

C BETA-SITOSTEROL

Chemid

BETASITOSTEROL

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 | -- | 150 | -0.5971588891273873 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Abelmoschus moschatus | Seed | -- | -- | | Wealth of India. |
| Abies spectabilis | Leaf | -- | -- | | -- |
| Abrus precatorius | Seed | -- | -- | | Wealth of India. |
| Acacia senegal | Plant | -- | -- | | Pakistan Encyclopedia Planta Medica. 1986. |
| Achillea millefolium | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Achyranthes bidentata | Root | -- | -- | | -- |
| Actinidia chinensis | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|---------|---------|----------|---------------------|----------------------------|
| Aesculus hippocastanum | Leaf | -- | -- | | Jim Duke's personal files. |
| Aesculus hippocastanum | Bark | -- | -- | | Jim Duke's personal files. |
| Aesculus hippocastanum | Seed | -- | -- | | Jim Duke's personal files. |
| Agastache rugosa | Root | -- | -- | | Jim Duke's personal files. |
| Agave sisalana | Leaf | -- | -- | | Wealth of India. |
| Ageratum conyzoides | Plant | -- | -- | | Wealth of India. |
| Aglaiia odorata | Leaf | -- | -- | | Wealth of India. |
| Agrimonia eupatoria | Shoot | 25 | 25 | -0.9699561923388506 | -- |
| Ailanthus altissima | Plant | -- | -- | | -- |
| Ajuga bracteosa | Plant | -- | -- | | Wealth of India. |
| Ajuga bracteosa | Shoot | -- | -- | | Jim Duke's personal files. |
| Albizia lebeck | Bark | -- | -- | | Wealth of India. |
| Aleurites fordii | Plant | -- | -- | | -- |
| Alisma plantago-aquatica | Rhizome | -- | -- | | -- |
| Allium ampeloprasum | Plant | -- | -- | | -- |
| Allium cepa | Bulb | 120 | 510 | -1 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------|------------------|---------|----------|----------------------|--|
| Allium cepa | Seed Oil | -- | -- | | Grujic-Injac, B., Basarevic-Dinic, L., Lajsic, S., Stefanovic, D. 1985. Chemical Analysis of Seed Oil of the Onion (<i>Allium cepa</i>). <i>Hrana Ishrana</i> , 25: 167-169 (Inst Ishr Vet Fak Belgrade, Yugoslavia) |
| Allium cepa | Seed | -- | -- | | Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. <i>Fecs. Int. Conf. Chem. Biotechnol. Biol. Act. Nat. Prod.</i> , (Proc.) 3rd: 166-170. |
| Allium sativum var. sativum | Plant | -- | -- | | -- |
| Allium sativum var. sativum | Bulb | 13 | 555 | 1 | -- |
| Alnus glutinosa | Bark | -- | -- | | -- |
| Aloe vera | Plant | -- | -- | | -- |
| Aloe vera | Leaf | -- | -- | | -- |
| Amaranthus spinosus | Leaf | -- | -- | | Wealth of India. |
| Anacardium occidentale | Seed | -- | -- | | -- |
| Ananas comosus | Fruit | -- | 40 | -0.7416857929866011 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition</i> . CRC Press. Boca Raton, FL. 233 pp.) |
| Anastatica hierochuntica | Plant | -- | -- | | -- |
| Anethum graveolens | Plant | -- | 490 | -0.10551968168882546 | -- |
| Anethum graveolens | Seed Essent. Oil | -- | -- | | -- |
| Anethum graveolens | Seed | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|--------|---------|----------|--------------------|--|
| Anethum graveolens | Root | -- | -- | | -- |
| Angelica archangelica | Plant | -- | -- | | -- |
| Angelica archangelica | Seed | 1.5 | 9.5 | -0.627327401886418 | -- |
| Angelica archangelica | Fruit | -- | -- | | -- |
| Angelica sinensis | Root | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Anisomeles indica | Root | -- | -- | | Wealth of India. |
| Annona cherimola | Seed | 10000 | 14000 | 4.7412403372639025 | -- |
| Annona muricata | Plant | -- | -- | | -- |
| Apium graveolens | Pt | -- | 30 | | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Apium graveolens | Seed | -- | 210 | -0.550389634708716 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Arachis hypogaea | Plant | -- | -- | | -- |
| Araucaria bidwillii | Flower | -- | -- | | 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. |
| Arctium lappa | Plant | -- | -- | | Jim Duke's personal files. |
| Arctostaphylos uva-ursi | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Areca catechu | Seed | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|--------------------|---------|----------|----------------------|---|
| Armoracia rusticana | Root | -- | 710 | -0.25867676228885333 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Arnica montana | Flower | -- | -- | | -- |
| Artemisia annua | Plant | -- | -- | | -- |
| Artemisia annua | Shoot | -- | -- | | -- |
| Artemisia annua | Root | -- | -- | | Wright,C.W.(Ed)2002.Medicinal&Aromatic Plants-Industrial Profiles.Artemisia.344pp.Maffei,M.(Ed)2002.Vetiveria.The Genus Vetiveria.Taylor&Francis.NY,NY.191pp.Southwell,I.,Lowe,R.(Eds)1999.Tea Tree.The Genus Melaleuca.Harwood Acad.Pub.Amsterdam,Netherlands. |
| Artemisia dracunculus | Plant | -- | -- | | Stitt, Paul. Why George should eat broccoli. |
| Artemisia dracunculus | Shoot | -- | -- | | -- |
| Artemisia dracunculus | Leaf | -- | -- | | -- |
| Artemisia herba-alba | Plant | -- | -- | | -- |
| Artemisia vulgaris | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Arundo donax | Plant | -- | -- | | -- |
| Asarum canadense | Rhizome | -- | -- | | -- |
| Asclepias syriaca | Sprout Seedling | -- | -- | | -- |
| Asparagus lucidus | Root | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------------|----------|---------|----------|---------------------|---|
| Aspidosperma quebracho-blanco | Bark | -- | -- | | -- |
| Astragalus membranaceus | Root | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Astrocaryum vulgare | Seed Oil | -- | 783100 | 1 | Szpiz, R. R., Pereira, D. A., Lago, R. C. A. 1980. Comparison Between Oils From Three Brazilian Palms. Bol. Rec. Cent. Technol. Agric. Aliment (Rio de Janeiro) 14: 33-46. Cent Technol Agric Aliment Empresa Brasil Pesqui Aropecu Rio de Janeiro, Brazil. |
