

List of Plants



Chemid

CAMPESTEROL

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

Plant	Part	Low PPM	High PPM	StdDev	*Reference
Abelmoschus esculentus	Fruit	--	30.0	-0.4	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Abelmoschus moschatus	Seed	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Abrus precatorius	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Acacia farnesiana	Seed	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Aesculus hippocastanum	Seed	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Bark	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Leaf	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Aleurites fordii	Plant	--	--		*
Allium cepa	Bulb	10.0	50.0	-1.0	*
Allium cepa	Seed	--	--		Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Feeds. Int. Conf. Chem. Biotechnol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Allium sativum var. sativum	Bulb	--	150.0	1.0	*
Allium schoenoprasum	Leaf	--	10.0	-0.85	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Aloe vera	Plant	--	--		*
Aloe vera	Leaf	--	--		*
Amaranthus spinosus	Leaf	--	--		Wealth of India.
Ananas comosus	Fruit	--	10.0	-0.57	*
Anethum graveolens	Plant	--	490.0	1.95	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Annona muricata	Plant	--	--		*
Annona cherimola	Seed	1700.0	2200.0	3.92	*
Apium graveolens	Pt	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Apium graveolens	Seed	--	50.0	-0.52	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Armoracia rusticana	Root	--	200.0	1.28	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Artemisia dracunculus	Shoot	--	30.0	1.0	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Arundo donax	Leaf	--	--		*

<i>Avena sativa</i>	Seed	--	--		*
<i>Beta vulgaris</i>	Leaf	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica rapa</i>	Plant	--	--		*
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	60.0	600.0	2.61	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica rapa</i>	Leaf	20.0	200.0	0.27	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica juncea</i>	Leaf	--	100.0	-0.32	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	20.0	200.0	0.27	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	30.0	300.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica rapa</i>	Root	10.0	100.0	-0.29	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Brassica napus</i> var. <i>napobrassica</i>	Seed	--	--		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
<i>Calendula officinalis</i>	Flower	--	--		*
<i>Camellia sinensis</i>	Seed Oil	--	--		*
<i>Camellia sinensis</i>	Seed	--	--		*
<i>Cannabis sativa</i>	Seed	--	--		*
<i>Cannabis sativa</i>	Root	--	--		*
<i>Cannabis sativa</i>	Plant	--	--		Turner, C. E., El Sohly, M. A., Boeren, E. G. 1980. Constituents of <i>Cannabis sativa</i> L. XVII. A Review of the Natural Constituents. <i>J Natural Products</i> , 432: 169-234.
<i>Capsicum annum</i>	Fruit	20.0	530.0	3.84	*
<i>Capsicum frutescens</i>	Fruit	20.0	30.0	-0.4	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Carica papaya</i>	Seed Oil	--	--		Jim Duke's personal files.
<i>Carum carvi</i>	Seed	--	30.0	-0.56	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Caulophyllum thalictroides</i>	Root	--	--		Jim Duke's personal files.
<i>Centella asiatica</i>	Essential Oil	--	2000.0		Jim Duke's personal files.
<i>Centella asiatica</i>	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
<i>Ceratonia siliqua</i>	Seed	--	--		Wealth of India.
<i>Chenopodium album</i>	Plant	--	--		*
<i>Chrysanthemum x morifolium</i>	Flower	--	--		Wealth of India.
<i>Cinnamomum verum</i>	Bark	--	30.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Citrullus lanatus</i>	Seed Oil	--	--		*
<i>Citrullus lanatus</i>	Seed	--	--		*
<i>Citrullus lanatus</i>	Fruit	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Citrus reticulata</i>	Pericarp	--	--		*
<i>Citrus paradisi</i>	Fruit	--	20.0	-0.49	*
<i>Citrus limon</i>	Fruit	--	20.0	-0.49	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Citrus sinensis	Fruit	--	40.0	-0.32	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrus reticulata	Root	--	--		*
Clematis vitalba	Plant	--	--		*
Cnicus benedictus	Plant	--	--		Jim Duke's personal files.
Cocos nucifera	Fruit	--	30.0	-0.4	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Cocos nucifera	Seed Oil	--	--		Jim Duke's personal files.
Coffea arabica	Seed	110.0	120.0	-0.37	*
Coix lacryma-jobi	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Commelina benghalensis	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Commiphora myrrha	Resin, Exudate, Sap	--	--		Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
Coriandrum sativum	Fruit	--	30.0	-0.4	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Corylus avellana	Seed	--	--		*
Corylus avellana	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Cucumis sativus	Seed	--	--		*
Cucumis melo	Seed	--	--		*
Cucurbita pepo	Seed	--	--		*
Cuminum cyminum	Seed	--	50.0	-0.52	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Curcuma longa	Root	--	90.0	-0.45	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Curcuma longa	Rhizome	--	--		*
Cymbopogon parkeri	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
Daucus carota	Root	--	--		*
Digitalis lanata	Plant	--	--		*
Dioscorea villosa	Root	20.0	200.0	1.28	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Elettaria cardamomum	Seed	40.0	55.0	-0.51	*
Equisetum arvense	Plant	--	--		*
Equisetum arvense	Strobilus	--	--		Jim Duke's personal files.
Eriobotrya japonica	Fruit	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Euphorbia pulcherrima	Plant	--	--		*
Euphorbia hirta	Plant	--	--		*
Fagopyrum esculentum	Seed	200.0	230.0	-0.15	*
Ficus carica	Fruit	10.0	50.0	-0.23	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Foeniculum vulgare	Leaf	10.0	12.0	-0.84	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Fragaria spp	Fruit	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Fritillaria thunbergii	Bulb	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Gaultheria procumbens	Shoot	--	--		*
Ginkgo biloba	Seed	--	--		Jim Duke's personal files.
Glycine max	Seed	90.0	270.0	-0.06	*

