	Leaf	930.0	5003.0	-0.92	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 racemosa	Root	--	5970.0	-0.16	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea dahurica	Rhizome	--	9750.0	0.61	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
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 lebbeck	Leaf	10100.0	104000.0	5.85	Wealth of India.
Albizia lebbeck	Seed	--	1720.0	-0.45	Wealth of India.
Albizia julibrissin	Bark	--	35500.0	1.61	*
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 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	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	*
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	Root	315.0	850.0	-0.72	*
Alocasia macrorrhiza	Root	281.0	1875.0	-0.61	*
Alocasia macrorrhiza	Leaf	570.0	15700.0	-0.19	*
Aloe spp.	Leaf	23.0	4600.0	-0.95	*
Aloe vera	Leaf	190.0	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 konjac	Root	--	234.0	-0.79	*
Amorphophallus campanulatus	Root	260.0	5720.0	-0.18	*
Amorphophallus konjac	Leaf	170.0	6538.0	-0.81	*
Amorphophallus campanulatus	Shoot	--	15200.0	0.03	*

Amphicarpaea bracteata	Shoot	--	17300.0	0.19	*
Anacardium occidentale	Seed	240.0	823.0	-0.61	*
Anacardium occidentale	Fruit	100.0	833.0	-0.7	*
Ananas comosus	Fruit	62.0	1308.0	-0.59	*
Anemarrhena asphodeloides	Rhizome	10900.0	11600.0	1.02	*
Anethum graveolens	Plant	1900.0	21453.0	0.84	*
Anethum graveolens	Fruit	14003.0	17671.0	3.19	*
Anethum graveolens	Seed	14003.0	17671.0	2.48	*
Angelica laxiflora	Root	--	3800.0	-0.39	*
Angelica dahurica	Root	--	2140.0	-0.58	*
Angelica sinensis	Root	620.0	2820.0	-0.5	*
Annona squamosa	Leaf	--	21200.0	0.19	*
Annona muricata	Fruit	140.0	2600.0	-0.29	*
Annona squamosa	Fruit	216.0	1335.0	-0.58	*
Annona cherimola	Seed	860.0	1110.0	-0.56	*
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 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
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	Fruit	1680.0	8000.0	0.96	*
Apium graveolens	Seed	170.0	20776.0	3.05	*
Apium graveolens	Root	340.0	3635.0	-0.41	ACTA AGRIC SCAND SUPPL 22: 1980
Arachis hypogaea	Seed	560.0	969.0	-0.58	*
Arachis hypogaea	Plant	9300.0	31500.0	1.92	*
Arachis hypogaea	Leaf	2620.0	21500.0	0.21	*
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	Sprout Seedling	--	60.0	-0.66	*
Areca catechu	Seed	500.0	1050.0	-0.57	*

Arisaema consanguineum	Rhizome	--	1550.0	-1.17	*
Aristolochia debilis	Fruit	--	1740.0	-0.49	*
Armoracia rusticana	Root	1800.0	10000.0	0.28	*
Arracacia xanthorrhiza	Root	190.0	655.0	-0.74	*
Artemisia vulgaris	Leaf	820.0	6455.0	-0.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Shoot	--	8600.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia dracunculus	Plant	11390.0	12340.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Plant	8000.0	11000.0	-0.28	Chem. & Pharm. Bull. 38: 2205.
Artemisia capillaris	Plant	--	15200.0	0.17	*
Artocarpus heterophyllus	Seed	500.0	1033.0	-0.57	*
Artocarpus altilis	Fruit	170.0	1950.0	-0.44	*
Artocarpus heterophyllus	Fruit	200.0	1735.0	-0.49	*
Artocarpus altilis	Seed	110.0	825.0	-0.61	*
Arundo donax	Plant	--	4900.0	-0.93	*
Asiasarum sieboldii	Root	7450.0	12900.0	0.6	*
Asiasarum heterotropoides	Root	7450.0	12900.0	0.6	*
Asimina triloba	Fruit	530.0	3248.0	-0.14	*
Aspalathus linearis	Shoot	--	2000.0	-0.93	*
Aspalathus linearis	Plant	--	90.0	-1.44	*
Aspalathus linearis	Leaf	--	--		*
Asparagus officinalis	Shoot	160.0	3840.0	-0.8	*
Asparagus lucidus	Root	--	1810.0	-0.61	*
Asparagus officinalis	Root	265.0	2650.0	-0.52	*
Astragalus membranaceus	Root	560.0	3500.0	-0.43	*
Atractylodes ovata	Rhizome	5800.0	11600.0	1.02	*
Atractylodes lancea	Rhizome	--	11300.0	0.95	*
Avena sativa	Seed	400.0	4800.0	0.12	*
Avena sativa	Plant	3146.0	14300.0	0.08	*
Averrhoa bilimbi	Fruit	30.0	665.0	-0.74	*
Averrhoa carambola	Fruit	29.0	1040.0	-0.65	*
Azadirachta indica	Fruit	1381.0	3400.0	-0.11	*
Azadirachta indica	Leaf	16700.0	26500.0	0.55	*
Bacopa monnieri	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	Root	--	19100.0	1.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	19100.0	0.04	*
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	Fruit	70.0	450.0	-0.79	*
Bixa orellana	Seed	970.0	1640.0	-0.46	*
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. 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 chinensis	Leaf	1050.0	22440.0	0.27	*
Brassica oleracea	Stem	200.0	2665.0	-1.74	*
Brassica oleracea var. botrytis l.	Flower	210.0	4040.0	-0.48	*
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. sabellica l.	Leaf	1200.0	7725.0	-0.73	*
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 rapa	Root	300.0	3690.0	-0.41	*

