

Chemid

ASH

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	Fruit	7000	70000	0.3453465628728832	USDA's Ag Handbook 8 and sequelae)
Abelmoschus esculentus	Seed	--	47400	-0.014440680295344115	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abelmoschus manihot	Leaf	16100	138793	0.3513413603806129	--
Abies spectabilis	Leaf	--	40600	-1.3786987519416865	Wealth of India.
Abies spectabilis	Wood	--	2600	-0.6188573813992945	Wealth of India.
Abrus precatorius	Leaf	17000	81000	-0.666900349430093	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia catechu	Leaf	98000	98000	-0.36738121966036313	--
Acacia decurrens	Seed	38000	38000	-0.29717040195945654	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Acacia farnesiana	Leaf	10000	53800	-1.146130957061661	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Seed	40000	54000	0.18407167746881994	--
Acacia senegal	Fruit	71000	71000	0.37124191029896786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia senegal	Leaf	84000	84000	-0.6140440324119054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia senegal	Seed	58000	58000	0.30438219732588906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Fruit	51000	57000	0.008707046333782076	--
Acacia tortilis	Leaf	87000	87000	-0.5611877153937178	--
Acacia tortilis	Seed	59000	59000	0.33445982729015633	--
Acalypha indica	Leaf	31000	159000	0.7073638930427855	Wealth of India.
Achillea millefolium	Plant	17700	100000	-0.3796129196407384	--
Acrocomia totai	Fruit	103200	103200	1.205072097418895	--
Acrocomia totai	Seed	19800	19800	-0.8445832673091213	--
Actinidia chinensis	Fruit	4500	41600	-0.3900813040279223	--
Aegle marmelos	Fruit	10400	44155	-0.32391869135427587	--
Aesculus hippocastanum	Seed	14000	30000	-0.537791441673595	--
Aframomum melegueta	Fruit	42000	103000	1.1998930279336781	--
Aframomum melegueta	Seed	25000	105000	1.7180308056464513	Wealth of India.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Agathosma betulina	Leaf	81000	81000	-0.666900349430093	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Agave americana	Plant	124000	124000	0.053970666556024824	--
Ageratum conyzoides	Plant	97200	97200	-0.4301976713636941	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Albizia lebeck	Leaf	101000	104000	-0.26166858562398787	Wealth of India.
Albizia lebeck	Seed	--	42000	-0.17685988210238743	Wealth of India.
Aleurites moluccana	Seed	30000	36000	-0.35732566188799114	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	4000	24000	-1.0154834195722509	--
Allium ampeloprasum	Leaf	8000	75000	-0.7726129834664683	--
Allium ampeloprasum	Root	9000	66000	-0.04451203912952142	--
Allium cepa	Bulb	4000	63000	-1	--
Allium cepa	Leaf	7000	90000	-0.5083313983755301	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	10000	395000	1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Flower	6000	52000	-0.3771772570194079	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	10000	74000	-0.7902317558058641	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Shoot	7000	31000	-1.6573953704783664	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	12950	35000	-0.9297321702301228	--
Allium schoenoprasum	Leaf	4000	100000	0.16118195052151324	--
Alocasia macrorrhiza	Leaf	8000	17700	-1.7821686385138522	--
Alocasia macrorrhiza	Root	3000	30975	-1.0446680098327008	--
Aloe spp.	Leaf	--	--	--	--
Alpinia galanga	Rhizome	10000	71000	-0.6868308798699451	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	8640	80000	0.35526479427075014	--
Amaranthus spinosus	Leaf	26000	240000	2.1344844525338518	--
Amorphophallus campanulatus	Root	3100	66000	-0.04451203912952142	--
Amorphophallus campanulatus	Shoot	163000	163000	1.3992319336810395	--
Amorphophallus konjac	Leaf	2000	77000	-0.7373754387876765	--
Amorphophallus konjac	Root	24000	24000	-1.243842539330336	--
Anacardium occidentale	Fruit	2000	28000	-0.7422580290226741	--
Anacardium occidentale	Leaf	12000	40000	-1.3892700153453241	--
Anacardium occidentale	Seed	26000	32000	-0.47763618174506045	--
Ananas comosus	Fruit	2800	36000	-0.5350952496139966	--
Anemone coronaria	Seed	41000	45000	-0.08662699220958558	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anethum graveolens	Fruit	64000	84000	0.707881426838069	--
Anethum graveolens	Plant	26000	205880	1.5332133347973154	--
Anethum graveolens	Seed	64000	84000	1.0864005763968383	--
Angelica sinensis	Root	12320	56000	-0.3300669201297154	--
Annona cherimola	Fruit	6100	34000	-0.5868859444661659	--
Annona cherimola	Seed	12000	15500	-0.9739170761554706	--
Annona diversifolia	Fruit	13700	48070	-0.22253840618115428	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona glabra	Fruit	9000	68000	0.29355586802071376	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	5000	38000	-0.4833045547618272	--
Annona reticulata	Fruit	5000	11100	-1.1798894005235057	--
Annona squamosa	Fruit	7000	40000	-0.4315138599096578	--
Anogeissus latifolia	Leaf	95000	95000	-0.42023753667855074	--
Anredera baselloides	Tuber	14000	93335	0.8908401351238305	Wealth of India.
Anthriscus cerefolium	Leaf	166000	178950	1.0588584012137332	--
Apium graveolens	Pt	6000	219000	1.0411508948922918	--
Apium graveolens	Root	8300	100000	0.9263745562711385	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Seed	6720	106294	1.7569512588202132	--
Apium graveolens	Fruit	6720	32000	-0.6386766393183354	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Arachis hypogaea	Leaf	16000	74000	-0.7902317558058641	--
Arachis hypogaea	Plant	73000	116000	-0.09055719550956291	--
Arachis hypogaea	Seed	16000	28000	-0.5979467016021296	--
Aralia cordata	Leaf	6000	127660	0.15519156792611863	--
Arctium lappa	Leaf	8200	35600	-1.466792613638666	Wealth of India.
Arctium lappa	Root	7990	34000	-0.9582876583301422	--
Arctostaphylos uva-ursi	Leaf	5800	50000	-1.2130822919513653	--
Arctostaphylos uva-ursi	Seed	6000	33000	-0.44755855178079296	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Areca catechu	Seed	15000	15000	-0.9889558911376043	--
Areca catechu	Sprout Seedling	10000	10000	-1.433018365784906	--
Armoracia rusticana	Plant	200000	200000	1.4269853561791084	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Armoracia rusticana	Root	10620	59000	-0.2444004558296572	--
Arracacia xanthorrhiza	Root	9000	31150	-1.0396707994151975	--
Artemisia absinthium	Seed	66000	66000	0.5450032370400273	--
Artemisia vulgaris	Leaf	22000	173220	0.9579028357089948	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	5600	33400	-0.6024231529218168	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Artocarpus altilis	Seed	15000	85850	1.142044191830733	USDA's Ag Handbook 8 and sequelae)
Artocarpus heterophyllus	Fruit	10000	37355	-0.5000070538516518	--
Artocarpus heterophyllus	Seed	15000	30990	-0.5080145880089704	--
Arundo donax	Plant	92000	150000	0.5236862182691849	--
Arundo donax	Stem	42000	42000	-1.010382482241424	--
Asclepias syriaca	Latex Exudate	12300	12300		--
Asclepias syriaca	Seed	37000	42000	-0.17685988210238743	--
Asimina triloba	Fruit	6000	22000	-0.8976301135791823	--
Aspalathus linearis	Shoot	--	25000	-1.7963329752128847	--
Asparagus officinalis	Shoot	6000	171000	1.5844820733270641	--
Asparagus officinalis	Root	2900	29000	-1.101065098830239	--
Astragalus gummifer	Gum	15000	30000	-1	--
Astragalus membranaceus	Root	12800	80000	0.35526479427075014	--
Avena sativa	Plant	18040	82000	-0.7048006092883108	--
Avena sativa	Seed	19000	96000	1.4473321359680458	--
Averrhoa bilimbi	Fruit	3000	68965	0.3185448782868855	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Averrhoa carambola	Fruit	2600	52000	-0.12076969079664142	--
Azadirachta indica	Fruit	39000	39000	-0.4574092073357425	--
Azadirachta indica	Leaf	112000	112000	-0.12071840690882082	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Bacopa monnieri	Shoot	--	19000	-1.9352705799474033	Wealth of India.
