

List of Plants

CHOLESTEROL

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CHOLESTEROL

*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 moschatus | Seed | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Abutilon theophrasti | Seed Oil | -- | -- | | Sun, Y. Y., Yuan, Y. X. 1996. Study on Lipid Soluble Constituent in Seed of Abutilon theophrasti. Chung Ts'ao Yao, 27(6): 334. |
| Acacia farnesiana | Seed | -- | -- | | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| Acacia farnesiana | Plant | -- | -- | | Pakistan Encyclopedia Planta Medica. 1986. |
| Aesculus hippocastanum | Seed | -- | -- | | Jim Duke's personal files. |
| Aesculus hippocastanum | Bark | -- | -- | | Jim Duke's personal files. |
| Allium cepa | Seed | -- | -- | | Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Fecs. Int. Conf. Chem. Biotechol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170. |
| Allium sativum var. sativum | Bulb | -- | 80.0 | | LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp. |
| Allium cepa | Bulb | -- | -- | | * |
| Aloe vera | Leaf | 40.0 | 120.0 | | * |
| Aloe vera | Plant | -- | -- | | Suga, T., Hirata, T. 1983. The Efficacy of the Aloe Plants Chemical Constituents and Biological Activities. Cosmet. Toiletries 98(6): 105-108. |
| Aloe vera | Shoot | -- | -- | | Afzal, M., Ali, M., Hassan, R. A. H., Sweedan, N., Dhami, M. S. I. 1991. Identification of Some Prostanoids in Aloe vera Extracts. Plant Medica, 57(1): 38-40. |
| Amaranthus spinosus | Leaf | -- | -- | | Wealth of India. |
| Anastatica hierochuntica | Plant | -- | -- | | * |
| Annona squamosa | Plant | -- | -- | | * |
| Annona muricata | Plant | -- | -- | | * |
| Arachis hypogaea | Plant | -- | -- | | * |
| Avena sativa | Seed | -- | -- | | * |
| Avena sativa | Leaf | -- | -- | | * |
| Calendula officinalis | Flower | -- | -- | | * |
| Carica papaya | Seed Oil | -- | -- | | Jim Duke's personal files. |
| Citrus reticulata | Root | -- | -- | | * |
| Citrus paradisi | Fruit | -- | -- | | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Citrus reticulata | Pericarp | -- | -- | | * |
| Citrus sinensis | Fruit | -- | -- | | * |

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|-----------------------|---------------------|----|---------|------|---|
| Coffea arabica | Seed | -- | -- | | * |
| Commiphora wightii | Resin, Exudate, Sap | -- | -- | | Jim Duke's personal files. |
| 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. |
| Commiphora wightii | Inflorescence | -- | 100.0 | | Jim Duke's personal files. |
| Cucurbita pepo | Plant | -- | -- | | * |
| 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 | Leaf | -- | -- | | * |
| Digitalis lanata | Plant | -- | -- | | * |
| Elettaria cardamomum | Seed | -- | -- | | * |
| Equisetum arvense | Plant | -- | -- | | * |
| Euphorbia hirta | Plant | -- | -- | | * |
| Euphorbia pulcherrima | Plant | -- | -- | | * |
| Fucus vesiculosus | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Glycine max | Seed | -- | -- | | * |
| Helianthus annuus | Seed | -- | 1500.0 | 1.0 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Hibiscus sabdariffa | Seed | -- | -- | | * |
| Holarrhena pubescens | Tissue Culture | -- | -- | | * |
| Hylocereus undatus | Plant | -- | -- | | * |
| Juglans regia | Seed | -- | 12.0 | -1.0 | * |
| Juniperus communis | Fruit | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Linum usitatissimum | Seed | -- | -- | | Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp. |
| 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. |
| Lycopodium clavatum | Plant | -- | -- | | * |
| Momordica charantia | Fruit | -- | -- | | =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 |
| Moringa oleifera | Seed | -- | -- | | * |
| Musa x paradisiaca | Fruit | -- | -- | | 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. |
| Nigella sativa | Seed | -- | -- | | * |
| Nigella sativa | Seed Oil | -- | -- | | * |
| Ononis spinosa | Root | -- | 68.0 | | * |
| Opuntia ficus-indica | Seed Oil | -- | 15000.0 | | * |
| Panax ginseng | Seed Oil | -- | -- | | * |
| Panax quinquefolius | Seed Oil | -- | -- | | * |

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|----------------------------------|-------------------|----|--------|------|---|
| <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>Phoenix dactylifera</i> | Pollen Or Spore | -- | -- | | Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp. |
| <i>Phoenix dactylifera</i> | Fruit | -- | -- | | USDA's Ag Handbook 8 and sequelae) |
| <i>Piper methysticum</i> | Rhizome | -- | -- | | * |
| <i>Pisum sativum</i> | Seed | -- | -- | | * |
| <i>Prunus armeniaca</i> | Seed | -- | -- | | 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>Punica granatum</i> | Seed | -- | -- | | * |
| <i>Rosa multiflora</i> | Fruit | -- | -- | | * |
| <i>Rosmarinus officinalis</i> | Shoot | -- | 6.0 | | * |
| <i>Salvia officinalis</i> | Fruit Essent. Oil | -- | -- | | * |
| <i>Salvia officinalis</i> | Fruit | -- | -- | | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| <i>Sambucus nigra</i> | Flower | -- | -- | | * |
| <i>Sambucus nigra</i> | Plant | -- | -- | | * |
| <i>Sambucus nigra</i> | Hh | -- | -- | | * |
| <i>Sesamum indicum</i> | Seed Oil | -- | -- | | * |
| <i>Sinapis alba</i> | Seed | -- | -- | | * |
| <i>Solanum tuberosum</i> | Plant | -- | -- | | * |
| <i>Solanum nigrum</i> | Plant | -- | -- | | * |
| <i>Solanum dulcamara</i> | Leaf | -- | -- | | * |
| <i>Spinacia oleracea</i> | Leaf | -- | -- | | * |
| <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>Theobroma cacao</i> | Plant | -- | -- | | * |
| <i>Theobroma cacao</i> | Oil | -- | 2800.0 | 1.0 | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| <i>Trigonella foenum-graecum</i> | Tissue Culture | -- | 20.0 | | * |
| <i>Trigonella foenum-graecum</i> | Seed | -- | -- | | * |
| <i>Ulmus rubra</i> | Wood | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| <i>Valeriana officinalis</i> | 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. |
| <i>Vicia faba</i> | Oil | -- | 400.0 | -1.0 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| <i>Vitis vinifera</i> | Fruit | -- | -- | | * |
| <i>Zea mays</i> | Shoot | -- | -- | | * |
| <i>Zea mays</i> | Root | -- | -- | | * |
| <i>Zea mays</i> | Seed | -- | -- | | * |

