

C CALCIUM

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CALCIUM

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	810	8100	0.9792809325023206	USDA's Ag Handbook 8 and sequelae)
Abelmoschus esculentus	Seed	2100	2820	-0.24360731908228206	--
Abelmoschus manihot	Leaf	724	6241	-0.8333363062019936	--
Abrus precatorius	Leaf	1266	2660	-1.0780176043339036	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia catechu	Leaf	27400	27400	0.6124083425478194	--
Acacia farnesiana	Leaf	930	5003	-0.917925931191467	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Seed	3900	5500	0.24859598148301348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Acacia senegal	Leaf	7500	7500	-0.747311800659387	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Fruit	7900	7900	0.9331288578526725	--
Acacia tortilis	Leaf	22700	22700	0.29126840922752445	--
Acacia tortilis	Seed	5600	5600	0.266961776280226	--
Acalypha indica	Leaf	6670	34205	1.0773779694083743	Wealth of India.
Acanthopanax gracilistylis	Root Bark	12600	12600	-0.5524868353374881	--
Achillea millefolium	Plant	1535	8670	-0.5262108144941796	--
Achyranthes bidentata	Root	1130	52200	4.906101246807924	--
Aconitum carmichaelii	Tuber	2550	2550	-0.3913732265154976	--
Acorus calamus	Rhizome	7040	7040	0.024896656626718316	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Acrocomia totai	Fruit	900	900	-0.6821937548850106	--
Acrocomia totai	Seed	800	800	-0.6145963739859751	--
Actaea dahurica	Rhizome	--	9750	0.6148898811224651	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actaea racemosa	Root	--	5970	-0.15691792968206164	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	160	1910	-0.4491257779042877	--
Aegle marmelos	Fruit	850	2205	-0.3810514677960568	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Aframomum melegueta	Fruit	750	9500	1.3023454550498572	--
Agathosma betulina	Leaf	38800	38800	1.391343499963003	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Akebia quinata	Stem	19000	19000	0.027648809517745246	--
Albizia julibrissin	Bark	35500	35500	1.60841282693287	--
Albizia lebeck	Leaf	10100	104000	5.846305979214756	Wealth of India.
Albizia lebeck	Seed	--	1720	-0.44563106185161994	Wealth of India.
Aleurites moluccana	Seed	800	860	-0.6035768971076476	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alisma plantago-aquatica	Rhizome	1630	3430	-0.7610352771111585	--
Allium ampeloprasum	Flower	230	1361	-1.2199068284592132	--
Allium ampeloprasum	Leaf	520	5472	-0.8858802655048249	--
Allium ampeloprasum	Root	520	3796	-0.39501015744951196	--
Allium cepa	Bulb	200	3008	0.11970003608893207	--
Allium cepa	Leaf	420	5385	-0.8918247706535197	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	130	4947	1.1604999014541306	--
Allium sativum var. sativum	Flower	250	2155	-1.0002454452549991	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	580	4265	-0.9683517334872921	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	120	538	-1.0364734470880839	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	315	850	-0.7176503152245389	--
Allium schoenoprasum	Leaf	690	10375	-0.4985991714496266	--
Alocasia macrorrhiza	Leaf	570	15700	-0.18702510848355317	--
Alocasia macrorrhiza	Root	281	1875	-0.6053943200719922	--
Aloe spp.	Leaf	23	4600	-0.9454619722825477	--
Aloe vera	Leaf	190	4600	-0.9454619722825477	--
Alpinia galanga	Rhizome	310	2199	-1.029035889419005	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	881	8160	0.08292658679020891	--
Amaranthus sp.	Leaf	1559	53333	2.384349170376588	--
Amaranthus spinosus	Leaf	4760	53335	2.3844858256673627	--
Amomum xanthioides	Seed	5090	5090	0.17329622281444215	--
Amorphophallus campanulatus	Root	260	5720	-0.1842974406948779	--
Amorphophallus campanulatus	Shoot	15200	15200	0.03353128521102296	--
Amorphophallus konjac	Leaf	170	6538	-0.8130429955219665	--
Amorphophallus konjac	Root	234	234	-0.7851134303601183	--
Amphicarpaea bracteata	Shoot	17300	17300	0.1867852708765614	--
Anacardium occidentale	Fruit	100	833	-0.6976546998926427	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anacardium occidentale	Seed	240	823	-0.6103722411826162	--
Ananas comosus	Fruit	62	1308	-0.5880435225997285	--
Anemarrhena asphodeloides	Rhizome	10900	11600	1.01765278345351	--
Anethum graveolens	Fruit	14003	17671	3.1878884648612305	--
Anethum graveolens	Plant	1900	21453	0.8411434580787619	--
Anethum graveolens	Seed	14003	17671	2.483896866251749	--
Angelica dahurica	Root	2140	2140	-0.576372038398407	--
Angelica laxiflora	Root	3800	3800	-0.3945720852733069	--
Angelica sinensis	Root	620	2820	-0.5018997684435467	--
Annona cherimola	Fruit	78	1455	-0.5541217477322371	--
Annona cherimola	Seed	860	1110	-0.5576624101146164	--
Annona diversifolia	Fruit	315	1110	-0.63373407650288	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona glabra	Fruit	520	3940	0.01931777978964036	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	140	2600	-0.2899011203630018	--
Annona reticulata	Fruit	176	1270	-0.5968124167831617	--
Annona squamosa	Fruit	216	1335	-0.581812992522026	--
Annona squamosa	Leaf	21200	21200	0.18877694114657925	--
Anogeissus latifolia	Leaf	30300	30300	0.8105585141709801	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anthriscus cerefolium	Leaf	13460	14509	-0.26840333413982365	--
Apium graveolens	Pt	313	11918	-1.4133911092017	--
Apium graveolens	Root	340	3635	-0.4126425625417656	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Seed	170	20776	3.054154794705198	--
Apium graveolens	Fruit	1680	8000	0.9562048951774965	--
Arachis hypogaea	Leaf	2620	21500	0.2092752347627683	--
Arachis hypogaea	Plant	9300	31500	1.9158370649425922	--
Arachis hypogaea	Seed	560	969	-0.5835581807786859	--
Aralia cordata	Leaf	130	2765	-1.0708432015682374	--
Arctium lappa	Root	1723	7330	-0.00797338977234112	--
Arctostaphylos uva-ursi	Leaf	1264	10900	-0.5149978063425779	--
Areca catechu	Seed	500	1050	-0.5686818869929439	--
Areca catechu	Sprout Seedling	60	60	-0.6578060727234551	--
Arisaema consanguineum	Rhizome	1550	1550	-1.1703294697502744	--
Aristolochia debilis	Fruit	1740	1740	-0.4883550413564886	--
Armoracia rusticana	Root	1800	10000	0.28443978784453666	--
Arracacia xanthorrhiza	Root	190	655	-0.7390063338145356	--
Artemisia capillaris	Plant	15200	15200	0.17228119832763905	--
Artemisia dracunculus	Plant	11390	12340	-0.1336433279618558	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Artemisia vulgaris	Leaf	820	6455	-0.8187141900891122	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Plant	8000	11000	-0.2769785955240667	Chem. & Pharm. Bull. 38: 2205.