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 juncea	Leaf	512.0	5565.0	-0.88	*
Brassica pekinensis	Leaf	11780.0	16800.0	-0.11	*
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 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 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 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 japonica	Rhizome	1620.0	3410.0	-0.77	*
Coptis chinensis	Rhizome	1620.0	3410.0	-0.77	*
Coptis spp	Rhizome	1620.0	3410.0	-0.77	*
Corchorus olitorius	Leaf	2080.0	18365.0	-0.0	*
Coriandrum sativum	Leaf	1330.0	13441.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Seed	6465.0	14469.0	1.9	*

Cornus officinalis	Fruit	--	3250.0	-0.14	*
Cornus florida	Plant	--	--		*
Corylus avellana	Seed	1300.0	2591.0	-0.29	*
Crataegus rhipidophylla	Fruit	--	5570.0	0.4	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus laevigata	Fruit	1554.0	5570.0	0.4	*
Crataegus cuneata	Fruit	--	3770.0	-0.02	*
Crescentia alata	Seed	500.0	518.0	-0.67	*
Cucumis sativus	Fruit	129.0	10000.0	1.42	*
Cucumis melo	Fruit	96.0	3080.0	-0.18	*
Cucurbita pepo	Fruit	210.0	2500.0	-0.31	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	200.0	3165.0	-0.16	*
Cucurbita foetidissima	Leaf	--	77600.0	4.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita pepo	Flower	390.0	8041.0	0.63	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	240.0	2960.0	-0.22	*
Cucurbita maxima	Leaf	364.0	2580.0	-1.08	*
Cuminum cyminum	Fruit	9310.0	15511.0	2.69	*
Cuminum cyminum	Seed	9310.0	15511.0	2.09	*
Curcuma longa	Plant	226.0	730.0	-1.38	*
Curcuma longa	Rhizome	270.0	2898.0	-0.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot	7430.0	19800.0	0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Leaf	--	24200.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Fruit	--	1300.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	130.0	3160.0	-0.16	*
Cydonia oblonga	Fruit	60.0	805.0	-0.7	*
Cymbopogon citratus	Plant	--	3680.0	-1.06	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynanchum atratum	Root	--	9900.0	0.27	*
Cynara cardunculus	Flower	120.0	5286.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyperus rotundus	Rhizome	--	3180.0	-0.82	*
Cyphomandra betacea	Fruit	39.0	5780.0	0.44	*
Cypripedium pubescens	Root	--	16800.0	1.03	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	1450.0	10630.0	0.35	*
Daucus carota	Root	210.0	5710.0	-0.19	*
Dendrobium nobile	Stem	--	6530.0	-1.32	*
Dioscorea pentaphylla	Root	260.0	1400.0	-0.66	*
Dioscorea bulbifera	Rhizome	690.0	2379.0	-0.99	*
Dioscorea sp.	Root	--	3060.0	-0.48	*

