

C ASCORBIC-ACID

Chemid

ASCORBICACID

ubiquitous

Yes

*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 | Plant | 190 | 2340 | -0.044349356222101836 | -- |
| Abelmoschus esculentus | Fruit | 130 | 2340 | -0.13899484248695484 | -- |
| Acacia farnesiana | Leaf | 490 | 2636 | -0.19933288649781924 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Acacia nilotica | Plant | -- | -- | | -- |
| Acacia senegal | Plant | -- | -- | | Pakistan Encyclopedia Planta Medica. 1986. |
| Acalypha indica | Leaf | 1470 | 7540 | 0.2556958237397604 | Wealth of India. |
| Achillea millefolium | Leaf | 580 | 3100 | -0.15627959906914124 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Achillea millefolium | Plant | 119 | 672 | -0.4359276103428388 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------|--------|---------|----------|----------------------|---|
| Acorus calamus | Plant | -- | -- | | -- |
| Actaea racemosa | Root | -- | 21 | -0.6339690477813624 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Actinidia chinensis | Fruit | 750 | 6370 | 0.11157843821243804 | -- |
| Aegle marmelos | Fruit | 80 | 1330 | -0.2017936051436265 | -- |
| Aesculus hippocastanum | Seed | -- | 24 | -0.32404827353208815 | Jim Duke's personal files. |
| Aesculus hippocastanum | Leaf | -- | 147.2 | -0.4302618126885385 | Jim Duke's personal files. |
| Agathosma betulina | Leaf | 4900 | 4900 | 0.010737464231764774 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Albizia lebeck | Seed | -- | 17 | -0.3282507151699402 | Wealth of India. |
| Aleurites moluccana | Seed | -- | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Alliaria petiolata | Plant | -- | -- | | -- |
| Allium ampeloprasum | Flower | 400 | 2367 | -0.10607508542239547 | -- |
| Allium ampeloprasum | Leaf | 170 | 3019 | -0.163795366917682 | -- |
| Allium ampeloprasum | Root | 170 | 1241 | 0.06343722613033131 | -- |
| Allium cepa | Bulb | 60 | 2703 | | -- |
| Allium cepa | Leaf | 390 | 5000 | 0.020016189970703997 | -- |
| Allium sativum var. sativum | Bulb | 100 | 788 | | -- |
| Allium sativum var. sativum | Flower | 440 | 3793 | 0.3329412309680728 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------|-------------|----------------|-----------------|-----------------------|---|
| Allium sativum var. sativum | Leaf | 390 | 2868 | -0.17780624278348023 | -- |
| Allium sativum var. sativum | Shoot | 420 | 1883 | -0.2799583750115791 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Allium sativum var. sativum | Root | -- | -- | | -- |
| Allium schoenoprasum | Leaf | 57 | 9875 | 0.4723540697439913 | -- |
| Alocasia macrorrhiza | Leaf | 50 | 50 | -0.43928073410678753 | -- |
| Alocasia macrorrhiza | Root | 572 | 572 | -0.3189929355474745 | -- |
| Aloe spp. | Leaf | 31 | 6260 | 0.13692813428133838 | -- |
| Aloe vera | Leaf | 6260 | 6260 | 0.13692813428133838 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Alpinia galanga | Rhizome | 260 | 1844 | 1.9734671239129031 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Althaea officinalis | Seed | -- | 1640 | 0.6461153960063319 | -- |
| Althaea officinalis | Root | 177 | 1640 | 0.29152337636866393 | -- |
| Amaranthus sp. | Leaf | 345 | 6263 | 0.13720649605350654 | -- |
| Amaranthus spinosus | Leaf | 98 | 5030 | 0.022799807692385765 | -- |
| Amorphophallus campanulatus | Root | 15 | 279 | -0.4864847701836436 | -- |
| Anacardium occidentale | Fruit | 252 | 17500 | 0.8036083672904138 | -- |
| Anacardium occidentale | Leaf | 890 | 2957 | -0.16954817687582432 | -- |
| Anacardium occidentale | Seed | 20 | 21 | -0.32584931994831046 | -- |
| Ananas comosus | Fruit | 148 | 4178 | -0.024713529850358282 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|---|
| Anethum graveolens | Plant | 1214 | 1440 | -0.2556325868627872 | -- |
| Anethum graveolens | Seed | -- | 1150 | 0.35194448135668727 | -- |
| Angelica sinensis | Root | 67 | 304 | -0.4721936580133219 | -- |
| Annona cherimola | Fruit | 50 | 725 | -0.23941068574490013 | -- |
| Annona diversifolia | Fruit | 140 | 140 | -0.2757842264915863 | J Cell Biochem VOL. 22=1995 |
| Annona glabra | Fruit | 210 | 1590 | -0.18562758703398824 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Annona muricata | Fruit | 190 | 1540 | -0.18873643667045714 | -- |
| Annona reticulata | Fruit | 150 | 1400 | -0.19744121565257006 | -- |
| Annona squamosa | Fruit | 340 | 1600 | -0.18500581710669448 | -- |
| Apium graveolens | Plant | 17 | 129 | -0.563401826162719 | -- |
| Apium graveolens | Pt | 58 | 2778 | -0.2550992791713734 | -- |
| Apium graveolens | Seed | 171 | 182 | 0.6821363243307782 | -- |
| Apium graveolens | Shoot | 17 | 129 | -0.3648933330728539 | -- |
| Apium graveolens | Fruit | 357 | 1700 | -0.17878811783375667 | -- |
| Arachis hypogaea | Leaf | 980 | 4558 | -0.02099577779540737 | -- |
| Arachis hypogaea | Seed | 0 | 190 | -0.22439037183445343 | -- |
| Aralia cordata | Leaf | 50 | 1065 | -0.34510166785655444 | -- |
| Arctium lappa | Root | 20 | 85 | -0.5973838006253391 | -- |
| Arctostaphylos uva-ursi | Leaf | 22 | 191 | -0.4261977308148832 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|-------|---------|----------|-----------------------|---|
| Areca catechu | Seed | -- | -- | | -- |
| Armoracia rusticana | Plant | 1220 | 18200 | 3.6789306859570874 | -- |
| Armoracia rusticana | Root | 1800 | 10000 | 5.070471286124204 | -- |
| Armoracia rusticana | Leaf | 2440 | 4560 | -0.020810203280628586 | -- |
| Arracacia xanthorrhiza | Root | 310 | 1070 | -0.034313981114668365 | -- |
| Artemisia absinthium | Leaf | 1200 | 2600 | -0.20267322776383737 | -- |
| Artemisia dracunculus | Leaf | 588 | 588 | -0.3893611896312945 | -- |
| Artemisia vulgaris | Leaf | 720 | 5670 | 0.08218365242159696 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Artocarpus altilis | Fruit | 150 | 985 | -0.22324466763526188 | -- |
| Artocarpus altilis | Seed | 65 | 275 | -0.1733607233748212 | -- |
| Artocarpus heterophyllus | Fruit | 45 | 435 | -0.2574420136364197 | -- |
| Asimina triloba | Fruit | 76 | 893 | -0.22896495096636463 | -- |
| Aspalathus linearis | Shoot | 157 | 94000 | 4.1806764777423835 | -- |
| Asparagus officinalis | Shoot | 100 | 5714 | -0.09444764278082439 | -- |
| Asparagus officinalis | Root | 398 | 3976 | 1.6268848975635133 | -- |
| Astragalus membranaceus | Root | -- | -- | | -- |
| Avena sativa | Plant | 26 | 120 | -0.5655146584691259 | -- |
| Averrhoa bilimbi | Fruit | 160 | 4665 | 0.005566665608848747 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------|---------|----------|-----------------------|---|
