

# List of Plants



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\*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	145000.0	164000.0	-0.53	Wealth of India.
Abelmoschus esculentus	Fruit	1000.0	10000.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Abelmoschus manihot	Leaf	17700.0	152586.0	1.92	*
Abelmoschus esculentus	Seed	160000.0	220000.0	-0.24	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abrus precatorius	Seed	25000.0	28000.0	-1.25	*
Abutilon theophrasti	Seed	--	153000.0	-0.59	Wealth of India.
Acacia tortilis	Fruit	24400.0	31000.0	-0.4	*
Acacia senegal	Fruit	--	10000.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Seed	20000.0	78000.0	-0.99	*
Acacia catechu	Leaf	--	46000.0	-0.21	*
Acacia tortilis	Seed	--	60000.0	-1.08	*
Acacia senegal	Seed	--	58000.0	-1.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Seed	35000.0	115000.0	-0.79	*
Acacia farnesiana	Leaf	6000.0	32280.0	-0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Leaf	--	61000.0	0.09	*
Acacia senegal	Leaf	--	67000.0	0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia melanoxyton	Seed	--	76000.0	-1.0	*
Acacia decurrens	Seed	--	123000.0	-0.75	*
Acalypha indica	Leaf	14000.0	71800.0	0.31	Wealth of India.
Achillea millefolium	Plant	7080.0	40000.0	-0.17	*
Achillea millefolium	Seed	223000.0	334000.0	0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acrocomia totai	Fruit	--	279400.0	1.49	*
Acrocomia totai	Seed	--	667500.0	2.12	*
Actaea racemosa	Root	--	15000.0	-0.26	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Seed	326000.0	451000.0	0.98	*
Actinidia chinensis	Fruit	700.0	38400.0	-0.35	*
Aegle marmelos	Fruit	2000.0	8860.0	-0.57	*
Aegle marmelos	Seed	--	119000.0	-0.77	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Aesculus hippocastanum	Seed	30000.0	50000.0	-1.13	*

<i>Aframomum melegueta</i>	Seed	10000.0	20000.0	-1.29	Wealth of India.
<i>Aframomum melegueta</i>	Fruit	--	20000.0	-0.49	Wealth of India.
<i>Agave americana</i>	Plant	--	13000.0	-0.57	*
<i>Ageratum conyzoides</i>	Seed	--	256000.0	-0.05	Wealth of India.
<i>Agrimonia eupatoria</i>	Seed	--	350000.0	0.45	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
<i>Agrostemma githago</i>	Seed	58000.0	68000.0	-1.04	*
<i>Ailanthus altissima</i>	Seed	555000.0	591000.0	1.72	*
<i>Akebia quinata</i>	Seed	180000.0	383000.0	0.62	*
<i>Albizia lebeck</i>	Seed	--	68000.0	-1.04	Wealth of India.
<i>Albizia julibrissin</i>	Seed	85000.0	111000.0	-0.81	*
<i>Albizia lebeck</i>	Leaf	85000.0	160000.0	2.06	Wealth of India.
<i>Aleurites moluccana</i>	Seed	570000.0	690000.0	2.24	*
<i>Aleurites fordii</i>	Seed	300000.0	600000.0	1.76	*
<i>Aleurites fordii</i>	Fruit	140000.0	200000.0	0.89	*
<i>Alisma plantago-aquatica</i>	Rhizome	--	42000.0	-0.07	*
<i>Alliaria petiolata</i>	Seed	--	220000.0	-0.24	*
<i>Allium cepa</i>	Bulb	1000.0	36079.0	1.0	*
<i>Allium schoenoprasum</i>	Leaf	3000.0	89518.0	0.66	*
<i>Allium sativum</i> var. <i>sativum</i>	Flower	2000.0	17000.0	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Flower	5000.0	30000.0	-0.44	*
<i>Allium sativum</i> var. <i>sativum</i>	Shoot	3000.0	13000.0	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Root	3000.0	22000.0	-0.03	*
<i>Allium sativum</i> var. <i>sativum</i>	Bulb	2000.0	12000.0	-1.0	*
<i>Allium sativum</i> var. <i>sativum</i>	Leaf	5000.0	37000.0	-0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium ampeloprasum</i>	Leaf	3000.0	47000.0	-0.19	*
<i>Allium cepa</i>	Leaf	6000.0	77000.0	0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Allium sativum</i> var. <i>sativum</i>	Root	3330.0	9000.0	-0.46	*
<i>Alocasia macrorrhiza</i>	Root	1000.0	19000.0	-0.13	*
<i>Alocasia macrorrhiza</i>	Leaf	1000.0	63000.0	0.13	*
<i>Aloe</i> spp.	Leaf	40.0	8000.0	-0.97	*
<i>Aloe vera</i>	Leaf	--	8000.0	-0.97	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Alpinia galanga</i>	Rhizome	4000.0	28000.0	-0.38	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Althaea officinalis</i>	Root	540.0	5000.0	-0.6	*
<i>Althaea officinalis</i>	Seed	128000.0	172000.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Amaranthus</i> sp.	Leaf	2410.0	53000.0	-0.07	*

<i>Amaranthus spinosus</i>	Leaf	3000.0	45000.0	-0.23	*
<i>Ammi majus</i>	Seed	--	129400.0	-0.72	*
<i>Ammi visnaga</i>	Seed	120000.0	180000.0	-0.45	*
<i>Amorphophallus campanulatus</i>	Shoot	--	33000.0	-0.26	*
<i>Amorphophallus campanulatus</i>	Root	600.0	16000.0	-0.23	*
<i>Amorphophallus konjac</i>	Root	--	9000.0	-0.46	*
<i>Amphicarpaea bracteata</i>	Seed	50000.0	160000.0	-0.56	*
<i>Anacardium occidentale</i>	Leaf	6000.0	20000.0	-0.73	*
<i>Anacardium occidentale</i>	Fruit	1000.0	49000.0	-0.27	*
<i>Anacardium occidentale</i>	Seed	370000.0	482000.0	1.14	*
<i>Anamirta cocculus</i>	Fruit	110000.0	180000.0	0.73	*
<i>Ananas comosus</i>	Fruit	1000.0	42772.0	-0.31	*
<i>Andira inermis</i>	Bark	--	--		*
<i>Anemone coronaria</i>	Seed	207000.0	266000.0	0.0	*
<i>Anethum graveolens</i>	Seed	68000.0	180200.0	-0.45	*
<i>Anethum graveolens</i>	Fruit	68000.0	180200.0	0.74	*
<i>Anethum graveolens</i>	Plant	43000.0	47000.0	-0.07	*
<i>Angelica sinensis</i>	Root	3960.0	18000.0	-0.16	*
<i>Angelica archangelica</i>	Seed	189000.0	203000.0	-0.33	*
<i>Annona reticulata</i>	Seed	--	400000.0	0.71	*
<i>Annona glabra</i>	Fruit	16000.0	121000.0	0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona muricata</i>	Fruit	2000.0	24000.0	-0.46	*
<i>Annona reticulata</i>	Fruit	2000.0	21000.0	-0.48	*
<i>Annona squamosa</i>	Seed	140000.0	490000.0	1.18	*
<i>Annona cherimola</i>	Seed	200000.0	258000.0	-0.04	*
<i>Annona diversifolia</i>	Fruit	1600.0	5615.0	-0.6	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Annona squamosa</i>	Fruit	2000.0	21000.0	-0.48	*
<i>Annona muricata</i>	Seed	--	221000.0	-0.23	*
<i>Annona cherimola</i>	Fruit	1000.0	15000.0	-0.53	*
<i>Anogeissus latifolia</i>	Leaf	--	36000.0	-0.41	*
<i>Anthriscus cerefolium</i>	Seed	105000.0	156000.0	-0.58	*
<i>Anthriscus cerefolium</i>	Leaf	39000.0	42040.0	-0.29	*
<i>Apium graveolens</i>	Leaf	1300.0	42000.0	-0.29	*
<i>Apium graveolens</i>	Fruit	13860.0	66000.0	-0.14	*
<i>Apium graveolens</i>	Seed	13860.0	279483.0	0.07	*

Apocynum cannabinum	Seed	226000.0	238000.0	-0.14	*
Aquilegia vulgaris	Seed	--	269000.0	0.02	*
Arachis hypogaea	Seed	194800.0	526834.0	1.38	*
Arachis hypogaea	Plant	22000.0	95000.0	0.63	*
Arachis hypogaea	Leaf	6000.0	28000.0	-0.57	*
Aralia cordata	Leaf	2000.0	42550.0	-0.28	*
Arbutus unedo	Seed	34000.0	368000.0	0.54	*
Arctium lappa	Fruit	150000.0	300000.0	1.65	*
Arctium lappa	Root	1645.0	7000.0	-0.53	*
Arctium lappa	Leaf	1300.0	8335.0	-0.96	Wealth of India.
Arctostaphylos uva-ursi	Seed	20000.0	500000.0	1.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Arctostaphylos uva-ursi	Leaf	3016.0	26000.0	-0.61	*
Areca catechu	Shoot	3000.0	23000.0	-0.44	*
Areca catechu	Seed	44000.0	180000.0	-0.45	*
Arecastrum romanzoffianum	Seed	--	522000.0	1.35	Wealth of India.
Argemone mexicana	Seed	200000.0	393000.0	0.67	*
Arisaema triphyllum	Seed	--	28000.0	-1.25	*
Armoracia rusticana	Root	5040.0	28000.0	0.17	*
Arracacia xanthorrhiza	Root	1000.0	3460.0	-0.65	*
Artemisia maritima	Seed	--	220000.0	-0.24	*
Artemisia absinthium	Leaf	334000.0	381000.0	6.47	*
Artemisia dracunculus	Shoot	72000.0	78000.0	0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Leaf	8000.0	63000.0	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia dracunculus	Seed	--	381000.0	0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Seed	25900.0	128000.0	-0.72	*
Artocarpus heterophyllus	Seed	4000.0	8265.0	-1.35	*
Artocarpus altilis	Fruit	1000.0	34400.0	-0.38	*
Artocarpus heterophyllus	Fruit	1000.0	11200.0	-0.56	*
Arundo donax	Plant	11000.0	13000.0	-0.57	*
Arundo donax	Stem	--	30000.0	0.08	*
Asclepias syriaca	Seed	91000.0	318000.0	0.28	*
Asimina triloba	Fruit	6000.0	59000.0	-0.19	*
Aspalathus linearis	Shoot	--	17000.0	-0.56	*
Asparagus officinalis	Root	2400.0	24000.0	0.04	*
Asparagus officinalis	Shoot	2000.0	41000.0	-0.1	*
Astragalus membranaceus	Root	3200.0	20000.0	-0.1	*
Avena sativa	Seed	11000.0	97000.0	-0.89	*