Dioscorea villosa	Root	734.0	3060.0	-0.48	*
Dioscorea alata	Root	44.0	290.0	-0.78	*
Diospyros virginiana	Leaf	1150.0	12500.0	-0.41	*
Diospyros digyna	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.
Diospyros virginiana	Fruit	270.0	758.0	-0.71	*
Diospyros virginiana	Stem	2640.0	17820.0	-0.1	*
Dipsacus fullonum	Plant	--	20900.0	0.78	*
Drynaria fortunei	Rhizome	--	16000.0	1.98	*
Durio zibethinus	Fruit	76.0	600.0	-0.75	*
Echinacea spp	Root	3290.0	7760.0	0.04	Economic & Medicinal Plant Research, 5: 253.
Echinacea purpurea	Root	826.0	3290.0	-0.45	*
Elaeagnus umbellatus	Fruit	196.0	1070.0	-0.64	*
Elaeagnus commutata	Fruit	70.0	507.0	-0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	820.0	1360.0	-0.58	*
Eleocharis dulcis	Tuber	40.0	265.0	-1.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	3830.0	4177.0	0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	1300.0	1625.0	-0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	840.0	4000.0	-0.37	*
Elytrigia repens	Plant	3000.0	9280.0	-0.46	*
Ephedra sinica	Plant	922.0	4390.0	-0.98	*
Ephedra nevadensis	Plant	4500.0	58100.0	4.76	*
Ephedra spp	Plant	--	11500.0	-0.22	*
Equisetum hyemale	Plant	--	15500.0	0.2	*
Equisetum arvense	Plant	4045.0	18900.0	0.57	*
Eriobotrya japonica	Fruit	180.0	2381.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriobotrya japonica	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.
Eriocaulon sp	Leaf	--	2070.0	-1.12	*
Eriodictyon californicum	Leaf	638.0	2900.0	-1.06	*
Eryngium floridanum	Shoot	--	20600.0	0.43	*
Erythrina fusca	Leaf	570.0	3080.0	-1.05	*
Erythrina berteroana	Shoot	1080.0	6835.0	-0.58	*
Erythroxyllum novogranatense	Leaf	7600.0	14600.0	-0.26	*
Erythroxyllum novogranatense	Leaf	10200.0	13000.0	-0.37	*
Erythroxyllum coca	Plant	--	--		*

Eucommia ulmoides	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.
Eugenia uniflora	Fruit	70.0	640.0	-0.74	*
Eugenia floribunda	Fruit	60.0	465.0	-0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia brasiliensis	Fruit	395.0	2720.0	-0.26	*
Euodia rutaecarpa	Fruit	--	11600.0	1.79	*
Eupatorium perfoliatum	Plant	1260.0	14000.0	0.04	*
Euphrasia officinalis	Plant	1771.0	11500.0	-0.22	*
Fagopyrum esculentum	Seed	241.0	1140.0	-0.55	*
Fallopia japonica	Plant	11000.0	12000.0	-0.17	Chem. & Pharm. Bull. 38: 2205.
Feijoa sellowiana	Fruit	40.0	731.0	-0.72	*
Ficus carica	Leaf	--	31600.0	0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ficus carica	Fruit	350.0	4228.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Firmiana simplex	Seed	--	2310.0	-0.34	*
Foeniculum vulgare	Seed	1415.0	13100.0	1.64	*
Foeniculum vulgare	Leaf	1000.0	10556.0	-0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Fruit	880.0	13941.0	2.33	*
Forsythia suspensa	Fruit	--	4380.0	0.12	*
Fragaria spp	Fruit	135.0	2900.0	-0.22	*
Frangula purshiana	Bark	4100.0	14800.0	-0.37	*
Fraxinus rhynchophylla	Bark	--	38600.0	1.9	*
Fritillaria thunbergii	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.
Fucus vesiculosus	Plant	3587.0	30400.0	1.8	*
Garcinia mangostana	Fruit	100.0	637.0	-0.74	*
Gardenia jasminoides	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.
Gastrodia elata	Rhizome	--	2140.0	-1.04	*
Genipa americana	Seed	--	900.0	-0.6	*
Genipa americana	Fruit	400.0	3700.0	-0.04	*
Gentiana scabra	Root	--	7490.0	0.01	*
Gentiana lutea	Root	1791.0	8140.0	0.08	*
Geranium thunbergii	Plant	--	16900.0	0.35	*
Ginkgo biloba	Leaf	2640.0	11000.0	-0.51	*
Ginkgo biloba	Seed	20.0	230.0	-0.72	*
Glechoma hederacea	Plant	21000.0	23000.0	1.01	Chem. & Pharm. Bull. 38: 2205.
Gleditsia triacanthos	Seed	--	2800.0	-0.25	*