| Averrhoa carambola | Fruit | 200 | 4935 | 0.022354453645780776 | -- |
| Bacopa monnieri | Shoot | -- | 630 | -0.34063311985238715 | Wealth of India. |
| Bactris gasipaes | Fruit | 110 | 828 | -0.2330064554937742 | -- |
| Balanites aegyptiacus | Fruit | 390 | 390 | -0.2602399783092417 | -- |
| Barosma betulina | Leaf | 4900 | 4900 | 0.010737464231764774 | -- |
| Basella alba | Leaf | 1020 | 14785 | 0.9279395035259072 | -- |
| Benincasa hispida | Fruit | 130 | 6750 | 0.13520569544960165 | -- |
| Berberis vulgaris | Root | -- | 0 | -0.6459735820044326 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Berberis vulgaris | Fruit | 1560 | 3800 | -0.048216433102063125 | -- |
| Berberis vulgaris | Leaf | -- | -- | | Jim Duke's personal files. |
| Berberis vulgaris | Bark | -- | -- | | -- |
| Bertholletia excelsa | Seed | 7 | 7 | -0.3342542032240146 | USDA's Ag Handbook 8 and sequelae) |
| Beta vulgaris | Leaf | 120 | 3696 | -0.10097839366506348 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Beta vulgaris | Root | 50 | 868 | -0.14978616745086681 | -- |
| Bixa orellana | Fruit | 20 | 130 | -0.2764059964188801 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Blighia sapida | Aril | 260 | 1530 | | -- |
| Blighia sapida | Seed | 780 | 2735 | 1.3034973379274766 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------------------|-------------|----------------|-----------------|----------------------|---|
| Boehmeria nivea | Leaf | 730 | 5615 | 0.07708035326518038 | -- |
| Borago officinalis | Leaf | 30 | 5005 | 0.020480126257650957 | -- |
| Borago officinalis | Shoot | 39 | 39 | -0.3692514552082671 | Jim Duke's personal files. |
| Brassica chinensis | Leaf | 450 | 9713 | 0.45732253404690976 | -- |
| Brassica napus var. napobrassica | Root | 250 | 2415 | 0.7345478536486332 | USDA's Ag Handbook 8 and sequelae) |
| Brassica nigra | Leaf | 234 | 4013 | -0.07156483307262614 | USDA's Ag Handbook 8 and sequelae) |
| Brassica oleracea | Stem | 620 | 6890 | 1.2602259509666862 | -- |
| Brassica oleracea var. botrytis l. | Leaf | 911 | 10360 | 0.5173558895778465 | -- |
| Brassica oleracea var. botrytis l. | Flower | 660 | 9300 | 2.0283569773652044 | -- |
| Brassica oleracea var. capitata l. | Leaf | 190 | 6774 | 0.18462078457948597 | -- |
| Brassica oleracea var. gemmifera | Leaf | 720 | 6069 | 0.11920576811996446 | -- |
| Brassica oleracea var. italica | Leaf | 911 | 10360 | 0.5173558895778465 | -- |
| Brassica oleracea var. sabellica l. | Leaf | 1200 | 7720 | 0.272397530069851 | -- |
| Brassica oleracea var. viridis l. | Leaf | 233 | 3819 | -0.08956556100616822 | -- |
| Brassica rapa | Root | 210 | 2580 | 0.8288691939727557 | -- |
| Brassica rapa | Leaf | 450 | 9713 | 0.45732253404690976 | USDA's Ag Handbook 8 and sequelae) |
| Bromelia pinguin | Shoot | 192 | 3430 | -0.20504709786175462 | -- |
| Brosimum alicastrum | Fruit | 280 | 1750 | -0.1756792681972878 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Bupleurum chinense | Root | 132 | 1200 | 0.039999802171003906 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------------|----------------|-----------------|----------------------|---|
| Byrsonima crassifolia | Fruit | 840 | 9275 | 0.2922026020912808 | -- |
| Cajanus cajan | Fruit | 320 | 1601 | -0.18494364011396508 | -- |
| Cajanus cajan | Seed | 0 | 1279 | 0.4293894772542468 | -- |
| Calathea macrosepala | Flower | 70 | 910 | -0.5546352347778739 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Calendula officinalis | Flower | 1330 | 3100 | 0.11959038436316784 | -- |
| Camellia sinensis | Leaf | -- | -- | | -- |
| Canavalia ensiformis | Fruit | 320 | 1488 | -0.19196964029238478 | -- |
| Canavalia ensiformis | Seed | 0 | 23 | -0.3246486223374956 | -- |
| Canna indica | Root | 70 | 210 | -0.5259282397737313 | -- |
| Cannabis sativa | Seed | -- | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Capparis spinosa | Flower | 260 | 2300 | -0.12670207924999813 | -- |
| Capparis spinosa | Fruit | -- | 1335 | -0.20148272017997962 | Wealth of India. |
| Capparis spinosa | Leaf | -- | 710 | -0.3780411442297887 | Wealth of India. |
| Capsella bursa-pastoris | Plant | 360 | 5500 | 0.6974895424718603 | -- |
| Capsicum annuum | Fruit | 230 | 20982 | 1.0201086559741077 | -- |
| Capsicum frutescens | Fruit | 350 | 19992 | 1.1455818273019922 | -- |
| Carica papaya | Fruit | 640 | 4741 | 0.010292117056281466 | -- |
| Carica papaya | Leaf | 1400 | 6222 | 0.13340221850054146 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------------|--------|---------|----------|-----------------------|---|
| Carica pentagona | Fruit | 290 | 4265 | -0.019304131482902408 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Carthamus tinctorius | Seed | -- | 0 | -0.33845664486186666 | -- |
| Carthamus tinctorius | Flower | 14 | 100 | -0.8040063541862045 | -- |
| Carya illinoensis | Seed | 20 | 21 | -0.32584931994831046 | -- |
| Casimiroa edulis | Fruit | 230 | 1395 | -0.19775210061621692 | -- |
| Catha edulis | Leaf | 1610 | 1610 | -0.29453261257933566 | -- |
| Caulophyllum thalictroides | Root | 5.7 | 51.5 | -0.6165338909335701 | -- |
| Centella asiatica | Leaf | 40 | 374 | -0.40921766271262444 | -- |
| Centella asiatica | Plant | 138 | 138 | -0.5612889938563121 | -- |
| Cephaelis ipecacuanha | Plant | -- | -- | | -- |
| Chamaemelum nobile | Flower | 267 | 267 | -0.7525928024069561 | -- |
| Chenopodium album | Plant | 600 | 9000 | 1.5191465505189703 | -- |
| Chenopodium ambrosioides | Leaf | 110 | 1020 | -0.34927709443907706 | -- |
| Chondrus crispus | Plant | 130 | 130 | -0.5631670670175627 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Chrysanthemum coronarium | Bud | 370 | 4975 | | -- |
| Chrysanthemum coronarium | Leaf | 270 | 4155 | -0.058389042523332435 | -- |
| Chrysanthemum parthenium | Plant | -- | 330 | -0.5162152379862993 | -- |
| Chrysanthemum parthenium | Leaf | 59 | 330 | -0.4133003020377577 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------------|----------------|-----------------|-----------------------|--|
| Chrysobalanus icaco | Fruit | 90 | 1420 | -0.19619767579798247 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Chrysophyllum cainito | Fruit | 30 | 640 | -0.24469573012689724 | -- |
| Cicer arietinum | Seed | 30 | 56 | -0.30483711175905015 | USDA's Ag Handbook 8 and sequelae) |
| Cichorium endivia | Leaf | 462 | 9302 | 0.41918697125986953 | -- |
| Cichorium intybus | Leaf | 100 | 2040 | -0.254634091901897 | -- |