Harpagophytum procumbens	Tuber	--	--		*
Helianthus annuus	Seed	750.0	770.0	0.97	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Heliotropium indicus	Plant	--	--		*
Hibiscus sabdariffa	Seed	--	--		*
Hordeum vulgare	Sprout Seedling	--	330.0	1.0	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Humulus lupulus	Stem	--	--		*
Illicium verum	Fruit	--	130.0	0.44	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Inula helenium	Root	--	--		*
Jatropha curcas	Leaf	--	--		*
Juglans nigra	Seed	--	60.0	-0.5	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Juglans regia	Seed	20.0	85.0	-0.45	*
Juniperus communis	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Kalanchoe spathulata	Flower	--	--		*
Lactuca sativa	Seed	--	--		*
Laurus nobilis	Leaf	--	60.0	-0.56	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lepidium meyenii	Root	--	--		*
Linum usitatissimum	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Lycium chinense	Leaf	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycium chinense	Seed	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycopersicon esculentum	Fruit	--	--		*
Magnolia kobus	Seed	--	--		*
Malus domestica	Fruit	10.0	60.0	-0.15	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Medicago sativa	Plant	--	--		*
Melissa officinalis	Tissue Culture	--	0.1	-1.0	Gbolade, A.A. and Lockwood, G.B. 1991. The Constituents of Melissa officinalis L. Cultures. J. Ess. Oil Res., 3: 111-114.
Mitchella repens	Plant	--	--		*
Moringa oleifera	Seed	--	--		*
Morus alba	Plant	--	--		*
Musa x paradisiaca	Fruit	20.0	80.0	0.02	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Myristica fragrans	Aril	--	60.0		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Myristica fragrans	Seed	--	30.0	-0.56	*
Nerium oleander	Plant	--	--		*
Nigella sativa	Seed Oil	--	--		*
Nigella sativa	Seed	--	--		*
Ocimum basilicum	Leaf	--	90.0	-0.38	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

<i>Oenothera biennis</i>	Inflorescence	--	--		*
<i>Oenothera biennis</i>	Seed	103.0	220.0	-0.17	*
<i>Oenothera biennis</i>	Fruit	--	--		*
<i>Ononis spinosa</i>	Root	--	22.0	-1.53	Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
<i>Opuntia ficus-indica</i>	Seed Oil	--	140000.0		*
<i>Origanum majorana</i>	Plant	--	30.0	-0.6	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Origanum vulgare</i>	Plant	120.0	130.0	-0.04	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Oryza sativa</i>	Plant	--	--		*
<i>Paeonia suffruticosa</i>	Root Bark	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Paeonia moutan</i>	Root Bark	--	--		*
<i>Panax ginseng</i>	Root	--	--		*
<i>Panax quinquefolius</i>	Plant	--	--		*
<i>Panax japonicus</i>	Rhizome	--	--		*
<i>Papaver somniferum</i>	Seed	200.0	240.0	-0.13	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Perilla frutescens</i>	Plant	--	--		Han, J. S. 1978. A Study on Sterol in <i>Perilla frutescens</i> . Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon, 11: 211-215.
<i>Persea americana</i>	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Petasites hybridus</i>	Root	--	--		*
<i>Petroselinum crispum</i>	Sprout Seedling	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Phaseolus vulgaris</i>	Seed	--	30.0	-0.56	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Phellodendron amurense</i>	Bark	--	--		*
<i>Phoenix dactylifera</i>	Stem	--	--		Abstract (See species file)
<i>Pimenta dioica</i>	Fruit	--	10.0	-0.57	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Pinus sylvestris</i>	Bark	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Pinus sylvestris</i>	Plant	--	--		*
<i>Piper nigrum</i>	Fruit	30.0	60.0	-0.15	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Piper methysticum</i>	Rhizome	--	--		*
<i>Pisum sativum</i>	Seed	--	--		*
<i>Plantago ovata</i>	Seed	--	--		*
<i>Pluchea carolinensis</i>	Shoot	--	--		Tramil
<i>Prosopis glandulosa</i>	Stem	--	--		Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of <i>Prosopis glandulosa</i> Stems. Planta Med. Suppl. 32: 244-246.
<i>Prunus persica</i>	Seed	--	--		*
<i>Prunus armeniaca</i>	Seed	--	--		*
<i>Prunus armeniaca</i>	Fruit	10.0	100.0	0.19	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Prunus dulcis</i>	Seed	--	50.0	-0.52	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