Glehnia littoralis	Root	--	1930.0	-0.6	*
Gliricidia sepium	Leaf	170.0	1110.0	-1.18	*
Gliricidia sepium	Flower	220.0	1570.0	-1.16	*
Glycine max	Seed	780.0	4440.0	0.05	*
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	*
Glycyrrhiza uralensis	Root	6850.0	23500.0	1.76	*
Glycyrrhiza glabra	Root	1379.0	8780.0	0.15	*
Gymnema sylvestre	Leaf	169.0	890.0	-1.2	*
Harpagophytum procumbens	Root	1151.0	6060.0	-0.15	*
Helianthus tuberosus	Tuber	140.0	9600.0	1.69	*
Helianthus annuus	Seed	917.0	1225.0	-0.54	USDA's Ag Handbook 8 and sequelae)
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
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	Flower	374.0	3400.0	-0.66	*
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.*
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.*
Houttuynia cordata	Plant	--	770.0	-1.37	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	--	6222.0	0.55	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	1157.0	6220.0	0.12	*
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 batatas	Root	203.0	2300.0	-0.56	*

<i>Ipomoea batatas</i>	Leaf	370.0	17900.0	-0.04	*
<i>Ipomoea aquatica</i>	Leaf	276.0	12665.0	-0.39	*
<i>Isatis tinctoria</i>	Root	--	16300.0	0.97	*
<i>Juglans nigra</i>	Hull Husk	--	3090.0	1.0	*
<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>Juglans nigra</i>	Seed	565.0	668.0	-0.64	*
<i>Juglans nigra</i>	Pericarp	371.0	3090.0		*
<i>Juglans nigra</i>	Fruit	--	3090.0	-0.18	*
<i>Juncus effusus</i>	Pith	--	1440.0	-0.62	*
<i>Juniperus virginiana</i>	Shoot	7980.0	31680.0	1.24	*
<i>Juniperus communis</i>	Fruit	2632.0	8490.0	1.07	*
<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>	Fruit	500.0	2841.0	-0.23	*
<i>Lablab purpureus</i>	Seed	500.0	4122.0	-0.0	*
<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>	Shoot	--	6100.0	-0.63	*
<i>Lantana camara</i>	Fruit	--	1100.0	-0.64	*
<i>Larrea tridentata</i>	Plant	5396.0	16400.0	0.3	*
<i>Lens culinaris</i>	Sprout Seedling	244.0	853.0	-0.57	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	386.0	604.0	-0.65	*
<i>Lepidium sativum</i>	Leaf	810.0	20340.0	0.13	*
<i>Lepidium meyenii</i>	Root	2470.0	2500.0	-0.54	*
<i>Lepidium sativum</i>	Seed	3100.0	3290.0	-0.16	*
<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>	Seed	1820.0	7400.0	0.6	*
<i>Linum usitatissimum</i>	Hay	--	7200.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<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	*

Lonicera japonica	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 mutabilis	Seed	900.0	1000.0	-0.58	*
Lupinus mutabilis	Fruit	280.0	980.0	-0.66	*
Lupinus albus	Seed	1760.0	1965.0	-0.4	*
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	*
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.
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 officinalis	Bark	--	6350.0	-1.18	*
Magnolia kobus	Flower	--	8040.0	0.63	*
Magnolia fargesii	Flower	--	8040.0	0.63	*
Magnolia denudata	Flower	--	8040.0	0.63	*
Malpighia glabra	Fruit	120.0	1400.0	-0.57	*
Malus domestica	Fruit	43.0	570.0	-0.76	*
Malva sylvestris	Leaf	900.0	10715.0	-0.53	*
Malva parviflora	Plant	3120.0	23650.0	1.08	*
Mammea americana	Fruit	40.0	985.0	-0.66	*
Mangifera indica	Fruit	92.0	1400.0	-0.57	*
Mangifera indica	Leaf	290.0	29300.0	0.74	*
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	Leaf	--	25500.0	0.48	*
Melia azedarach	Seed	--	2310.0	-0.34	*
Melicoccus bijugatas	Fruit	34.0	555.0	-0.76	*
Melilotus indica	Plant	--	13400.0	-0.02	*