| Cichorium intybus | Root | 50 | 250 | -0.5030624603012167 | -- |
| Cimicifuga racemosa | Root | 28 | 135 | -0.568801576284696 | -- |
| Cinnamomum aromaticum | Bark | 309 | 309 | 0.13185661758936892 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Cinnamomum verum | Bark | 309 | 309 | 0.13185661758936892 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Citrullus colocynthis | Fruit | 122 | 122 | -0.2769034123607151 | -- |
| Citrullus lanatus | Fruit | -- | 94 | -0.27864436815713767 | -- |
| Citrus aurantiifolia | Fruit | 291 | 4444 | -0.008174449784343766 | -- |
| Citrus aurantium | Fruit | 420 | 3947 | -0.03907641517084457 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Citrus aurantium | Leaf | -- | 3000 | -0.16555832480808047 | 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. |
| Citrus limon | Fruit | 5208 | 5566 | 0.061588136058018224 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------------|---------|----------|-----------------------|--|
| Citrus limon | Fruit Juice | -- | -- | | Jim Duke's personal files. |
| Citrus mitis | Fruit Juice | 300 | 445 | 1 | -- |
| Citrus mitis | Fruit | 884 | 11130 | 0.40754092360427674 | -- |
| Citrus paradisi | Fruit | 337 | 3862 | -0.044361459552841695 | -- |
| Citrus reticulata | Fruit | 280 | 3684 | -0.05542896425867096 | -- |
| Citrus sinensis | Fruit | 500 | 4071 | -0.03136646807240172 | -- |
| Cnicus benedictus | Plant | 4 | 30 | -0.5866429815331944 | -- |
| Cnidioscolus chayamansa | Leaf | 1960 | 12200 | 0.6880844431743283 | -- |
| Coccinia grandis | Fruit | 280 | 4058 | -0.03217476897788363 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Cocos nucifera | Seed | 20 | 88 | -0.2856259499860121 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Coix lacryma-jobi | Seed | -- | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Cola acuminata | Seed | 540 | 1456 | 0.5356512158113633 | -- |
| Colocasia esculenta | Leaf | 69 | 3625 | -0.10756628893971032 | -- |
| Colocasia esculenta | Root | 0 | 325 | -0.4601891237902518 | -- |
| Corchorus olitorius | Leaf | 370 | 4080 | -0.06534808682753686 | -- |
| Coriandrum sativum | Leaf | 780 | 6290 | 0.13971175200302013 | -- |
| Coriandrum sativum | Fruit | -- | 920 | -0.22728617216267144 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|----------------|----------------|-----------------|-----------------------|---|
| Corylus avellana | Seed | 10 | 22 | -0.325248971142903 | -- |
| Corylus avellana | Leaf | -- | -- | | -- |
| Crataegus laevigata | Fruit | 24 | 85 | -0.2792039610917021 | -- |
| Crataegus laevigata | Leaf | 166.4 | 1800 | -0.27690303367535113 | -- |
| Crataegus rhipidophylla | Leaf | -- | 1800 | -0.27690303367535113 | -- |
| Crataegus rhipidophylla | Fruit | -- | 85 | -0.2792039610917021 | -- |
| Cucumis melo | Fruit | 397 | 4370 | -0.012775547246317728 | USDA's Ag Handbook 8 and sequelae) |
| Cucurbita pepo | Flower | 280 | 5773 | 0.9425150784106588 | USDA's Ag Handbook 8 and sequelae) |
| Cucurbita pepo | Fruit | 90 | 1071 | -0.21789744626053537 | USDA's Ag Handbook 8 and sequelae) |
| Cucurbita spp | Fruit | 148 | 2340 | -0.13899484248695484 | -- |
| Cuminum cyminum | Fruit | 0 | 76 | -0.27976355402626646 | -- |
| Cuminum cyminum | Seed | 0 | 76 | -0.2928301356509014 | -- |
| Cuminum cyminum | Tissue Culture | -- | -- | | -- |
| Curcuma longa | Rhizome | 0 | 293 | -0.34465428565155654 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Curcuma longa | Plant | -- | -- | | -- |
| Cyamopsis tetragonoloba | Fruit | -- | 490 | -0.2540222790363039 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Cyamopsis tetragonoloba | Shoot | -- | 2800 | -0.23555395280964694 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Cyclanthera pedata | Fruit | 140 | 2800 | -0.110393425831441 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|---------|---------|----------|----------------------|--|
| Cydonia oblonga | Fruit | 100 | 960 | -0.2247990924534963 | -- |
| Cynara cardunculus | Flower | 0 | 828 | -0.5798802122982235 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Cyperus rotundus | Root | 90 | 90 | -0.5945255781912748 | -- |
| Cyphomandra betacea | Fruit | 223 | 2060 | -0.15640440045118065 | -- |
| Cyrtosperma chamissonis | Root | 0 | 762 | -0.21038048305303036 | -- |
| Datura metel | Leaf | 2220 | 2220 | -0.2379323855718064 | -- |
| Datura stramonium | Plant | -- | -- | | -- |
| Daucus carota | Root | 91 | 775 | -0.20294910472446315 | -- |
| Dioscorea alata | Root | 100 | 100 | -0.5888091333231462 | -- |
| Dioscorea pentaphylla | Root | 26 | 140 | -0.5659433538506317 | -- |
| Dioscorea sp. | Root | 194 | 194 | -0.5350745515627371 | -- |
| Dioscorea villosa | Rhizome | -- | 149 | -0.5598763894409068 | -- |
| Dioscorea villosa | Root | 110 | 460 | -0.3830171180705152 | -- |
| Diospyros digyna | Fruit | 1915 | 9330 | 0.2956223366913966 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Diospyros virginiana | Fruit | 660 | 1855 | -0.1691506839607031 | -- |
| Duchesnea indica | Leaf | -- | -- | | -- |
| Durio zibethinus | Fruit | 240 | 1270 | -0.20552422470738918 | -- |
| Echinacea purpurea | Root | 212 | 843 | -0.16407727962118843 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------------|-------------|----------------|-----------------|----------------------|---|
| Echinacea spp | Leaf | 2140 | 2140 | -0.24535536616295778 | Economic & Medicinal Plant Research, 5: 253. |
| Echinacea spp | Root | 843 | 843 | -0.16407727962118843 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Elaeagnus angustifolia | Fruit | 40 | 500 | -0.25340050910901013 | -- |
| Elaeagnus commutata | Fruit | 100 | 725 | -0.23941068574490013 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Elaeagnus umbellatus | Fruit | 10 | 57 | -0.2809449168881247 | -- |
| Elaeis guineensis | Fruit | 120 | 163 | -0.2743541556588106 | -- |
| Eleocharis dulcis | Tuber | 40 | 317 | -0.6898431213593998 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Eleutherococcus senticosus | Root | 42 | 200 | -0.5316446846418599 | -- |
| Ephedra sinica | Plant | 151 | 721 | -0.42442441223017924 | -- |
| Equisetum arvense | Plant | 45 | 208 | -0.5448558536953699 | -- |
| Eriobotrya japonica | Fruit | 10 | 840 | -0.23226033158102166 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Eriodictyon californicum | Leaf | 0.4 | 1.7 | -0.4437623586386951 | -- |
| Eryngium floridanum | Shoot | 1958 | 1958 | -0.2763266065654014 | -- |
| Erythrina berteroana | Shoot | 370 | 2340 | -0.25782879927953656 | -- |
| Erythrina fusca | Leaf | 30 | 780 | -0.3715460362125312 | -- |