<i>Avena sativa</i>	Plant	1540.0	7000.0	-0.65	*
<i>Averrhoa bilimbi</i>	Fruit	1000.0	40000.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Averrhoa carambola</i>	Fruit	800.0	52000.0	-0.24	*
<i>Azadirachta indica</i>	Seed	--	450000.0	0.97	*
<i>Azadirachta indica</i>	Fruit	--	42000.0	-0.32	*
<i>Bacopa monnieri</i>	Shoot	--	6000.0	-0.77	Wealth of India.
<i>Bactris gasipaes</i>	Seed	--	313000.0	0.25	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Bactris gasipaes</i>	Fruit	28000.0	163400.0	0.61	*
<i>Balanites aegyptiacus</i>	Shoot	--	15000.0	-0.6	*
<i>Balanites aegyptiacus</i>	Fruit	--	17000.0	-0.51	*
<i>Balanites aegyptiacus</i>	Seed	300000.0	550000.0	1.5	*
<i>Balanites aegyptiacus</i>	Leaf	--	42000.0	-0.29	*
<i>Basella alba</i>	Leaf	3000.0	43475.0	-0.26	*
<i>Benincasa hispida</i>	Fruit	1000.0	51280.0	-0.25	*
<i>Berberis vulgaris</i>	Bark	--	43000.0	1.75	*
<i>Berberis vulgaris</i>	Root	--	43000.0	0.67	Pedersen, M. 1987. Nutritional Herbiology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Bertholletia excelsa</i>	Seed	649190.0	700000.0	2.29	*
<i>Beta vulgaris</i>	Root	1000.0	16000.0	-0.23	*
<i>Beta vulgaris</i>	Leaf	2000.0	58000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Beta vulgaris</i>	Seed	28000.0	70000.0	-1.03	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Betula lenta</i>	Leaf	--	86000.0	0.59	Jim Duke's personal files.*
<i>Bixa orellana</i>	Fruit	3000.0	19230.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bixa orellana</i>	Seed	15000.0	50000.0	-1.13	*
<i>Blighia sapida</i>	Seed	12000.0	611000.0	1.82	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Blighia sapida</i>	Aril	200000.0	649000.0	1.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Shoot	32000.0	44000.0	-0.05	*
<i>Boehmeria nivea</i>	Leaf	5000.0	38460.0	-0.36	*
<i>Borago officinalis</i>	Leaf	7000.0	100000.0	0.87	*
<i>Borago officinalis</i>	Seed	130000.0	383000.0	0.62	*
<i>Brassica juncea</i>	Leaf	12700.0	138000.0	1.62	*
<i>Brassica rapa</i>	Leaf	2000.0	42740.0	-0.27	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	2200.0	36058.0	-0.41	*
<i>Brassica rapa</i>	Root	1000.0	12300.0	-0.35	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	3160.0	41242.0	-0.3	*
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	2000.0	19340.0	-0.12	USDA's Ag Handbook 8 and sequelae)
<i>Brassica chinensis</i>	Leaf	2000.0	42740.0	-0.27	*

<i>Brassica oleracea</i> var. <i>capitata</i> L.	Seed	--	350000.0	0.45	Wealth of India.
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	3160.0	41242.0	-0.3	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>capitata</i> L.	Leaf	1090.0	33559.0	-0.46	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Flower	1800.0	29400.0	-0.45	*
<i>Brassica oleracea</i>	Stem	1000.0	11110.0	-1.45	*
<i>Brassica nigra</i>	Seed	282000.0	305195.0	0.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Brassica juncea</i>	Seed	300000.0	380000.0	0.6	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	2000.0	28560.0	-0.56	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	7000.0	45050.0	-0.23	*
<i>Brassica nigra</i>	Leaf	2220.0	46841.0	-0.19	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Shoot	1700.0	40000.0	-0.12	*
<i>Brosimum alicastrum</i>	Fruit	5000.0	31250.0	-0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Bupleurum chinense</i>	Root	2200.0	20000.0	-0.1	*
<i>Buxus sempervirens</i>	Seed	416000.0	443000.0	0.94	*
<i>Byrsonima crassifolia</i>	Fruit	13000.0	75580.0	-0.06	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Cajanus cajan</i>	Seed	6000.0	55354.0	-1.11	*
<i>Cajanus cajan</i>	Fruit	6000.0	20000.0	-0.49	*
<i>Cajanus cajan</i>	Plant	--	60000.0	0.12	*
<i>Cajanus cajan</i>	Leaf	--	69000.0	0.25	*
<i>Calathea macrosepala</i>	Flower	2000.0	25975.0	-0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Calendula officinalis</i>	Seed	260000.0	450000.0	0.97	*
<i>Calotropis</i> sp.	Seed	268000.0	366000.0	0.53	*
<i>Camellia sinensis</i>	Leaf	20000.0	165000.0	2.16	*
<i>Camellia japonica</i>	Seed	640000.0	670000.0	2.13	Wealth of India.
<i>Canarium indicum</i>	Seed	--	728400.0	2.44	*
<i>Canavalia ensiformis</i>	Seed	23000.0	36000.0	-1.21	*
<i>Canavalia ensiformis</i>	Fruit	2000.0	26000.0	-0.44	*
<i>Canna indica</i>	Seed	5000.0	8000.0	-1.36	*
<i>Canna indica</i>	Root	1000.0	7000.0	-0.53	*
<i>Cannabis sativa</i>	Seed	296000.0	358000.0	0.49	*
<i>Capparis spinosa</i>	Leaf	4900.0	15000.0	-0.83	*
<i>Capparis spinosa</i>	Fruit	--	37500.0	-0.35	*
<i>Capparis spinosa</i>	Seed	316000.0	360000.0	0.5	*
<i>Capparis spinosa</i>	Flower	--	4700.0	-0.84	*
<i>Capsella bursa-pastoris</i>	Seed	170000.0	360000.0	0.5	*
<i>Capsella bursa-pastoris</i>	Plant	3200.0	42000.0	-0.14	*
<i>Capsicum frutescens</i>	Fruit	1000.0	16320.0	-0.52	*

<i>Capsicum annuum</i>	Seed	100000.0	150000.0	-0.61	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Capsicum frutescens</i>	Seed	100000.0	150000.0	-0.61	*
<i>Capsicum annuum</i>	Fruit	2000.0	144000.0	0.46	*
<i>Carapa guianensis</i>	Seed	550000.0	650000.0	2.03	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Carica papaya</i>	Leaf	8000.0	136000.0	1.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Seed	--	253000.0	-0.07	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Carica papaya</i>	Fruit	2970.0	22000.0	-0.47	*
<i>Carica pentagona</i>	Fruit	1000.0	14705.0	-0.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Latex Exudate	--	24000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Carthamus tinctorius</i>	Flower	8820.0	63000.0	0.08	*
<i>Carthamus tinctorius</i>	Seed	200000.0	626000.0	1.9	*
<i>Carthamus tinctorius</i>	Plant	16000.0	51000.0	-0.01	*
<i>Carum carvi</i>	Fruit	127000.0	176826.0	0.71	*
<i>Carum carvi</i>	Seed	100000.0	180000.0	-0.45	*
<i>Carya illinoensis</i>	Seed	712000.0	753000.0	2.57	*
<i>Casimiroa edulis</i>	Fruit	300.0	22222.0	-0.47	*
<i>Casimiroa edulis</i>	Seed	4000.0	8000.0	-1.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cassia tora</i>	Seed	33000.0	74000.0	-1.01	*
<i>Cassia tora</i>	Plant	--	44000.0	-0.11	*
<i>Castanea sativa</i>	Leaf	--	81000.0	0.49	*
<i>Castanea mollissima</i>	Seed	10600.0	20648.0	-1.29	*
<i>Castanea sativa</i>	Seed	16000.0	36520.0	-1.21	*
<i>Castanea dentata</i>	Seed	12600.0	24208.0	-1.27	*
<i>Castanospermum australe</i>	Seed	--	7000.0	-1.36	*
<i>Catalpa bignonioides</i>	Seed	44000.0	330000.0	0.34	*
<i>Catha edulis</i>	Seed	--	500000.0	1.24	*
<i>Caulophyllum thalictroides</i>	Root	660.0	6000.0	-0.56	*
<i>Cedrela odorata</i>	Seed	--	214000.0	-0.27	*
<i>Cedrus deodora</i>	Seed	--	447000.0	0.96	*
<i>Ceiba pentandra</i>	Seed	200000.0	400000.0	0.71	*
<i>Celosia cristata</i>	Seed	--	134000.0	-0.69	*
<i>Cenchrus biflorus</i>	Seed	85000.0	94000.0	-0.9	*
<i>Cenchrus biflorus</i>	Shoot	10000.0	28000.0	-0.35	*
<i>Centaurea cyanus</i>	Seed	158000.0	181000.0	-0.44	*
<i>Centaurea calcitrapa</i>	Seed	154000.0	246000.0	-0.1	*
<i>Centella asiatica</i>	Leaf	5992.0	56000.0	-0.01	*
<i>Ceratonia siliqua</i>	Seed	2000.0	18000.0	-1.3	*