Artemisia vulgaris	Shoot	8600	8600	-0.4481240983092407	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	170	1950	-0.4398953629743581	--
Artocarpus altilis	Seed	110	825	-0.610004925286672	--
Artocarpus heterophyllus	Fruit	200	1735	-0.4895088432227298	--
Artocarpus heterophyllus	Seed	500	1033	-0.57180407210847	--
Arundo donax	Plant	4900	4900	-0.9294749627848772	--
Asiasarum heterotropoides	Root	7450	12900	0.6020421155932054	--
Asiasarum sieboldii	Root	7450	12900	0.6020421155932054	--
Asimina triloba	Fruit	530	3248	-0.14036839849814203	--
Aspalathus linearis	Shoot	--	2000	-0.9297794818295042	--
Aspalathus linearis	Plant	--	90	-1.443984393362664	--
Aspalathus linearis	Leaf	--	--		--
Asparagus lucidus	Root	1810	1810	-0.6125129929353245	--
Asparagus officinalis	Shoot	160	3840	-0.7954997991511278	--
Asparagus officinalis	Root	265	2650	-0.5205178359322618	--
Astragalus membranaceus	Root	560	3500	-0.42742749848868644	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Atractylodes lancea	Rhizome	11300	11300	0.9523398803728	--
Atractylodes ovata	Rhizome	5800	11600	1.01765278345351	--
Avena sativa	Plant	3146	14300	0.07601124250227355	--
Avena sativa	Seed	400	4800	0.12003541790252584	--
Averrhoa bilimbi	Fruit	30	665	-0.7364224425983471	--
Averrhoa carambola	Fruit	29	1040	-0.649887302630257	--
Azadirachta indica	Fruit	1381	3400	-0.10529282176440947	--
Azadirachta indica	Leaf	16700	26500	0.5509134616992524	--
Bacopa monnieri	Shoot	--	2020	-0.928319920061261	Wealth of India.
Bactris gasipaes	Fruit	89	5820	0.4531472814963324	--
Balanites aegyptiacus	Fruit	1300	3800	-0.0129886724651133	--
Balanites aegyptiacus	Shoot	4800	4800	-0.7254408342754531	--
Barosma betulina	Leaf	38800	38800	1.391343499963003	--
Basella alba	Leaf	1090	15800	-0.18019234394482347	--
Belamcanda chinensis	Rhizome	6170	6170	-0.16451076230734063	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Benincasa hispida	Fruit	170	4870	0.23392492691050396	--
Berberis vulgaris	Root	19100	19100	1.281053988711049	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	19100	0.04088065432927098	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Bertholletia excelsa	Seed	1300	1820	-0.4272652670544074	--
Beta vulgaris	Leaf	700	17368	-0.0730545959775421	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	120	4200	-0.35076486765280085	--
Bixa orellana	Fruit	70	450	-0.7860359228467187	--
Bixa orellana	Seed	970	1640	-0.46032369768938997	--
Blechnum orientale	Rhizome	8280	8280	0.29485665602698624	--
Bletilla striata	Tuber	4400	4400	0.15397485461957927	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Blighia sapida	Aril	400	1950	0.32563789816201644	--
Blighia sapida	Seed	200	1300	-0.5227673999999125	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Plant	36000	39000	2.718086696820638	--
Boehmeria nivea	Shoot	4500	46000	2.2812564083055866	--
Borago officinalis	Leaf	930	5005	-0.9177892759006925	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	1050	22440	0.2735032214268273	--
Brassica juncea	Leaf	512	5565	-0.8795257944838063	--
Brassica napus var. napobrassica	Root	270	6040	-0.14925166659847308	--
Brassica nigra	Leaf	1107	17867	-0.03895910092928099	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	200	2665	-1.743501400177818	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. botrytis l.	Leaf	360	54247	2.4468006382605774	--
Brassica oleracea var. botrytis l.	Flower	210	4040	-0.4787571488570857	--
Brassica oleracea var. capitata l.	Leaf	290	7500	0.07261994398817469	--
Brassica oleracea var. gemmifera	Leaf	395	3177	-1.042692211668671	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	360	54247	2.4468006382605774	--
Brassica oleracea var. sabellica l.	Leaf	1200	7725	-0.7319380804472452	--
Brassica oleracea var. viridis l.	Leaf	1170	19180	0.050755097464239715	--
Brassica pekinensis	Leaf	11780	16800	-0.11186469855752668	--
Brassica rapa	Root	300	3690	-0.40661907011894605	--
Brassica rapa	Leaf	1050	22440	0.2735032214268273	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	1070	15800	0.07731813825831965	--
Brosimum alicastrum	Fruit	450	2812	-0.24097992123437484	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Broussonetia papyrifera	Fruit	26900	26900	5.317575949569242	--
Bupleurum chinense	Root	2200	20000	1.3796202283571877	--
Byrsonima crassifolia	Fruit	230	1920	-0.4468181741718053	--
Cajanus cajan	Fruit	350	2022	-0.4232806161004848	--
Cajanus cajan	Plant	8900	8900	-0.5016084924499196	--
Cajanus cajan	Seed	290	1540	-0.4786894924866025	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Calathea macrosepala	Plant	200	2600	-1.175498183227478	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Calendula officinalis	Leaf	30400	30400	0.8173912787097098	--
Camellia sinensis	Leaf	327	2456	-1.0919564439929121	--
Canavalia ensiformis	Fruit	330	5263	0.32461375359706246	--
Canavalia ensiformis	Seed	960	3090	-0.19401967312980825	--
Canna indica	Root	150	1300	-0.6683671954014696	--
Cannabis sativa	Seed	1200	1389	-0.5064218426303934	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capparis spinosa	Leaf	--	5500	-0.8839670914339806	Wealth of India.