| Avena sativa | Plant | -- | -- | | Stitt, Paul. Why George should eat broccoli. |
| Avena sativa | Leaf | -- | -- | | -- |
| Avena sativa | Seed | -- | -- | | -- |
| Azadirachta indica | Flower | -- | -- | | -- |
| Azadirachta indica | Leaf | -- | -- | | -- |
| Bacopa monnieri | Plant | -- | -- | | Wealth of India. |
| Balanites aegyptiacus | Bark | -- | -- | | -- |
| Beta vulgaris | Leaf | -- | 130 | -1.0063608461922844 | -- |
| Beta vulgaris | Root | -- | -- | | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Boswellia serrata | Bark | -- | -- | | Sabinsa: A series of well documented proprietary PR booklets, e.g.Sabinsa Corps. 1998. Bronchial Asthma - Its etiology and control with traditional herbal extracts. Sabinsa Corporation. Piscataway, NJ. 49 pp. |
| Brassica juncea | Leaf | 20 | 500 | -0.8068144833352933 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------------------|----------|---------|----------|----------------------|--|
| Brassica oleracea var. botrytis l. | Plant | -- | -- | | -- |
| Brassica oleracea var. botrytis l. | Flower | 120 | 1200 | -0.7745775450534552 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Brassica oleracea var. capitata l. | Leaf | 70 | 700 | -0.6989515844936766 | -- |
| Brassica oleracea var. gemmifera | Leaf | 170 | 1700 | -0.15963709028559278 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Brassica oleracea var. italica | Plant | -- | -- | | Stitt, Paul. Why George should eat broccoli. |
| Brassica rapa | Leaf | 90 | 900 | -0.5910886856520599 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Brassica rapa | Root | 50 | 500 | -0.26375908041164936 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Caesalpinia pulcherrima | Flower | -- | -- | | -- |
| Cajanus cajan | Leaf | -- | -- | | Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp. |
| Calendula officinalis | Flower | -- | -- | | -- |
| Calotropis sp. | Bark | -- | -- | | -- |
| Camellia sinensis | Seed | -- | -- | | -- |
| Camellia sinensis | Seed Oil | -- | -- | | -- |
| Camellia sinensis | Leaf | 2130 | 2230 | 0.1261995916446916 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------------|----------|---------|----------|---------------------|---|
| Capparis spinosa | Plant | -- | -- | | -- |
| Capsella bursa-pastoris | Plant | -- | -- | | -- |
| Capsicum annuum | Plant | -- | -- | | -- |
| Capsicum annuum | Fruit | 60 | 1190 | 0.7692772928142692 | -- |
| Capsicum frutescens | Fruit | 60 | 70 | -0.702269364661361 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Carica papaya | Leaf | -- | -- | | Jim Duke's personal files. |
| Carica papaya | Seed Oil | -- | -- | | Jim Duke's personal files. |
| Carica papaya | Flower | -- | -- | | Jim Duke's personal files. |
| Carica papaya | Fruit | -- | -- | | Jim Duke's personal files. |
| Carica papaya | Seed | -- | -- | | Jim Duke's personal files. |
| Carum carvi | Root | -- | -- | | -- |
| Carum carvi | Seed | -- | 420 | -0.4698064371659858 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Casimiroa edulis | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Catalpa longissima | Leaf | -- | -- | | Tramil |
| Catharanthus roseus | Plant | -- | -- | | Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986. |
| Caulophyllum thalictroides | Root | -- | -- | | Jim Duke's personal files. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------------|---------------|---------|----------|---------------------|---|
| Ceiba pentandra | Bark | -- | -- | | =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 |
| Centaurea calcitrapa | Plant | -- | -- | | -- |
| Centaurea cyanus | Flower | -- | -- | | Jim Duke's personal files. |
| Centaurium erythraea | Plant | -- | -- | | -- |
| Centella asiatica | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Centella asiatica | Essential Oil | -- | 2000 | 1 | Jim Duke's personal files. |
| Ceratonia siliqua | Seed | -- | -- | | Wealth of India. |
| Chimaphila umbellata | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Chrysanthemum x morifolium | Flower | -- | -- | | Wealth of India. |
| Cinchona spp | Bark | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Cinnamomum verum | Bark | -- | 210 | -0.604451419169448 | -- |
| Citrullus colocynthis | Plant | -- | -- | | -- |
| Citrullus lanatus | Fruit | -- | 10 | -0.7811022213118411 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Citrus limon | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-------------|----------------|-----------------|----------------------|--|
| Citrus limon | Fruit | -- | 80 | -0.6891305552196143 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Citrus paradisi | Fruit | -- | 130 | -0.6234365080108808 | -- |
| Citrus reticulata | Pericarp | -- | -- | | -- |
| Citrus reticulata | Root | -- | -- | | -- |
| Citrus sinensis | Fruit | -- | 170 | -0.570881270243894 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Clematis vitalba | Plant | -- | -- | | -- |
| Cnicus benedictus | Plant | -- | -- | | -- |
| Cnicus benedictus | Seed | 243 | 243 | -0.5377265608091442 | Jim Duke's personal files. |
| Coccinia grandis | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Coccinia grandis | Leaf | -- | -- | | -- |
| Coccinia grandis | Fruit | -- | -- | | -- |
| Cocos nucifera | Seed Oil | -- | -- | | Jim Duke's personal files. |
| Cocos nucifera | Fruit | -- | 270 | -0.43949317582642705 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Coffea arabica | Seed | 520 | 530 | -0.42759619083407946 | -- |
| Coix lacryma-jobi | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Commelina benghalensis | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|---------------------|---------|----------|---------------------|--|