Mentha arvensis var. piperascens	Plant	--	13500.0	-0.01	Suziki, 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	*
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
Mimosa pudica	Leaf	350.0	23800.0	0.37	*
Mimulus glabratus	Shoot	5430.0	54300.0	2.89	*
Momordica charantia	Leaf	2640.0	18701.0	0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	130.0	4333.0	0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	360.0	1600.0	-1.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root	--	10000.0	0.28	*
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	Leaf	7000.0	27400.0	0.61	*
Morus alba	Fruit	300.0	6400.0	0.59	*
Morus alba	Root Bark	16100.0	16500.0	-0.29	*
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	Fruit	20.0	95.0	-0.87	*
Musa x paradisiaca	Leaf	--	7500.0	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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	Seed	590.0	13333.0	1.69	*
Nelumbo nucifera	Rhizome	450.0	3704.0	-0.7	*
Nelumbo nucifera	Fruit	1360.0	1511.0	-0.54	*

Nepeta cataria	Plant	739.0	6160.0	-0.79	*
Nigella sativa	Seed	--	10600.0	1.19	*
Notopterygium incisum	Rhizome	--	3850.0	-0.67	*
Nyssa sylvatica	Stem	2850.0	14520.0	-0.46	*
Nyssa sylvatica	Leaf	1950.0	22750.0	0.29	*
Ocimum basilicum	Leaf	3200.0	23700.0	0.36	*
Ocimum tenuiflorum	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
Oenothera biennis	Seed	12700.0	18000.0	2.54	*
Oenothera biennis	Plant	12100.0	23400.0	1.05	*
Olea europaea	Fruit	610.0	2798.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Leaf	--	11800.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ophiopogon japonicus	Tuber	870.0	3450.0	-0.13	*
Opuntia ficus-indica	Be	--	560.0		*
Opuntia ficus-indica	Fruit	180.0	3065.0	-0.18	*
Opuntia ficus-indica	Bud	--	560.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	17925.0	23625.0	1.07	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	14070.0	18794.0	0.56	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Oryza sativa	Plant	1900.0	3300.0	-1.1	*
Oryza sativa	Seed	71.0	364.0	-0.69	*
Oxalis tuberosa	Root	40.0	247.0	-0.78	*
Pachira macrocarpa	Seed	830.0	875.0	-0.6	*
Pachyrhizus erosus	Tuber	150.0	1380.0	-0.74	*
Paeonia moutan	Root Bark	5150.0	16700.0	-0.28	*
Paeonia lactiflora	Root	10300.0	40600.0	3.64	*
Paeonia suffruticosa	Root Bark	5150.0	16700.0	-0.28	*
Panax japonicus	Rhizome	--	7000.0	0.02	*
Panax ginseng	Root	611.0	2880.0	-0.5	*
Panax quinquefolius	Plant	2340.0	10800.0	-0.3	*
Panicum maximum	Leaf	7100.0	20900.0	0.17	*
Papaver somniferum	Seed	13807.0	16214.0	2.22	*
Parthenium integrifolium	Root	1424.0	8900.0	0.16	*
Passiflora ligularis	Fruit	56.0	810.0	-0.7	*
Passiflora incarnata	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.
Passiflora edulis	Fruit	130.0	1190.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Passiflora incarnata</i>	Flower	506.0	4600.0	-0.32	*
<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 quadrangularis</i>	Seed	90.0	415.0	-0.69	*
<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>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	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
<i>Perilla frutescens</i>	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	Suziki, A., Morimoto, I., and Okitzu, 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>	Shoot	--	1600.0	-0.96	*
<i>Petroselinum crispum</i>	Plant	1000.0	16850.0	0.35	*
<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	*