Bactris gasipaes	Fruit	7200	32800	-0.6179603613774676	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Bactris gasipaes	Seed	19000	19000	-0.8686453712805351	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Balanites aegyptiacus	Fruit	52000	81000	0.6301953845598148	--
Balanites aegyptiacus	Leaf	127000	127000	0.14356317818211736	--
Balanites aegyptiacus	Seed	33000	33000	-0.44755855178079296	--
Balanites aegyptiacus	Shoot	66000	66000	-0.8469260095270086	--
Barosma betulina	Leaf	81000	81000	-0.666900349430093	--
Basella alba	Leaf	14000	202900	1.4808279987422646	--
Benincasa hispida	Fruit	3000	76925	0.5246718437985197	--
Berberis vulgaris	Root	100000	100000	0.9263745562711385	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	100000	0.7762486153900449	--
Bertholletia excelsa	Seed	31840	35342	-0.377116742404479	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	15000	250000	2.3106721759278104	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	7600	140000	2.0685940802719145	--
Betula lenta	Leaf	77000	77000	-0.7373754387876765	Jim Duke's personal files.*



Plant	Part	Low PPM	High PPM	StdDev	Reference
Bixa orellana	Fruit	10000	64100	0.19256401305898344	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Seed	47000	54000	0.18407167746881994	--
Blighia sapida	Aril	12000	449000	1	--
Blighia sapida	Seed	14000	104000	1.687953175682184	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	21000	161540	0.752115574784851	--
Boehmeria nivea	Shoot	134000	182000	1.839201015340348	--
Brassica chinensis	Leaf	8000	170960	0.9180844102219602	--
Brassica juncea	Leaf	10000	108695	-0.1789484494905242	--
Brassica juncea	Seed	53000	56500	0.2592657523794881	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica napus var. napobrassica	Root	5700	90000	0.6408196752709441	ACTA AGRIC SCAND SUPPL 22: 1980
Brassica nigra	Leaf	5830	99722	-0.3370416936919234	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Seed	50000	54112	0.18744037202481786	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica oleracea	Stem	7000	111110	1.8856973536198134	--
Brassica oleracea var. botrytis l.	Leaf	2800	101708	-0.30205081182588317	--
Brassica oleracea var. botrytis l.	Flower	6600	121250	1.2014906628657485	--
Brassica oleracea var. capitata l.	Leaf	6000	98072	-0.3661126680519266	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. gemmifera	Leaf	13700	97818	-0.37058783622613317	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	2800	101708	-0.30205081182588317	--
Brassica oleracea var. sabellica l.	Leaf	15000	98500	-0.3585718334906652	--
Brassica oleracea var. viridis l.	Leaf	5500	90145	-0.5057766763863177	--
Brassica pekinensis	Leaf	190000	210000	1.6059212823519753	--
Brassica rapa	Root	7000	86000	0.5265977228708666	--
Brassica rapa	Leaf	8000	170960	0.9180844102219602	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	10700	138000	0.8203252472872126	--
Brosimum alicastrum	Fruit	9000	56250	-0.010714464235781446	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	7810	71000	0.09826540137057557	--
Byrsonima crassifolia	Fruit	6000	34885	-0.5639685619940811	--
Cajanus cajan	Fruit	13000	51000	-0.1466650382227261	--
Cajanus cajan	Leaf	185000	185000	1.1654519738670783	--
Cajanus cajan	Plant	58000	58000	-1.138384195485074	--
Cajanus cajan	Seed	14000	46000	-0.056549362245318306	--
Calathea macrosepala	Flower	13000	168830	2.2861552062323294	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Calotropis sp.	Seed	65500	65500	0.5299644220578936	--
Canarium indicum	Seed	38500	38500	-0.28213158697732293	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Canavalia ensiformis	Fruit	6000	53000	-0.09487434337055671	--
Canavalia ensiformis	Seed	29000	48000	0.003605897683216254	--
Canna indica	Root	9000	53000	-0.4157333844297736	--
Cannabis sativa	Seed	46000	71000	0.6953913868613637	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capparis spinosa	Flower	79000	140000	1.6289278252895272	--
Capparis spinosa	Leaf	132000	132000	0.23165703987909675	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capsella bursa-pastoris	Plant	19000	161000	0.7224120286093682	--
Capsicum annum	Fruit	13416	52000	-0.12076969079664142	--
Capsicum frutescens	Fruit	6000	65000	0.21586982574245966	--
Carica papaya	Fruit	2970	22000	-0.8976301135791823	--
Carica papaya	Leaf	22000	154000	0.619270031345806	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Seed	88000	88000	1.2067110962539076	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Carica pentagona	Fruit	4000	58825	0.05596605538638665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	5320	38000	-0.6963303382958294	--
Carthamus tinctorius	Plant	15000	122000	0.01783870103962789	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Carthamus tinctorius	Seed	40000	45000	-0.08662699220958558	--
Carum carvi	Fruit	56460	67620	0.28371563599880156	--
Carum carvi	Seed	55000	67620	0.5937289975821403	--
Carya glabra	Shoot	20000	110000	0.17194975852612646	--
Carya illinoensis	Seed	16000	17000	-0.9288006312090696	--
Carya ovata	Shoot	25000	90000	-0.2911755905889351	--
Casimiroa edulis	Fruit	4800	27777	-0.7480326914986911	--
Casimiroa edulis	Seed	11000	58000	0.30438219732588906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cassia tora	Sprout Seedling	99000	99000	0.9199790131216808	--
Castanea dentata	Seed	15600	28480	-0.5835094392192813	--
Castanea mollissima	Seed	16700	29726	-0.5460327122838042	--
Castanea sativa	Leaf	44000	44000	-1.3187949259877405	--
Castanea sativa	Seed	12300	27060	-0.6262196737685408	--
Catha edulis	Leaf	16000	16000	-1.8121205514908252	--
Caulophyllum thalictroides	Root	16060	146000	2.239927008872031	--
Cedrela odorata	Seed	83000	83000	1.0563229464325712	--
Ceiba pentandra	Seed	61000	82000	1.0262453164683039	--
Ceiba pentandra	Wood	59000	59000	1.989779114185175	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cenchrus biflorus	Seed	16000	18000	-0.8987230012448024	--
Cenchrus biflorus	Shoot	77000	116000	0.3108873632606449	--
Centella asiatica	Leaf	16050	150000	0.5487949419882225	--
Ceratonia siliqua	Fruit	20000	20000	-0.9494208084313518	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Ceratonia siliqua	Seed	30000	30000	-0.537791441673595	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Chamaemelum nobile	Flower	62000	62000	-0.1492107703933926	--
Chamissoa altissima	Leaf	16670	166700	0.8430284400561338	Tramil
Chenopodium ambrosioides	Leaf	24000	166000	0.8306952994185566	--
Chondrus crispus	Plant	150000	150000	0.5236862182691849	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum cinerariifolium	Shoot	71000	71000	-0.7311446722482432	--
Chrysanthemum coronarium	Bud	13400	180110	-1	--
Chrysanthemum coronarium	Leaf	11000	169230	0.8876039340748053	--
Chrysanthemum parthenium	Plant	--	171000	0.9030718561913528	--
Chrysanthemum parthenium	Leaf	3060	17000	-1.7945017791514293	--
Chrysobalanus icaco	Fruit	4000	58000	0.034602393759866776	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysophyllum cainito	Fruit	3000	22000	-0.8976301135791823	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chrysophyllum cainito	Seed	37500	37500	-0.3122092169415902	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cicer arietinum	Seed	24000	28900	-0.5708768346342891	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	13590	240000	2.1344844525338518	--
Cichorium intybus	Leaf	6000	180000	1.0773581121700988	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	8900	44500	-0.6584550332799385	--
Cimicifuga racemosa	Root	--	--		--
Cinchona spp	Seed	60000	60000	0.3645374572544236	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum verum	Bark	--	17000	-2.036112439574681	Wealth of India.
