

List of Plants

FOLIC-ACID

Chemid

FOLICACID

Dosage

RDA=400-800 ug/day

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

LD50=100 (ipr mus)

*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
Achillea millefolium	Leaf	--	--		Wealth of India.
Aloe vera	Leaf	27.0	200.0	1.0	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Angelica sinensis	Root	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Astragalus membranaceus	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Avena sativa	Seed	--	0.75	-0.36	Jim Duke's personal files.*
Brassica oleracea var. capitata l.	Leaf	--	0.133	-1.0	Wealth of India.
Citrullus lanatus	Fruit	--	0.259	-0.98	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Hordeum vulgare	Seed	--	1.5	-0.35	Jim Duke's personal files.*
Juglans regia	Seed	1.0	2.0	-0.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lens culinaris	Seed	--	1070.0	2.83	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Medicago sativa	Plant	--	--		*
Menyanthes trifoliata	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Panax ginseng	Root	--	--		*
Panax quinquefolius	Plant	--	68.0	1.39	*
Persea americana	Fruit	0.3	2.4	-0.4	*
Prunus dulcis	Seed	--	0.45	-0.36	*
Sesamum indicum	Seed	--	0.2	-0.36	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Solanum tuberosum	Tuber	--	0.074		*
Spinacia oleracea	Plant	1.2	15.0	-0.45	*
Trigonella foenum-graecum	Plant	--	1.0	-0.94	Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Vigna unguiculata	Seed	0.8	4.1	-0.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna radiata	Seed	1.4	1.6	-0.35	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Fruit	--	8.9	1.37	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Zea mays	Seed	0.142	0.4	-0.36	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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