

List of Plants



Chemid

ERGOSTEROL

Dosage

LDLo=4 (orl dog)

*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.
Anethum graveolens	Seed Essent. Oil	--	--		*
Angelica archangelica	Fruit	--	--		*
Angelica archangelica	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Chelidonium majus	Root	--	--		*
Ganoderma lucidum	Plant	3000.0	4000.0		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Ganoderma lucidum	Fruit	--	1168.4		*
Ginkgo biloba	Seed	--	--		Jim Duke's personal files.
Glycine max	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Gossypium sp	Seed	--	--		*
Hibiscus sabdariffa	Seed	--	--		*
Inonotus obliquus	Plant	--	--		*
Lactuca sativa	Leaf	--	--		*
Nicotiana tabacum	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Oryza sativa	Sprout Seedling	--	--		*
Phoenix dactylifera	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Theobroma cacao	Seed	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Triticum aestivum	Seed	--	12.0		*
Vitis vinifera	Fruit	--	--		*
Zea mays	Silk Stigma Style	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Zea mays	Root	--	--		*