Citrullus lanatus	Fruit	30600	30600	-0.674930125714854	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrullus lanatus	Seed	62000	62000	0.4246927171829582	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrus aurantiifolia	Fruit	2000	3800	-1.3689254367339239	--
Citrus aurantium	Fruit	5000	64000	0.18997447831637496	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus limon	Fruit	28000	28000	-0.7422580290226741	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus mitis	Fruit Juice	6200	62000		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus mitis	Fruit	5400	64000	0.18997447831637496	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit	3050	53000	1.381160459916271	--
Citrus reticulata	Fruit	3900	31525	-0.6509769293457256	ACTA AGRIC SCAND SUPPL 22: 1980
Citrus sinensis	Fruit	4100	36920	-0.5112715299819987	--
Cnicus benedictus	Plant	17689	133000	0.21656451137981103	--
Cnicus benedictus	Seed	41000	41000	-0.20693751206665473	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cnidioscolus chayamansa	Leaf	17000	130000	0.196419495200305	--
Coccinia grandis	Fruit	5000	72465	0.40917859427818193	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	9000	22000	-0.7784124813877332	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	37400	37400	-0.31521697993801695	--
Colocasia esculenta	Leaf	13000	155000	0.636888803685202	--
Colocasia esculenta	Root	8000	63000	-0.13017850342957962	--
Colubrina texensis	Shoot	87000	87000	-0.360644392956194	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commelina benghalensis	Leaf	16000	115940	-0.05130044389160106	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corchorus olitorius	Leaf	15800	151000	0.5664137143276184	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coriandrum sativum	Leaf	19000	153000	0.6016512590064101	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Seed	6000	6600	-1.2416079828374493	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cornus florida	Seed	36000	36000	-0.35732566188799114	--
Corylus avellana	Seed	17000	50000	0.06376115761175082	--
Crataegus laevigata	Fruit	8091	29000	-0.7163626815965894	--
Crataegus rhipidophylla	Fruit	29000	31800	-0.6438557088035524	--
Crescentia alata	Seed	38000	39000	-0.26709277199518927	--
Crocus sativus	Silk Stigma Style	42700	133000	1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Crotalaria juncea	Seed	33000	33000	-0.44755855178079296	--
Croton tiglium	Seed	40000	60000	0.3645374572544236	--
Cucumis melo	Fruit	6950	110000	1.381160459916271	--
Cucumis sativus	Fruit	3670	140000	2.158020882698812	--
Cucurbita foetidissima	Fruit	95000	95000	0.9927302485250006	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita foetidissima	Leaf	215000	215000	1.6940151440489546	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita foetidissima	Root	49000	49000	-0.5299553368298512	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.



<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Cucurbita foetidissima	Seed	31000	48000	0.003605897683216254	--
Cucurbita maxima	Leaf	18200	129100	0.1805626000948487	--
Cucurbita pepo	Flower	4800	98970	0.6935813306629863	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	7500	95238	0.9988933412124088	--
Cucurbita pepo	Seed	47530	70000	0.6653137568970965	--
Cucurbita spp	Fruit	5550	96045	1.0197908865852592	--
Cuminum cyminum	Fruit	58000	89000	0.8373581639684924	--
Cuminum cyminum	Seed	58000	89000	1.2367887262181747	--
Curcuma longa	Rhizome	9000	148000	0.8154551817141439	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	9920	32000	-1.6080997471982341	--
Cuscuta europaea	Plant	80000	80000	-0.7409325748047078	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cyamopsis tetragonoloba	Fruit	--	14000	-1.1047928929878599	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Leaf	144000	165000	0.8130765270791607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Seed	33000	43000	-0.14678225213812016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot	75000	80000	-0.5227382651464656	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cyclanthera pedata	Fruit	7000	122800	1.7126209069701552	--
Cydonia oblonga	Fruit	3000	3000	-1.3896417146747917	--
Cydonia oblonga	Seed	13000	13000	-1.0491111510661388	--
Cymbopogon citratus	Plant	43000	43000	-1.4093739368580511	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	10600	106000	0.8538417707610751	--
Cyphomandra betacea	Fruit	6100	71000	0.37124191029896786	--
Cypripedium pubescens	Root	58000	58000	-0.2729559439296766	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Leaf	16000	145545	0.4703033112162139	--
Cyrtosperma chamissonis	Root	5700	35925	-0.9033183437376048	--
Cytisus scoparius	Seed	38000	38000	-0.29717040195945654	--
Daucus carota	Root	56000	79000	0.32670930617073074	--
Dioscorea alata	Root	7000	35045	-0.9284471732656219	--
Dioscorea bulbifera	Tuber	9000	31000	-1.3242795851928264	--
Dioscorea pentaphylla	Root	8200	44180	-0.6675927894719447	--
Dioscorea sp.	Root	35000	35000	-0.9297321702301228	--
Dioscorea villosa	Root	19680	82000	0.41237577047078894	--
Diospyros digyna	Fruit	3700	29210	-0.7109246586371117	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Fruit	9000	25280	-0.8126933740216246	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Diospyros virginiana	Leaf	50000	50000	-1.2130822919513653	--
Diospyros virginiana	Stem	22000	54000	-0.5075180916997535	--
Durio zibethinus	Fruit	8000	57895	0.03188338228012788	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Echinacea purpurea	Root	20080	80000	0.35526479427075014	--
Echinacea spp	Root	80000	80000	0.35526479427075014	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus angustifolia	Seed	24000	24000	-0.7182572214591987	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus commutata	Fruit	7000	51000	-0.1466650382227261	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	5900	31945	-0.6401008834267701	--
Elaeis guineensis	Fruit	9000	17000	-1.027106850709606	--
Eleocharis dulcis	Tuber	11000	60000	-0.2937434194884379	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	54000	54000	-0.06897899594447202	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	58000	58000	0.30438219732588906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	12600	60000	-0.2158449677296378	--
Elytrigia repens	Plant	61000	78000	-0.7770645403211047	--
Ephedra sinica	Plant	11760	56000	-1.174516161001471	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Equisetum arvense	Plant	22684	106000	-0.2712170230915476	--
Eriobotrya japonica	Fruit	4000	44000	-0.327932470205319	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriodictyon californicum	Leaf	15620	71000	-0.8430880728240518	--
Eruca sativa	Seed	--	48000	0.003605897683216254	--
Eryngium creticus	Shoot	194700	194700	2.1332856120284123	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Eryngium floridanum	Shoot	146900	146900	1.026416027643415	--