<i>Ceratonia siliqua</i>	Fruit	5000.0	13000.0	-0.54	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Chamaemelum nobile</i>	Flower	--	39000.0	-0.3	*
<i>Chamissoa altissima</i>	Leaf	6900.0	69000.0	0.25	Tramil
<i>Chelidonium majus</i>	Seed	--	466000.0	1.06	*
<i>Chenopodium ambrosioides</i>	Seed	25000.0	92000.0	-0.91	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Chenopodium album</i>	Leaf	8000.0	50960.0	-0.11	*
<i>Chenopodium ambrosioides</i>	Leaf	7000.0	48000.0	-0.17	*
<i>Chenopodium album</i>	Seed	55000.0	85000.0	-0.95	*
<i>Chondrus crispus</i>	Plant	--	12000.0	-0.58	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum parthenium</i>	Leaf	8640.0	48000.0	-0.17	*
<i>Chrysanthemum parthenium</i>	Seed	--	312000.0	0.25	*
<i>Chrysanthemum coronarium</i>	Bud	1700.0	22850.0	-1.0	*
<i>Chrysanthemum parthenium</i>	Plant	--	48000.0	-0.05	*
<i>Chrysanthemum cinerariifolium</i>	Shoot	--	5000.0	-0.79	*
<i>Chrysanthemum coronarium</i>	Leaf	3000.0	46155.0	-0.21	*
<i>Chrysanthemum x morifolium</i>	Seed	--	171000.0	-0.5	Wealth of India.
<i>Chrysophyllum cainito</i>	Seed	--	66000.0	-1.05	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Chrysophyllum cainito</i>	Fruit	7000.0	93000.0	0.07	*
<i>Cicer arietinum</i>	Seed	59000.0	69750.0	-1.03	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Leaf	1000.0	29000.0	-0.55	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	2000.0	32200.0	-0.48	*
<i>Cichorium intybus</i>	Root	2000.0	16000.0	-0.23	*
<i>Cicuta maculata</i>	Seed	--	159000.0	-0.56	*
<i>Cimicifuga racemosa</i>	Root	3150.0	15000.0	-0.26	*
<i>Cimicifuga racemosa</i>	Seed	326000.0	451000.0	0.98	*
<i>Cinchona spp</i>	Seed	5000.0	160000.0	-0.56	*
<i>Cinnamomum aromaticum</i>	Bark	--	35000.0	1.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cinnamomum verum</i>	Bark	11000.0	14000.0	-0.37	*
<i>Cinnamomum verum</i>	Seed	300000.0	350000.0	0.45	Wealth of India.
<i>Cinnamomum camphora</i>	Seed	--	420000.0	0.81	*
<i>Citrullus colocynthis</i>	Seed	150000.0	510000.0	1.29	*
<i>Citrullus lanatus</i>	Seed	200000.0	571000.0	1.61	*



<i>Citrullus lanatus</i>	Fruit	200.0	89000.0	0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus reticulata</i>	Fruit	1900.0	22000.0	-0.47	*
<i>Citrus aurantiifolia</i>	Fruit	2000.0	26700.0	-0.44	*
<i>Citrus aurantium</i>	Fruit	--	8000.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus paradisi</i>	Fruit	1000.0	19000.0	-0.5	*
<i>Citrus limon</i>	Seed	300000.0	400000.0	0.71	*
<i>Citrus mitis</i>	Jf	5300.0	53000.0		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Citrus sinensis</i>	Fruit	1100.0	16000.0	-0.52	*
<i>Citrus limon</i>	Fruit	--	28000.0	-0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Citrus mitis</i>	Fruit	24100.0	240000.0	1.19	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Citrus mitis</i>	Fruit Juice	5300.0	53000.0		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Citrus aurantium</i>	Seed	--	448600.0	0.97	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
<i>Clematis vitalba</i>	Seed	--	140000.0	-0.66	*
<i>Cnicus benedictus</i>	Seed	258000.0	271000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cnicus benedictus</i>	Plant	1463.0	11000.0	-0.59	*
<i>Cnidoscopus chayamansa</i>	Leaf	16000.0	80000.0	0.47	*
<i>Coccinia grandis</i>	Fruit	1000.0	14490.0	-0.53	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cocos nucifera</i>	Seed	58400.0	719000.0	2.39	*
<i>Coffea arabica</i>	Leaf	55000.0	59000.0	0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coffea arabica</i>	Seed	74000.0	170000.0	-0.5	*
<i>Coix lacryma-jobi</i>	Seed	31000.0	79000.0	-0.98	*
<i>Coix lacryma-jobi</i>	Plant	--	28000.0	-0.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cola acuminata</i>	Seed	4000.0	30000.0	-1.24	*
<i>Colocasia esculenta</i>	Root	1000.0	16000.0	-0.23	*
<i>Colocasia esculenta</i>	Leaf	6000.0	107000.0	1.01	*
<i>Colubrina texensis</i>	Shoot	--	45000.0	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Colubrina texensis</i>	Seed	--	179000.0	-0.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Commelina benghalensis</i>	Leaf	4000.0	28985.0	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Conium maculatum</i>	Seed	116000.0	179000.0	-0.46	*
<i>Consolida ajacis</i>	Seed	--	390000.0	0.66	*
<i>Corchorus olitorius</i>	Leaf	2500.0	20350.0	-0.72	*
<i>Corchorus olitorius</i>	Seed	113000.0	148000.0	-0.62	*
<i>Coriandrum sativum</i>	Leaf	6000.0	50000.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coriandrum sativum</i>	Fruit	110000.0	210000.0	0.96	*
<i>Coriaria thymifolia</i>	Seed	--	226000.0	-0.21	*

<i>Cornus florida</i>	Seed	24000.0	494000.0	1.2	*
<i>Corylus avellana</i>	Seed	500000.0	650000.0	2.03	*
<i>Crataegus rhipidophylla</i>	Fruit	--	39000.0	-0.34	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	10881.0	39000.0	-0.34	*
<i>Crescentia alata</i>	Seed	397000.0	411000.0	0.77	*
<i>Crocus sativus</i>	Silk Stigma Style	56300.0	134000.0	1.0	*
<i>Crotalaria juncea</i>	Seed	--	43000.0	-1.17	*
<i>Croton tiglium</i>	Seed	300000.0	500000.0	1.24	*
<i>Cryptostegia grandifolia</i>	Seed	--	108000.0	-0.83	*
<i>Cucumis sativus</i>	Fruit	900.0	43037.0	-0.31	*
<i>Cucumis melo</i>	Seed	300000.0	446000.0	0.95	*
<i>Cucumis sativus</i>	Seed	300000.0	425000.0	0.84	*
<i>Cucumis melo</i>	Fruit	2600.0	29355.0	-0.42	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	300000.0	520000.0	1.34	*
<i>Cucurbita maxima</i>	Seed	--	366000.0	0.53	*
<i>Cucurbita foetidissima</i>	Seed	243000.0	428000.0	0.86	*
<i>Cucurbita pepo</i>	Fruit	1000.0	11905.0	-0.55	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita maxima</i>	Leaf	17500.0	124000.0	1.35	*
<i>Cucurbita foetidissima</i>	Leaf	--	40000.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cucurbita</i> spp	Fruit	2100.0	33230.0	-0.39	*
<i>Cucurbita pepo</i>	Flower	700.0	14430.0	-0.68	USDA's Ag Handbook 8 and sequelae)
<i>Cuminum cyminum</i>	Seed	134000.0	270380.0	0.03	*
<i>Cuminum cyminum</i>	Fruit	134000.0	270380.0	1.42	*
<i>Curcuma longa</i>	Plant	28830.0	93000.0	0.6	*
<i>Curcuma longa</i>	Rhizome	18000.0	153000.0	2.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Leaf	--	9000.0	-0.95	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Fruit	--	2000.0	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Shoot	2400.0	24000.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Seed	--	27000.0	-1.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cycas revoluta</i>	Seed	1200.0	4300.0	-1.38	*
<i>Cycas revoluta</i>	Fruit	--	39000.0	-0.34	*
<i>Cyclanthera pedata</i>	Fruit	1000.0	35100.0	-0.37	*
<i>Cydonia oblonga</i>	Seed	140000.0	192000.0	-0.39	*
<i>Cydonia oblonga</i>	Fruit	1000.0	17000.0	-0.51	*
<i>Cymbopogon citratus</i>	Plant	--	71000.0	0.28	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Cynara cardunculus</i>	Flower	1000.0	20000.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyphomandra betacea</i>	Fruit	600.0	64000.0	-0.15	*
<i>Cyrtosperma chamissonis</i>	Leaf	6000.0	54545.0	-0.04	*