<i>Ptychopetalum olacoides</i>	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Punica granatum</i>	Seed	--	--		*
<i>Rosa multiflora</i>	Fruit	--	--		*
<i>Rosmarinus officinalis</i>	Shoot	10.0	16.0	-1.0	*
<i>Ruellia tuberosa</i>	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
<i>Ruscus aculeatus</i>	Root	--	--		*
<i>Salvia officinalis</i>	Fruit	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Salvia officinalis</i>	Fruit Essent. Oil	--	--		*
<i>Salvia officinalis</i>	Leaf	--	120.0	-0.2	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Sambucus nigra</i>	Flower	--	--		*
<i>Sambucus nigra</i>	Leaf	--	--		*
<i>Sambucus canadensis</i>	Leaf	--	--		*
<i>Sambucus canadensis</i>	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
<i>Sarracenia purpurea</i>	Root	--	--		*
<i>Sarracenia purpurea</i>	Shoot	--	--		*
<i>Satureja hortensis</i>	Plant	--	10.0	-0.71	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Scutellaria baicalensis</i>	Root	--	--		*
<i>Senna occidentalis</i>	Seed	--	--		*
<i>Serenoa repens</i>	Fruit	28.0	90.0	0.1	*
<i>Sesamum indicum</i>	Seed	--	910.0	1.26	*
<i>Sesamum indicum</i>	Seed Oil	--	--		*
<i>Solanum tuberosum</i>	Tuber	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Solanum tuberosum</i>	Plant	--	--		*
<i>Solanum dulcamara</i>	Leaf	--	--		*
<i>Sophora angustifolia</i>	Root	--	--		*
<i>Spinacia oleracea</i>	Sprout Seedling	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
<i>Stevia rebaudiana</i>	Leaf	--	--		*
<i>Syzygium aromaticum</i>	Fruit	--	--		*
<i>Syzygium aromaticum</i>	Plant	--	--		*
<i>Tagetes erecta</i>	Flower	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
<i>Taraxacum officinale</i>	Leaf	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
<i>Theobroma cacao</i>	Sprout Seedling	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Thymus vulgaris</i>	Plant	--	30.0	-0.6	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)

Tribulus terrestris	Flower	--	--		*
Trichosanthes kirilowii	Seed	--	--		*
Trifolium pratense	Plant	--	--		*
Trigonella foenum-graecum	Seed	--	180.0	-0.25	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Trigonella foenum-graecum	Tissue Culture	--	10.0	1.0	*
Ulmus rubra	Wood	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Uncaria tomentosa	Bark	--	--		*
Urtica dioica	Root	--	--		Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
Urtica dioica	Shoot	--	--		Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
Valeriana officinalis	Plant	--	--		Lokar, L. C., Martini, F. 1997. Chemotaxonomic Investigations on the Genus Valeriana L. in the Northeastern Italy and in Tuscany. I. Phytosterols. Dept. of Biology, University of Trieste. Allionia 35: 103-115.
Verbascum thapsus	Stem	--	--		*
Vicia faba	Seed	80.0	400.0	0.2	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vigna radiata	Seed	20.0	25.0	-0.57	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vigna radiata	Sprout Seedling	10.0	100.0	-1.0	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vitis vinifera	Seed	--	--		*
Vitis vinifera	Plant	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Withania somnifera	Tissue Culture	--	--		*
Zea mays	Seed	--	320.0	0.04	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Zea mays	Seed Oil	--	--		*
Zea mays	Shoot	--	--		*
Zingiber officinale	Root	10.0	100.0	-0.29	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)