| Erythroxylum coca | Leaf | 14 | 15 | -0.4425282881154163 | -- |
| Eugenia brasiliensis | Fruit | 188 | 1290 | -0.2042806848528016 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------------|--------|---------|----------|----------------------|--|
| <i>Eugenia floribunda</i> | Fruit | 230 | 1785 | -0.17350307345175955 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Eugenia uniflora</i> | Fruit | 140 | 2115 | -0.15298466585106485 | -- |
| <i>Eupatorium perfoliatum</i> | Plant | -- | -- | | -- |
| <i>Euphorbia hirta</i> | Leaf | 443 | 443 | -0.40281534195275637 | -- |
| <i>Euphrasia officinalis</i> | Plant | 10 | 67 | -0.5779568931624107 | -- |
| <i>Fagopyrum esculentum</i> | Seed | -- | 0 | -0.33845664486186666 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| <i>Feijoa sellowiana</i> | Fruit | 280 | 1750 | -0.1756792681972878 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| <i>Ficus carica</i> | Fruit | 20 | 2013 | -0.1593267191094614 | -- |
| <i>Ficus carica</i> | Leaf | 1050 | 3300 | -0.1377221475912628 | -- |
| <i>Filipendula ulmaria</i> | Plant | -- | -- | | -- |
| <i>Filipendula ulmaria</i> | Flower | -- | -- | | -- |
| <i>Foeniculum vulgare</i> | Fruit | -- | -- | | -- |
| <i>Foeniculum vulgare</i> | Plant | 340 | 3148 | 0.1453360330642024 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Foeniculum vulgare</i> | Seed | -- | 0 | -0.33845664486186666 | -- |
| <i>Foeniculum vulgare</i> | Leaf | -- | 123600 | 11.024584916352621 | Jim Duke's personal files. |
| <i>Fragaria spp</i> | Fruit | 400 | 6948 | 0.14751674001001847 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|-----------------|---------|----------|-----------------------|--|
| Fragaria spp | Leaf | 3190 | 4350 | -0.04029552733240095 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Frangula purshiana | Bark | -- | 0 | -1.0104899665727316 | -- |
| Fucus vesiculosus | Plant | 30 | 258 | -0.5331178964375541 | -- |
| Garcinia mangostana | Fruit | 10 | 255 | -0.26863387232770786 | -- |
| Genipa americana | Fruit | 330 | 1020 | -0.22106847288973364 | -- |
| Gentiana lutea | Root | 40 | 183 | -0.5413626409176785 | -- |
| Ginkgo biloba | Seed | 150 | 545 | -0.011266545914812775 | -- |
| Ginkgo biloba | Fruit | -- | 640 | -0.24469573012689724 | Jim Duke's personal files. |
| Ginkgo biloba | Leaf | -- | -- | | -- |
| Gliricidia sepium | Leaf | 440 | 3145 | -0.1521041724866186 | -- |
| Glycine max | Fruit | 290 | 942 | -0.22591827832262512 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Glycine max | Seed | 0 | 849 | 0.17123949092904842 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Glycine max | Sprout Seedling | 100 | 949 | -0.32572024497431507 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Glycyrrhiza glabra | Root | 98 | 626 | -0.2881241332595798 | -- |
| Gymnema sylvestre | Leaf | 152 | 800 | -0.3696902910647434 | -- |
| Harpagophytum procumbens | Root | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|--------|---------|----------|----------------------|--|
| Helianthus tuberosus | Tuber | 40 | 306 | -0.7242310715177989 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Hibiscus rosa-sinensis | Flower | 40 | 405 | -0.710107352433685 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Hibiscus sabdariffa | Flower | 22 | 200 | -0.7732197962345587 | -- |
| Hibiscus sabdariffa | Fruit | 540 | 3750 | -0.05132528273853201 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Hippophae rhamnoides | Fruit | 500 | 14000 | 0.5859888927375912 | -- |
| Hippophae rhamnoides | Leaf | 1500 | 3400 | -0.12844342185232357 | -- |
| Hordeum vulgare | Seed | -- | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Hordeum vulgare | Stem | 3300 | 3300 | -0.07434961362635317 | -- |
| Humulus lupulus | Fruit | 1782 | 1782 | -0.17368960442994769 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Humulus lupulus | Flower | 332 | 1782 | -0.2861764494395231 | -- |
| Hydrangea arborescens | Root | -- | -- | | -- |
| Hydrastis canadensis | Root | 189 | 681 | -0.25668368648487233 | -- |
| Hylocereus guatemalensis | Fruit | 80 | 515 | -0.2524678542180695 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Hylocereus undatus | Fruit | 80 | 515 | -0.2524678542180695 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-----------|---------|----------|----------------------|--|
| Hypericum perforatum | Plant | 1300 | 1300 | -0.28849886718467166 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Hypericum perforatum | Seed | 395 | 395 | -0.10131886672592849 | 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. |
| Hypericum perforatum | Leaf | -- | -- | -- | -- |
| Hypericum perforatum | Shoot | -- | 16.5 | -0.3703409857421204 | -- |
| Inga edulis | Seed | 130 | 355 | -0.12533281894222614 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Inula helenium | Leaf | -- | -- | -- | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Inula helenium | Root | 4.4 | 20 | -0.6345406922681753 | -- |
| Ipomoea aquatica | Leaf | 320 | 7300 | 0.2334268819663063 | -- |
| Ipomoea batatas | Leaf | 210 | 4234 | -0.05105884918957045 | -- |
| Ipomoea batatas | Root | 201 | 1186 | 0.03199677935562381 | -- |
| Iris x germanica | Flower | 4200 | 4200 | 0.458242521831271 | -- |
| Iris x germanica | Leaf | 4860 | 4860 | 0.007025973936189085 | -- |
| Iris x germanica | Root | 870 | 870 | -0.14864287847724109 | -- |
| Juglans nigra | Hull Husk | -- | -- | -- | -- |
| Juglans nigra | Fruit | -- | 0 | -0.2844890054736992 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|-----------------|---------|----------|----------------------|--|
| Juglans nigra | Pericarp | -- | -- | | -- |
| Juglans regia | Fruit | 4500 | 15000 | 0.6481658854669692 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Juglans regia | Leaf | 8000 | 13000 | 0.762314249085842 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Juglans regia | Seed | 0 | 52 | -0.3072385069806799 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Juniperus communis | Fruit | -- | -- | | -- |
| Juniperus communis | Leaf | 600 | 600 | -0.3882477425426218 | -- |
| Justicia pectoralis | Leaf | 280 | 1867 | -0.27068628743026185 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Lablab purpureus | Fruit | 7.7 | 63.6 | -0.2805345487361107 | -- |
| Lablab purpureus | Seed | 0 | 1063 | 0.29971413528624014 | -- |
| Lactuca sativa | Leaf | 180 | 3000 | -0.16555832480808047 | -- |
| Lagenaria siceraria | Fruit | 101 | 2265 | -0.14365811694165817 | -- |