Capsella bursa-pastoris	Plant	2080	17627	0.4318891792033747	--
Capsicum annuum	Fruit	431	1670	-0.5045082674838655	--
Capsicum frutescens	Fruit	175	1560	-0.5298919085411719	--
Carica papaya	Fruit	159	1180	-0.6175808503755033	--
Carica papaya	Leaf	3440	23800	0.36642881915355097	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica pentagona	Fruit	110	1615	-0.5172000880125186	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	620	4430	-0.3708630185678622	--
Carthamus tinctorius	Plant	17000	17000	0.3648211099783701	--
Carthamus tinctorius	Seed	1260	1324	-0.5183596092485815	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carum carvi	Fruit	6426	8160	0.993126554897215	--
Carum carvi	Seed	1530	8160	0.7371261230888665	--
Carya glabra	Shoot	3800	40700	1.8944725397211326	--
Carya illinoensis	Seed	618	763	-0.6213917180609437	--
Carya ovata	Seed	1095	1095	-0.5604172793341982	--
Carya ovata	Shoot	5250	33300	1.35443468547114	--
Casimiroa edulis	Fruit	80	455	-0.7848821209804776	--
Cassia tora	Seed	11700	11700	1.3872752589101898	--
Cassia tora	Sprout Seedling	28100	28100	2.6148841826288662	--
Castanea dentata	Seed	240	427	-0.6831007885795778	--
Castanea mollissima	Seed	160	356	-0.6961405028855987	--
Castanea sativa	Seed	220	528	-0.6645513358343932	--
Catalpa ovata	Fruit	2890	2890	-0.22298061212101208	--
Catha edulis	Leaf	2900	2900	-1.0616189694409524	--
Caulophyllum thalictroides	Root	428	3890	-0.38471546130869305	--
Ceiba pentandra	Seed	2300	4700	0.10166962310531331	--
Celosia cristata	Flower	8910	8910	0.8685362216775767	--
Cenchrus biflorus	Seed	1440	1595	-0.4685883053481356	--
Centella asiatica	Leaf	1700	15890	-0.17404285585996676	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chaenomeles lagenaria	Fruit	2300	2300	-0.35912923233747396	--
Chamaemelum nobile	Flower	6720	6720	0.262669182361168	--
Chamissoa altissima	Leaf	80	825	-1.203398833619593	Tramil
Chenopodium album	Leaf	3090	33800	1.049705273026519	--
Chenopodium album	Seed	3000	3000	-0.21054888844729952	--
Chenopodium ambrosioides	Leaf	3000	21000	0.1751114120691199	--
Chondrus crispus	Plant	18820	18820	0.5595003539807759	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum cinerariifolium	Shoot	5300	5300	-0.6889517900693726	--
Chrysanthemum coronarium	Bud	560	7525	1	--
Chrysanthemum coronarium	Leaf	630	9690	-0.5976742572612069	--
Chrysanthemum parthenium	Plant	--	5810	-0.8321353407836742	--
Chrysanthemum parthenium	Leaf	1046	5810	-0.8627855213639186	--
Chrysobalanus icaco	Fruit	290	2775	-0.24951805504455976	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysophyllum cainito	Fruit	75	1220	-0.6083504354455737	--
Cicer arietinum	Seed	1020	1220	-0.5374600358376825	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	462	10080	-0.5710264755601612	--
Cichorium intybus	Leaf	790	18900	0.09995100214309341	--
Cichorium intybus	Root	410	2050	-0.5862286623630208	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cimicifuga dahurica	Rhizome	--	9750	0.6148898811224651	--
Cimicifuga racemosa	Root	1254	5970	-0.15691792968206164	--
Cinnamomum aromaticum	Bark	4900	13569	-0.48777912900429643	--
Cinnamomum burmannii	Bark	17000	17000	-0.1598399287480191	--
Cinnamomum sieboldii	Bark	14000	14000	-0.44658361885843356	--
Cinnamomum sieboldii	Root Bark	9000	9000	-0.792119679580254	--
Cinnamomum verum	Bark	3415	6000	-1.211233459152872	--
Cistanche salsa	Plant	1730	1730	-1.2685591405253311	--
Citrullus lanatus	Fruit	100	3400	-0.10529282176440947	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Seed	1294	1300	-0.5227673999999125	--
Citrus aurantiifolia	Fruit	90	3084	-0.17821309971085345	--
Citrus aurantium	Fruit	18	4230	0.08623828803163008	--
Citrus limon	Fruit	700	3227	-0.14521436633635507	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus medica	Fruit	6840	6840	0.6885228622095376	--
Citrus mitis	Fruit	1400	14000	2.34076713466694	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit	117	4270	1.6484860149222178	--
Citrus reticulata	Fruit	140	3077	-0.17982842232359114	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus sinensis	Fruit	210	5615	0.4058414049804431	--
Cnicus benedictus	Plant	1490	11200	-0.2555852720073188	--
Cnidium officinale	Rhizome	1710	1710	-1.1354959214405624	--
Cnidioscolus chayamansa	Leaf	2260	21050	0.17852779433848473	--
Coccinia grandis	Fruit	400	5600	0.4023799993817195	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	71	476	-0.6741015491289437	--
Coffea arabica	Leaf	19000	20406	0.1345247907090656	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	1200	1281	-0.5262569010113829	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	50	282	-0.709731191035536	--
Cola acuminata	Seed	580	1563	-0.4744653596832436	--
Colocasia esculenta	Leaf	260	17400	-0.0708681113251486	--
Colocasia esculenta	Root	130	3780	-0.3967624461543322	--
Colubrina texensis	Shoot	32900	32900	1.3252434501062755	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commelina benghalensis	Leaf	2100	15215	-0.2201640164963921	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Commiphora wightii	Inflorescence	--	--		Jim Duke's personal files.
Coptis chinensis	Rhizome	1620	3410	-0.7653894706498725	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coptis japonica	Rhizome	1620	3410	-0.7653894706498725	--
Coptis spp	Rhizome	1620	3410	-0.7653894706498725	--
Corchorus olitorius	Leaf	2080	18365	-0.004931933526407184	--
Coriandrum sativum	Leaf	1330	13441	-0.34137725941345665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Seed	6465	14469	1.8958241168450043	--
Cornus florida	Plant	--	--		--
Cornus officinalis	Fruit	3250	3250	-0.13990687775164554	--
Corylus avellana	Seed	1300	2591	-0.2856649891678989	--
Crataegus cuneata	Fruit	3770	3770	-0.019911483662560514	--
Crataegus laevigata	Fruit	1554	5570	0.3954571881842723	--
Crataegus rhipidophylla	Fruit	--	5570	0.3954571881842723	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Crescentia alata	Seed	500	518	-0.6663879153141145	--
Cucumis melo	Fruit	96	3080	-0.1791361412038464	--
Cucumis sativus	Fruit	129	10000	1.4177256416739774	--
Cucurbita foetidissima	Leaf	77600	77600	4.04245614099012	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita maxima	Leaf	364	2580	-1.0834838159648872	--