Phaseolus lunatus	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	Fruit	140.0	2000.0	-0.43	*
Phoenix dactylifera	Seed	18.0	436.0	-0.68	Abstract (See species file)
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 emblica	Fruit	120.0	2660.0	-0.28	*
Phyllanthus acidus	Fruit	60.0	2326.0	-0.35	*
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	Flower	1780.0	6095.0	0.09	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	1160.0	3410.0		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 echinata	Shoot	1088.0	11760.0	-0.22	*
Pinus pinea	Seed	260.0	280.0	-0.71	USDA's Ag Handbook 8 and sequelae)
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 psyllium	Seed	728.0	3340.0	-0.15	*
Plantago major	Shoot	860.0	1340.0	-0.98	*
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	*
Plectranthus amboinicus	Leaf	2320.0	41430.0	1.57	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygala tenuifolia	Root	--	3420.0	-0.44	*
Polygonum multiflorum	Root	--	3370.0	-0.44	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polygonum multiflorum	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.
Polygonum multiflorum	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.
Polymnia edulis	Root	150.0	1650.0	-0.63	*
Polystichum polyblepharum	Plant	6000.0	6900.0	-0.72	*
Portulaca oleracea	Herb	780.0	20800.0	-1.0	*
Pothomorphe sp.	Leaf	1690.0	9440.0	-0.61	*
Pourouma cecropiaefolia	Fruit	340.0	1890.0	-0.45	J Cell Biochem VOL. 22=1995
Pouteria viridis	Fruit	230.0	730.0	-0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria campechiana	Fruit	220.0	895.0	-0.68	*
Pouteria caimito	Fruit	220.0	3700.0	-0.04	*
Prosopis juliflora	Leaf	--	20800.0	0.16	*
Prunella vulgaris	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.
Prunus domestica	Fruit	38.0	2040.0	-0.42	*
Prunus armeniaca	Fruit	134.0	1899.0	-0.45	*
Prunus persica	Seed	--	970.0	-0.58	*
Prunus cerasus	Fruit	140.0	1954.0	-0.44	*
Prunus serotina	Stem	323.0	18360.0	-0.04	*
Prunus persica	Fruit	18.0	8850.0	1.15	*
Prunus salicifolia	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.
Prunus armeniaca	Seed	930.0	1522.0	-0.48	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Prunus serotina	Leaf	4060.0	32640.0	0.97	*
Prunus dulcis	Seed	2426.0	2962.0	-0.22	*
Psidium cattleianum	Fruit	210.0	3400.0	-0.11	*
Psidium guajava	Fruit	90.0	1582.0	-0.52	*
Psophocarpus tetragonolobus	Seed	567.0	8586.0	0.82	*
Psophocarpus tetragonolobus	Leaf	1845.0	11383.0	-0.48	*
Psophocarpus tetragonolobus	Tuber	300.0	704.0	-0.94	*
Psoralea esculenta	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.
Pueraria montana	Root	150.0	475.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pueraria pseudohirsuta	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>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 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>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>Quisqualis indica</i>	Fruit	--	1430.0	-0.56	*
<i>Raphanus sativus</i>	Leaf	2380.0	19130.0	0.05	*
<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>Rauvolfia serpentina</i>	Seed	3400.0	6900.0	0.51	*
<i>Rehmannia glutinosa</i>	Root	--	1150.0	-0.68	*
<i>Rheum palmatum</i>	Rhizome	9630.0	12400.0	1.19	*
<i>Rheum rhabarbarum</i>	Pt	600.0	18462.0	0.66	*
<i>Rheum rhabarbarum</i>	Leaf	470.0	14400.0	-0.28	*
<i>Rhizophora mangle</i>	Leaf	--	13500.0	-0.34	*
<i>Rhodymenia palmata</i>	Plant	--	6320.0	-0.78	*
<i>Rhus copallina</i>	Stem	2450.0	21350.0	0.28	*
<i>Rhus copallina</i>	Leaf	3240.0	24960.0	0.45	*
<i>Rhus glabra</i>	Stem	2520.0	24790.0	0.66	*
<i>Rhynchosia minima</i>	Shoot	--	19200.0	0.33	*
<i>Ribes nigrum</i>	Fruit	502.0	4720.0	0.2	*
<i>Ribes uva-crispa</i>	Fruit	185.0	4122.0	0.06	*
<i>Ribes rubrum</i>	Fruit	298.0	2875.0	-0.23	*
<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 canina</i>	Fruit	1515.0	8100.0	0.98	*
<i>Rosa laevigata</i>	Fruit	--	7620.0	0.87	*