Erythrina berteroana	Shoot	12000	76000	-0.6153633349694778	--
Erythrina fusca	Leaf	14000	76000	-0.7549942111270724	--
Erythroxyllum coca	Leaf	46000	96250	-0.3982140712543059	--
Eugenia brasiliensis	Fruit	4000	27210	-0.7627153534892811	--
Eugenia floribunda	Fruit	2000	16000	-1.0530021981356905	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	2000	35715	-0.5424754236304308	--
Eupatorium perfoliatum	Plant	6030	67000	-0.9757903506612878	--
Euphrasia officinalis	Plant	19404	126000	0.09010263207242175	--
Fagopyrum esculentum	Seed	19000	24000	-0.7182572214591987	--
Feijoa sellowiana	Fruit	5000	31250	-0.6580981498878989	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ferula assa-foetida	Plant	15000	100000	-0.3796129196407384	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ficus carica	Fruit	5000	57000	0.008707046333782076	--
Ficus carica	Leaf	53000	167000	0.8483140717579525	--
Foeniculum vulgare	Fruit	79600	93026	0.9416128327059095	--
Foeniculum vulgare	Plant	17000	170000	0.8850058734331543	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	9720	90000	1.266866356182442	--
Fragaria spp	Fruit	3900	52065	-0.1190864932139459	--
Frangula purshiana	Bark	18559	67000	-0.3419190329694244	--
Fucus vesiculosus	Plant	29500	250000	2.3302844940890313	--
Garcinia mangostana	Fruit	2000	13140	-1.1270628917742929	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Gardenia jasminoides	Seed	25000	25000	-0.6881795914949315	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Genipa americana	Fruit	2000	37000	-0.5091999021879119	--
Gentiana lutea	Root	18040	82000	0.41237577047078894	--
Ginkgo biloba	Seed	14000	38000	-0.29717040195945654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ginkgo biloba	Leaf	11520	48000	-1.248319836630157	--
Gleditsia triacanthos	Fruit	54000	54000	-0.06897899594447202	--
Gleditsia triacanthos	Seed	38000	40000	-0.237015142030922	--
Gliricidia sepium	Flower	6000	69000	0.01036577024481813	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Gliricidia sepium	Leaf	5000	33000	-1.5126014217210952	--
Gliricidia sepium	Seed	35000	35000	-0.3874032918522584	--
Glycine max	Fruit	16000	52000	-0.12076969079664142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Plant	55000	119000	-0.036359247234967515	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	17000	61000	0.39461508721869093	--
Glycine max	Sprout Seedling	8000	58000	-0.16398607154315134	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	16799	107000	1.1262629729712743	--
Gossypium sp	Seed	34100	47000	-0.026471732281051027	--
Grindelia squarrosa	Seed	34000	34000	-0.4174809218165257	--
Guarea rusbyi	Bark	75000	75000	-0.07084808791258336	--
Gymnema sylvestre	Leaf	11400	60000	-1.0368945685574065	--
Harpagophytum procumbens	Root	13490	71000	0.09826540137057557	--
Helianthus annuus	Seed	26000	49300	0.04270681663676372	--
Helianthus tuberosus	Tuber	11000	115500	1.67848958729065	--
Hibiscus sabdariffa	Flower	2200	20000	-1.1066700142226569	--
Hibiscus sabdariffa	Leaf	10000	111000	-0.1383371792482167	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hippophae rhamnoides	Fruit	5000	5000	-1.3378510198226223	Abstract (See species file)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hordeum vulgare	Plant	61000	235000	2.0592947527160543	Jim Duke's personal files.*
Hordeum vulgare	Seed	9000	132000	2.530126814681668	Jim Duke's personal files.*
Hordeum vulgare	Stem	81000	81000	0.6239267870190052	--
Humulus lupulus	Fruit	70000	100000	1.1222069856554242	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Humulus lupulus	Flower	15996	86000	0.3979087975090442	--
Hydnocarpus kurzii	Seed	49300	49300	0.04270681663676372	--
Hydnocarpus wightiana	Seed	38300	38300	-0.28814711297017637	--
Hydrangea arborescens	Root	18900	54000	-0.3871778963297542	--
Hydrastis canadensis	Root	18282	66000	-0.04451203912952142	--
Hylocereus guatemalensis	Fruit	5400	38860	-0.46103455597539433	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	6000	38460	-0.47139269494582825	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ilex paraguariensis	Leaf	42500	42500	-1.3452230844968343	--
Ilex paraguariensis	Seed	13000	13000	-1.0491111510661388	--
Indigofera tinctoria	Leaf	44000	44000	-1.3187949259877405	--
Inga edulis	Seed	13000	35425	-0.3746202991174448	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	4000	25000	-1	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Inula helenium	Root	15840	72000	0.12682088947059497	--
Ipomoea aquatica	Leaf	13000	212500	1.649968213200465	--
Ipomoea batatas	Leaf	12000	259000	2.4692411269823733	--
Ipomoea batatas	Root	7000	36064	-0.8993491308917021	--
Jatropha curcas	Seed	45000	45000	-0.08662699220958558	--
Juglans cinerea	Seed	25150	30466	-0.5237752661102465	--
Juglans nigra	Hull Husk	--	29000	-0.6040404496926218	--
Juglans nigra	Seed	23000	24000	-0.604864556493911	--
Juglans nigra	Fruit	29000	29000	-0.7163626815965894	--
Juglans nigra	Pericarp	3480	29000		--
Juglans regia	Seed	12000	21000	-0.8084901113520006	--
Juncus effusus	Leaf	36000	36000	-1.4597451047029075	--
Juniperus communis	Fruit	9920	32000	-0.6386766393183354	--
Juniperus virginiana	Shoot	38000	88000	-0.33748812550044127	--
Justicia pectoralis	Leaf	23000	153000	0.6016512590064101	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Kalmia latifolia	Leaf	36000	36000	-1.4597451047029075	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	10000	56818	0.0039940931022346615	--
Lablab purpureus	Seed	6400	52762	0.14683557157305704	--



Plant	Part	Low PPM	High PPM	StdDev	Reference
Lactuca sativa	Leaf	7700	290000	3.0154230695036452	--
Lagenaria siceraria	Fruit	4300	96400	1.0289837349215192	--
Lagenaria siceraria	Seed	44300	44300	-0.10768133318457268	--
Lantana camara	Fruit	37000	37000	-0.5091999021879119	--
Lantana camara	Shoot	102900	102900	0.007540259590279596	--
Lantana camara	Stem	35000	35000	-1.3037200433907317	--
Larrea tridentata	Plant	28294	86000	-0.632536678255517	--
Lawsonia inermis	Seed	47500	52780	0.14737696891241386	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lawsonia inermis	Leaf	--	148000	0.5135573973094308	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
Lens culinaris	Seed	21000	30875	-0.5114735154548612	--
Lens culinaris	Sprout Seedling	9250	35833	-0.7500410479276718	USDA's Ag Handbook 8 and sequelae)
Leonotis nepetaefolia	Seed	59000	65000	0.5149256070757601	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lepidium meyenii	Root	--	50000	-0.5013998487298318	--
Lepidium sativum	Leaf	18000	169800	0.897646634308261	--
Lepidium sativum	Seed	57000	60440	0.3777716144387012	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Licania platypus	Fruit	9600	45480	-0.28960735601471366	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	19000	192300	3.5123475530830417	--