| Commiphora myrrha | Resin, Exudate, Sap | -- | -- | | Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980. |
| Commiphora wightii | Plant | -- | -- | | Jim Duke's personal files. |
| Conyza canadensis | Plant | -- | -- | | -- |
| Coriandrum sativum | Fruit | -- | 220 | -0.5051872230351605 | -- |
| Coriandrum sativum | Seed | -- | -- | | -- |
| Corylus avellana | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Corylus avellana | Seed | -- | -- | | -- |
| Costus speciosus | Rhizome | -- | -- | | -- |
| Crataegus laevigata | Flower | 6500 | 7800 | 0.9253646230843826 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Crataegus laevigata | Leaf | 5100 | 6200 | 2.2672781336507843 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Crataegus rhipidophylla | Flower | 6500 | 7800 | 0.9253646230843826 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Crataegus rhipidophylla | Leaf | 5100 | 6200 | 2.2672781336507843 | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Croton lechleri | Plant | -- | -- | | -- |
| Cryptotaenia japonica | Shoot | -- | -- | | -- |
| Cucumis melo | Fruit | -- | 160 | -0.5840200796856407 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-------------|----------------|-----------------|----------------------|---|
| Cucumis sativus | Fruit | -- | -- | | -- |
| Cucurbita pepo | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Cucurbita pepo | Fruit | -- | 120 | -0.6365753174526275 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Cuminum cyminum | Seed | -- | 300 | -0.5158539786189745 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Curcuma longa | Rhizome | -- | -- | | -- |
| Curcuma longa | Root | -- | 510 | -0.26351706526294477 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Cuscuta reflexa | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Cymbopogon citratus | Plant | -- | -- | | Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980. |
| Cymbopogon flexuosus | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Cymbopogon parkeri | Plant | -- | -- | | Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986. |
| Cynara cardunculus | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Cytisus scoparius | Seed | -- | -- | | -- |
| Daphne genkwa | Flower | -- | -- | | -- |
| Daphne mezereum | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------------|-----------|---------|----------|----------------------|--|
| Daucus carota | Root | -- | -- | | -- |
| Dendrobium nobile | Plant | -- | -- | | -- |
| Dictamnus albus | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Dioscorea villosa | Root | 70 | 700 | -0.2589187774375579 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Dodonaea viscosa | Seed | -- | -- | | -- |
| Duchesnea indica | Plant | -- | -- | | -- |
| Echinacea angustifolia | Root | -- | -- | | -- |
| Echinacea pallida | Root | -- | -- | | Jim Duke's personal files. |
| Echinacea purpurea | Root | -- | -- | | Jim Duke's personal files. |
| Echinacea spp | Shoot | -- | -- | | Economic & Medicinal Plant Research, 5: 253. |
| Elaeagnus pungens | Leaf | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Elettaria cardamomum | Seed | 360 | 480 | -0.44678266643949144 | -- |
| Eleutherococcus senticosus | Root | -- | -- | | -- |
| Eleutherococcus senticosus | Root Bark | -- | -- | | -- |
| Equisetum arvense | Plant | -- | -- | | -- |
| Equisetum arvense | Strobilus | -- | -- | | Jim Duke's personal files. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|-------------|----------------|-----------------|---------------------|--|
| Eriobotrya japonica | Fruit | 20 | 150 | -0.5971588891273873 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Eschscholzia californica | Plant | -- | -- | | -- |
| Eucalyptus citriodora | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Eucalyptus citriodora | Root | -- | 17 | -0.2754484120940801 | -- |
| Eucalyptus citriodora | Leaf | -- | -- | | -- |
| Eupatorium odoratum | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Euphorbia hirta | Leaf | -- | -- | | -- |
| Euphorbia hirta | Stem | -- | -- | | -- |
| Euphorbia lathyris | Leaf | -- | -- | | -- |
| Euphorbia pulcherrima | Stem | -- | -- | | -- |
| Euphorbia tirucalli | Stem | -- | -- | | -- |
| Euphrasia officinalis | Plant | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Fagopyrum esculentum | Seed | 1640 | 1880 | 0.09043865051204356 | -- |
| Ficus carica | Leaf | -- | -- | | -- |
| Ficus carica | Fruit | 270 | 1350 | 0.9794982438822163 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|-----------------|---------|----------|----------------------|---|
| Foeniculum vulgare | Fruit | -- | -- | | -- |
| Foeniculum vulgare | Seed | 310 | 340 | -0.500504798134645 | -- |
| Fragaria spp | Fruit | 100 | 1000 | 0.5196399134210818 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Fritillaria thunbergii | Bulb | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Fucus vesiculosus | Plant | -- | -- | | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Ganoderma lucidum | Fruit | -- | -- | | -- |
| Ganoderma lucidum | Plant | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Gardenia jasminoides | Fruit | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Gaultheria fragrantissima | Leaf | -- | -- | | =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 |
| Gaultheria procumbens | Shoot | -- | -- | | -- |
| Ginkgo biloba | Leaf | -- | -- | | Jim Duke's personal files. |
| Ginkgo biloba | Pollen Or Spore | -- | -- | | Jim Duke's personal files. |
| Ginkgo biloba | Seed | -- | -- | | Jim Duke's personal files. |
| Glechoma hederacea | Plant | -- | -- | | Oriental Materia Medica (three volumes by Dr. Hsu and collaborators) |