| Lagenaria siceraria | Leaf | 50 | 330 | -0.4133003020377577 | -- |
| Larrea tridentata | Plant | 250 | 760 | -0.4152688055690829 | -- |
| Lens culinaris | Seed | 42 | 70 | -0.296432228483346 | -- |
| Lens culinaris | Sprout Seedling | 148 | 605 | -0.6011185419891155 | USDA's Ag Handbook 8 and sequelae) |
| Leonurus cardiaca | Plant | 42 | 42 | -0.5838258717913186 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------------|----------------|-----------------|----------------------|--|
| Lepidium meyenii | Root | 25 | 2860 | 0.9889296502803575 | -- |
| Lepidium sativum | Leaf | 690 | 6510 | 0.16012494862868643 | -- |
| Licania platypus | Fruit | 110 | 1005 | -0.2220011277806743 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Limonia acidissima | Fruit | 20 | 65 | -0.2804475009462896 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Lobelia inflata | Leaf | 255 | 2252 | -0.23496319333534585 | -- |
| Luffa aegyptiaca | Fruit | 120 | 2400 | -0.13526422292319215 | -- |
| Luffa aegyptiaca | Leaf | 950 | 9596 | 0.44646642493235084 | -- |
| Lycium chinense | Leaf | 80 | 769 | -0.37256669604381454 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Lycium chinense | Fruit | -- | 425 | -0.25806378356371346 | 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. |
| Lycopersicon esculentum | Fruit | 50 | 2952 | -0.10094252293657557 | -- |
| Lycopus europeus | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Macadamia spp | Seed | 0 | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|-------------|----------------|-----------------|----------------------|--|
| Maclura pomifera | Fruit | 30 | 150 | -0.2751624565642925 | Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41 |
| Malpighia glabra | Fruit | 16228 | 172231 | 10.424316629299783 | -- |
| Malus domestica | Fruit | 20 | 402 | -0.2594938543964892 | -- |
| Malva neglecta | Leaf | 1175 | 1175 | -0.3348950695437213 | -- |
| Malva parviflora | Plant | 454 | 4745 | 0.5202463878788408 | -- |
| Malva sylvestris | Leaf | 240 | 2855 | -0.17901247712954232 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Mammea americana | Fruit | 100 | 1515 | -0.1902908614886916 | -- |
| Mangifera indica | Fruit | 30 | 1760 | -0.175057498269994 | -- |
| Mangifera indica | Leaf | 530 | 2430 | -0.21844706152003404 | -- |
| Manihot esculenta | Leaf | 800 | 10000 | 0.4839524769176653 | -- |
| Manihot esculenta | Root | 97 | 1530 | 0.2286424828192489 | -- |
| Manilkara zapota | Fruit | 90 | 625 | -0.2456283850178379 | -- |
| Maranta arundinacea | Root | 70 | 215 | -0.523070017339667 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Marrubium vulgare | Plant | -- | -- | | -- |
| Marrubium vulgare | Flower | -- | -- | | -- |
| Matricaria recutita | Plant | -- | -- | | Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------------|----------------|-----------------|----------------------|--|
| Mauritia flexuosa | Fruit | 0 | 0 | -0.2844890054736992 | J Cell Biochem VOL. 22=1995 |
| Medicago sativa | Plant | 276 | 1470 | -0.24858981250809772 | -- |
| Medicago sativa | Leaf | -- | -- | | -- |
| Melicoccus bijugatas | Fruit | 8 | 230 | -0.2701882971459423 | -- |
| Mentha spicata | Leaf | 135 | 9200 | 0.4097226710061515 | USDA's Ag Handbook 8 and sequelae) |
| Mentha x piperita | Leaf | 30 | 201 | -0.4252698582409893 | -- |
| Menyanthes trifoliata | Leaf | 2047 | 2047 | -0.25398458110017125 | -- |
| Mimosa pudica | Leaf | 180 | 2570 | -0.20545684548551912 | -- |
| Mimulus glabratus | Shoot | 220 | 2200 | -0.2646081003790682 | -- |
| Momordica charantia | Fruit | 570 | 36447 | 1.9816758485339367 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Momordica charantia | Leaf | 1700 | 12412 | 0.7077553417408794 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Morinda citrifolia | Leaf | 520 | 2320 | -0.22865365983286717 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Moringa oleifera | Leaf | 2200 | 8800 | 0.37260776805039464 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Moringa oleifera | Shoot | 517 | 2425 | -0.25371279504053523 | USDA's Ag Handbook 8 and sequelae) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-----------|---------|----------|-----------------------|---|
| Moringa oleifera | Fruit | -- | 1200 | -0.2098766141984456 | =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 |
| Morus alba | Fruit | 50 | 1040 | -0.21982493303514608 | -- |
| Morus alba | Leaf | 2000 | 3000 | -0.16555832480808047 | -- |
| Muntingia calabura | Fruit | 805 | 3795 | -0.048527318065710014 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Murraya koenigii | Leaf | 40 | 445 | -0.4026297674379776 | -- |
| Murraya sp | Fruit | 161 | 596 | -0.24743151780698985 | -- |
| Musa x paradisiaca | Fruit | 161 | 596 | -0.24743151780698985 | USDA's Ag Handbook 8 and sequelae) |
| Musa x paradisiaca | Hull Husk | -- | 1380 | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Myrciaria cauliflora | Fruit | 170 | 1770 | -0.1744357283427002 | -- |
| Myrciaria dubia | Fruit | -- | -- | | Jim Duke's personal files. |
| Myrica cerifera | Bark | 143 | 656 | 1.4146859532018246 | -- |
| Nandina domestica | Leaf | -- | 100 | -0.43464137123731794 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Nasturtium officinale | Herb | 430 | 13690 | 1 | -- |
| Nasturtium officinale | Shoot | -- | 370 | -0.35322325046580305 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|---------|---------|----------|----------------------|--|
| Nelumbo nucifera | Rhizome | 15 | 15 | -0.760152513800441 | -- |
| Nelumbo nucifera | Seed | -- | -- | | -- |
| Nepeta cataria | Plant | -- | -- | | -- |
| Nigella sativa | Leaf | 2577 | 2577 | -0.20480733468379336 | -- |
| Ocimum basilicum | Leaf | 27 | 612 | -0.25834558219747267 | -- |
| Ocimum sanctum | Leaf | 830 | 830 | -0.3669066733430616 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Ocimum tenuiflorum | Leaf | -- | 830 | -0.3669066733430616 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Opuntia ficus-indica | Fruit | 65 | 1690 | -0.17940988776105046 | -- |
| Opuntia ficus-indica | Flower | -- | 940 | -0.5453992673923802 | -- |
| Origanum majorana | Plant | 514 | 555 | -0.4633944303261279 | USDA's Ag Handbook 8 and sequelae) |
| Origanum vulgare | Plant | -- | -- | | -- |
| Oryza sativa | Seed | -- | -- | | -- |
| Oxalis tuberosa | Root | 370 | 2284 | 0.6596624258761481 | -- |
| Pachira macrocarpa | Seed | 240 | 255 | -0.18536769948296997 | -- |
| Pachyrhizus erosus | Plant | 140 | 1845 | -0.1605551330744788 | -- |
| Panax ginseng | Root | -- | 0 | -0.6459735820044326 | -- |