Limonia acidissima	Seed	50300	52290	0.1326389302299229	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Hay	62000	72000	-1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Seed	26000	49000	0.03368352764748354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Liquidambar styraciflua	Leaf	40000	82000	-0.6492815770906971	--
Liquidambar styraciflua	Seed	52000	52000	0.12391641754028537	--
Liquidambar styraciflua	Stem	20000	120000	2.258236056279434	--
Lobelia inflata	Leaf	5537	49000	-1.2307010642907612	--
Luffa aegyptiaca	Fruit	4000	80000	0.6043000371337302	--
Luffa aegyptiaca	Leaf	7000	71000	-0.8430880728240518	--
Lupinus albus	Seed	32800	36580	-0.3398806365087161	--
Lupinus mutabilis	Fruit	8000	28000	-0.7422580290226741	--
Lupinus mutabilis	Seed	35000	39000	-0.26709277199518927	--
Lycium chinense	Leaf	17000	163000	0.777838982400369	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	5700	105461	1.2636214779492727	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Macadamia spp	Seed	12400	17000	-0.9288006312090696	--
Maclura pomifera	Leaf	--	99600	-0.3391911839173297	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Maclura pomifera	Wood	--	3300	-0.586480687305161	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	2000	42000	-0.3797231650574884	--
Malus domestica	Fruit	2300	43000	-0.3538278176314037	--
Malva neglecta	Plant	172500	174500	0.9663027958450474	--
Malva parviflora	Plant	23000	168000	0.8488739079167574	--
Malva sylvestris	Leaf	13000	155000	0.636888803685202	--
Mammea americana	Fruit	1700	23070	-0.8699220918332717	--
Mangifera indica	Fruit	4700	29140	-0.7127373329569376	--
Mangifera indica	Leaf	19000	133000	0.24927581221849263	--
Mangifera indica	Seed	36600	36600	-0.33927908390943073	--
Manihot esculenta	Leaf	27000	135000	0.28451335689728435	--
Manihot esculenta	Root	5000	34300	-0.9497210119001364	--
Manilkara zapota	Fruit	4000	24000	-0.845839418727013	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	9000	37000	-0.872621194030084	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Mauritia flexuosa	Fruit	8000	17390	-1.0170076652134328	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	18800	100000	-0.3796129196407384	--
Medicago sativa	Seed	44000	49830	0.05864796051782538	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Melicoccus bijugatas	Fruit	3400	27000	-0.7681533764487589	--
Melilotus alba	Seed	41000	41000	-0.20693751206665473	--
Melilotus indica	Plant	85000	131000	0.1804325458634141	--
Mentha pulegium	Plant	73000	73000	-0.867394454112097	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	16000	94000	0.35178839232492654	--
Mentha x piperita	Leaf	21009	141000	0.3902259909336596	--
Mimosa hostilis	Plant	34400	34400	-1.564741388578558	--
Mimosa pudica	Leaf	5000	71000	-0.8430880728240518	--
Mimosa pudica	Seed	36000	54000	0.18407167746881994	--
Mimulus glabratus	Shoot	15000	150000	1.0982004567562496	--
Mirabilis expansa	Root	7000	42000	-0.729843753529987	--
Momordica charantia	Fruit	4000	142000	2.2098115775509815	--
Momordica charantia	Leaf	21000	149000	0.5311761696488266	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Morinda citrifolia	Leaf	15000	67000	-0.9135631621816354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	9700	82200	0.6612698014711165	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	23000	92000	-0.4730938536967384	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Seed	32000	33333	-0.43754270100269194	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Shoot	22600	105900	0.07700906195753883	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	7000	72000	0.39713725772505254	--
Morus alba	Leaf	80000	204000	1.5002086483155999	--
Mucuna pruriens	Seed	30000	44000	-0.11670462217385287	--
Muntingia calabura	Fruit	12000	59000	0.06049774118595147	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	15000	125000	0.1083256335033256	--
Murraya sp	Fruit	10090	38333	-0.474681404068941	--
Musa x paradisiaca	Fruit	10090	38333	-0.474681404068941	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Shoot	11710	158300	1.290397476639	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	Flower	--	12000	-1.2890432035234691	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Hull Husk	--	121000	1.409427715949451	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Leaf	--	88000	-0.5435689430543219	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Pith	--	6000	-1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Sprout Seedling	--	143000	2.083258616176623	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria cauliflora	Fruit	2000	24000	-0.845839418727013	--
Myrciaria dubia	Fruit	2000	33335	-0.6041063505045123	--
Myrica cerifera	Bark	13080	60000	-0.5791061098941602	--
Myrica cerifera	Leaf	127000	127000	0.14356317818211736	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nandina domestica	Seed	--	27000	-0.6280243315663969	--
Nasturtium officinale	Herb	13000	179000	1	--
Nelumbo nucifera	Rhizome	9700	68000	-0.7453615056459485	--
Nelumbo nucifera	Seed	9000	52000	0.12391641754028537	--
Nepeta cataria	Plant	6000	50000	-1.2829120575506618	--
Nicotiana tabacum	Leaf	120000	250000	2.3106721759278104	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Nigella sativa	Seed	38000	53000	0.15399404750455267	--
Nyssa sylvatica	Leaf	25000	91000	-0.49071262603613425	--
Nyssa sylvatica	Stem	15000	44000	-0.9265717504844788	--
Ocimum basilicum	Plant	20000	153000	0.5778841665437804	--
Ocimum sanctum	Seed	2000	2000	-1.379965080673079	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum tenuiflorum	Seed	--	2000	-1.379965080673079	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum tenuiflorum	Plant	--	97500	-0.42477787653623456	--
Oenothera biennis	Seed	47800	78000	0.9059347966112347	--
Olea europaea	Fruit	64000	294000	6.145904386315856	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Leaf	61000	61000	-1.0192757962180106	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Twig	85000	85000		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Bud	235000	235000	1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	3000	27000	-0.7681533764487589	--
Opuntia ficus-indica	Seed	31700	241000	5.808588480786801	--
Origanum majorana	Plant	96900	123300	0.0413244786252859	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Origanum vulgare	Plant	69000	79720	-0.7459910499770033	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Plant	75000	185800	1.17044840101269	--
Oryza sativa	Seed	7000	57000	0.2743045673616218	--
Oxalis tuberosa	Root	8000	49000	-0.5299553368298512	--
Pachira macrocarpa	Seed	35000	37000	-0.3272480319237238	--
Pachyrhizus erosus	Tuber	5000	46080	-0.7884007790265444	--
Panax ginseng	Root	10600	50000	-0.5013998487298318	--
Panicum maximum	Leaf	7100	160000	0.7249826653821814	--
Papaver somniferum	Seed	65450	75060	0.8175065645162889	--
Parthenium integrifolium	Root	11040	69000	0.041154425170536774	--