Cyrtosperma chamissonis	Root	1000.0	6800.0	-0.54	*
Cytisus scoparius	Seed	--	60000.0	-1.08	*
Daphne mezereum	Seed	60000.0	654000.0	2.05	*
Datura metel	Seed	100000.0	120000.0	-0.77	*
Datura innoxia	Seed	120000.0	220000.0	-0.24	*
Datura stramonium	Seed	150000.0	300000.0	0.18	*
Daucus carota	Seed	87000.0	302000.0	0.19	*
Daucus carota	Root	1700.0	29000.0	0.2	*
Digitalis purpurea	Seed	--	500000.0	1.24	*
Digitalis purpurea	Leaf	--	12200.0	-0.88	*
Dioscorea sp.	Root	--	6000.0	-0.56	*
Dioscorea alata	Root	300.0	5700.0	-0.57	*
Dioscorea pentaphylla	Root	1000.0	5390.0	-0.58	*
Dioscorea villosa	Root	1440.0	6000.0	-0.56	*
Dioscorea bulbifera	Tuber	1000.0	12800.0	-0.17	*
Diospyros digyna	Fruit	100.0	485.0	-0.64	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Seed	--	26000.0	-1.26	*
Diospyros virginiana	Fruit	4000.0	11230.0	-0.56	*
Dipsacus fullonum	Seed	210000.0	283000.0	0.09	*
Dipteryx odorata	Seed	--	250000.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Dodonaea viscosa	Seed	76000.0	190000.0	-0.4	*
Dryopteris filix-mas	Rhizome	50000.0	60000.0	0.34	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Duranta repens	Seed	--	14000.0	-1.32	*
Durio zibethinus	Fruit	8000.0	73800.0	-0.08	*
Echinacea purpurea	Root	3263.0	13000.0	-0.33	*
Echinacea spp	Root	--	13000.0	-0.33	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus commutata	Fruit	9000.0	65000.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus angustifolia	Seed	18000.0	263000.0	-0.01	*
Elaeagnus umbellatus	Fruit	9500.0	51435.0	-0.25	*
Elaeis guineensis	Fruit	460000.0	819000.0	5.61	*
Elaeis oleifera	Seed	290000.0	450000.0	0.97	*
Elaeis oleifera	Fruit	290000.0	500000.0	3.18	*
Eleocharis dulcis	Tuber	2000.0	16000.0	0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	67000.0	100000.0	-0.87	*
Elettaria cardamomum	Fruit	10000.0	100000.0	0.12	*
Eleutherococcus senticosus	Root	4830.0	23000.0	0.0	*

<i>Elytrigia repens</i>	Seed	18000.0	121000.0	-0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elytrigia repens</i>	Rhizome	--	15000.0	-0.67	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Elytrigia repens</i>	Plant	15000.0	38000.0	-0.2	*
<i>Ephedra sinica</i>	Plant	3990.0	19000.0	-0.48	*
<i>Equisetum arvense</i>	Plant	5778.0	27000.0	-0.36	*
<i>Eriobotrya japonica</i>	Fruit	2000.0	50000.0	-0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriobotrya japonica</i>	Seed	350000.0	450000.0	0.97	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Eriodictyon californicum</i>	Leaf	18040.0	82000.0	0.51	*
<i>Eruca sativa</i>	Seed	225000.0	351000.0	0.45	*
<i>Eryngium floridanum</i>	Shoot	--	49000.0	0.05	*
<i>Eryngium creticus</i>	Shoot	--	26500.0	-0.38	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Erythrina berteroana</i>	Shoot	2000.0	13000.0	-0.63	*
<i>Erythrina fusca</i>	Leaf	8000.0	43000.0	-0.27	*
<i>Erythrina cristagalli</i>	Seed	--	167000.0	-0.52	*
<i>Erythroxyllum coca</i>	Leaf	16000.0	53475.0	-0.06	*
<i>Eschscholzia californica</i>	Seed	--	468000.0	1.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eucommia ulmoides</i>	Fruit	--	270000.0	1.42	Foster, S. and Yue, C-G. 1992. Herbal Emissaries-Bringing Chinese Herbs to the West. Healing Arts Press, Rochester VT. 356 pp.
<i>Eugenia uniflora</i>	Fruit	1000.0	60275.0	-0.18	*
<i>Eugenia floribunda</i>	Fruit	--	--	-0.64	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	2000.0	20408.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Seed	--	5000.0	-1.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eupatorium perfoliatum</i>	Plant	1710.0	19000.0	-0.48	*
<i>Eupatorium odoratum</i>	Seed	157000.0	275000.0	0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Euphorbia lathyris</i>	Seed	400000.0	475000.0	1.1	*
<i>Euphorbia hirta</i>	Leaf	--	17100.0	-0.78	*
<i>Euphrasia officinalis</i>	Plant	1386.0	9000.0	-0.62	*
<i>Fagopyrum esculentum</i>	Seed	19800.0	24000.0	-1.27	*
<i>Feijoa sellowiana</i>	Fruit	2000.0	12500.0	-0.55	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Fruit	2000.0	24000.0	-0.46	*
<i>Ficus carica</i>	Seed	240000.0	300000.0	0.18	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Ficus carica</i>	Stem Bark	--	27000.0		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>Ficus carica</i>	Leaf	17000.0	59000.0	0.05	*

Foeniculum vulgare	Fruit	120000.0	280000.0	1.5	*
Foeniculum vulgare	Plant	4000.0	46000.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	17604.0	163000.0	-0.54	*
Fragaria spp	Seed	--	190000.0	-0.4	*
Fragaria spp	Fruit	2350.0	59893.0	-0.18	USDA's Ag Handbook 8 and sequelae)
Frangula purshiana	Bark	8864.0	32000.0	0.95	*
Fucus vesiculosus	Plant	3540.0	30000.0	-0.32	*
Garcinia mangostana	Seed	--	30000.0	-1.24	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Gardenia jasminoides	Seed	140000.0	200000.0	-0.34	*
Genipa americana	Fruit	3000.0	9250.0	-0.57	*
Gentiana lutea	Seed	--	260000.0	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gentiana lutea	Root	2860.0	13000.0	-0.33	*
Ginkgo biloba	Seed	16000.0	38020.0	-1.2	*
Ginkgo biloba	Leaf	5520.0	23000.0	-0.67	*
Glaucium flavum	Seed	300000.0	350000.0	0.45	*
Gleditsia triacanthos	Seed	8000.0	30000.0	-1.24	*
Gleditsia triacanthos	Fruit	--	46000.0	-0.29	*
Gliricidia sepium	Seed	161000.0	204000.0	-0.32	*
Gliricidia sepium	Leaf	5000.0	33000.0	-0.47	*
Gliricidia sepium	Flower	2000.0	103000.0	0.71	*
Glycine max	Seed	45000.0	218000.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Plant	25000.0	62000.0	0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	14000.0	102000.0	2.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	51000.0	160000.0	0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	1570.0	10000.0	-0.43	*
Gossypium sp	Seed	160000.0	207000.0	-0.31	*
Grindelia squarrosa	Seed	--	196000.0	-0.37	*
Guarea rusbyi	Bark	--	25000.0	0.43	*
Gymnema sylvestre	Leaf	3990.0	21000.0	-0.71	*
Harpagophytum procumbens	Root	4750.0	25000.0	0.07	*
Hedera helix	Seed	--	351000.0	0.45	*
Heimia salicifolia	Seed	--	287000.0	0.11	*
Helianthus tuberosus	Tuber	4550.0	5000.0	-1.59	*
Helianthus annuus	Seed	222000.0	523800.0	1.36	*
Heliotropium europaeum	Seed	--	238000.0	-0.14	*
Helleborus niger	Seed	--	352000.0	0.46	*
Hibiscus sabdariffa	Flower	1100.0	10000.0	-0.75	*

<i>Hibiscus rosa-sinensis</i>	Flower	3600.0	35290.0	-0.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hibiscus sabdariffa</i>	Seed	168000.0	223000.0	-0.22	*
<i>Hibiscus sabdariffa</i>	Leaf	3000.0	33000.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hippophae rhamnoides</i>	Fruit	20000.0	50000.0	-0.26	*
<i>Hippophae rhamnoides</i>	Bark	--	30600.0	0.84	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Hippophae rhamnoides</i>	Seed	92000.0	121300.0	-0.76	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Holarrhena pubescens</i>	Seed	190000.0	300000.0	0.18	*
<i>Hordeum vulgare</i>	Stem	--	29000.0	-0.0	*
<i>Hordeum vulgare</i>	Seed	5000.0	55000.0	-1.11	Jim Duke's personal files.*
<i>Hordeum vulgare</i>	Plant	19000.0	64000.0	0.18	Jim Duke's personal files.*
<i>Humulus lupulus</i>	Flower	5394.0	29000.0	-0.45	*
<i>Humulus lupulus</i>	Fruit	--	29000.0	-0.42	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Hydnocarpus wightiana</i>	Seed	--	632500.0	1.93	*
<i>Hydnocarpus kurzii</i>	Seed	300000.0	550000.0	1.5	*
<i>Hydrangea arborescens</i>	Root	7000.0	20000.0	-0.1	*
<i>Hydrangea paniculata</i>	Seed	--	313000.0	0.25	*
<i>Hydrastis canadensis</i>	Root	6371.0	23000.0	0.0	*
<i>Hylocereus undatus</i>	Fruit	1700.0	25640.0	-0.45	*
<i>Hylocereus guatemalensis</i>	Fruit	2100.0	34850.0	-0.38	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Hyoscyamus niger</i>	Seed	250000.0	389000.0	0.65	*
<i>Hypericum perforatum</i>	Seed	--	328000.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Hyptis suaveolens</i>	Seed	143000.0	244000.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ilex paraguariensis</i>	Seed	161000.0	173000.0	-0.49	*
<i>Inga edulis</i>	Seed	7000.0	19075.0	-1.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Inga feuillei</i>	Aril	--	--	-1.22	J Cell Biochem VOL. 22=1995
<i>Inula helenium</i>	Root	4180.0	19000.0	-0.13	*
<i>Ipomoea batatas</i>	Root	1400.0	14000.0	-0.3	*
<i>Ipomoea batatas</i>	Leaf	2000.0	58000.0	0.03	*
<i>Ipomoea aquatica</i>	Leaf	2000.0	156000.0	1.98	*
<i>Isatis tinctoria</i>	Seed	126000.0	384000.0	0.62	*
<i>Jatropha curcas</i>	Seed	300000.0	480000.0	1.13	*
<i>Juglans cinerea</i>	Seed	564400.0	595044.0	1.74	*
<i>Juglans nigra</i>	Seed	563000.0	612000.0	1.83	*
<i>Juglans nigra</i>	Pericarp	6240.0	52000.0		*
<i>Juglans nigra</i>	Fruit	--	52000.0	-0.24	*
<i>Juglans regia</i>	Seed	400000.0	701000.0	2.29	*
<i>Juncus effusus</i>	Seed	--	50000.0	-1.13	*
<i>Juncus effusus</i>	Leaf	--	24000.0	-0.65	*