Cucurbita pepo	Flower	390	8041	0.6281259672638968	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	210	2500	-0.31297715768782586	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita pepo	Seed	240	474	-0.21789520636618454	--
Cucurbita spp	Fruit	200	3165	-0.159521509477746	--
Cuminum cyminum	Fruit	9310	15511	2.6894460586450313	--
Cuminum cyminum	Seed	9310	15511	2.087195698631959	--
Curcuma longa	Rhizome	270	2898	-0.8768568252409509	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	226	730	-1.3755257581090707	--
Cyamopsis tetragonoloba	Fruit	--	1300	-0.5898896055857143	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Leaf	--	24200	0.3937598773084697	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot	7430	19800	0.3692304919069643	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	130	3160	-0.1606753113439872	--
Cydonia oblonga	Fruit	60	805	-0.7041159903435934	--
Cymbopogon citratus	Plant	3680	3680	-1.0599742362370392	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Cynanchum atratum	Root	9900	9900	0.27348798343941016	--
Cynara cardunculus	Flower	120	5286	-0.13404923516382297	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyperus rotundus	Rhizome	3180	3180	-0.8154626963450835	--
Cyphomandra betacea	Fruit	39	5780	0.4439168665664028	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cypripedium pubescens	Root	16800	16800	1.0291624873931393	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	1450	10630	0.35343615559683367	--
Daucus carota	Root	210	5710	-0.18539262113539057	--
Dendrobium nobile	Stem	6530	6530	-1.3244321892519928	--
Dioscorea alata	Root	44	290	-0.7789804198932474	--
Dioscorea bulbifera	Rhizome	690	2379	-0.9898481475705792	--
Dioscorea pentaphylla	Root	260	1400	-0.6574153909963432	--
Dioscorea sp.	Root	3060	3060	-0.47561543787124305	--
Dioscorea villosa	Root	734	3060	-0.47561543787124305	--
Diospyros digyna	Fruit	220	1070	-0.6429644914328096	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Fruit	270	758	-0.7149617278862607	--
Diospyros virginiana	Leaf	1150	12500	-0.40567357372290297	--
Diospyros virginiana	Stem	2640	17820	-0.10029470119182099	--
Dipsacus fullonum	Plant	--	20900	0.781990918554954	--
Drynaria fortunei	Rhizome	16000	16000	1.9755753619705902	--
Durio zibethinus	Fruit	76	600	-0.7514218668594826	--
Echinacea purpurea	Root	826	3290	-0.4504262877394521	--
Echinacea spp	Root	3290	7760	0.03911936916970287	Economic & Medicinal Plant Research, 5: 253.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Elaeagnus commutata	Fruit	70	507	-0.7728825815715691	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	196	1070	-0.6429644914328096	--
Elaeis guineensis	Fruit	820	1360	-0.57604398319082	--
Eleocharis dulcis	Tuber	40	265	-1.0649518024039575	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	1300	1625	-0.5148924842800362	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	3830	4177	0.005616516315891836	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	840	4000	-0.3726684764630539	--
Elytrigia repens	Plant	3000	9280	-0.46096117776809853	--
Ephedra nevadensis	Plant	4500	58100	4.761149092670062	--
Ephedra sinica	Plant	922	4390	-0.9840279377525842	--
Ephedra spp	Plant	11500	11500	-0.22349528673219693	--
Equisetum arvense	Plant	4045	18900	0.5680576833874751	--
Equisetum hyemale	Plant	15500	15500	0.2043711836027609	--
Eriobotrya japonica	Fruit	180	2381	-0.3404376421043665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriobotrya japonica	Leaf	21900	21900	0.23660629291768703	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eriocaulon sp	Leaf	2070	2070	-1.1183309151124086	--
Eriodictyon californicum	Leaf	638	2900	-1.0616189694409524	--
Eryngium floridanum	Shoot	20600	20600	0.42761296263669324	--
Erythrina berteroana	Shoot	1080	6835	-0.5769304243567052	--
Erythrina fusca	Leaf	570	3080	-1.049319993271239	--
Erythroxyllum coca	Plant	--	--		--
Erythroxyllum novogranatense	Leaf	10200	13000	-0.37150975102925454	--
Erythroxyllum novogranatense	Leaf	7600	14600	-0.26218551840957965	--
Eucommia ulmoides	Bark	10200	10200	-0.8097922929982918	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Eugenia brasiliensis	Fruit	395	2720	-0.26220987557321296	--
Eugenia floribunda	Fruit	60	465	-0.7825745172479952	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	70	640	-0.742191451929553	--
Euodia rutaecarpa	Fruit	11600	11600	1.786942238871162	--
Eupatorium perfoliatum	Plant	1260	14000	0.04392125722715171	--
Euphrasia officinalis	Plant	1771	11500	-0.22349528673219693	--
Fagopyrum esculentum	Seed	241	1140	-0.5521526716754526	--
Fallopia japonica	Plant	11000	12000	-0.1700119779403272	Chem. & Pharm. Bull. 38: 2205.
Feijoa sellowiana	Fruit	40	731	-0.7211922579639632	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ficus carica	Fruit	350	4228	0.0857767672851336	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ficus carica	Leaf	31600	31600	0.899384453174466	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Firmiana simplex	Seed	2310	2310	-0.3372728725480661	--
Foeniculum vulgare	Fruit	880	13941	2.327152272645294	--
Foeniculum vulgare	Leaf	1000	10556	-0.5385025163558079	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	1415	13100	1.644396386071165	--
Forsythia suspensa	Fruit	4380	4380	0.12085234401886616	--
Fragaria spp	Fruit	135	2900	-0.22067300838852968	--
Frangula purshiana	Bark	4100	14800	-0.3701186348289897	--
Fraxinus rhynchophylla	Bark	38600	38600	1.9047146400469648	--
Fritillaria thunbergii	Bulb	400	400	-1.2801999375430626	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Fucus vesiculosus	Plant	3587	30400	1.798173785600479	--
Garcinia mangostana	Fruit	100	637	-0.7428837330492978	--
Gardenia jasminoides	Fruit	2810	4710	0.1970032671907855	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Gastrodia elata	Rhizome	2140	2140	-1.0418807603582114	--
Genipa americana	Fruit	400	3700	-0.036064709789937345	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Genipa americana	Seed	900	900	-0.5962305791887627	--
Gentiana lutea	Root	1791	8140	0.0807362259091836	--
Gentiana scabra	Root	7490	7490	0.009549497275861294	--
Geranium thunbergii	Plant	16900	16900	0.3541244482199961	--
Ginkgo biloba	Seed	20	109	-0.7192814043300865	--
Ginkgo biloba	Leaf	2640	11000	-0.5081650418038481	--
Glechoma hederacea	Plant	21000	23000	1.0066208154808067	Chem. & Pharm. Bull. 38: 2205.