Rosmarinus officinalis	Plant	3170.0	16150.0	0.27	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root	--	37800.0	3.33	*
Rubus chingii	Fruit	--	7490.0	0.84	*
Rubus idaeus	Fruit	220.0	1645.0	-0.51	Revised USDA data received 1993.
Rubus chamaemorus	Fruit	150.0	1125.0	-0.63	*
Rubus idaeus	Leaf	2045.0	12100.0	-0.43	*
Rumex crispus	Root	2570.0	10000.0	0.28	*
Rumex crispus	Leaf	150.0	10000.0	-0.58	*
Rumex acetosa	Leaf	430.0	4300.0	-0.97	*
Ruscus aculeatus	Root	2190.0	7250.0	-0.02	*
Salix alba	Bark	2369.0	14100.0	-0.44	*
Salvia miltiorrhiza	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.
Salvia officinalis	Leaf	1696.0	10800.0	-0.52	*
Sambucus nigra	Fruit	235.0	1440.0	-0.56	*
Sambucus canadensis	Fruit	380.0	1881.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Santalum acuminatum	Fruit	420.0	1800.0	-0.47	*
Sassafras albidum	Stem	913.0	10360.0	-0.91	*
Sassafras albidum	Leaf	2607.0	17680.0	-0.05	*
Satureja hortensis	Plant	--	23429.0	1.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	864.0	5760.0	0.44	*
Schizonepeta tenuifolia	Plant	--	10900.0	-0.29	*
Sclerocarya caffra	Seed	1430.0	1490.0	-0.49	*
Scrophularia buergeriana	Root	--	2670.0	-0.52	*
Scutellaria lateriflora	Plant	623.0	4550.0	-0.97	*
Scutellaria baicalensis	Root	4630.0	10300.0	0.32	*
Secale cereale	Seed	315.0	685.0	-0.64	*
Sechium edule	Shoot	660.0	8920.0	-0.42	*
Sechium edule	Leaf	592.0	3345.0	-1.03	*
Sechium edule	Fruit	190.0	2715.0	-0.26	*
Senna alexandrina	Leaf	5339.0	26300.0	0.54	*
Senna occidentalis	Seed	--	7450.0	0.61	*
Senna obtusifolia	Seed	4100.0	6590.0	0.45	*
Serenoa repens	Fruit	605.0	4640.0	0.18	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	800.0	12638.0	1.56	*
Sicana odorifera	Fruit	210.0	2460.0	-0.32	*
Sida rhombifolia	Leaf	4660.0	23535.0	0.35	*
Siegesbeckia orientalis	Plant	--	11100.0	-0.27	*