<i>Juniperus communis</i>	Fruit	17360.0	56000.0	-0.21	*
<i>Juniperus communis</i>	Seed	--	539000.0	1.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Justicia adhatoda</i>	Seed	--	258000.0	-0.04	*
<i>Justicia pectoralis</i>	Leaf	6000.0	40000.0	-0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf	--	95000.0	0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Fruit	1000.0	5682.0	-0.6	*
<i>Lablab purpureus</i>	Seed	2000.0	16488.0	-1.31	*
<i>Lactuca scariola</i>	Seed	--	352000.0	0.46	*
<i>Lactuca sativa</i>	Leaf	3000.0	50000.0	-0.13	*
<i>Lagenaria siceraria</i>	Seed	450000.0	525400.0	1.37	*
<i>Lagenaria siceraria</i>	Fruit	200.0	4485.0	-0.61	*
<i>Lagerstroemia indica</i>	Seed	--	83000.0	-0.96	*
<i>Lantana camara</i>	Seed	90000.0	480000.0	1.13	*
<i>Larrea tridentata</i>	Seed	--	117000.0	-0.78	*
<i>Larrea tridentata</i>	Plant	15134.0	46000.0	-0.08	*
<i>Laurus nobilis</i>	Fruit	200000.0	550000.0	3.56	*
<i>Lawsonia inermis</i>	Seed	56000.0	122220.0	-0.75	*
<i>Lens culinaris</i>	Sprout Seedling	5200.0	19335.0	-0.71	USDA's Ag Handbook 8 and sequelae)
<i>Lens culinaris</i>	Seed	7000.0	11800.0	-1.34	*
<i>Leonotis nepetaefolia</i>	Seed	280000.0	380000.0	0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Leonurus cardiaca</i>	Seed	--	302000.0	0.19	*
<i>Lepidium sativum</i>	Leaf	7000.0	66040.0	0.19	*
<i>Lepidium sativum</i>	Seed	150000.0	255000.0	-0.05	*
<i>Lepidium meyenii</i>	Root	16000.0	22000.0	-0.03	*
<i>Levisticum officinale</i>	Fruit	--	147000.0	0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Licania platypus</i>	Fruit	2600.0	13840.0	-0.54	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ligustrum japonicum</i>	Seed	--	149000.0	-0.61	*
<i>Ligustrum lucidum</i>	Fruit	100000.0	150000.0	0.5	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Limonia acidissima</i>	Fruit	6000.0	55770.0	-0.22	*
<i>Limonia acidissima</i>	Seed	270000.0	281250.0	0.08	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Linum usitatissimum</i>	Seed	40000.0	450000.0	0.97	*
<i>Linum usitatissimum</i>	Hay	33000.0	61000.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Liquidambar styraciflua</i>	Seed	--	297000.0	0.17	*
<i>Lobelia inflata</i>	Seed	--	30000.0	-1.24	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Lobelia inflata</i>	Leaf	3164.0	28000.0	-0.57	*
<i>Luffa aegyptiaca</i>	Fruit	2000.0	40000.0	-0.34	*
<i>Luffa aegyptiaca</i>	Seed	200000.0	450000.0	0.97	*
<i>Luffa aegyptiaca</i>	Leaf	--	17000.0	-0.79	*

Lupinus albus	Seed	97400.0	108630.0	-0.83	*
Lupinus mutabilis	Seed	140000.0	240000.0	-0.13	*
Lupinus mutabilis	Fruit	51000.0	178000.0	0.72	*
Lycium chinense	Leaf	6000.0	58000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Seed	--	191000.0	-0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Seed	150000.0	250000.0	-0.08	*
Lycopersicon esculentum	Fruit	1330.0	47441.0	-0.28	*
Lycopodium clavatum	Pollen Or Spore	400000.0	500000.0		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Macadamia spp	Seed	714000.0	775000.0	2.68	*
Maclura pomifera	Fruit	51600.0	183400.0	0.76	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Maclura pomifera	Seed	--	420000.0	0.81	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Maclura pomifera	Leaf	--	18700.0	-0.75	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Malpighia glabra	Fruit	3000.0	34924.0	-0.37	*
Malus domestica	Seed	180000.0	230000.0	-0.19	*
Malus domestica	Fruit	3210.0	34200.0	-0.38	*
Malva neglecta	Seed	70000.0	152000.0	-0.6	*
Malva parviflora	Seed	130000.0	180000.0	-0.45	*
Malva sylvestris	Seed	97000.0	167000.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malva parviflora	Leaf	2000.0	15000.0	-0.83	*
Malva sylvestris	Leaf	--	14000.0	-0.85	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mammea americana	Fruit	1000.0	68275.0	-0.12	*
Mandragora officinarum	Seed	--	226000.0	-0.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Seed	--	107000.0	-0.83	*
Mangifera indica	Leaf	4000.0	38000.0	-0.37	*
Mangifera indica	Fruit	1000.0	16890.0	-0.51	*
Manihot esculenta	Root	1000.0	12.385	-0.76	*
Manihot esculenta	Leaf	2000.0	20000.0	-0.73	*
Manilkara zapota	Fruit	7000.0	44000.0	-0.31	*
Maranta arundinacea	Root	1000.0	6000.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Marrubium vulgare	Seed	264000.0	372000.0	0.56	*
Mauritia flexuosa	Fruit	250000.0	534475.0	3.44	J Cell Biochem VOL. 22=1995
Medicago sativa	Seed	101000.0	123000.0	-0.75	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Plant	8084.0	43000.0	-0.13	*
Melia azedarach	Seed	40000.0	400000.0	0.71	*
Melicoccus bijugatas	Fruit	800.0	13000.0	-0.54	*
Melilotus indica	Plant	17000.0	19000.0	-0.48	*
Melilotus alba	Seed	56000.0	83000.0	-0.96	*
Melilotus officinalis	Seed	19000.0	83000.0	-0.96	*
Melissa officinalis	Seed	--	115000.0	-0.79	*



Menispermum canadense	Seed	--	160000.0	-0.56	*
Mentha spicata	Plant	6000.0	50519.0	-0.02	*
Mentha x rotundifolia	Seed	--	282000.0	0.09	*
Mentha pulegium	Seed	--	266000.0	0.0	*
Mentha x piperita	Leaf	8046.0	54000.0	-0.05	*
Mentha pulegium	Plant	--	45000.0	-0.1	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mercurialis annua	Root	--	1200.0	-0.72	*
Mimosa pudica	Seed	24000.0	170000.0	-0.5	*
Mimosa pudica	Leaf	--	32000.0	-0.49	*
Mimosa hostilis	Plant	--	30800.0	-0.31	*
Mimulus glabratus	Shoot	8000.0	80000.0	0.63	*
Mirabilis jalapa	Seed	39000.0	46000.0	-1.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mirabilis expansa	Root	2500.0	27000.0	0.14	*
Momordica charantia	Leaf	4000.0	39000.0	-0.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Seed	10000.0	496000.0	1.21	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Monarda punctata	Seed	--	313000.0	0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	78000.0	348200.0	5.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Leaf	17000.0	68000.0	0.23	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	14000.0	65600.0	0.36	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	2000.0	16950.0	-0.51	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Seed	200000.0	500000.0	1.24	*
Morus alba	Seed	330000.0	380000.0	0.6	*
Morus alba	Leaf	68000.0	74000.0	0.35	*
Morus alba	Fruit	4000.0	32000.0	-0.4	*
Mucuna pruriens	Seed	7000.0	63000.0	-1.07	*
Muntingia calabura	Fruit	4000.0	97000.0	0.1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	10000.0	63000.0	0.13	*
Murraya sp	Fruit	2970.0	12758.0	-0.54	*
Musa x paradisiaca	Shoot	8480.0	115000.0	1.29	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.
Musa x paradisiaca	Hull Husk	--	87000.0	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Sprout Seedling	--	23000.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Fruit	2970.0	12758.0	-0.54	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Flower	--	2000.0	-0.88	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Pith	--	1000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Leaf	--	118000.0	1.23	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria cauliflora	Fruit	--	109000.0	0.19	*
Myrica cerifera	Leaf	--	22000.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Bark	1744.0	8000.0	-0.81	*

Myrica cerifera	Seed	--	133000.0	-0.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	250000.0	400000.0	0.71	*
Myristica fragrans	Aril	244000.0	324000.0	-0.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrtus communis	Seed	120000.0	150000.0	-0.61	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nandina domestica	Seed	--	--		*
Nasturtium officinale	Herb	1000.0	20000.0	-1.0	*
Nelumbo nucifera	Rhizome	1000.0	6790.0	-0.86	*
Nelumbo nucifera	Fruit	24000.0	26667.0	-0.44	*
Nelumbo nucifera	Seed	2000.0	27000.0	-1.26	*
Nepeta cataria	Seed	--	212000.0	-0.28	*
Nerium oleander	Seed	170000.0	294000.0	0.15	*
Neurolaena lobata	Seed	--	348000.0	0.44	*
Nicotiana tabacum	Seed	250000.0	350000.0	0.45	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nigella sativa	Seed	354900.0	416000.0	0.79	*
Ocimum tenuiflorum	Seed	--	155000.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ocimum tenuiflorum	Plant	--	21700.0	-0.44	*
Ocimum basilicum	Leaf	12000.0	89000.0	0.65	*
Ocimum sanctum	Seed	--	155000.0	-0.58	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ocimum basilicum	Seed	--	242000.0	-0.12	*
Oenanthe aquatica	Fruit	--	200000.0	0.89	*
Oenothera biennis	Seed	140000.0	320000.0	0.29	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Oenothera biennis	Plant	23000.0	43000.0	-0.13	*
Olea europaea	Fruit	127000.0	583000.0	3.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Twig	--	61000.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Seed	--	300000.0	0.18	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Olea europaea	Leaf	--	73000.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Seed	54000.0	182000.0	-0.44	*
Opuntia ficus-indica	Fruit	4000.0	29400.0	-0.42	*
Opuntia ficus-indica	Bud	--	24800.0	1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum vulgare	Plant	88940.0	125000.0	1.07	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant	8000.0	77950.0	0.38	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	15000.0	27000.0	-1.26	*