Gleditsia triacanthos	Seed	2800	2800	-0.24728047804172457	--
Glehnia littoralis	Root	1930	1930	-0.5993708276491726	--
Gliricidia sepium	Flower	220	1570	-1.1620866406888344	--
Gliricidia sepium	Leaf	170	1110	-1.1839254546842135	--
Glycine max	Fruit	670	2200	-0.382205269662298	--
Glycine max	Plant	9400	13000	-0.06304536035658775	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	780	4440	0.05391855663256077	--
Glycine max	Sprout Seedling	480	3504	-0.25583940940557376	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	1379	8780	0.15082777410199327	--
Glycyrrhiza uralensis	Root	6850	23500	1.7629333825366154	--
Gymnema sylvestre	Leaf	169	890	-1.1989575366694187	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Harpagophytum procumbens	Root	1151	6060	-0.1470613057174478	--
Helianthus annuus	Seed	917	1225	-0.5365417460978219	USDA's Ag Handbook 8 and sequelae)
Helianthus tuberosus	Tuber	140	9600	1.686845136728985	--
Hibiscus rosa-sinensis	Flower	40	395	-1.4871522896371359	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	374	3400	-0.6558141831778627	--
Hibiscus sabdariffa	Leaf	2130	14792	-0.24906661049521867	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Seed	3200	6000	0.3404249554690761	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Plant	800	10400	-0.34115856607431033	Jim Duke's personal files.*
Hordeum vulgare	Seed	160	4100	-0.008525145677961804	Jim Duke's personal files.*
Hordeum vulgare	Sprout Seedling	720	720	-0.580774133760098	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Hordeum vulgare	Stem	11000	11000	-0.8397648224115174	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Houttuynia cordata	Plant	770	770	-1.371247093405721	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	6222	6222	0.545912951542125	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	1157	6220	0.12434337429806096	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hydrangea arborescens	Root	2261	6460	-0.10325408809694175	--
Hydrastis canadensis	Root	823	2970	-0.48547206183585695	--
Hyllocereus guatemalensis	Fruit	63	500	-0.7744979041843068	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hyllocereus undatus	Fruit	100	640	-0.742191451929553	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hyoscyamus niger	Seed	7420	7420	0.6012192415894938	--
Inga edulis	Seed	1920	5230	0.19900833553053968	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	140	875	-1.3546536563539873	J Cell Biochem VOL. 22=1995
Inula helenium	Root	2200	10000	0.28443978784453666	--
Ipomoea aquatica	Leaf	276	12665	-0.394399512233999	--
Ipomoea batatas	Leaf	370	17900	-0.0367042886315002	--
Ipomoea batatas	Root	203	2300	-0.5588491513502045	--
Isatis tinctoria	Root	16300	16300	0.9744034653675068	--
Juglans cinerea	Seed	512	724	-0.6285543780318567	--
Juglans nigra	Hull Husk	--	3090	1	--
Juglans nigra	Seed	565	668	-0.6388392231182957	--
Juglans nigra	Fruit	3090	3090	-0.176828537471364	--
Juglans nigra	Pericarp	371	3090		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans regia	Seed	610	1100	-0.5594989895943375	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juncus effusus	Pith	1440	1440	-0.6246622582977759	--
Juniperus communis	Fruit	2632	8490	1.0692774780691343	--
Juniperus virginiana	Shoot	7980	31680	1.2362101822434388	--
Jussiaea repens	Plant	14400	14400	0.08670790426064749	--
Justicia pectoralis	Leaf	6630	44200	1.7603127850544058	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Kalmia latifolia	Leaf	9600	9600	-0.6038237453460636	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	500	2841	-0.23428787041017587	--
Lablab purpureus	Seed	500	4122	-0.004484670822575049	--
Lactuca sativa	Leaf	360	19140	0.04802199164874784	--
Lagenaria siceraria	Fruit	200	5830	0.4554548852288148	--
Lantana camara	Fruit	1100	1100	-0.6360416802353624	--
Lantana camara	Shoot	6100	6100	-0.6305693193396437	--
Larrea tridentata	Plant	5396	16400	0.3006411394281264	--
Lens culinaris	Seed	386	604	-0.6505933317885116	--
Lens culinaris	Sprout Seedling	244	853	-0.5652510309083912	USDA's Ag Handbook 8 and sequelae)
Lepidium meyenii	Root	2470	2500	-0.5369455425399515	--
Lepidium sativum	Leaf	810	20340	0.130015166113504	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lepidium sativum	Seed	3100	3290	-0.1572880835353832	--
Licania platypus	Fruit	105	938	-0.6734248607015775	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ligustrum japonicum	Fruit	3040	3040	-0.18836655613377604	--
Ligustrum lucidum	Fruit	3040	3040	-0.18836655613377604	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Limonia acidissima	Fruit	1300	6540	0.6192947502350655	--
Limonia acidissima	Seed	15800	16460	2.261487091257506	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Hay	7200	7200		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Seed	1820	3969	0.5975460826300514	--
Liquidambar styraciflua	Leaf	3720	18860	0.028890250940304736	--
Liquidambar styraciflua	Stem	2400	42000	2.5214630013143755	--
Lobelia inflata	Leaf	793	7020	-0.7801090704452894	--
Lonicera japonica	Flower	7390	7390	0.4480257651657314	--
Lophatherum gracile	Plant	2380	2380	-1.1990308390959006	--
Luffa aegyptiaca	Fruit	200	4000	0.033163402184534785	--
Luffa aegyptiaca	Leaf	560	55000	2.498251355237212	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lupinus albus	Seed	1760	1965	-0.40063486459844927	--
Lupinus mutabilis	Fruit	280	980	-0.6637329250251514	--
Lupinus mutabilis	Seed	900	1000	-0.5778647843915501	--
Lycium chinense	Fruit	225	1170	-0.6198884541079857	--
Lycium chinense	Leaf	1480	14231	-0.2873984195574922	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Root Bark	53900	53900	2.196634405558688	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lycopersicon esculentum	Fruit	60	2400	-0.3360531950126499	--
Lycopersicon esculentum	Leaf	60800	60800	2.894551698483533	--
Lycopodium clavatum	Plant	16020	16020	0.2599938247463054	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lygodium japonicum	Pollen Or Spore	3060	3060		--
Macadamia spp	Seed	355	1075	-0.5640904382936407	USDA's Ag Handbook 8 and sequelae)
Magnolia denudata	Flower	8040	8040	0.6278493156477706	--
Magnolia fargesii	Flower	8040	8040	0.6278493156477706	--
Magnolia kobus	Flower	8040	8040	0.6278493156477706	--
Magnolia officinalis	Bark	6350	6350	-1.1777800286399904	--
Malpighia glabra	Fruit	120	1400	-0.5668135682608904	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Malus domestica	Fruit	43	570	-0.75834467805693	--
Malva parviflora	Plant	3120	23650	1.0761491169102375	--
Malva sylvestris	Leaf	900	10715	-0.5276384207392277	--
Mammea americana	Fruit	40	985	-0.6625791231589101	--
Mangifera indica	Fruit	92	1400	-0.5668135682608904	--
Mangifera indica	Leaf	290	29300	0.7422308687836834	--
Manihot esculenta	Leaf	1450	10000	-0.576492687191145	--
Manihot esculenta	Root	190	2890	-0.49423350535995814	--