| Glycine max | Seed | 300 | 900 | -0.28561627135403095 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|--------|---------|----------|----------------------|--|
| Glycyrrhiza glabra | Root | 500 | 500 | -0.26375908041164936 | -- |
| Glycyrrhiza glabra | Plant | -- | -- | | -- |
| Glycyrrhiza glabra | Shoot | -- | -- | | -- |
| Glycyrrhiza uralensis | Root | -- | -- | | -- |
| Gossypium sp | Seed | -- | -- | | -- |
| Guarea rusbyi | Plant | -- | -- | | -- |
| Guazuma tomentosa | Bark | -- | 270 | 0.6354489278448042 | -- |
| Guazuma tomentosa | Leaf | -- | -- | | -- |
| Guazuma tomentosa | Stem | -- | -- | | -- |
| Guazuma ulmifolia | Plant | -- | -- | | -- |
| Harpagophytum procumbens | Tuber | -- | -- | | -- |
| Helianthus annuus | Seed | 3490 | 3510 | 0.7159177552484736 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Helichrysum angustifolium | Flower | -- | -- | | -- |
| Helichrysum angustifolium | Stem | -- | -- | | -- |
| Heliotropium indicus | Plant | -- | -- | | -- |
| Hemidesmus indicus | Root | -- | -- | | -- |
| Hibiscus sabdariffa | Seed | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-----------------|---------|----------|---------------------|--|
| Hibiscus syriacus | Bark | -- | -- | | -- |
| Hippophae rhamnoides | Seed | 550 | 970 | -0.2587552055064542 | Abstract (See species file) |
| Holarrhena pubescens | Bark | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Holarrhena pubescens | Tissue Culture | -- | -- | | -- |
| Hordeum vulgare | Plant | -- | -- | | -- |
| Hordeum vulgare | Embryo | -- | -- | | -- |
| Hordeum vulgare | Sprout Seedling | -- | 980 | 1.3218930544492802 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Houttuynia cordata | Shoot | -- | -- | | -- |
| Houttuynia cordata | Root | -- | -- | | -- |
| Humulus lupulus | Plant | -- | -- | | -- |
| Hylocereus undatus | Plant | -- | -- | | -- |
| Hypericum perforatum | Shoot | -- | -- | | -- |
| Hypericum perforatum | Plant | -- | -- | | Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp. |
| Hyssopus officinalis | Plant | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Illicium verum | Fruit | -- | 930 | 0.427668247328855 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|---------|---------|----------|----------------------|--|
| Inula helenium | Root | -- | -- | | -- |
| Iris x germanica | Rhizome | -- | -- | | -- |
| Jatropha curcas | Seed | -- | -- | | -- |
| Jatropha gossypifolia | Plant | -- | -- | | -- |
| Juglans nigra | Seed | 870 | 880 | -0.2932908615961957 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Juglans regia | Plant | -- | -- | | -- |
| Juglans regia | Seed | 310 | 1765 | 0.046309756619596035 | -- |
| Juncus effusus | Plant | -- | -- | | -- |
| Juniperus communis | Fruit | -- | -- | | -- |
| Justicia adhatoda | Seed | -- | -- | | -- |
| Justicia gendarussa | Leaf | -- | -- | | -- |
| Kalanchoe pinnata | Leaf | -- | -- | | -- |
| Kalmia latifolia | Plant | -- | -- | | J.S. Glasby Dict.PIs Containing 2ndary Metabolite. 1991. |
| Lactuca scariola | Seed | -- | -- | | -- |
| Lactuca virosa | Seed | -- | -- | | -- |
| Lantana camara | Seed | -- | -- | | -- |
| Laurus nobilis | Leaf | -- | 1450 | -0.2944657138376137 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Lawsonia inermis | Leaf | -- | -- | | 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|---------------------|---------|----------|---------------------|--|
| Lawsonia inermis | Bark | -- | -- | | -- |
| Lepidium meyenii | Root | -- | -- | | -- |
| Lepidium sativum | Seed | -- | -- | | -- |
| Leptospermum scoparium | Shoot | -- | -- | | -- |
| Levisticum officinale | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Ligustrum lucidum | Fruit | -- | -- | | -- |
| Linum usitatissimum | Seed | -- | 19 | -0.6236819715213897 | -- |
| Liquidambar orientalis | Resin, Exudate, Sap | -- | -- | | -- |
| Liquidambar styraciflua | Resin, Exudate, Sap | -- | -- | | -- |
| Lycium chinense | Flower | -- | 10200 | 1.5435254114981418 | 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. |
| Lycium chinense | Plant | -- | -- | | -- |
| Lycium chinense | Fruit | -- | -- | | -- |
| Lycopersicon esculentum | Fruit | -- | -- | | -- |
| Lycopodium lucidulum | Plant | -- | 91 | -0.9250302022502126 | -- |
| Lythrum salicaria | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|----------------|---------|----------|---------------------|--|
| Maclura pomifera | Tissue Culture | -- | -- | | -- |
| Maclura pomifera | Leaf | -- | -- | | -- |
| Maclura pomifera | Root | -- | -- | | -- |
| Maclura pomifera | Fruit | -- | 80 | -0.6891305552196143 | -- |
| Magnolia kobus | Seed | -- | -- | | -- |
| Malus domestica | Fruit | 110 | 660 | 0.07292039240169416 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Malus domestica | Seed | -- | -- | | Fathy, M. M., Abd El Megid, R. M. 1995. A Comparative Study of the Lipid Contents and the Antimicrobial Activity of Certain Rosaceous Seeds. Zagazig J Pharm Sci, 4(2): 121-127. |
| Malus domestica | Heart Wood | -- | -- | | -- |
| Marrubium vulgare | Plant | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Marrubium vulgare | Shoot | -- | -- | | -- |
| Matricaria recutita | Flower | -- | -- | | -- |
| Medicago sativa | Plant | -- | -- | | -- |
| Medicago sativa | Seed | -- | -- | | -- |
| Medicago sativa | Seed Oil | -- | -- | | -- |
| Medicago sativa | Fruit | 5 | 5 | -0.7876716260327145 | -- |
| Melia azedarach | Root | -- | -- | | -- |
| Melilotus indica | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|----------------|---------|----------|----------------------|---|
| Melissa officinalis | Tissue Culture | -- | -- | | Gbolade, A.A. and Lockwood, G.B. 1991. The Constituents of Melissa officinalis L. Cultures. J. Ess. Oil Res., 3: 111-114. |
