

# List of Plants



Chemid  
FOLACIN

Dosage

PTD=400 mg/day

RDA=25-400 ug/day

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

Plant	Part	Low PPM	High PPM	StdDev	*Reference
Abelmoschus esculentus	Fruit	0.7	10.0	3.25	USDA's Ag Handbook 8 and sequelae)
Achillea millefolium	Plant	--	--		*
Actinidia chinensis	Fruit	--	--		*
Allium ampeloprasum	Plant	--	--		*
Aloe vera	Leaf	0.027	0.2	-1.02	*
Amaranthus sp.	Leaf	1.0	10.0	0.02	*
Anacardium occidentale	Seed	--	0.7	-0.79	*
Angelica sinensis	Root	--	--		*
Annona muricata	Plant	--	--		*
Arachis hypogaea	Seed	1.0	3.0	0.17	*
Asparagus officinalis	Shoot	1.0	18.0		*
Avena sativa	Seed	--	0.75	-0.77	*
Bertholletia excelsa	Seed	--	--	-1.08	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	0.8	8.0	1.88	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	0.64	8.4	-0.15	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. viridis l.	Leaf	0.83	2.4	-0.79	*
Brassica oleracea var. capitata l.	Leaf	0.45	9.0	-0.09	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root	0.18	2.0	-0.53	USDA's Ag Handbook 8 and sequelae)
Brassica rapa	Root	0.14	2.0	-0.53	*
Brassica oleracea var. gemmifera	Leaf	0.56	4.0	-0.62	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	0.3	2.0	-0.83	*
Brassica oleracea var. botrytis l.	Leaf	0.64	8.4	-0.15	*
Capsicum annuum	Fruit	--	3.0	0.39	USDA's Ag Handbook 8 and sequelae)
Capsicum frutescens	Fruit	--	2.0	-0.02	USDA's Ag Handbook 8 and sequelae)

Chrysanthemum coronarium	Bud	0.7	10.0		*
Cicer arietinum	Seed	5.0	6.0	1.41	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	1.2	25.0	1.61	*
Citrullus lanatus	Fruit	--	0.259	-0.73	*
Citrus sinensis	Fruit	--	2.0	-0.02	USDA's Ag Handbook 8 and sequelae)
Citrus reticulata	Fruit	--	2.0	-0.02	USDA's Ag Handbook 8 and sequelae)
Corchorus olitorius	Leaf	8.0	32.0	2.35	*
Corylus avellana	Seed	0.627	0.855	-0.72	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	0.12	4.0	0.8	*
Cucumis melo	Fruit	0.1	1.9	-0.06	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	0.2	4.6	1.04	*
Cynara cardunculus	Flower	0.7	4.7		USDA's Ag Handbook 8 and sequelae)
Daucus carota	Root	0.1	1.2	-0.85	*
Elaeagnus umbellatus	Fruit	0.24	1.3	-0.31	*
Fragaria spp	Fruit	0.1	0.2	-0.75	USDA's Ag Handbook 8 and sequelae)
Glycine max	Seed	0.3	4.0	0.58	USDA's Ag Handbook 8 and sequelae)
Gossypium sp	Seed	--	3.8	0.5	*
Hordeum vulgare	Seed	--	1.48	-0.46	*
Ipomoea batatas	Root	0.1	0.6	-1.09	*
Juglans regia	Seed	1.0	2.0	-0.25	*
Lactuca sativa	Leaf	--	--		*
Lagenaria siceraria	Fruit	0.059	1.3	-0.31	*
Lens culinaris	Seed	--	1.1	-0.62	*
Lens culinaris	Sprout Seedling	1.0	4.0	-0.74	USDA's Ag Handbook 8 and sequelae)
Lycopersicon esculentum	Fruit	--	2.0	-0.02	*
Malus domestica	Fruit	0.02	0.2	-0.75	USDA's Ag Handbook 8 and sequelae)
Medicago sativa	Plant	--	--		*
Menyanthes trifoliata	Leaf	--	--		*
Morus alba	Leaf	--	--		*
Murraya sp	Fruit	0.2	0.7	-0.55	*
Musa x paradisiaca	Fruit	0.2	0.7	-0.55	USDA's Ag Handbook 8 and sequelae)
Nasturtium officinale	Plant	--	--		*
Panax quinquefolius	Plant	--	68.0	1.6	*
Pastinaca sativa	Root	0.6	3.6	0.11	*
Persea americana	Fruit	0.5	2.8	0.31	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	2.0	17.0	-0.46	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Sprout Seedling	0.3	4.1	-0.67	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Seed	4.1	5.3	1.12	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Fruit	0.08	0.17	-0.77	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	--	0.6	-0.83	*
Pisum sativum	Seed	0.6	3.0	0.17	*
Portulaca oleracea	Plant	--	--		*

<i>Prunus persica</i>	Fruit	0.031	0.303	-0.71	*
<i>Prunus cerasus</i>	Fruit	1.0	6.0	1.62	*
<i>Prunus dulcis</i>	Seed	--	1.0	-0.66	USDA's Ag Handbook 8 and sequelae)
<i>Prunus armeniaca</i>	Fruit	0.07	0.7	-0.55	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	0.019	0.167	-0.77	USDA's Ag Handbook 8 and sequelae)
<i>Psophocarpus tetragonolobus</i>	Seed	0.4	0.5	-0.87	*
<i>Pyrus communis</i>	Fruit	0.06	0.5	-0.63	*
<i>Raphanus sativus</i>	Root	0.3	5.8	1.0	*
<i>Rheum rhabarbarum</i>	Pt	0.06	0.1		*
<i>Rhizophora mangle</i>	Leaf	--	6.8	-0.32	*
<i>Sesamum indicum</i>	Seed	0.967	1.015	-0.66	USDA's Ag Handbook 8 and sequelae)
<i>Solanum melongena</i>	Fruit	0.1	2.6	0.23	*
<i>Solanum tuberosum</i>	Tuber	--	0.074		*
<i>Spinacia oleracea</i>	Plant	1.59	27.13	-0.05	USDA's Ag Handbook 8 and sequelae)
<i>Syzygium cumini</i>	Fruit	0.03	0.18	-0.76	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Trigonella foenum-graecum</i>	Plant	--	1.0	-1.1	Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of <i>Glycyrrhiza-glabra</i> . Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
<i>Triticum aestivum</i>	Seed	--	0.9	-0.7	*
<i>Urtica dioica</i>	Plant	--	--		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	0.1	0.2	-0.75	USDA's Ag Handbook 8 and sequelae)
<i>Vaccinium corymbosum</i>	Fruit	0.05	0.5	-0.63	*
<i>Vigna unguiculata</i>	Seed	6.5	7.2	1.9	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Seed	--	1.3	-0.54	*
<i>Vigna unguiculata</i>	Fruit	--	8.9	2.8	*
<i>Vigna radiata</i>	Sprout Seedling	0.539	7.105	1.41	USDA's Ag Handbook 8 and sequelae)
<i>Vigna unguiculata</i>	Seed	1.6	7.6	2.07	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Seed	5.8	7.3	1.94	USDA's Ag Handbook 8 and sequelae)
<i>Vitis vinifera</i>	Fruit	0.03	0.23	-0.74	USDA's Ag Handbook 8 and sequelae)
<i>Zea mays</i>	Seed	0.142	0.4	-0.91	*
<i>Zea mays</i>	Fruit	1.0	2.0	-0.02	*