Manilkara zapota	Fruit	240	1300	-0.5898896055857143	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	150	467	-0.7595957260961734	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	740	1610	-0.5183538898787599	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	1690	8990	-0.49198149686738296	--
Melia azedarach	Leaf	25500	25500	0.4825858163119555	--
Melia azedarach	Seed	2310	2310	-0.3372728725480661	--
Melicoccus bijugatas	Fruit	34	555	-0.7618060836556535	--
Melilotus indica	Plant	13400	13400	-0.020258713323091964	--
Mentha arvensis var. piperascens	Plant	13500	13500	-0.009562051564718019	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha pulegium	Plant	9440	16870	0.35091544969248395	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mentha spicata	Plant	1990	11760	0.019318935182891635	--
Mentha x piperita	Leaf	2414	16200	-0.15286128578990477	--
Mentha x rotundifolia	Leaf	16300	16300	-0.14602852125117508	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mimosa pudica	Leaf	350	23800	0.36642881915355097	--
Mimulus glabratus	Shoot	5430	54300	2.886974542126525	--
Momordica charantia	Fruit	130	4333	0.11000660647619885	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	2640	18701	0.018026155323724542	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	360	1600	-1.1504449084444381	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root	10000	10000	0.28443978784453666	--
Moringa oleifera	Fruit	300	2545	-0.30259294089165506	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	4400	17600	-0.05720258224768924	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Fruit	300	6400	0.5869882979803118	--
Morus alba	Leaf	7000	27400	0.6124083425478194	--
Morus alba	Root Bark	16100	16500	-0.29288458740782497	--
Mucuna pruriens	Seed	1320	1600	-0.467670015608275	--
Muntingia calabura	Fruit	640	5615	0.4058414049804431	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Murraya koenigii	Leaf	8100	30035	0.7924516881433465	--
Murraya sp	Fruit	20	95	-0.8679558553498441	--
Musa x paradisiaca	Fruit	20	95	-0.8679558553498441	--
Musa x paradisiaca	Flower	--	300	-1.5134341931691262	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Leaf	--	7500	-0.747311800659387	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Pith	--	100	-0.7864626628310915	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Sprout Seedling	--	11600	0.6890857085449396	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria cauliflora	Fruit	60	3695	-0.037218511656178545	--
Myrciaria dubia	Fruit	270	4500	0.148543588808655	--
Myrica cerifera	Bark	2442	11200	-0.7142110629614871	--
Myristica fragrans	Aril	2400	2400	1.0290157581919714	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	1110	2000	-0.3942068364194249	--
Nardostachys chinensis	Rhizome	11600	11600	1.01765278345351	--
Nasturtium officinale	Herb	1200	24000	1	--
Nelumbo nucifera	Fruit	1360	1511	-0.5411991668303356	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Nelumbo nucifera	Rhizome	450	3704	-0.7013828256307767	--
Nelumbo nucifera	Seed	590	13333	1.6871886879486702	--
Nepeta cataria	Plant	739	6160	-0.7946970246293654	--
Nigella sativa	Seed	10600	10600	1.185251516140852	--
Notopterygium incisum	Rhizome	3850	3850	-0.6695972127981645	--
Nyssa sylvatica	Leaf	1950	22750	0.2946847914968893	--
Nyssa sylvatica	Stem	2850	14520	-0.4581028243626418	--
Ocimum basilicum	Leaf	3200	22112	0.35959605461482125	--
Ocimum tenuiflorum	Leaf	31500	31500	0.8925516886357363	=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
Oenothera biennis	Plant	12100	23400	1.0494074625143026	--
Oenothera biennis	Seed	12700	18000	2.5443203311345783	--
Olea europaea	Fruit	610	2798	-0.24421056645985023	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Leaf	11800	11800	-0.4535029254940107	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ophiopogon japonicus	Tuber	870	3450	-0.1260687546119467	--
Opuntia ficus-indica	Be	--	560		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Opuntia ficus-indica	Fruit	180	3065	-0.18259754680257	--
Opuntia ficus-indica	Bud	560	560	-1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	17925	23625	1.073474951470644	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	14070	18794	0.5567192219235987	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Oryza sativa	Plant	1900	3300	-1.1006215509188604	--
Oryza sativa	Seed	71	364	-0.6946712393018217	--
Oxalis tuberosa	Root	40	247	-0.7836896957874517	--
Pachira macrocarpa	Seed	830	875	-0.6008220278880657	--
Pachyrhizus erosus	Tuber	150	1380	-0.7362690399901138	--
Paeonia lactiflora	Root	10300	40600	3.635691935813249	--
Paeonia moutan	Root Bark	5150	16700	-0.2795716516165602	--
Paeonia suffruticosa	Root Bark	5150	16700	-0.2795716516165602	--
Panax ginseng	Root	611	2880	-0.4953286858004708	--
Panax japonicus	Rhizome	7000	7000	0.016188269549290316	--
Panax quinquefolius	Plant	2340	10800	-0.29837191904081456	--
Panicum maximum	Leaf	7100	20900	0.1682786475303902	--
Papaver somniferum	Seed	13807	16214	2.216307236056363	--
Parthenium integrifolium	Root	1424	8900	0.16396993938814508	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora edulis	Fruit	130	1190	-0.6152732466430209	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora edulis	Seed	800	800	-0.6145963739859751	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora foetida	Fruit	200	1110	-0.63373407650288	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Fruit	140	509	-0.7724210608250726	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Passiflora incarnata	Flower	506	4600	-0.3238322438264058	--
Passiflora ligularis	Fruit	56	810	-0.7029621884773523	--
Passiflora mollissima	Fruit	40	500	-0.7744979041843068	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	90	2500	-0.31297715768782586	--
Passiflora quadrangularis	Seed	90	415	-0.6853046839552434	--
Pastinaca sativa	Root	315	3525	-0.4246895473874048	--
Peganum harmala	Plant	5600	5600	-0.8545983304762595	--
Peperomia pelucida	Leaf	1240	15900	-0.1733595794060938	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	1500	10000	-0.576492687191145	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pereskia aculeata	Fruit	130	2025	-0.42258833498074005	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perideridia gairdneri	Root	600	600	-0.7450298262373551	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
Perilla frutescens	Leaf	1970	14071	-0.29833084281945965	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Plant	12670	12670	-0.09834434415922177	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Perilla frutescens	Seed	1400	3500	-0.11871991446123692	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	60	964	-0.6674250909971232	--
Persea schiedeana	Fruit	114	532	-0.767113572240363	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Plant	13000	14000	0.04392125722715171	Chem. & Pharm. Bull. 38: 2205.