<i>Oryza sativa</i>	Plant	9000.0	15000.0	-0.54	*
<i>Oxalis tuberosa</i>	Root	6000.0	37000.0	0.47	*
<i>Pachira macrocarpa</i>	Seed	392000.0	414000.0	0.78	*
<i>Pachira aquatica</i>	Seed	--	580000.0	1.66	*
<i>Pachyrhizus erosus</i>	Tuber	2000.0	18435.0	0.86	*
<i>Pachyrhizus erosus</i>	Seed	--	200000.0	-0.34	*
<i>Paeonia officinalis</i>	Seed	--	236100.0	-0.15	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Panax quinquefolius</i>	Plant	--	10000.0	-0.61	*
<i>Panax ginseng</i>	Root	3752.0	17700.0	-0.17	*
<i>Panicum maximum</i>	Leaf	7000.0	32000.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Papaver bracteatum</i>	Seed	450000.0	480000.0	1.13	*
<i>Papaver somniferum</i>	Seed	400000.0	550000.0	1.5	*
<i>Parthenium integrifolium</i>	Root	3200.0	20000.0	-0.1	*
<i>Passiflora foetida</i>	Seed	--	248000.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora edulis</i>	Fruit	7000.0	28000.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	2000.0	95000.0	0.08	*
<i>Passiflora incarnata</i>	Flower	9130.0	83000.0	0.4	*
<i>Passiflora mollissima</i>	Fruit	1000.0	12500.0	-0.55	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora foetida</i>	Fruit	400.0	22220.0	-0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Fruit	33000.0	120000.0	0.28	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Passiflora ligularis</i>	Fruit	1000.0	118145.0	0.26	*
<i>Passiflora edulis</i>	Seed	230000.0	238000.0	-0.14	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora quadrangularis</i>	Seed	13000.0	60000.0	-1.08	*
<i>Pastinaca sativa</i>	Seed	173000.0	288000.0	0.12	*
<i>Pastinaca sativa</i>	Root	3000.0	24000.0	0.04	*
<i>Paullinia cupana</i>	Seed	--	30000.0	-1.24	Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
<i>Peganum harmala</i>	Seed	135000.0	175000.0	-0.48	*
<i>Peganum harmala</i>	Plant	15000.0	46450.0	-0.08	*
<i>Peperomia pelucida</i>	Leaf	3000.0	38460.0	-0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	1000.0	81400.0	-0.02	*
<i>Perideridia gairdneri</i>	Root	--	16100.0	-0.23	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>	Seed	13000.0	481000.0	1.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	--	6000.0	-1.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Persea schiedeana</i>	Fruit	55500.0	323000.0	1.83	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Persea americana</i>	Fruit	40000.0	864000.0	5.96	*
<i>Petasites japonicus</i>	Pt	400.0	7270.0	-1.0	USDA's Ag Handbook 8 and sequelae)
<i>Petroselinum crispum</i>	Plant	3792.0	48000.0	-0.05	*
<i>Petroselinum crispum</i>	Seed	130000.0	330000.0	0.34	*
<i>Phaseolus lunatus</i>	Seed	1000.0	28898.0	-1.25	*
<i>Phaseolus acutifolius</i>	Fruit	--	5000.0	-0.6	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
<i>Phaseolus vulgaris</i>	Sprout Seedling	5000.0	53763.0	0.44	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus coccineus</i>	Fruit	3000.0	10000.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Fruit	2000.0	47000.0	-0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Leaf	--	48000.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus acutifolius</i>	Seed	4700.0	15000.0	-1.32	*
<i>Phaseolus vulgaris</i>	Seed	3000.0	24000.0	-1.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Fruit	--	6000.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Sprout Seedling	2900.0	22000.0	-0.62	*
<i>Phaseolus acutifolius</i>	Hay	19000.0	35000.0	-1.0	*
<i>Phaseolus vulgaris</i>	Leaf	4000.0	54000.0	-0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Seed	15000.0	24000.0	-1.27	*
<i>Phellodendron amurense</i>	Plant	--	517000.0	6.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phellodendron amurense</i>	Cr	--	517000.0		*
<i>Phoenix dactylifera</i>	Seed	60000.0	100000.0	-0.87	*
<i>Phoenix dactylifera</i>	Fruit	1000.0	25000.0	-0.45	*
<i>Phoradendron serotinum</i>	Leaf	--	56000.0	-0.01	*
<i>Phragmites australis</i>	Rhizome	--	9000.0	-0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Phragmites australis</i>	Shoot	--	23000.0	-0.44	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Phyllanthus emblica</i>	Fruit	1000.0	31000.0	-0.4	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phyllanthus acidus</i>	Fruit	4000.0	209000.0	0.96	*
<i>Phyllanthus emblica</i>	Seed	--	160000.0	-0.56	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Physalis ixocarpa</i>	Fruit	6000.0	87000.0	0.02	*
<i>Physalis angulata</i>	Fruit	4000.0	40000.0	-0.34	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Physalis peruviana</i>	Seed	--	63000.0	-1.07	*
<i>Physalis alkekengi</i>	Seed	--	110000.0	-0.82	*

Physalis peruviana	Fruit	2000.0	12000.0	-0.55	*
Phytelephas aequatorialis	Seed	3300.0	26850.0	-1.26	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	6200.0	426925.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas macrocarpa	Seed	--	16000.0	-1.31	*
Phytelephas aequatorialis	Flower	20000.0	68495.0	0.17	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytolacca americana	Shoot	4000.0	48000.0	0.03	*
Pimenta dioica	Leaf	36000.0	41000.0	-0.31	*
Pimpinella anisum	Seed	80000.0	304000.0	0.2	*
Pimpinella anisum	Fruit	176000.0	304000.0	1.68	*
Pinus strobus	Plant	--	--		*
Pinus pinea	Seed	474000.0	560500.0	1.55	*
Pinus walliciana	Seed	--	202000.0	-0.33	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus cembroides	Seed	605000.0	637000.0	1.96	USDA's Ag Handbook 8 and sequelae)
Pinus gerardiana	Seed	320000.0	540500.0	1.45	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus edulis	Seed	609000.0	648035.0	2.02	*
Piper nigrum	Fruit	30940.0	100000.0	0.12	*
Piper betel	Leaf	8000.0	135000.0	1.57	*
Piper auritum	Leaf	14000.0	79000.0	0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pistacia vera	Seed	470370.0	567000.0	1.59	*
Pistacia lentiscus	Seed	130000.0	312000.0	0.25	*
Pisum sativum	Fruit	2000.0	19782.0	-0.49	*
Pisum sativum	Seed	3670.0	20481.0	-1.29	*
Pisum sativum	Plant	15000.0	54000.0	0.03	*
Plantago psyllium	Hull Husk	--	34000.0	-1.0	*
Plantago asiatica	Seed	--	81000.0	-0.97	*
Plantago ovata	Seed	50000.0	51000.0	-1.13	*
Plantago psyllium	Seed	8066.0	37000.0	-1.2	*
Plantago major	Seed	54000.0	180000.0	-0.45	*
Platonia insignis	Fruit	20000.0	72200.0	-0.09	*
Platycodon grandiflorum	Root	9000.0	12000.0	-0.36	*
Plectranthus amboinicus	Leaf	4000.0	71430.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	15000.0	-0.26	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Polymnia edulis	Root	3000.0	33000.0	0.34	*
Portulaca oleracea	Seed	--	174000.0	-0.48	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Portulaca oleracea	Herb	1900.0	63000.0	1.0	*
Pothomorphe sp.	Leaf	34000.0	190000.0	2.66	*
Pourouma cecropiaefolia	Fruit	3000.0	16665.0	-0.51	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	4000.0	42470.0	-0.32	*

<i>Pouteria viridis</i>	Fruit	2000.0	6330.0	-0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria campechiana</i>	Fruit	4000.0	20000.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Prosopis juliflora</i>	Leaf	--	29000.0	-0.55	*
<i>Prosopis juliflora</i>	Fruit	--	30000.0	-0.41	*
<i>Prosopis juliflora</i>	Seed	53000.0	78000.0	-0.99	*
<i>Prunus armeniaca</i>	Seed	400000.0	514000.0	1.31	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Prunus salicifolia</i>	Fruit	2600.0	15950.0	-0.52	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Prunus laurocerasus</i>	Seed	250000.0	450000.0	0.97	*
<i>Prunus domestica</i>	Fruit	6000.0	43243.0	-0.31	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Fruit	2200.0	41000.0	-0.33	USDA's Ag Handbook 8 and sequelae)
<i>Prunus persica</i>	Seed	399000.0	456000.0	1.0	*
<i>Prunus dulcis</i>	Seed	350000.0	621000.0	1.87	*
<i>Prunus cerasus</i>	Fruit	3000.0	48000.0	-0.27	*
<i>Prunus persica</i>	Fruit	860.0	18000.0	-0.5	*
<i>Prunus domestica</i>	Seed	390000.0	420000.0	0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Psidium cattleianum</i>	Fruit	3000.0	33000.0	-0.39	*
<i>Psidium guajava</i>	Seed	100000.0	143000.0	-0.64	*
<i>Psidium guajava</i>	Leaf	--	60000.0	0.07	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Psidium guajava</i>	Fruit	1000.0	43200.0	-0.31	*
<i>Psophocarpus tetragonolobus</i>	Tuber	9000.0	21127.0	1.35	*
<i>Psophocarpus tetragonolobus</i>	Seed	5430.0	180020.0	-0.45	*
<i>Psophocarpus tetragonolobus</i>	Leaf	11000.0	47520.0	-0.18	*
<i>Psoralea esculenta</i>	Root	--	36800.0	0.46	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>Psoralea corylifolia</i>	Seed	--	100000.0	-0.87	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pteridium aquilinum</i>	Leaf	1000.0	11494.0	-0.9	*
<i>Pteridium aquilinum</i>	Rhizome	12000.0	13333.0	-0.71	*
<i>Pueraria montana</i>	Shoot	16000.0	35000.0	-0.22	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Pueraria montana</i>	Root	1000.0	3185.0	-0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Punica granatum</i>	Seed	50000.0	200000.0	-0.34	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Punica granatum</i>	Fruit	1000.0	38000.0	-0.35	*
<i>Pyrus communis</i>	Fruit	2790.0	32198.0	-0.4	*
<i>Quararibea cordata</i>	Fruit	1000.0	15000.0	-0.53	*
<i>Quercus alba</i>	Seed	78000.0	253100.0	-0.06	*
<i>Quercus alba</i>	Flower	--	253100.0	3.08	*
<i>Quercus alba</i>	Bark	912.0	4000.0	-1.1	*