Passiflora edulis	Fruit	8000	32000	-0.6386766393183354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora edulis	Seed	18400	18400	-0.8866919492590954	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora foetida	Fruit	6000	33335	-0.6041063505045123	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Flower	3190	29000	-0.9015001762592432	--
Passiflora ligularis	Fruit	8700	61900	0.1355942487215971	--
Passiflora mollissima	Fruit	7000	87500	0.7985151428293654	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	4000	71000	0.37124191029896786	--



<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Passiflora quadrangularis	Seed	8000	37000	-0.3272480319237238	--
Pastinaca sativa	Root	9800	90000	0.6408196752709441	--
Pastinaca sativa	Seed	12000	12000	-1.0791887810304062	--
Paullinia cupana	Seed	14200	14200	-1.0130179951090181	Abstract (See species file)
Paullinia yoko	Bark	61000	61000	-0.5452222417620551	--
Peganum harmala	Plant	34000	105250	-0.28476651016019644	--
Peperomia pelucida	Leaf	11000	141000	0.3902259909336596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	23000	153335	0.6075535477401078	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	3000	94000	0.9668349010989159	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Leaf	20000	143000	0.42546353561245137	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	10000	85000	1.1164782063611056	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	6000	56000	-0.017188301092302623	--
Persea schiedeana	Fruit	7200	38725	-0.46453042787791576	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Pt	14600	26545	-1.3494322568823325	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	10823	137000	0.2888284424126049	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus acutifolius	Fruit	--	68000	0.29355586802071376	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus acutifolius	Hay	92000	123000	1	--
Phaseolus acutifolius	Seed	31000	42000	-0.17685988210238743	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Fruit	16000	28000	-0.7422580290226741	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus coccineus	Seed	28000	61000	0.39461508721869093	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Fruit	40000	40000	-0.4315138599096578	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Leaf	5000	179000	1.059739339830703	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	15000	100000	1.5676426558251149	--
Phaseolus lunatus	Sprout Seedling	22000	61000	-0.08467155315304167	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Fruit	6000	156000	2.572346441516167	--
Phaseolus vulgaris	Leaf	26000	177000	1.0245017951519113	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	17000	62000	0.4246927171829582	--
Phaseolus vulgaris	Sprout Seedling	5000	53763	-0.2760046096827829	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phoenix dactylifera	Fruit	5000	44800	-0.30721619226445124	--
Phoenix dactylifera	Seed	8900	18000	-0.8987230012448024	--
Phoradendron serotinum	Leaf	59000	59000	-1.0545133408968024	--
Phragmites australis	Rhizome	--	58000	-0.94046359156596	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phragmites australis	Shoot	--	108000	0.1256372236146203	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus acidus	Fruit	4000	70000	0.3453465628728832	--
Phyllanthus emblica	Fruit	4000	25000	-0.8199440713009283	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis alkekingi	Fruit	5000	5000	-1.3378510198226223	--
Physalis angulata	Fruit	20000	200000	3.711741728263894	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	6000	82000	0.6560907319858995	--
Physalis peruviana	Fruit	8000	47000	-0.2502464279270649	--
Phytelephas aequatorialis	Flower	17000	58220	-0.2353821023380264	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	18200	154295		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phytelephas aequatorialis	Seed	7300	59400	0.34649087927586325	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas macrocarpa	Seed	15000	15000	-0.9889558911376043	--
Pimenta dioica	Leaf	76000	89000	-0.525950170714926	--
Pimpinella anisum	Fruit	66000	77000	0.526613994855476	--
Pimpinella anisum	Seed	60000	77000	1.5676426558251149	--
Pinus cembroides	Seed	29000	30000	-0.537791441673595	USDA's Ag Handbook 8 and sequelae)
Pinus echinata	Shoot	17000	42000	-1.4026764284650826	--
Pinus edulis	Seed	22600	27000	-0.6280243315663969	--
Pinus gerardiana	Seed	29000	31350	-0.4971866412218342	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	43000	47155	-0.0218096996365896	--
Piper auritum	Leaf	24000	135000	0.28451335689728435	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper betel	Leaf	23000	157500	0.6809357345336916	--
Piper methysticum	Root	--	32000	-1.0153986345301809	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Piper nigrum	Fruit	42932	60000	0.08639308861203618	--
Pistacia vera	Seed	24000	33000	-0.44755855178079296	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Pisum sativum	Fruit	5600	55391	-0.032958567674788206	--
Pisum sativum	Plant	60000	191000	1.2643915113553221	--
Pisum sativum	Seed	8280	43138	-0.14263153920305127	--
Plantago major	Seed	18600	62000	0.4246927171829582	--
Plantago psyllium	Hull Husk	19800	19800	-0.805387266256829	--
Plantago psyllium	Seed	4796	22000	-0.7784124813877332	--
Platonia insignis	Fruit	10000	40000	-0.4315138599096578	--
Platycodon grandiflorum	Root	15000	20000	-1.3580644917304137	--
Plectranthus amboinicus	Leaf	12000	214285	1.6814177218262865	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	70000	70000	0.06970991327055617	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	3000	67000	-0.01595655102950202	--
Portulaca oleracea	Herb	14000	159090	-1	--
Pothomorphe sp.	Leaf	17000	95000	-0.42023753667855074	--
Pourouma cecropiaefolia	Fruit	2000	11110	-1.1796304470492447	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	7000	27070	-0.7663407021289329	--
Pouteria campechiana	Fruit	6000	23000	-0.8717347661530976	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria viridis	Fruit	12000	37975	-0.4839519384474793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prosopis juliflora	Fruit	48000	48000	-0.2243510805009802	--
Prosopis juliflora	Leaf	85000	85000	-0.5964252600725095	--
Prosopis juliflora	Seed	35000	300000	7.583168648678571	--
Prunus armeniaca	Fruit	7000	105000	1.2516837227858475	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	10000	30000	-0.537791441673595	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Prunus cerasus	Fruit	4000	48000	-0.2243510805009802	--
Prunus domestica	Fruit	3810	170000	2.934881305481353	--
Prunus dulcis	Seed	21000	33022	-0.4468968439215791	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Bark	63000	63000	-0.4774545054978449	--
Prunus persica	Fruit	4000	150000	2.416974356959659	--
Prunus salicifolia	Fruit	5600	35345	-0.5520567021780821	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus serotina	Leaf	29000	96000	-0.4026187643391549	--
Prunus serotina	Stem	1900	54000	-0.5075180916997535	--