| Mentha spicata | Leaf | -- | -- | | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| Mentha spicata | Shoot | -- | -- | | -- |
| Mirabilis jalapa | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Mitchella repens | Plant | -- | -- | | -- |
| Momordica charantia | Fruit | -- | -- | | -- |
| Momordica charantia | Tissue Culture | -- | -- | | Jim Duke's personal files. |
| Monarda citriodora | Plant | -- | -- | | -- |
| Monarda didyma | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Morinda citrifolia | Leaf | -- | -- | | -- |
| Morinda citrifolia | Tissue Culture | -- | 454.5 | -0.6956812763733191 | -- |
| Moringa oleifera | Stem | -- | -- | | =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 |
| Moringa oleifera | Seed | -- | -- | | -- |
| Morus alba | Leaf | 2000 | 2000 | 0.002157257976832335 | -- |
| Mucuna pruriens | Seed | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-----------------|----------------|-----------------|----------------------|--|
| Musa x paradisiaca | Leaf | -- | -- | | Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp. |
| Musa x paradisiaca | Fruit | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Myristica fragrans | Aril | -- | 560 | | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Myristica fragrans | Seed | -- | 460 | -0.4544572566816562 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Nardostachys jatamansi | Root | -- | -- | | -- |
| Nepeta cataria | Shoot | 900 | 900 | 1.3584708811769088 | -- |
| Nepeta cataria | Plant | -- | -- | | -- |
| Nerium oleander | Plant | -- | -- | | -- |
| Nicotiana tabacum | Leaf | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Nigella sativa | Seed | 3218 | 3218 | 0.6038687377128678 | -- |
| Nigella sativa | Seed Oil | -- | -- | | -- |
| Ocimum basilicum | Flower | 1051 | 1051 | -0.8129550273341427 | -- |
| Ocimum basilicum | Leaf | 790 | 1705 | -0.15694051781455237 | -- |
| Ocimum basilicum | Root | 408 | 408 | -0.2659856197797314 | -- |
| Ocimum basilicum | Sprout Seedling | 230 | 230 | -1.0962039963725738 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|---------------|---------|----------|-----------------------|---|
| Ocimum basilicum | Stem | 230 | 845 | 0.24120717836480773 | -- |
| Ocimum basilicum | Seed | -- | 527 | -0.4287473793704042 | -- |
| Ocimum canum | Shoot | -- | -- | | =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 |
| Ocimum gratissimum | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Ocimum sanctum | Seed | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Ocimum suave | Leaf | -- | -- | | J. Nat. Prod. 44: 308. |
| Ocimum tenuiflorum | Seed | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Oenothera biennis | Seed | 1186 | 2528 | 0.3390953743581826 | -- |
| Oenothera biennis | Fruit | -- | -- | | -- |
| Oenothera biennis | Inflorescence | -- | -- | | -- |
| Ophiopogon japonicus | Tuber | -- | -- | | -- |
| Opuntia ficus-indica | Flower | -- | 400 | -0.980631141191375 | -- |
| Opuntia ficus-indica | Stem | -- | -- | | -- |
| Opuntia ficus-indica | Seed Oil | -- | 680000 | -1 | -- |
| Origanum majorana | Plant | 520 | 540 | -0.002824127733764179 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-----------------|----------------|-----------------|---------------------|--|
| Origanum vulgare | Plant | -- | 1770 | 2.5234864995607373 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Oryza sativa | Juice | -- | -- | | -- |
| Oryza sativa | Sprout Seedling | -- | -- | | -- |
| Pachira aquatica | Seed | -- | -- | | -- |
| Paeonia lactiflora | Flower | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Paeonia moutan | Root Bark | -- | -- | | -- |
| Paeonia suffruticosa | Root Bark | -- | -- | | Chemical Constituents of Oriental Herbs (3 diff. books) |
| Panax ginseng | Root | -- | -- | | -- |
| Panax ginseng | Fruit | -- | -- | | -- |
| Panax ginseng | Rhizome | -- | -- | | -- |
| Panax japonicus | Rhizome | -- | -- | | -- |
| Panax notoginseng | Root | -- | -- | | -- |
| Panax quinquefolius | Plant | -- | -- | | -- |
| Panax quinquefolius | Root | -- | -- | | -- |
| Papaver somniferum | Seed | 520 | 550 | -0.4199216005919147 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Papaver somniferum | Fruit | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------------|-----------------|---------|----------|----------------------|---|
| <i>Perilla frutescens</i> | Seed | -- | -- | | Endo, S., Ishizaki, T., Kimata, M. 1993. Fatty Acid and Sterol Compositions in the Seeds of <i>Perilla frutescens</i> and <i>Linum Usitatissimum</i> . <i>Takyo Gakugei Daigaku Kiyo Dai-4-Bumon</i> , 45: 27-32. |
| <i>Perilla frutescens</i> | Plant | -- | -- | | Han, J. S. 1978. A Study on Sterol in <i>Perilla frutescens</i> . <i>Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon</i> , 11: 211-215. |
| <i>Perilla frutescens</i> | Shoot | -- | -- | | Manandhar, M. D. 1981. Constituents of <i>Perilla ocimoides</i> Linn. <i>J. Nep. Chem. Soc.</i> , 1(1): 18-20. |
| <i>Persea americana</i> | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| <i>Petasites hybridus</i> | Root | -- | -- | | -- |
| <i>Petasites japonicus</i> | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| <i>Petiveria alliacea</i> | Plant | -- | -- | | Germosen-Robineau, L. (Ed.) 1997. <i>Farmacopea Vegetal Caribena</i> . Endacaribe, Tramil. Ediciones Emile Desormeaux, Martinique F.W.I. 360 pp. |
| <i>Petroselinum crispum</i> | Leaf | 20 | 180 | -0.9793951214818801 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition</i> . CRC Press. Boca Raton, FL. 233 pp.) |
| <i>Pfaffia paniculata</i> | Root | -- | 7.8 | -0.27567106603088826 | -- |