Petasites japonicus	Pt	1030	18725	0.7484589275751646	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	1000	16850	0.34877611734080916	--
Petroselinum crispum	Shoot	--	1600	-0.9589707171943687	--
Peucedanum decursivum	Plant	14400	30000	1.755387138566983	--
Phaseolus acutifolius	Seed	1120	1966	-0.4004512066504771	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus coccineus	Fruit	500	610	-0.7491142631270002	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus coccineus	Seed	600	1600	-0.467670015608275	--
Phaseolus lunatus	Leaf	80	2857	-1.064557058192606	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	250	8600	0.8179356201966016	--
Phaseolus lunatus	Sprout Seedling	1090	3028	-0.3113957775064191	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Fruit	356	18000	3.2638086276599014	--
Phaseolus vulgaris	Leaf	2740	20758	0.15857612188539408	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	510	3295	-0.1563697937955226	--
Phaseolus vulgaris	Sprout Seedling	170	1828	-0.4514538483488865	USDA's Ag Handbook 8 and sequelae)
Phellodendron amurense	Bark	14100	14100	-0.4370254958547531	--
Phoenix dactylifera	Fruit	140	2000	-0.4283573443119461	--
Phoenix dactylifera	Seed	18	436	-0.6814478670478287	Abstract (See species file)
Phragmites australis	Shoot	--	9400	-0.38974162757951175	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus acidus	Fruit	60	2326	-0.3531294626330197	--
Phyllanthus emblica	Fruit	120	2660	-0.2760554979681074	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Physalis angulata	Fruit	810	8100	0.9792809325023206	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	70	2580	-0.2945163278279666	--
Physalis peruviana	Fruit	80	585	-0.7548832724582063	--
Phytelephas aequatorialis	Flower	1780	6095	0.0897619222822842	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	1160	3410		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytolacca americana	Shoot	530	6307	-0.6154628550383262	--
Pimenta dioica	Fruit	7224	8000	0.9562048951774965	--
Pimenta dioica	Leaf	10056	11166	-0.4968226526695569	--
Pimpinella anisum	Fruit	7138	7843	0.9199755165775227	--
Pimpinella anisum	Seed	6460	7843	0.6789065535817028	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinellia ternata	Tuber	4180	10000	1.8047582353527853	--
Pinus cembroides	Seed	120	145	-0.7348923299077171	USDA's Ag Handbook 8 and sequelae)
Pinus echinata	Shoot	1088	11760	-0.21751333892681143	--
Pinus edulis	Seed	59	117	-0.7400347524509366	--
Pinus gerardiana	Seed	910	980	-0.5815379433509926	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
Pinus pinea	Seed	260	280	-0.7100985069314802	USDA's Ag Handbook 8 and sequelae)
Piper auritum	Leaf	2570	14440	-0.2731179416715471	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper betel	Leaf	2300	15750	-0.18360872621418833	--
Piper nigrum	Fruit	2700	4989	0.26138541132704457	--
Pistacia vera	Seed	1066	1464	-0.492647496532484	--
Pisum sativum	Fruit	430	4253	0.09154577661633961	--
Pisum sativum	Plant	10200	14100	0.054617918985525656	--
Pisum sativum	Seed	230	1700	-0.44930422081106247	--
Plantago asiatica	Plant	18000	18000	0.4717877275621095	--
Plantago major	Seed	7020	23400	3.536073250184055	--
Plantago major	Shoot	860	1340	-0.9779450201815306	--
Plantago psyllium	Hull Husk	3059	3059	-1	--
Plantago psyllium	Seed	728	3340	-0.14810518613677695	--
Platonia insignis	Fruit	200	720	-0.7237306220696939	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Platycodon grandiflorum	Root	180	5240	-0.23686610183948517	--
Plectranthus amboinicus	Leaf	2320	41430	1.5710452073315937	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygala tenuifolia	Root	3420	3420	-0.43618894201278763	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Polygonum multiflorum	Rhizome	15300	15300	1.8231785881156002	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Polygonum multiflorum	Root	3370	3370	-0.4416648442153509	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polygonum multiflorum	Plant	--	2225	-1.2156106648213802	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Polymnia edulis	Root	150	1650	-0.6300358799835268	--
Polystichum polyblepharum	Plant	6000	6900	-0.7155417276173982	--
Portulaca oleracea	Herb	780	20800	-1	--
Pothomorphe sp.	Leaf	1690	9440	-0.6147561686080312	--
Pourouma cecropiaefolia	Fruit	340	1890	-0.45374098536925256	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	220	3700	-0.036064709789937345	--
Pouteria campechiana	Fruit	220	895	-0.6833475567512518	--
Pouteria viridis	Fruit	230	730	-0.7214230183372115	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prosopis juliflora	Leaf	20800	20800	0.16144588299166054	--
Prunella vulgaris	Flower	14500	14500	2.4150187558231133	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Prunus armeniaca	Fruit	134	1899	-0.45166414201001837	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus armeniaca	Seed	930	1522	-0.4819953355501007	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Prunus cerasus	Fruit	140	1954	-0.43897232148136517	--
Prunus domestica	Fruit	38	2040	-0.41912692938201646	--
Prunus dulcis	Seed	2426	2962	-0.2175278904702403	--
Prunus persica	Fruit	18	8850	1.152351212438501	--
Prunus persica	Seed	970	970	-0.5833745228307139	--
Prunus salicifolia	Fruit	172	1080	-0.6406568877003272	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus serotina	Leaf	4060	32640	0.9704452043772547	--
Prunus serotina	Stem	323	18360	-0.04174428103659576	--
Psidium cattleianum	Fruit	210	3400	-0.10529282176440947	--
Psidium guajava	Fruit	90	1582	-0.5248151803297106	--
Psophocarpus tetragonolobus	Leaf	1845	11383	-0.4819955536205135	--
Psophocarpus tetragonolobus	Seed	567	8586	0.8153644089249918	--
Psophocarpus tetragonolobus	Tuber	300	704	-0.9355421766643365	--
Psoralea esculenta	Root	5100	5100	-0.25219862800666226	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pueraria montana	Root	150	475	-0.7587195817437633	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pueraria montana	Shoot	1600	1700	-0.9516729083531525	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pueraria pseudohirsuta	Root	5330	8300	0.09825911295738601	--
Pulsatilla chinensis	Root	16200	16200	0.9634516609623802	--
Punica granatum	Fruit	30	650	-0.7398838481970706	--
Pyrus communis	Fruit	68	1776	-0.48004766791955195	--
Quararibea cordata	Fruit	184	1250	-0.6014276242481265	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Quercus alba	Bark	8436	37000	1.7517846719880772	--
Quercus alba	Stem	4600	27360	0.9340960548838247	--
Quercus phellos	Stem	2940	14700	-0.43858601764423344	--
Quercus rubra	Seed	947	947	-0.5875986556340728	--
Quercus rubra	Stem	5200	23760	0.5437599205156565	--
Quercus stellata	Stem	5750	31920	1.4285218250835043	--
Quercus velutina	Stem	5040	22940	0.4548500232429071	--
Quisqualis indica	Fruit	1430	1430	-0.5598907570634432	--
Raphanus sativus	Fruit	260	10130	1.4477244901962487	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Raphanus sativus	Leaf	2380	19130	0.04733871519487487	--
Raphanus sativus	Root	190	8570	0.1278289848512276	--
Raphanus sativus	Seed	3670	3670	-0.08749806330597563	--
Rauvolfia serpentina	Seed	3400	6900	0.5057171086439888	--
Rehmannia glutinosa	Root	1150	1150	-0.6847949020091594	--
Rheum palmatum	Rhizome	9630	12400	1.1918205250020704	--
Rheum rhabarbarum	Leaf	470	14400	-0.27585104748703904	--
Rheum rhabarbarum	Pt	600	18462	0.664932181626536	--
Rhizophora mangle	Leaf	13500	13500	-0.3373459283356061	--
Rhodymenia palmata	Plant	6320	6320	-0.7775823658159672	--
Rhus copallina	Leaf	3240	24960	0.44568888780281524	--
Rhus copallina	Stem	2450	21350	0.28245156389696613	--
Rhus glabra	Stem	2520	24790	0.6554394256265491	--
Rhynchosia minima	Shoot	19200	19200	0.3254436388596676	--
Ribes nigrum	Fruit	502	4720	0.1993108709232679	--
Ribes rubrum	Fruit	298	2875	-0.2264420177197357	--
Ribes uva-crispa	Fruit	185	4122	0.06131616772082012	--
Ricinus communis	Leaf	26700	26700	0.5645789907767117	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Robinia pseudoacacia	Leaf	12900	15000	-0.23485446025466092	--
Robinia pseudoacacia	Seed	19000	19000	2.7279782791067038	--
Rollinia mucosa	Fruit	240	1050	-0.6475796988977744	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	1515	8100	0.9792809325023206	--
Rosa laevigata	Fruit	7620	7620	0.8685159533431651	--
Rosmarinus officinalis	Plant	3170	16150	0.2738994850321915	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root	37800	37800	3.3290414124697065	--
Rubus chamaemorus	Fruit	150	1125	-0.6302726709041565	--
Rubus chingii	Fruit	7490	7490	0.8385171048208939	--
Rubus idaeus	Leaf	2045	12100	-0.4330046318778217	--
Rubus idaeus	Fruit	220	1645	-0.5102772768150714	Revised USDA data received 1993.