Psidium cattleianum	Fruit	5000	44000	-0.327932470205319	--
Psidium guajava	Fruit	4300	43200	-0.34864874814618674	--
Psidium guajava	Seed	30000	30000	-0.537791441673595	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psophocarpus tetragonolobus	Leaf	19000	99360	-0.34341968927878475	--
Psophocarpus tetragonolobus	Seed	6120	80863	0.9920470511989319	--
Psophocarpus tetragonolobus	Tuber	20000	46948	-0.7575557655151164	--
Pteridium aquilinum	Leaf	6000	68965	-0.8789422745347224	--
Pteridium aquilinum	Rhizome	83000	92222	-0.2727852331304965	--
Pterocarpus marsupium	Leaf	--	75000	-0.7726129834664683	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pueraria montana	Root	14000	44600	-0.6555994844699365	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Punica granatum	Fruit	5000	35858	-0.5387723889485007	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	2720	40000	-0.4315138599096578	--
Quararibea cordata	Fruit	3000	25850	-0.7979330259887563	--
Quercus alba	Bark	31008	136000	1.9960678681458295	--
Quercus alba	Stem	20000	76000	0.41439995762664245	--
Quercus phellos	Stem	14000	42000	-1.010382482241424	--
Quercus rubra	Stem	20000	66000	-0.004653701158082971	--
Quercus stellata	Stem	25000	84000	0.7496428846544227	--
Quercus suber	Cork	1000	40000		--
Quercus velutina	Stem	24000	62000	-0.17227516467197312	--
Quisqualis indica	Seed	65000	69519	0.6508464168842839	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Raphanus sativus	Root	10000	185700	3.373579886442801	--
Rheum rhabarbarum	Leaf	10000	194000	1.3240209249216413	--
Rheum rhabarbarum	Pt	8000	160000	0.30828136199004014	--
Rhizophora mangle	Leaf	89000	101000	-0.3145249026421755	--
Rhodymenia palmata	Plant	182000	182000	1.1017976665315359	--
Rhus copallina	Leaf	27000	96000	-0.4026187643391549	--
Rhus copallina	Stem	25000	61000	-0.21418053055044567	--
Rhus glabra	Stem	21000	67000	0.03725166472038957	--
Rhynchosia minima	Shoot	76900	76900	-0.5945226942593	--
Ribes nigrum	Fruit	8050	61100	0.11487797078072934	--
Ribes rubrum	Fruit	6000	75000	0.47482330000330664	--
Ribes uva-crispa	Fruit	4000	183000	3.271520822020454	--
Ricinus communis	Leaf	124000	124000	0.09070686116392972	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Ricinus communis	Seed	20000	22000	-0.7784124813877332	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Robinia pseudoacacia	Leaf	61000	75000	-0.7726129834664683	--
Robinia pseudoacacia	Seed	40000	47000	-0.026471732281051027	--



Plant	Part	Low PPM	High PPM	StdDev	Reference
Rollinia mucosa	Fruit	7000	30700	-0.6723405909722455	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	12716	68000	0.29355586802071376	--
Rosa canina	Seed	22000	22000	-0.7784124813877332	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rosmarinus officinalis	Plant	23500	75570	-0.820964878423527	USDA's Ag Handbook 8 and sequelae)
Rubus chamaemorus	Fruit	4100	31250	-0.6580981498878989	--
Rubus idaeus	Leaf	13520	80000	-0.6845191217694889	--
Rubus idaeus	Fruit	3880	30815	-0.6693626260182457	Revised USDA data received 1993.
Rumex acetosa	Leaf	11000	110000	-0.15595595158761258	--
Rumex acetosella	Shoot	81000	81000	-0.4995819976907125	--
Rumex crispus	Leaf	15000	202703	1.4773571005914035	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex crispus	Root	39321	153000	2.4398154255721667	--
Ruscus aculeatus	Root	19026	63000	-0.13017850342957962	--
Salix alba	Bark	18480	110000	1.115087296711096	--
Salix alba	Wood	8700	8700	-0.3367176185789884	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Salvia officinalis	Leaf	13659	87000	-0.5611877153937178	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sambucus canadensis	Fruit	6150	32918	-0.6149047103811897	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Fruit	8600	48765	-0.2045411397200254	--
Santalum acuminatum	Fruit	21000	90130	0.8666199065599681	--
Sassafras albidum	Leaf	33000	68000	-0.8959443898422395	--
Sassafras albidum	Seed	24000	26000	-0.6581019615306641	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sassafras albidum	Stem	11000	37000	-1.2199093116337867	--
Satureja hortensis	Plant	21100	105000	-0.28928300584974603	--
Schinus molle	Fruit	54700	54700	-0.05085225274621273	--
Schisandra chinensis	Fruit	6900	46000	-0.2761417753531496	--
Sclerocarya caffra	Fruit	2000	24000	-0.845839418727013	--
Sclerocarya caffra	Seed	48000	50000	0.06376115761175082	--
Scutellaria lateriflora	Plant	13152	96000	-0.4518768506735323	--
Secale cereale	Seed	18000	24650	-0.698706761982425	USDA's Ag Handbook 8 and sequelae)
Secale cereale	Seed	--	54750	0.2066298999420204	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sechium edule	Fruit	4000	57145	0.012461871710564358	--
Sechium edule	Leaf	21600	122000	0.05546931648513796	--
Sechium edule	Shoot	8000	108100	0.1279528503601956	--
Senna alexandrina	Leaf	20097	99000	-0.34976244732096723	--

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Senna obtusifolia	Seed	42000	48100	0.006613660679642982	--
Serenoa repens	Fruit	3770	29000	-0.7163626815965894	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Leaf	124000	124000	0.09070686116392972	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sesamum indicum	Seed	42270	65000	0.5149256070757601	--
Sicana odorifera	Fruit	6000	47620	-0.23419131252289238	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	16000	81000	-0.666900349430093	--
Silybum marianum	Plant	63000	63000	-1.0480542816940817	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	13860	63000	-0.9840382515392189	--
Simmondsia chinensis	Seed	14000	16000	-0.958878261173337	--
Sinapis alba	Seed	44145	49280	0.04210526403747837	--
Smilax officinalis	Root	13230	63000	-0.13017850342957962	--
Smilax spp	Root	13230	63000	-0.13017850342957962	--
Solanum melongena	Fruit	5000	80000	0.6043000371337302	--
Solanum melongena	Leaf	20000	147000	0.49593862497003494	--
Solanum quitoensis	Fruit	6000	73000	0.4230326051511373	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Solanum torvum	Fruit	11000	75000	0.47482330000330664	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Solanum tuberosum	Tuber	8100	85000	0.5946498268084486	--
Sonchus oleraceus	Leaf	16000	235000	2.046390590836872	--
Sophora japonica	Seed	39000	39000	-0.26709277199518927	--
Sophora secundiflora	Seed	32000	32000	-0.47763618174506045	--
Sorbus aucubaria	Fruit	7300	57690	0.026574836057780517	--
Sorbus aucubaria	Wood	6300	6300	-0.4477234269017318	--
Spartium junceum	Stem	44000	44000	-0.9265717504844788	--
Sphenostylis stenocarpa	Root	8000	23000	-1.2723980274303555	--
Sphenostylis stenocarpa	Seed	29000	32000	-0.47763618174506045	--
Spinacia oleracea	Plant	16850	285700	2.9752400785567166	--
Spirulina pratensis	Plant	182000	182000	1.1017976665315359	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	43000	-1.4093739368580511	--
Spondias dulcis	Fruit	4000	31000	-0.6645719867444201	--
Spondias mombin	Fruit	4000	35000	-0.5609905970400813	--