| <i>Pfaffia paniculata</i> | Plant | -- | -- | | Abstract (See species file) |
| <i>Phaseolus vulgaris</i> | Seed | 910 | 980 | -0.2549179103853718 | -- |
| <i>Phellodendron amurense</i> | Bark | -- | -- | | -- |
| <i>Phoenix dactylifera</i> | Pollen Or Spore | -- | -- | | Abstract (See species file) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-----------------|---------|----------|----------------------|--|
| Phyllanthus emblica | Bark | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Phyllanthus emblica | Seed Oil | -- | -- | | -- |
| Phyllanthus emblica | Tissue Culture | -- | 5500 | 1.4141523521229236 | -- |
| Phyllanthus emblica | Shoot | -- | -- | | -- |
| Physalis peruviana | Root | -- | -- | | -- |
| Physostigma venenosum | Seed | -- | -- | | -- |
| Picrasma excelsa | Bark | -- | -- | | -- |
| Pimenta dioica | Fruit | 570 | 590 | -0.01905127369053271 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Pimpinella anisum | Tissue Culture | -- | -- | | -- |
| Pinellia ternata | Tuber | -- | -- | | -- |
| Pinus sylvestris | Bark | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Pinus sylvestris | Plant | -- | -- | | -- |
| Pinus sylvestris | Shoot | -- | -- | | -- |
| Pinus sylvestris | Pollen Or Spore | -- | -- | | -- |
| Piper auritum | Leaf | -- | -- | | Tramil |
| Piper methysticum | Leaf | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------------|----------------|-----------------|----------------------|--|
| Piper methysticum | Rhizome | -- | -- | | -- |
| Piper methysticum | Root | -- | 166000 | 3.7415916306490002 | -- |
| Piper nigrum | Fruit | 380 | 650 | 0.059781582959947475 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Piper nigrum | Leaf | -- | -- | | -- |
| Piper nigrum | Stem | -- | 160 | -1.327402794862025 | -- |
| Piscidia piscipula | Plant | -- | -- | | -- |
| Pistacia vera | Seed | -- | -- | | -- |
| Pisum sativum | Seed | -- | -- | | -- |
| Plantago asiatica | Plant | -- | -- | | -- |
| Plantago ovata | Seed | -- | -- | | -- |
| Plantago psyllium | Seed | -- | -- | | -- |
| Plumeria acutifolia | Bark | -- | -- | | -- |
| Polygonum multiflorum | Shoot | -- | -- | | -- |
| Polygonum multiflorum | Rhizome | -- | -- | | -- |
| Polygonum multiflorum | Root | -- | -- | | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Polypodium vulgare | Rhizome | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|--------|---------|----------|-----------------------|---|
| Portulaca oleracea | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Prosopis glandulosa | Flower | -- | -- | | Ahmed, N., Razaq, S. 1986. Chemical Investigation of Prosopis glandulosa Flowers. Fitoterapia 57 6: 457. |
| Prosopis glandulosa | Stem | -- | -- | | Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of Prosopis glandulosa Stems. Planta Med. Suppl. 32: 244-246. |
| Prunella vulgaris | Plant | -- | -- | | -- |
| Prunella vulgaris | Leaf | -- | -- | | -- |
| Prunella vulgaris | Shoot | -- | 600 | 0.560153027400077 | -- |
| Prunus africana | Bark | -- | 177 | -1.2863966100272868 | -- |
| Prunus armeniaca | Seed | -- | -- | | -- |
| Prunus armeniaca | Fruit | 160 | 1300 | 0.9138041966734828 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Prunus cerasus | Plant | -- | -- | | -- |
| Prunus domestica | Fruit | 60 | 600 | -0.005912464248786014 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Prunus dulcis | Seed | 1220 | 1230 | -0.15898553235831198 | -- |
| Prunus persica | Leaf | -- | -- | | -- |
| Prunus spinosa | Fruit | -- | -- | | -- |
| Psidium guajava | Leaf | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Psidium guajava | Root | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|------------------|----------------|-----------------|--------------------|--|
| Psidium guajava | Heart Wood | -- | -- | | -- |
| Psidium guajava | Fruit | -- | -- | | -- |
| Psidium guajava | Leaf Essent. Oil | -- | -- | | -- |
| Psoralea corylifolia | Root | -- | -- | | -- |
| Pterocarpus santalinus | Plant | -- | -- | | -- |
| Ptychopetalum olacoides | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Ptychopetalum olacoides | Root | -- | -- | | Ito, Y., Hirayama, F., Aikawa, Y., Kondo, H., Sagara, K., Shoji, J. 1995. Constituents from Muira-Puama (The Roots of Ptychopetalum olacoides). Nat. Med. 49, 4: 487. |
| Pueraria montana | Root | -- | -- | | -- |
| Pueraria montana | Flower | -- | -- | | -- |
| Pueraria montana | Stem | -- | -- | | -- |
| Punica granatum | Bark | -- | -- | | -- |
| Punica granatum | Stem Bark | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Punica granatum | Fruit | 16 | 800 | 0.2568637245861479 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Punica granatum | Flower | -- | -- | | 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-------------|----------------|-----------------|---------------------|--|
| Punica granatum | Leaf | -- | -- | | 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. |
| Punica granatum | Seed | -- | -- | | -- |
| Quassia amara | Wood | -- | -- | | -- |
| Quercus alba | Bark | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Quercus robur | Bark | -- | -- | | -- |
| Rehmannia glutinosa | Root | -- | -- | | -- |
| Rhododendron ponticum | Plant | -- | -- | | -- |
| Ricinus communis | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Ricinus communis | Seed | -- | -- | | Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705. |
| Robinia pseudoacacia | Flower | -- | -- | | -- |
| Rosa damascena | Plant | -- | -- | | -- |
| Rosa gallica | Flower | -- | -- | | -- |
| Rosa multiflora | Plant | -- | -- | | -- |
| Rosmarinus officinalis | Plant | 520 | 550 | 0.01771498305724803 | -- |