Quisqualis indica	Seed	230000.0	270000.0	0.02	*
Raphanus sativus	Leaf	6000.0	52000.0	-0.09	*
Raphanus sativus	Seed	298000.0	410000.0	0.76	*
Raphanus sativus	Fruit	3000.0	50000.0	-0.26	*
Raphanus sativus	Root	1000.0	187000.0	5.47	*
Rauvolfia serpentina	Seed	10000.0	97000.0	-0.89	*
Rheum rhabarbarum	Pt	1000.0	32000.0	1.0	*
Rheum rhabarbarum	Leaf	1000.0	65000.0	0.17	*
Rhizophora mangle	Leaf	34000.0	36000.0	-0.41	*
Rhus glabra	Seed	87000.0	120000.0	-0.77	*
Rhynchosia minima	Seed	--	6000.0	-1.37	*
Rhynchosia minima	Shoot	--	42000.0	-0.09	*
Ribes uva-crispa	Fruit	5800.0	47815.0	-0.28	*
Ribes nigrum	Seed	250000.0	305000.0	0.21	*
Ribes rubrum	Seed	160000.0	250000.0	-0.08	*
Ribes nigrum	Fruit	3150.0	27977.0	-0.43	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	2000.0	12460.0	-0.55	*
Ribes uva-crispa	Seed	183000.0	200000.0	-0.34	*
Ricinus communis	Seed	430000.0	700000.0	2.29	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Ricinus communis	Leaf	--	54000.0	-0.05	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Robinia pseudoacacia	Seed	108000.0	133000.0	-0.7	*
Robinia pseudoacacia	Leaf	30000.0	33000.0	-0.47	*
Rollinia mucosa	Fruit	2000.0	8775.0	-0.57	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	3553.0	19000.0	-0.5	*
Rosa multiflora	Seed	--	80000.0	-0.98	*
Rosa canina	Seed	80000.0	108000.0	-0.83	*
Rosmarinus officinalis	Plant	58600.0	187418.0	1.98	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Seed	145000.0	240000.0	-0.13	*
Rubus idaeus	Fruit	5100.0	44130.0	-0.3	Revised USDA data received 1993.
Rubus idaeus	Leaf	2873.0	17000.0	-0.79	*
Rumex acetosella	Seed	17000.0	36000.0	-1.21	*
Rumex crispus	Root	10537.0	41000.0	0.6	*
Rumex acetosa	Leaf	3000.0	50000.0	-0.13	*
Rumex crispus	Leaf	3000.0	40540.0	-0.32	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex acetosa	Fruit	--	47000.0	-0.28	*
Ruscus aculeatus	Root	6040.0	20000.0	-0.1	*
Ruta graveolens	Seed	--	370000.0	0.55	*
Salix alba	Bark	840.0	5000.0	-1.03	*
Salvia sp.	Seed	228000.0	360000.0	0.5	*
Salvia officinalis	Leaf	21666.0	138000.0	1.62	*
Salvia sclarea	Seed	--	318000.0	0.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

<i>Salvia officinalis</i>	Seed	--	250000.0	-0.08	*
<i>Sambucus nigra</i>	Seed	--	123000.0	-0.75	*
<i>Sambucus canadensis</i>	Fruit	5000.0	24750.0	-0.45	USDA's Ag Handbook 8 and sequelae)
<i>Sambucus nigra</i>	Leaf	--	48200.0	-0.16	*
<i>Sambucus nigra</i>	Fruit	800.0	5045.0	-0.6	*
<i>Sambucus canadensis</i>	Seed	201000.0	320000.0	0.29	*
<i>Sanguisorba officinalis</i>	Seed	--	135000.0	-0.69	*
<i>Sanguisorba minor</i>	Seed	16000.0	203000.0	-0.33	*
<i>Sanguisorba minor</i>	Plant	--	94000.0	0.62	*
<i>Santalum acuminatum</i>	Seed	--	600000.0	1.76	*
<i>Santalum acuminatum</i>	Fruit	2000.0	8585.0	-0.58	*
<i>Santalum album</i>	Seed	500000.0	600000.0	1.76	*
<i>Sassafras albidum</i>	Seed	119000.0	604000.0	1.78	*
<i>Satureja hortensis</i>	Plant	16500.0	65000.0	0.19	*
<i>Satureja hortensis</i>	Seed	--	420000.0	0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Saussurea lappa</i>	Root	--	180000.0	5.24	*
<i>Schinus molle</i>	Fruit	77000.0	124000.0	0.31	*
<i>Schinus terebinthifolius</i>	Seed	80000.0	322000.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Schisandra chinensis</i>	Fruit	17100.0	114000.0	0.23	*
<i>Schoenocaulon officinale</i>	Seed	90000.0	250000.0	-0.08	*
<i>Sclerocarya caffra</i>	Seed	530000.0	600000.0	1.76	*
<i>Sclerocarya caffra</i>	Fruit	1000.0	12000.0	-0.55	*
<i>Scutellaria lateriflora</i>	Plant	2055.0	15000.0	-0.54	*
<i>Secale cereale</i>	Seed	14000.0	40425.0	-1.18	USDA's Ag Handbook 8 and sequelae)
<i>Secale cereale</i>	Leaf	--	23000.0	-0.67	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Sechium edule</i>	Shoot	22000.0	297300.0	4.74	*
<i>Sechium edule</i>	Leaf	23200.0	131100.0	1.49	*
<i>Sechium edule</i>	Fruit	1000.0	42860.0	-0.31	*
<i>Senna occidentalis</i>	Seed	23000.0	39000.0	-1.19	*
<i>Senna obtusifolia</i>	Seed	52900.0	63000.0	-1.07	*
<i>Senna alexandrina</i>	Leaf	2030.0	10000.0	-0.93	*
<i>Senna alata</i>	Seed	29000.0	35000.0	-1.21	*
<i>Serenoa repens</i>	Fruit	3510.0	27000.0	-0.44	*
<i>Sesamum indicum</i>	Seed	328000.0	576321.0	1.64	*
<i>Sesamum indicum</i>	Leaf	--	48000.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sicana odorifera</i>	Fruit	200.0	7935.0	-0.58	*
<i>Sida rhombifolia</i>	Leaf	14000.0	71000.0	0.29	*



Silybum marianum	Plant	--	58000.0	0.09	Pedersen, M. 1987. Nutritional Herbolgy. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	12760.0	58000.0	0.03	*
Silybum marianum	Seed	160000.0	450000.0	0.97	*
Simaba cedron	Seed	--	120000.0	-0.77	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Simarouba glauca	Seed	620000.0	677000.0	2.17	*
Simmondsia chinensis	Seed	456000.0	538000.0	1.44	*
Sinapis alba	Seed	283271.0	312364.0	0.25	*
Skimmia arborescens	Seed	--	268000.0	0.01	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Smilax spp	Root	4410.0	21000.0	-0.06	*
Smilax officinalis	Root	4410.0	21000.0	-0.06	*
Smilax china	Seed	--	111000.0	-0.81	*
Solanum tuberosum	Tuber	1000.0	9000.0	-0.86	*
Solanum nigrum	Leaf	4000.0	53000.0	-0.07	*
Solanum melongena	Fruit	1000.0	38000.0	-0.35	*
Solanum torvum	Fruit	4000.0	27000.0	-0.44	*
Solanum melongena	Seed	198300.0	212000.0	-0.28	*
Solanum quitoensis	Fruit	1000.0	16900.0	-0.51	*
Solanum nigrum	Seed	215000.0	300000.0	0.18	*
Solanum melongena	Leaf	4000.0	29000.0	-0.55	*
Sonchus oleraceus	Leaf	3000.0	44000.0	-0.25	*
Sophora secundiflora	Seed	134000.0	252000.0	-0.07	*
Sophora japonica	Seed	69000.0	121000.0	-0.76	*
Sorbus aucubaria	Seed	--	210000.0	-0.29	*
Spartium junceum	Stem	--	46000.0	1.37	*
Spartium junceum	Seed	100000.0	124000.0	-0.74	*
Sphenostylis stenocarpa	Seed	11000.0	12000.0	-1.33	*
Sphenostylis stenocarpa	Root	2000.0	6000.0	-0.56	*
Spinacia oleracea	Plant	3070.0	46672.0	-0.07	USDA's Ag Handbook 8 and sequelae)
Spirulina spp.	Plant	--	21000.0	-0.45	*
Spirulina pratensis	Plant	--	21000.0	-0.45	Pedersen, M. 1987. Nutritional Herbolgy. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias mombin	Fruit	2000.0	121000.0	0.28	*
Spondias purpurea	Fruit	1000.0	12000.0	-0.55	*
Spondias dulcis	Fruit	1000.0	8000.0	-0.58	*
Spondias pinnata	Fruit	30000.0	309000.0	1.72	*
Stachys officinalis	Plant	3024.0	18000.0	-0.49	*
Stellaria media	Plant	3984.0	48000.0	-0.05	*
Stellaria media	Seed	48000.0	59000.0	-1.09	*