| Panax ginseng | Leaf | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|----------------|----------------|-----------------|----------------------|--|
| Panax quinquefolius | Plant | 39 | 39 | -0.5845301492267876 | -- |
| Papaver somniferum | Seed | -- | 0 | -0.33845664486186666 | -- |
| Papaver somniferum | Fruit | -- | 1120 | -0.21485077361679586 | -- |
| Papaver somniferum | Tissue Culture | -- | -- | | -- |
| Parthenium integrifolium | Root | -- | -- | | -- |
| Passiflora edulis | Fruit | 300 | 1205 | -0.20956572923479874 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Passiflora foetida | Fruit | 150 | 835 | -0.23257121654466856 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Passiflora incarnata | Flower | 11 | 100 | -0.8040063541862045 | -- |
| Passiflora ligularis | Fruit | 108 | 950 | -0.2254208623807901 | -- |
| Passiflora mollissima | Fruit | 700 | 8750 | 0.2595596809083574 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Passiflora quadrangularis | Fruit | 150 | 2680 | -0.11785466495896635 | -- |
| Passiflora quadrangularis | Seed | 150 | 695 | 0.07878577489630294 | -- |
| Pastinaca sativa | Root | 160 | 830 | -0.17150865794975564 | -- |
| Peperomia pelucida | Leaf | 100 | 1280 | -0.3251524075178351 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Peperomia pereskiifolia | Leaf | 50 | 335 | -0.41283636575081073 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------------|----------------|-----------------|----------------------|---|
| Pereskia aculeata | Fruit | 20 | 1250 | -0.20676776456197674 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Perideridia gairdneri | Root | 112 | 302 | -0.47333694698694767 | Izidoost, 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. |
| Perilla frutescens | Leaf | 460 | 3286 | -0.13902116919471427 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Perilla frutescens | Seed | 0 | 200 | -0.21838688378037904 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Perilla frutescens | Flower | -- | -- | | Lamparska, K. 1966. Studies on Vitamin C Dynamics in Perilla ocymoides and in Calendula officinalis Grown in Short and Long Day Conditions. Zesz Nauk Uniw Mikolaja Kopernika Toruniu Biol, 8: 69-. |
| Persea americana | Fruit | 65 | 994 | -0.22268507470069746 | -- |
| Persea schiedeana | Fruit | 57 | 698 | -0.2410894645485933 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Petasites japonicus | Pt | 315 | 5725 | 1.657820760823633 | USDA's Ag Handbook 8 and sequelae) |
| Petroselinum crispum | Plant | 430 | 7695 | 1.2127858660899764 | -- |
| Petroselinum crispum | Shoot | -- | -- | | -- |
| Petroselinum crispum | Fruit | -- | 1220 | -0.20863307434385805 | -- |
| Petroselinum crispum | Leaf | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-----------------|----------------|-----------------|-----------------------|--|
| Phaseolus acutifolius | Seed | 0 | -- | | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Phaseolus coccineus | Fruit | 270 | 270 | -0.26770121743676717 | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| Phaseolus coccineus | Seed | 0 | 23 | -0.3246486223374956 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Phaseolus lunatus | Seed | 0 | 952 | 0.23307541788601452 | -- |
| Phaseolus lunatus | Sprout Seedling | 70 | 194 | -0.9301554608062169 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Phaseolus vulgaris | Fruit | 10 | 2389 | -0.1359481698432153 | -- |
| Phaseolus vulgaris | Leaf | 1100 | 8333 | 0.32927611884954844 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Phaseolus vulgaris | Seed | 0 | 177 | -0.23219490630475012 | -- |
| Phaseolus vulgaris | Sprout Seedling | 387 | 4161 | 2.245731295756901 | USDA's Ag Handbook 8 and sequelae) |
| Phoenix dactylifera | Fruit | 0 | 750 | -0.23785626092666567 | -- |
| Phragmites australis | Leaf | 2000 | 9100 | 0.40044394526721233 | -- |
| Phyllanthus acidus | Fruit | 20 | 1279 | -0.20496463177282476 | -- |
| Phyllanthus emblica | Fruit | 110 | 27293 | 1.4125076570892114 | -- |
| Phyllanthus emblica | Plant | -- | 15610 | 3.070904500002226 | -- |
| Physalis alkekengi | Fruit | 4000 | 4000 | -0.035781034556187544 | -- |
| Physalis ixocarpa | Fruit | 20 | 460 | -0.25588758881818524 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-----------------|---------|----------|----------------------|--|
| Physalis peruviana | Fruit | 365 | 2865 | -0.10635192130403144 | -- |
| Phytolacca americana | Shoot | 1360 | 16184 | 0.4125472323055765 | -- |
| Pimenta dioica | Leaf | 2012 | 2067 | -0.2521288359523834 | -- |
| Pimenta dioica | Fruit | -- | 426 | -0.2580016065709841 | -- |
| Pimpinella anisum | Fruit | 8 | 9 | -0.2839294125391348 | -- |
| Pimpinella anisum | Seed | 8 | 9 | -0.33305350561319974 | -- |
| Pinus cembroides | Seed | 0 | 10 | -0.3324531568077923 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Pinus edulis | Seed | 20 | 21 | -0.32584931994831046 | USDA's Ag Handbook 8 and sequelae) |
| Pinus sylvestris | Leaf | 3000 | 3000 | -0.16555832480808047 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Piper auritum | Leaf | 490 | 3370 | -0.13122703957400533 | -- |
| Piper betel | Leaf | 43 | 2130 | -0.2462832387368517 | -- |
| Piper nigrum | Fruit | 10 | 10 | -0.2838672355464054 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Pisum sativum | Fruit | 600 | 5935 | 0.08453144637515866 | -- |
| Pisum sativum | Seed | 44 | 1892 | 0.7974032949690063 | -- |
| Pisum sativum | Sprout Seedling | 1650 | 1650 | 0.23548384283782145 | -- |
| Plantago major | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|---|
| Plantago major | Seed | -- | -- | | -- |
| Plantago psyllium | Seed | -- | 0 | -0.33845664486186666 | -- |
| Platonia insignis | Fruit | 180 | 1190 | -0.2104983841257394 | -- |
| Platycodon grandiflorum | Root | -- | -- | | -- |
| Plectranthus amboinicus | Leaf | 120 | 2145 | -0.2448914298760108 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Polygonum multiflorum | Root | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Polymnia edulis | Root | 250 | 1400 | 0.15432869953357664 | -- |
| Portulaca oleracea | Herb | 105 | 7000 | -1 | -- |
| Pothomorphe sp. | Plant | -- | -- | | -- |
| Pourouma cecropiaefolia | Fruit | 10 | 55 | -0.2810692708735834 | J Cell Biochem VOL. 22=1995 |
| Pouteria caimito | Fruit | 490 | 1890 | -0.16697448921517488 | -- |
| Pouteria campechiana | Fruit | 400 | 1475 | -0.1927779411978667 | -- |