| Rubia cordifolia | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|-------------------|---------|----------|---------------------|--|
| Rubus idaeus | Seed Oil | -- | -- | | -- |
| Ruellia tuberosa | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Rumex crispus | Root | -- | -- | | -- |
| Ruscus aculeatus | Root | -- | -- | | -- |
| Salvia officinalis | Leaf | 5 | 2450 | 0.24430946587626218 | -- |
| Salvia officinalis | Stem | 1214 | 1214 | 1.0861956164972184 | -- |
| Salvia officinalis | Fruit Essent. Oil | -- | -- | | -- |
| Salvia officinalis | Root | -- | -- | | -- |
| Salvia officinalis | Sprout Seedling | -- | -- | | -- |
| Salvia sclarea | Plant | -- | -- | | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Salvia triloba | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Sambucus canadensis | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Sambucus canadensis | Leaf | -- | -- | | -- |
| Sambucus nigra | Bark | -- | -- | | -- |
| Sambucus nigra | Leaf | -- | -- | | -- |
| Sambucus nigra | Flower | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|-------|---------|----------|----------------------|--|
| Sanguisorba minor | Plant | -- | -- | | -- |
| Sansevieria trifasciata | Leaf | -- | -- | | -- |
| Santalum album | Fruit | -- | -- | | -- |
| Sarcostemma acidum | Plant | -- | -- | | -- |
| Sarracenia flava | Root | -- | 50 | -0.27464976210335507 | -- |
| Sarracenia purpurea | Shoot | -- | -- | | -- |
| Sarracenia purpurea | Root | -- | -- | | -- |
| Sassafras albidum | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Satureja hortensis | Plant | -- | 280 | -0.5368410083000819 | -- |
| Satureja montana | Plant | -- | 280 | -0.5368410083000819 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Saussurea lappa | Root | -- | -- | | -- |
| Schinus molle | Leaf | -- | -- | | -- |
| Schinus terebinthifolius | Leaf | -- | -- | | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| Schisandra chinensis | Fruit | -- | -- | | -- |
| Scutellaria baicalensis | Root | -- | -- | | -- |
| Senna alata | Root | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|----------|---------|----------|----------------------|---|
| Senna obtusifolia | Seed | 1000 | 2000 | 0.13648619196503226 | -- |
| Serenoa repens | Fruit | 33 | 281 | -0.42504048544050566 | -- |
| Sesamum indicum | Seed | 4000 | 4430 | 1.0689489063880537 | -- |
| Sesamum indicum | Seed Oil | -- | -- | | -- |
| Siegesbeckia orientalis | Plant | -- | -- | | -- |
| Silybum marianum | Seed | -- | 100 | -0.5925998810406223 | -- |
| Sinapis alba | Seed | -- | -- | | -- |
| Sinomenium acutum | Rhizome | -- | -- | | -- |
| Skimmia arborescens | Leaf | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Smilax regelii | Root | -- | -- | | Simpson, J. C. E., Williams, N. E. 1937. The Ether-Soluble Constituents of Sarsaparilla Root. Part I. J. Chem. Soc., 1937: 733-738. |
| Smilax spp | Root | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Solanum dulcamara | Leaf | -- | -- | | -- |
| Solanum nigrum | Plant | -- | -- | | -- |
| Solanum tuberosum | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Solanum tuberosum | Tuber | 30 | 140 | | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Sophora japonica | Plant | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-------------------|---------|----------|----------------------|--|
| Sophora pachycarpa | Plant | -- | -- | | -- |
| Sorbus aucubaria | Flower | -- | -- | | -- |
| Stellaria media | Shoot | -- | -- | | -- |
| Stevia rebaudiana | Leaf | -- | -- | | -- |
| Syzygium aromaticum | Plant | -- | -- | | -- |
| Syzygium aromaticum | Fruit | -- | 2420 | 2.385350854149113 | -- |
| Syzygium aromaticum | Essential Oil | 1000 | 1000 | -1 | -- |
| Tabebuia heptaphylla | Bark | -- | -- | | -- |
| Tagetes erecta | Flower | -- | -- | | 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. |
| Tamarindus indica | Fruit | -- | 3350 | 3.607260132231555 | Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp. |
| Tanacetum parthenium | Fruit Essent. Oil | -- | -- | | -- |
| Tanacetum parthenium | Leaf Essent. Oil | -- | 16000 | | -- |
| Taraxacum officinale | Plant | -- | -- | | -- |
| Taraxacum officinale | Root | -- | 214 | -0.27068071366460006 | -- |
| Taraxacum officinale | Flower | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|------------|---------|----------|---------------------|--|
| Taxus baccata | Leaf | -- | -- | | -- |
| Tecoma stans | Fruit | -- | -- | | -- |
| Tephrosia purpurea | Plant | -- | -- | | -- |
| Terminalia arjuna | Bark | -- | 300 | 1.2553991013519303 | -- |
| Terminalia arjuna | Fruit | -- | -- | | Singh, B., Pandey, V. B. 1995. Constituents of Terminalia arjuna Fruits. Orient. J. Chem. 11 2: 185-186. |
| Terminalia arjuna | Heart Wood | -- | 1000 | | Row, L. R., Subba, Rao, G. S. R. 1962. Chemistry of Terminalia Species. Part IV. Chemical Examination of T. arjuna: Isolation of Arjunolic Acid Saponin and (+) Leucodelphinidin. J. Indian Chem. Soc. 39: 89. |
| Terminalia arjuna | Leaf | -- | -- | | Chauhan, S. M. S., Parkash, S., Kaushik, R. 1997. Isolation of 3-beta-hydroxyolean-12-ene and Related Triterpenoids from the Leaves of Terminalia arjuna. Indian J. Chem. 36B 3: 297-298. |
| Terminalia arjuna | Root | -- | 20 | -0.2753758075494688 | Anjaneyulu, A. S. R., Prasad, A. V. R. 1983. Chemical Examination of the Roots of Terminalia arjuna. Part 3. Structure of Terminic Acid, a Dihydroxytriterpene Carboxylic Acid from Terminalia arjuna. Phytochemistry 22 4: 993-998. |
| Terminalia arjuna | Root Bark | -- | 50 | | Anjaneyulu, A. S. R., Rama Prasad, A. V. 1982. Chemical Examination of Roots of Terminalia arjuna (Roxb.) Wight & Arnot: Part I-Characterization of Two New Triterpenoid Glycosides. Indian J. Chem. 21B 6: 530-533. |