Silybum marianum	Leaf	1421.0	6460.0	-0.82	*
Silybum marianum	Plant	--	6460.0	-0.76	*
Simmondsia chinensis	Seed	--	372.0	-0.69	*
Sinapis alba	Seed	4983.0	5850.0	0.31	*
Sinomenium acutum	Rhizome	--	15400.0	1.84	*
Smilax officinalis	Root	626.0	2980.0	-0.48	*
Smilax spp	Root	626.0	2980.0	-0.48	*
Solanum tuberosum	Tuber	34.0	2550.0	-0.39	*
Solanum melongena	Leaf	2540.0	18676.0	0.02	*
Solanum quitoensis	Fruit	60.0	975.0	-0.66	*
Solanum torvum	Fruit	1040.0	7125.0	0.75	*
Solanum melongena	Fruit	120.0	5706.0	0.43	*
Solanum nigrum	Leaf	1999.0	14400.0	-0.28	*
Solanum sessiliflorum	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.
Sonchus oleraceus	Leaf	1310.0	19265.0	0.06	*
Sophora japonica	Seed	--	2649.0	-0.28	*
Sophora subprostrata	Root	--	18600.0	1.23	*
Sophora angustifolia	Root	8750.0	9710.0	0.25	*
Sophora secundiflora	Seed	500.0	1900.0	-0.41	*
Sorbus aucubaria	Fruit	100.0	2115.0	-0.4	*
Spartium junceum	Stem	--	6500.0	-1.33	*
Sphenostylis stenocarpa	Seed	550.0	607.0	-0.65	*
Sphenostylis stenocarpa	Root	100.0	284.0	-0.78	*
Spinacia oleracea	Plant	730.0	15700.0	0.23	*
Spirulina spp.	Plant	--	280.0	-1.42	*
Spirulina pratensis	Plant	--	280.0	-1.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias pinnata	Fruit	360.0	3710.0	-0.03	*
Spondias dulcis	Fruit	560.0	4275.0	0.1	*
Spondias tuberosa	Fruit	--	200.0	-0.84	*
Spondias mombin	Fruit	260.0	2500.0	-0.31	*
Spondias purpurea	Fruit	140.0	925.0	-0.68	*
Spondias dulcis	Seed	--	5000.0	0.16	*
Stachys officinalis	Plant	2822.0	16800.0	0.34	*
Stellaria media	Plant	--	12100.0	-0.16	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Stellaria media	Shoot	400.0	1110.0	-0.99	*
Stevia rebaudiana	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.
Stevia rebaudiana	Leaf	--	5440.0	-0.89	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stillingia sylvatica	Plant	--	3100.0	-1.12	*
Symphoricarpos orbiculatus	Stem	2584.0	22880.0	0.45	*
Symphytum officinale	Leaf	1980.0	18000.0	-0.03	*
Symphytum officinale	Root	--	11300.0	0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium aromaticum	Fruit	6460.0	9540.0	1.31	*
Syzygium jambos	Fruit	290.0	2045.0	-0.42	*
Syzygium aromaticum	Flower	6460.0	9540.0	1.04	*
Syzygium cumini	Fruit	80.0	920.0	-0.68	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	55.0	2615.0	-0.29	*
Tabebuia heptaphylla	Bark	5836.0	32600.0	1.33	*
Tamarindus indica	Leaf	1053.0	23000.0	0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	170.0	2829.0	-0.24	*
Tamarindus indica	Seed	--	1210.0	-0.54	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tamarindus indica	Flower	--	2650.0	-0.86	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	5810.0	-0.83	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	1870.0	42232.0	1.63	*
Taraxacum officinale	Root	878.0	6140.0	-0.14	*
Taraxacum mongolicum	Plant	--	16900.0	0.35	*
Taraxacum officinale	Plant	12000.0	21000.0	0.79	Chem. & Pharm. Bull. 38: 2205.
Tephrosia purpurea	Leaf	--	16500.0	-0.13	*
Terminalia bellirica	Leaf	--	20800.0	0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Seed	320.0	5100.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	580.0	9665.0	-0.6	*
Tetrapanax papyrifera	Pith	--	18300.0	1.41	*
Theobroma bicolor	Seed	650.0	675.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Seed	800.0	1100.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Fruit	158.0	184.0	-0.85	*
Theobroma speciosum	Fruit	190.0	485.0	-0.78	J Cell Biochem VOL. 22=1995

Theobroma cacao	Fruit	1300.0	3095.0	-0.18	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Leaf	2806.0	16700.0	-0.12	*
Thymus vulgaris	Plant	16935.0	22534.0	0.96	USDA's Ag Handbook 8 and sequelae)
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	Seed	95.0	730.0	-0.63	*
Trigonella foenum-graecum	Leaf	--	12900.0	-0.38	*
Triticum aestivum	Plant	900.0	10400.0	-0.34	*
Triticum aestivum	Seed	100.0	4100.0	-0.01	*
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 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	*
Vaccinium macrocarpon	Fruit	1440.0	12000.0	1.88	*
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 mungo	Plant	--	17400.0	0.41	*
Vigna unguiculata	Shoot	630.0	6164.0	-0.63	*
Vigna aconitifolia	Plant	23400.0	23700.0	1.08	*
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 mungo	Fruit	--	27100.0	5.36	*
Vigna unguiculata	Shoot	630.0	6164.0	-0.63	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	660.0	762.0	-0.62	*
Vigna aconitifolia	Leaf	--	23400.0	0.34	*
Vigna subterranea	Seed	100.0	945.0	-0.59	*
Vigna mungo	Seed	1100.0	2220.0	-0.35	*
Vigna unguiculata	Seed	253.0	14400.0	1.88	*
Vigna aconitifolia	Seed	1360.0	3500.0	-0.12	*
Vigna unguiculata	Seed	1255.0	1643.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Fruit	--	20100.0	3.75	*
Vigna radiata	Sprout Seedling	110.0	1571.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	--	8910.0	-0.65	*
Vitellaria paradoxa	Seed	--	1070.0	-0.57	*
Vitis vinifera	Fruit	92.0	4774.0	0.21	*
Vitis vinifera	Stem	--	17700.0	-0.11	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
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	Root	116.0	1650.0	-0.63	*
Zingiber officinale	Rhizome	150.0	3458.0	-0.75	*
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	*
Zizyphus jujuba	Shoot	800.0	21600.0	0.5	*