Spondias pinnata	Fruit	5000	52000	-0.12076969079664142	--
Spondias purpurea	Fruit	6000	34000	-0.5868859444661659	--
Stachys officinalis	Plant	10080	60000	-1.102252229968677	--
Stellaria media	Plant	13031	157000	0.6501480975765742	--
Sterculia urens	Gum	59200	59200	1	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Stevia rebaudiana	Leaf	63000	130000	0.196419495200305	--
Symphoricarpos orbiculatus	Stem	38000	88000	0.9172643481683129	--
Symphytum officinale	Root	140000	140000	2.0685940802719145	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	3960	36000	-1.4597451047029075	--
Syzygium cumini	Fruit	3000	40000	-0.4315138599096578	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	4000	28385	-0.7322883202636316	--
Syzygium malaccense	Fruit	1000	47000	-0.2502464279270649	--
Tabebuia heptaphylla	Bark	14857	83000	0.20022285714425767	--
Tamarindus indica	Flower	35000	35000	-0.7647202842836339	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	27000	39358	-0.44813867295720416	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Leaf	26000	73000	-0.80785052814526	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Seed	25000	32000	-0.47763618174506045	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tanacetum parthenium	Plant	--	171000	0.9030718561913528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	11440	80000	0.35526479427075014	--
Taraxacum officinale	Leaf	18000	205000	1.5178274206549958	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tephrosia purpurea	Leaf	77000	99600	-0.3391911839173297	--
Terminalia arjuna	Leaf	--	70900	-0.8448499500579915	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Terminalia bellirica	Leaf	49000	80000	-0.6845191217694889	--
Terminalia catappa	Seed	24000	43000	-0.14678225213812016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	18000	300000	3.1916107928976043	--
Tetrapanax papyrifera	Pith	59000	59000	1	--
Theobroma angustifolium	Seed	18200	44600	-0.0986580441952925	--
Theobroma bicolor	Fruit	7000	89060	0.8389118848140575	--
Theobroma bicolor	Seed	33000	41725	-0.18513123034256093	--
Theobroma cacao	Fruit	38000	90475	0.8755538014219674	J Cell Biochem VOL. 22=1995
Theobroma speciosum	Fruit	15000	38460	-0.47139269494582825	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Plant	113681	130809	0.17698194315659818	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	21504	128000	0.16118195052151324	--
Tilia sp.	Fruit	21000	66000	0.24176517316854437	--
Trachyspermum ammi	Fruit	79000	85313	0.7418820180085182	--
Tribulus terrestris	Leaf	46000	167000	0.8483140717579525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	5000	92590	0.9303224612281364	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tridax procumbens	Leaf	159000	159000	0.7073638930427855	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Trifolium pratense	Flower	8100	45000	-0.5367537976576187	--
Trifolium pratense	Seed	41000	41000	-0.20693751206665473	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Trifolium pratense	Shoot	79000	79000	-0.5458945326022187	--
Trigonella foenum-graecum	Seed	5070	39000	-0.26709277199518927	--
Triticum aestivum	Seed	4000	12000	-1.0791887810304062	--
Tropaeolum majus	Shoot	14000	102200	-0.008669127628747558	--
Tropaeolum tuberosum	Root	4000	57000	-0.301511432029696	--
Turnera diffusa	Leaf	18900	90000	-0.5083313983755301	--
Ulex europaeus	Plant	16000	34000	-1.5719677816818372	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ulex europaeus	Seed	43000	43000	-0.14678225213812016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ullucus tuberosus	Root	6000	44000	-0.6727327773299482	--
Ulmus rubra	Bark	12464	76000	-0.03696421978047823	--
Uncaria catechu	Plant	30000	50000	-1.2829120575506618	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Urtica dioica	Leaf	16800	84000	-0.6140440324119054	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vaccinium corymbosum	Fruit	2070	13845	-1.1088066718389031	--
Vaccinium macrocarpon	Fruit	4800	40000	-0.4315138599096578	--
Vaccinium myrtillus	Fruit	3840	48000	-0.2243510805009802	--
Vaccinium vitis-idaea	Fruit	2500	18000	-1.0012115032835212	--
Valeriana officinalis	Root	16874	143000	2.1542605445719727	--
Valerianella locusta	Plant	12000	166666	0.8247738869173207	--
Vanilla planifolia	Fruit	45000	97000	1.04452094337717	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Verbascum thapsus	Leaf	37840	86000	-0.5788064877331136	--
Vetiveria zizanioides	Leaf	53000	90000	-0.5083313983755301	--
Vicia faba	Fruit	8000	54800	-0.04826271800360426	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	11000	57900	0.3013744343294623	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Fruit	144000	144000	2.261602272403151	--
Vigna aconitifolia	Leaf	138000	138000	0.337369673915472	--
Vigna aconitifolia	Plant	126000	138000	0.30689442517080334	--
Vigna aconitifolia	Seed	35000	56000	0.24422693739735452	--
Vigna angularis	Seed	32600	37622	-0.3085397460859496	--
Vigna mungo	Fruit	122000	122000	1.6919046290292874	--



Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna mungo	Plant	126000	126000	0.09010263207242175	--
Vigna mungo	Seed	32000	36000	-0.35732566188799114	--
Vigna radiata	Seed	32210	37609	-0.3089307552754851	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	3750	53025	-0.2955159812067499	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Fruit	54000	54000	-0.06897899594447202	--
Vigna subterranea	Plant	75000	75000	-0.8312624885957001	--
Vigna subterranea	Seed	18000	42000	-0.17685988210238743	--
Vigna unguiculata	Fruit	6000	49383	-0.18853781501070507	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	39270	45132	-0.0826567450543023	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	10500	102740	0.0038352567973591037	--
Vigna unguiculata	Seed	16000	120000	2.1691952551104605	--
Vigna unguiculata	Shoot	10500	102740	0.0038352567973591037	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	54000	54000	-1.1426072025937817	--
Vitellaria paradoxa	Seed	--	18000	-0.8987230012448024	--
Vitis vinifera	Fruit	4290	77000	0.526613994855476	--
Vitis vinifera	Stem	88000	88000	0.9172643481683129	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	13000	129000	0.17880072286090912	--
Xanthosoma sagittifolium	Root	6000	146000	2.239927008872031	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Yucca baccata	Root	13520	65000	-0.07306752722954081	--
Zea mays	Seed	10000	90000	1.266866356182442	--
Zea mays	Silk Stigma Style	33000	33000	-1	--
Zingiber officinale	Rhizome	7700	200000	1.829986028498204	--
Zingiber officinale	Root	2450	35000	-0.9297321702301228	--
Zizyphus jujuba	Fruit	6000	35000	-0.5609905970400813	--
Zizyphus jujuba	Leaf	86000	86000	-0.5788064877331136	--
Zizyphus jujuba	Seed	13000	17000	-0.9288006312090696	--
Zizyphus jujuba	Shoot	108000	108000	0.1256372236146203	--
Zizyphus spina-christi	Fruit	44000	49000	-0.1984557330748955	--