| Pouteria viridis | Fruit | 430 | 1360 | -0.19992829536174517 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Prunus armeniaca | Fruit | 100 | 745 | -0.23816714589031257 | USDA's Ag Handbook 8 and sequelae) |
| Prunus cerasus | Fruit | 70 | 873 | -0.23020849082095218 | -- |
| Prunus domestica | Fruit | 86 | 699 | -0.24102728755586394 | USDA's Ag Handbook 8 and sequelae) |
| Prunus dulcis | Seed | 0 | 13 | -0.33065211039157 | USDA's Ag Handbook 8 and sequelae) |
| Prunus persica | Fruit | 14 | 1127 | -0.2144155346676902 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------|-------------|---------|----------|----------------------|--|
| Prunus salicifolia | Fruit | 222 | 1415 | -0.19650856076162937 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Psidium cattleianum | Fruit | 150 | 2100 | -0.15391732074200554 | -- |
| Psidium guajava | Fruit | 24 | 18315 | 0.8542826163648568 | -- |
| Psidium guajava | Seed | -- | 8 | -0.3336538544186072 | -- |
| Psophocarpus tetragonolobus | Fruit | 190 | 190 | -0.2726753768551174 | -- |
| Psophocarpus tetragonolobus | Seed | -- | -- | | -- |
| Psoralea esculenta | Root | 4 | 171 | -0.5482223747594329 | -- |
| Punica granatum | Fruit | 40 | 636 | -0.24494443809781474 | -- |
| Punica granatum | Fruit Juice | -- | -- | | -- |
| Pyrus communis | Fruit | 40 | 250 | -0.2689447572913547 | -- |
| Quararibea cordata | Fruit | 90 | 660 | -0.2434521902723097 | -- |
| Quercus alba | Bark | 29 | 127 | -0.5409818235675965 | -- |
| Raphanus sativus | Fruit | 690 | 7822 | 0.20185943165549472 | -- |
| Raphanus sativus | Leaf | 810 | 7043 | 0.20958055681723248 | -- |
| Raphanus sativus | Root | 226 | 6216 | 2.907368548024328 | -- |
| Rhamnus cathartica | Fruit | -- | -- | | -- |
| Rhamnus cathartica | Leaf | -- | -- | | -- |
| Rheum rhabarbarum | Leaf | 110 | 1833 | -0.2738410541815012 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|--------|---------|----------|----------------------|--|
| Rheum rhabarbarum | Pt | 80 | 2581 | -0.38297347254735453 | -- |
| Rhodymenia palmata | Plant | 120 | 120 | -0.5655146584691259 | -- |
| Ribes nigrum | Fruit | 150 | 10030 | 0.3391462316019611 | -- |
| Ribes nigrum | Leaf | -- | -- | | -- |
| Ribes rubrum | Fruit | 300 | 2554 | -0.12568896604286797 | -- |
| Ribes uva-crispa | Fruit | 263 | 2397 | -0.13545075390138028 | -- |
| Rollinia mucosa | Fruit | 330 | 1450 | -0.19433236601610115 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Rosa canina | Fruit | 1384 | 7400 | 0.17562074072369727 | -- |
| Rosa canina | Flower | 3000 | 13000 | 3.167459621576097 | -- |
| Rosa gallica | Fruit | 5450 | 8470 | 0.2421501229441316 | -- |
| Rosa multiflora | Leaf | 2000 | 2000 | -0.25834558219747267 | -- |
| Rosa rubiginosa | Seed | 12500 | 12500 | 7.16590342273111 | -- |
| Rosa spp | Fruit | 1000 | 12500 | 0.49272340364352446 | -- |
| Rosmarinus officinalis | Plant | 612 | 673 | -0.4356928511976825 | USDA's Ag Handbook 8 and sequelae) |
| Rosmarinus officinalis | Leaf | 11 | 675 | -0.3812886982384174 | USDA's Ag Handbook 8 and sequelae) |
| Rubus fruticosus | Leaf | -- | -- | | -- |
| Rubus idaeus | Leaf | 620 | 3670 | -0.10339086235718767 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|-----------------------|--|
| Rubus idaeus | Seed | 300 | 300 | -0.15835200323963525 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Rubus idaeus | Fruit | 70 | 1870 | -0.16821802906976244 | -- |
| Rumex acetosa | Leaf | 630 | 12400 | 0.7066418946522066 | -- |
| Rumex acetosella | Leaf | 500 | 12000 | 0.6695269916964498 | -- |
| Rumex crispus | Leaf | 300 | 4054 | -0.06776055551966105 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Rumex crispus | Root | 1042 | 4054 | 1.6714731675349168 | -- |
| Ruscus aculeatus | Root | 77 | 256 | -0.4996325933803395 | -- |
| Ruta graveolens | Leaf | 4790 | 4790 | 0.0005308659189316285 | -- |
| Salix alba | Bark | 11 | 68 | -0.7590997797668324 | -- |
| Salvia officinalis | Leaf | 55 | 350 | -0.4114445568899699 | -- |
| Sambucus canadensis | Fruit | 360 | 1782 | -0.17368960442994769 | USDA's Ag Handbook 8 and sequelae) |
| Sambucus nigra | Leaf | 739 | 11000 | 0.5767397343070575 | -- |
| Sambucus nigra | Fruit | 128 | 1515 | -0.1902908614886916 | -- |
| Schisandra chinensis | Fruit | 153 | 1022 | -0.22094411890427487 | -- |
| Sclerocarya caffra | Fruit | 540 | 8190 | 0.2247405649799058 | -- |
| Scutellaria lateriflora | Plant | 140 | 1025 | -0.35305763210265884 | -- |
| Sechium edule | Fruit | 110 | 1570 | -0.1868711268885758 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------|-------------|----------------|-----------------|-----------------------|---|
| Sechium edule | Shoot | 330 | 4460 | -0.1551708112009148 | -- |
| Senna alexandrina | Leaf | 1130 | 5566 | 0.0725337776531 | -- |
| Serenoa repens | Fruit | 11 | 88 | -0.27901743011351393 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Sicana odorifera | Fruit | 139 | 1270 | -0.20552422470738918 | -- |
| Sida rhombifolia | Leaf | 900 | 4545 | -0.022202012141469468 | -- |
| Silybum marianum | Leaf | 26 | 120 | -0.4327856260895301 | -- |
| Sinapis alba | Plant | -- | -- | | -- |
| Smilax officinalis | Root | -- | -- | | -- |
| Smilax spp | Root | -- | -- | | -- |
| Solanum melongena | Fruit | 13 | 947 | -0.22560739335897823 | -- |
| Solanum melongena | Leaf | 790 | 5809 | 0.09508108119872248 | -- |
| Solanum nigrum | Leaf | 110 | 4067 | -0.06655432117359895 | -- |
| Solanum quitoensis | Fruit | 310 | 7925 | 0.20826366190662066 | -- |
| Solanum torvum | Fruit | 40 | 275 | -0.2673903324731203 | -- |
| Solanum tuberosum | Tuber | 170 | 990 | 1.4140741928771987 | -- |
| Sonchus oleraceus | Leaf | 50 | 625 | -0.385928061107887 | -- |
| Sophora japonica | Leaf | 470 | 470 | -0.4003100860032428 | -- |
| Sorbus aucubaria | Fruit | 39 | 2650 | -0.1197199747408477 | -- |
| Spinacia oleracea | Plant | 239 | 7595 | 1.1893099515743446 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-------------|---------|----------|----------------------|--|
| Spinacia oleracea | Leaf | -- | -- | | -- |
| Spinacia oleracea | Fruit Juice | -- | 55 | -1 | -- |
| Spirulina pratensis | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Spirulina spp. | Plant | -- | -- | | -- |
| Spondias dulcis | Fruit | 360 | 2750 | -0.1135022754679099 | -- |
| Spondias mombin | Fruit | 160 | 1615 | -0.1840731622157538 | -- |
| Spondias pinnata | Fruit | 210 | 2165 | -0.14987581621459597 | -- |
| Spondias purpurea | Fruit | 450 | 2025 | -0.15858059519670886 | -- |
| Stachys officinalis | Plant | 1.3 | 8 | -0.5918076827266334 | -- |
| Stellaria media | Plant | 6 | 69 | -0.577487374872098 | -- |