<i>Sterculia urens</i>	Seed	200000.0	260000.0	-0.03	*
<i>Sterculia urens</i>	Gum	--	2800.0		*
<i>Stevia rebaudiana</i>	Leaf	--	19000.0	-0.75	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Stillingia sylvatica</i>	Seed	30000.0	32000.0	-1.23	*
<i>Strophanthus hispidus</i>	Seed	--	320000.0	0.29	*
<i>Strychnos nux-vomica</i>	Seed	40000.0	50000.0	-1.13	*
<i>Symphytum officinale</i>	Root	--	17000.0	-0.2	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Leaf	1320.0	12000.0	-0.89	*
<i>Syzygium aromaticum</i>	Flower	89000.0	201000.0	2.26	*
<i>Syzygium aromaticum</i>	Fruit	89000.0	201000.0	0.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium jambos</i>	Fruit	2000.0	19350.0	-0.49	*
<i>Syzygium cumini</i>	Fruit	1000.0	18400.0	-0.5	*
<i>Syzygium malaccense</i>	Fruit	1000.0	62000.0	-0.17	*
<i>Tabebuia heptaphylla</i>	Bark	895.0	5000.0	-1.03	*
<i>Tagetes erecta</i>	Seed	200000.0	205000.0	-0.32	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tamarindus indica</i>	Seed	60000.0	74000.0	-1.01	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Tamarindus indica</i>	Flower	--	90000.0	0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Leaf	36000.0	44000.0	-0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tamarindus indica</i>	Fruit	3000.0	16000.0	-0.52	*
<i>Tanacetum parthenium</i>	Seed	--	312000.0	0.25	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tanacetum parthenium</i>	Plant	--	48000.0	-0.05	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Root	2288.0	16000.0	-0.23	*
<i>Taraxacum officinale</i>	Leaf	7000.0	143000.0	1.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tecoma stans</i>	Seed	200000.0	230000.0	-0.19	*
<i>Tephrosia vogelii</i>	Seed	109000.0	134000.0	-0.69	*
<i>Tephrosia purpurea</i>	Seed	--	91000.0	-0.92	*
<i>Tephrosia purpurea</i>	Leaf	24000.0	27000.0	-0.59	*
<i>Terminalia chebula</i>	Fruit	--	400000.0	2.41	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Terminalia bellirica</i>	Seed	250000.0	700000.0	2.29	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Terminalia catappa</i>	Seed	500000.0	596000.0	1.74	*
<i>Terminalia bellirica</i>	Leaf	--	47000.0	-0.19	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Terminalia chebula</i>	Seed	343000.0	364000.0	0.52	*
<i>Tetragonia tetragonioides</i>	Leaf	2000.0	33335.0	-0.46	*

Tetrapanax papyrifera	Pith	--	11000.0	1.0	*
Teucrium polium	Seed	--	146000.0	-0.63	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma angustifolium	Seed	174800.0	460200.0	1.03	*
Theobroma cacao	Seed	371000.0	582300.0	1.67	*
Theobroma bicolor	Seed	342300.0	562000.0	1.56	*
Theobroma speciosum	Fruit	92000.0	235900.0	1.16	J Cell Biochem VOL. 22=1995
Theobroma cacao	Fruit	44000.0	104760.0	0.16	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Fruit	2900.0	36900.0	-0.36	*
Thespesia populnea	Seed	190000.0	200000.0	-0.34	*
Thevetia nerifolia	Seed	500000.0	600000.0	1.76	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Thevetia peruviana	Seed	500000.0	670000.0	2.13	*
Thuja occidentalis	Seed	--	150000.0	-0.61	*
Thymus vulgaris	Leaf	13440.0	80000.0	0.47	*
Thymus vulgaris	Seed	370000.0	389000.0	0.65	*
Thymus vulgaris	Plant	69480.0	80000.0	0.41	*
Tilia sp.	Leaf	29000.0	33000.0	-0.47	*
Tilia sp.	Fruit	30000.0	580000.0	3.79	*
Trachyspermum ammi	Fruit	218000.0	334773.0	1.92	*
Tragopogon porrifolius	Root	2000.0	39150.0	0.54	*
Tribulus terrestris	Fruit	35000.0	50000.0	-0.26	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tribulus terrestris	Seed	292000.0	378000.0	0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tribulus terrestris	Leaf	--	5000.0	-1.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Seed	--	321000.0	0.29	*
Trichosanthes anguina	Fruit	3000.0	55555.0	-0.22	*
Tridax procumbens	Leaf	--	18000.0	-0.77	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Trifolium pratense	Shoot	11000.0	36000.0	-0.2	*
Trifolium pratense	Seed	--	85000.0	-0.95	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Trifolium pratense	Flower	6480.0	36000.0	-0.34	*
Trigonella foenum-graecum	Seed	8320.0	64000.0	-1.06	*
Triticum aestivum	Seed	8000.0	39000.0	-1.19	*
Triticum aestivum	Plant	10000.0	30000.0	-0.32	*
Tropaeolum tuberosum	Root	2000.0	42850.0	0.67	*

<i>Tropaeolum majus</i>	Shoot	12000.0	87600.0	0.78	*
<i>Tropaeolum majus</i>	Seed	72000.0	102000.0	-0.86	*
<i>Turnera diffusa</i>	Leaf	9450.0	45000.0	-0.23	*
<i>Ulex europaeus</i>	Plant	9000.0	19000.0	-0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ulex europaeus</i>	Seed	117000.0	125000.0	-0.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ullucus tuberosus</i>	Root	2000.0	14600.0	-0.28	*
<i>Ulmus rubra</i>	Bark	1312.0	8000.0	-0.81	*
<i>Urtica dioica</i>	Seed	231000.0	382000.0	0.61	*
<i>Urtica dioica</i>	Leaf	4600.0	23000.0	-0.67	*
<i>Vaccinium corymbosum</i>	Fruit	3740.0	25090.0	-0.45	*
<i>Vaccinium myrtillus</i>	Seed	--	310000.0	0.23	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Vaccinium macrocarpon</i>	Fruit	2280.0	19000.0	-0.5	*
<i>Vaccinium myrtillus</i>	Fruit	1760.0	22000.0	-0.47	*
<i>Valeriana officinalis</i>	Root	2714.0	23000.0	0.0	*
<i>Valerianella locusta</i>	Plant	4000.0	55555.0	0.06	*
<i>Vanilla planifolia</i>	Fruit	47000.0	212000.0	0.98	*
<i>Verbascum thapsus</i>	Leaf	5720.0	13000.0	-0.87	*
<i>Verbascum thapsus</i>	Seed	35000.0	271000.0	0.03	*
<i>Vernonia cinerea</i>	Seed	38000.0	380000.0	0.6	*
<i>Vetiveria zizanioides</i>	Leaf	11000.0	21000.0	-0.71	*
<i>Vicia faba</i>	Fruit	1000.0	6850.0	-0.59	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vicia faba</i>	Seed	6000.0	31580.0	-1.23	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Seed	9000.0	25000.0	-1.27	*
<i>Vigna aconitifolia</i>	Leaf	--	19000.0	-0.75	*
<i>Vigna angularis</i>	Seed	5300.0	6123.0	-1.37	*
<i>Vigna unguiculata</i>	Seed	8000.0	24300.0	-1.27	*
<i>Vigna subterranea</i>	Seed	31000.0	92000.0	-0.91	*
<i>Vigna radiata</i>	Sprout Seedling	1350.0	23625.0	-0.57	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Plant	--	28000.0	-0.35	*
<i>Vigna aconitifolia</i>	Fruit	--	29000.0	-0.42	*
<i>Vigna aconitifolia</i>	Seed	6000.0	24520.0	-1.27	*
<i>Vigna unguiculata</i>	Seed	13100.0	14306.0	-1.32	USDA's Ag Handbook 8 and sequelae)
<i>Vigna subterranea</i>	Plant	--	18000.0	-0.49	*
<i>Vigna radiata</i>	Seed	10060.0	14234.0	-1.32	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Fruit	--	23000.0	-0.47	*
<i>Vigna unguiculata</i>	Shoot	2500.0	24462.0	-0.42	USDA's Ag Handbook 8 and sequelae)
<i>Vigna aconitifolia</i>	Plant	--	19000.0	-0.48	*

Vigna unguiculata	Shoot	2500.0	24462.0	-0.42	*
Vigna unguiculata	Fruit	4000.0	32922.0	-0.39	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Fruit	--	55000.0	-0.22	*
Virola surinamensis	Seed	600000.0	680000.0	2.18	*
Viscum album	Leaf	--	23000.0	-0.67	*
Vitellaria paradoxa	Seed	--	526000.0	1.37	*
Vitex agnus-castus	Seed	38000.0	100000.0	-0.87	*
Vitis vinifera	Seed	60000.0	200000.0	-0.34	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vitis vinifera	Fruit	5010.0	33898.0	-0.38	USDA's Ag Handbook 8 and sequelae)
Xanthosoma sagittifolium	Root	1000.0	9000.0	-0.46	*
Xanthosoma sagittifolium	Leaf	16600.0	103100.0	0.93	*
Xylopia aethiopica	Fruit	128800.0	345000.0	1.99	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Yucca baccata	Root	4784.0	23000.0	0.0	*
Yucca baccata	Seed	--	272000.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Zea mays	Silk Stigma Style	25000.0	43000.0	-1.0	*
Zea mays	Seed	10480.0	54579.0	-1.11	*
Zingiber officinale	Root	5040.0	72000.0	1.64	*
Zingiber officinale	Rhizome	7000.0	77000.0	0.72	*
Zizyphus spina-christi	Fruit	9000.0	10000.0	-0.56	*
Zizyphus jujuba	Leaf	--	43000.0	-0.27	*
Zizyphus jujuba	Shoot	--	17000.0	-0.56	*
Zizyphus jujuba	Fruit	1000.0	17000.0	-0.51	*
Zizyphus jujuba	Seed	4000.0	335000.0	0.37	*