| Terminalia bellirica | Fruit | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Terminalia catappa | Bark | -- | -- | | Diyabalanaga, T. K. K., Jayasinghe, U. L. B., Simmonds, P. M., Wannigama, G. P., Wickramasinghe, A. 1997. Chemical Investigation of Terminalia catappa. Acgc. Chem. Res. Commun. 6: 26-28. |
| Terminalia chebula | Fruit | -- | -- | | Lu, P. P., Liu, X. J., Li, X. G., Wen, J. Q. 1991. Chemical Constituents of Fruits of Terminalia chebula Retz. Shanghai Yike Daxue Xuebao 18 (3): 233-235. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-----------------|----------------|-----------------|----------------------|---|
| Terminalia chebula | Bark | -- | -- | | Beri, R. M. 1970. Phytosterol in Some Plant Materials. Indian Oil Soap J. 35: 274-275. |
| Terminalia pallida | Fruit | -- | -- | | -- |
| Terminalia pallida | Seed Oil | -- | -- | | Gunasekar, D., Sreeramulu, K., Rao, K. V. 1992. Fatty Acid Composition of the Seed Oil of Terminalia pallida. Asian J. Chem. 4 2: 400-401. |
| Teucrium chamaedrys | Plant | -- | -- | | Abstract (See species file) |
| Teucrium polium | Plant | -- | -- | | Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986. |
| Teucrium scordium | Plant | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Theobroma cacao | Sprout Seedling | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Thespesia populnea | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Thevetia peruviana | Plant | -- | -- | | J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991. |
| Thuja occidentalis | Branches | -- | -- | | -- |
| Thymus vulgaris | Leaf | 1520 | 1600 | -0.21356853970640116 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Tilia sp. | Wood | -- | -- | | -- |
| Tribulus terrestris | Flower | -- | -- | | -- |
| Trichosanthes kirilowii | Root | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|----------------|---------|----------|----------------------|--|
| Tridax procumbens | Plant | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Trifolium pratense | Flower | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Trigonella foenum-graecum | Plant | -- | -- | | -- |
| Trigonella foenum-graecum | Leaf | -- | -- | | -- |
| Trigonella foenum-graecum | Tissue Culture | 8.7 | 400 | -0.718471075749604 | -- |
| Trigonella foenum-graecum | Seed | 800 | 1000 | -0.24724332014320702 | -- |
| Turnera diffusa | Plant | -- | -- | | Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp. |
| Turnera diffusa | Shoot | 33 | 33 | -0.948667716238135 | -- |
| Ulex europaeus | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Ulmus rubra | Wood | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Uncaria tomentosa | Bark | -- | -- | | -- |
| Urginea maritima | Bulb | -- | -- | | -- |
| Urtica dioica | Root | 290 | 640 | -0.26037086832978534 | -- |
| Urtica dioica | Shoot | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|----------------|---------|----------|---------------------|---|
| Urtica dioica | Flower | -- | 1000 | -0.8260909440879352 | Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin. |
| Vaccinium corymbosum | Plant | -- | -- | | -- |
| Vaccinium myrtillus | Fruit | -- | -- | | -- |
| Vaccinium myrtillus | Tissue Culture | -- | -- | | -- |
| Valeriana jatamansi | Root | -- | -- | | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| Valeriana officinalis | Root | -- | -- | | -- |
| Valeriana officinalis | Rhizome | -- | -- | | -- |
| Valeriana officinalis | Plant | -- | -- | | Lokar, L. C., Martini, F. 1997. Chemotaxonomic Investigations on the Genus Valeriana L. in the Northeastern Italy and in Tuscany. I. Phytosterols. Dept. of Biology, University of Trieste. Allionia 35: 103-115. |
| Veratrum album | Rhizome | -- | -- | | -- |
| Verbascum thapsus | Seed | -- | -- | | -- |
| Verbascum thapsus | Flower | -- | -- | | -- |
| Verbascum thapsus | Seed Oil | -- | -- | | -- |
| Verbascum thapsus | Leaf | -- | -- | | -- |
| Verbascum thapsus | Stem | -- | -- | | -- |
| Verbascum thapsus | Root | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-----------------|----------------|-----------------|----------------------|--|
| Vernonia cinerea | Seed | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Viburnum opulus | Fruit | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Viburnum opulus | Root Bark | -- | -- | | -- |
| Viburnum prunifolium | Root Bark | -- | -- | | -- |
| Vicia faba | Seed | 950 | 4500 | 1.0958099722356305 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Vigna radiata | Seed | 130 | 150 | -0.5734134054352104 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Vigna radiata | Sprout Seedling | 50 | 500 | -0.22568905807670636 | Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.) |
| Vinca minor | Plant | -- | -- | | List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979. |
| Viola odorata | Plant | 330 | 330 | -0.4341454543450208 | -- |
| Vitis vinifera | Fruit | 30 | 150 | -0.5971588891273873 | -- |
| Vitis vinifera | Seed | -- | -- | | -- |
| Withania somnifera | Root | 4 | 200 | -0.27101953487278646 | -- |
| Withania somnifera | Tissue Culture | -- | -- | | -- |
| Withania somnifera | Leaf | -- | -- | | -- |
| Zanthoxylum americanum | Root Bark | -- | -- | | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-------------------|---------|----------|----------------------|-----------|
| Zea mays | Silk Stigma Style | 1300 | 1300 | | -- |
| Zea mays | Seed | -- | 1200 | -0.17049741772155916 | -- |
| Zea mays | Shoot | -- | -- | | -- |
| Zea mays | Seed Oil | -- | -- | | -- |
| Zingiber officinale | Plant | -- | -- | | -- |
| Zingiber officinale | Root | 100 | 500 | -0.26375908041164936 | -- |
| Zizyphus spina-christi | Plant | -- | -- | | -- |