| Stellaria media | Shoot | 0 | 0 | -0.3711399748002795 | -- |
| Stevia rebaudiana | Leaf | 110 | 110 | -0.433713498663424 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Symphytum officinale | Root | 132 | 132 | -0.5705165097451346 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Symphytum officinale | Leaf | 88 | 800 | -0.3696902910647434 | -- |
| Syringa vulgaris | Leaf | 1315 | 1315 | -0.3219048535092064 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Syzygium aromaticum | Bark | 810 | 810 | 1.9840107880269489 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|-------------|----------------|-----------------|-----------------------|--|
| Syzygium cumini | Fruit | 57 | 1330 | -0.2017936051436265 | -- |
| Syzygium jambos | Fruit | 30 | 2385 | -0.13619687781413284 | -- |
| Syzygium malaccense | Fruit | 65 | 4615 | 0.0024578159723798528 | -- |
| Tabebuia heptaphylla | Bark | 32 | 181 | -0.34134843992761776 | -- |
| Tamarindus indica | Flower | 600 | 600 | -0.6500735644279758 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Tamarindus indica | Fruit | 24 | 585 | -0.248115464727013 | -- |
| Tamarindus indica | Leaf | 263 | 263 | -0.41951704828284697 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Tanacetum parthenium | Plant | -- | 330 | -0.5162152379862993 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Taraxacum officinale | Leaf | 18 | 6520 | 0.16105282120258035 | -- |
| Taraxacum officinale | Root | 54 | 376 | -0.4310352549627957 | -- |
| Terminalia catappa | Seed | -- | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Terminalia chebula | Fruit | 920 | 920 | -0.22728617216267144 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Tetragonia tetragonioides | Leaf | 300 | 5000 | 0.020016189970703997 | -- |
| Theobroma bicolor | Fruit | 210 | 1010 | -0.22169024281702743 | -- |
| Theobroma bicolor | Seed | 0 | 0 | -0.33845664486186666 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|-------------|----------------|-----------------|-----------------------|---|
| Theobroma cacao | Fruit | 30 | 70 | -0.2801366159826427 | J Cell Biochem VOL. 22=1995 |
| Theobroma cacao | Seed | 31 | 31 | -0.3198458318942361 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Theobroma speciosum | Fruit | 90 | 230 | -0.2701882971459423 | J Cell Biochem VOL. 22=1995 |
| Thuja occidentalis | Branches | -- | -- | | -- |
| Thymus vulgaris | Leaf | -- | 0 | -0.4439200969762572 | -- |
| Tilia sp. | Leaf | -- | -- | | -- |
| Tragopogon porrifolius | Root | 80 | 491 | -0.3652961389793164 | -- |
| Tribulus terrestris | Leaf | 420 | 420 | -0.4049494488727124 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Trichosanthes anguina | Fruit | -- | -- | | -- |
| Trifolium pratense | Flower | 534 | 2966 | 0.07833639670796254 | -- |
| Trigonella foenum-graecum | Leaf | 520 | 520 | -0.3956707231337732 | -- |
| Trigonella foenum-graecum | Seed | 78 | 600 | 0.02175263838259632 | -- |
| Trigonella foenum-graecum | Shoot | -- | -- | | -- |
| Triticum aestivum | Seed | -- | -- | | -- |
| Tropaeolum majus | Flower | 1300 | 1300 | -0.43456765876645553 | -- |
| Tropaeolum majus | Leaf | 2000 | 4650 | -0.012459350115583284 | -- |
| Tropaeolum majus | Pt | 1000 | 1600 | -1.0197480091049047 | -- |
| Tropaeolum tuberosum | Root | 670 | 4800 | 2.097919954697313 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------|---------|----------|----------------------|--|
| Tulipa gesneriana | Stem | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Turnera diffusa | Leaf | 206 | 983 | -0.3527102229624846 | -- |
| Ullucus tuberosus | Root | 230 | 1750 | 0.3544042699180789 | -- |
| Ulmus rubra | Bark | -- | 0 | -1.0104899665727316 | -- |
| Urtica dioica | Leaf | 166 | 830 | -0.3669066733430616 | -- |
| Urtica dioica | Plant | 640 | 2200 | -0.07721563654398624 | Jim Duke's personal files. |
| Vaccinium corymbosum | Fruit | 125 | 878 | -0.2298976058573053 | -- |
| Vaccinium macrocarpon | Fruit | 144 | 1200 | -0.2098766141984456 | -- |
| Vaccinium myrtillus | Fruit | 132 | 1650 | -0.18189696747022557 | -- |
| Vaccinium vitis-idaea | Fruit | 280 | 1865 | -0.16852891403340933 | -- |
| Valeriana officinalis | Root | -- | 0 | -0.6459735820044326 | -- |
| Verbascum thapsus | Leaf | 341 | 776 | -0.3719171852420888 | -- |
| Viburnum opulus | Fruit | 126100 | 126100 | 7.556029777700852 | -- |
| Vicia faba | Fruit | 120 | 820 | -0.23350387143560922 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Vicia faba | Seed | 330 | 1735 | 0.7031485325200385 | USDA's Ag Handbook 8 and sequelae) |
| Vigna aconitifolia | Seed | 20 | 44 | -0.3120412974239394 | -- |
| Vigna angularis | Seed | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|-------------------|---------|----------|----------------------|--|
| Vigna mungo | Seed | 0 | 22 | -0.325248971142903 | -- |
| Vigna mungo | Sprout Seedling | 426 | 426 | -0.7444217256101888 | -- |
| Vigna radiata | Seed | 48 | 53 | -0.30663815817527246 | -- |
| Vigna radiata | Sprout Seedling | 113 | 1506 | 0.12020083478511438 | USDA's Ag Handbook 8 and sequelae) |
| Vigna unguiculata | Fruit | 56 | 2633 | -0.12077698361724712 | USDA's Ag Handbook 8 and sequelae) |
| Vigna unguiculata | Seed | 16 | 17 | -0.3282507151699402 | USDA's Ag Handbook 8 and sequelae) |
| Vigna unguiculata | Shoot | 360 | 3523 | -0.20054370498849433 | -- |
| Vigna unguiculata | Seed | 15 | 75 | -0.2934304844563088 | USDA's Ag Handbook 8 and sequelae) |
| Vigna unguiculata | Shoot | 360 | 3523 | -0.20054370498849433 | USDA's Ag Handbook 8 and sequelae) |
| Viscum album | Fruit | 7500 | 7500 | 0.18183843999663504 | -- |
| Vitis vinifera | Fruit | 99 | 600 | -0.24718280983607235 | USDA's Ag Handbook 8 and sequelae) |
| Vitis vinifera | Leaf | 3490 | 3870 | -0.08483341087930922 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Vitis vinifera | Stem | 310 | 310 | -1.1858763373403332 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Yucca baccata | Root | 27 | 131 | -0.5710881542319475 | -- |
| Zea mays | Seed | 0 | 85 | -0.28742699640223446 | -- |
| Zea mays | Silk Stigma Style | 11 | 11 | | -- |
| Zingiber officinale | Rhizome | 0 | 317 | -0.3087839350199982 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-------------|----------------|-----------------|----------------------|------------------|
| Zingiber officinale | Root | 20 | 288 | -0.48133996980232785 | -- |
| Zizyphus jujuba | Fruit | 460 | 3882 | -0.04311791969825413 | -- |
| Zizyphus spina-christi | Fruit | 300 | 330 | -0.26397059787300436 | -- |