Rumex acetosa	Leaf	430	4300	-0.9659602658987367	--
Rumex crispus	Leaf	150	10000	-0.576492687191145	--
Rumex crispus	Root	2570	10000	0.28443978784453666	--
Ruscus aculeatus	Root	2190	7250	-0.01673483329644233	--
Salix alba	Bark	2369	14100	-0.4370254958547531	--
Salvia miltiorrhiza	Root	2780	2780	-0.5062804902055973	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Salvia officinalis	Leaf	1696	10800	-0.5218305708813075	--
Sambucus canadensis	Fruit	380	1881	-0.4558178287284867	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Fruit	235	1440	-0.5575831533309608	--
Santalum acuminatum	Fruit	420	1800	-0.47450941896159415	--
Sassafras albidum	Leaf	2607	17680	-0.051736370616705496	--
Sassafras albidum	Stem	913	10360	-0.9091579129658584	--
Satureja hortensis	Plant	23429	23429	1.052509494424231	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	864	5760	0.439301659101438	--
Schizonepeta tenuifolia	Plant	10900	10900	-0.2876752572824406	--
Sclerocarya caffra	Seed	1430	1490	-0.48787238988520876	--
Scrophularia buergeriana	Root	2670	2670	-0.5183274750512364	--
Scutellaria baicalensis	Root	4630	10300	0.3172952010599162	--
Scutellaria lateriflora	Plant	623	4550	-0.966913278939186	--
Secale cereale	Seed	315	685	-0.6357170380027696	--
Sechium edule	Fruit	190	2715	-0.26336367743945416	--
Sechium edule	Leaf	592	3345	-1.0312131672436051	--
Sechium edule	Shoot	660	8920	-0.42477111001734913	--
Senna alexandrina	Leaf	5339	26300	0.5372479326217929	--
Senna obtusifolia	Seed	4100	6590	0.4487831447726299	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Senna occidentalis	Seed	7450	7450	0.6067289800286576	--
Serenoa repens	Fruit	605	4640	0.18085004106340866	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	800	12638	1.559546414108043	--
Sicana odorifera	Fruit	210	2460	-0.3222075726177555	--
Sida rhombifolia	Leaf	4660	23535	0.3483219931259173	--
Siegesbeckia orientalis	Plant	11100	11100	-0.2662819337656927	--
Silybum marianum	Plant	6460	6460	-0.7626070393542436	--
Silybum marianum	Leaf	1421	6460	-0.8183725518621756	--
Simmondsia chinensis	Seed	372	372	-0.6932019757180448	--
Sinapis alba	Seed	4983	5850	0.3128762632732573	--
Sinomenium acutum	Rhizome	15400	15400	1.8449495558091702	--
Smilax officinalis	Root	626	2980	-0.4843768813953443	--
Smilax spp	Root	626	2980	-0.4843768813953443	--
Solanum melongena	Fruit	120	5706	0.426840598946033	--
Solanum melongena	Leaf	2540	18676	0.016317964189042123	--
Solanum nigrum	Leaf	1999	14400	-0.27585104748703904	--
Solanum quitoensis	Fruit	60	975	-0.6648867268913925	--
Solanum sessiliflorum	Fruit	120	1200	-0.6129656429105385	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
Solanum torvum	Fruit	1040	7125	0.7542895685852862	--
Solanum tuberosum	Tuber	34	2550	-0.3913732265154976	--
Sonchus oleraceus	Leaf	1310	19265	0.05656294732215994	--
Sophora angustifolia	Root	8750	9710	0.2526795550696698	--
Sophora japonica	Seed	2649	2649	-0.27501282818551565	--
Sophora secundiflora	Seed	500	1900	-0.4125726312166374	--
Sophora subprostrata	Root	18600	18600	1.2262949666854164	--
Sorbus aucubaria	Fruit	100	2115	-0.40181990138839846	--
Spartium junceum	Stem	6500	6500	-1.3276849903717276	--
Sphenostylis stenocarpa	Root	100	284	-0.7796375281575549	--
Sphenostylis stenocarpa	Seed	550	607	-0.6500423579445953	--
Spinacia oleracea	Plant	730	15700	0.2257645071195088	--
Spirulina pratensis	Plant	280	280	-1.4236607360217535	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	280	-1.4236607360217535	--
Spondias dulcis	Fruit	560	4275	0.09662250482780091	--
Spondias dulcis	Seed	5000	5000	0.15676700749695088	--
Spondias mombin	Fruit	260	2500	-0.31297715768782586	--
Spondias pinnata	Fruit	360	3710	-0.03375710605745494	--
Spondias purpurea	Fruit	140	925	-0.6764247455538046	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spondias tuberosa	Fruit	200	200	-0.8437260161587788	--
Stachys officinalis	Plant	2822	16800	0.3434277864616222	--
Stellaria media	Plant	--	12100	-0.15931531618195327	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stellaria media	Shoot	400	1110	-0.9947299805163277	--
Stevia rebaudiana	Leaf	5440	5440	-0.8880667501572184	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stevia rebaudiana	Plant	--	2100	-1.2289814920193476	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Stillingia sylvatica	Plant	3100	3100	-1.1220148744356082	--
Symphoricarpos orbiculatus	Stem	2584	22880	0.44834442100343763	--
Symphytum officinale	Root	11300	11300	0.4268132451111813	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	1980	18000	-0.029871524092770517	--
Syzygium aromaticum	Flower	6460	9540	1.0428267398370916	--
Syzygium aromaticum	Fruit	6460	9540	1.3115758699797868	--
Syzygium cumini	Fruit	80	920	-0.6775785474200458	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	290	2045	-0.41797312751577526	--
Syzygium malaccense	Fruit	55	2615	-0.2864397147642782	--
Tabebuia heptaphylla	Bark	5836	32600	1.3312272598261359	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tamarindus indica	Flower	2650	2650	-0.8633028952725232	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	170	2829	-0.23705699488915477	--
Tamarindus indica	Leaf	1053	23000	0.3117667028437135	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Seed	1210	1210	-0.5392966153174038	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tanacetum parthenium	Plant	--	5810	-0.8321353407836742	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum mongolicum	Plant	16900	16900	0.3541244482199961	--
Taraxacum officinale	Leaf	1870	13000	1.6258439789322057	--
Taraxacum officinale	Plant	12000	21000	0.7926875803133279	Chem. & Pharm. Bull. 38: 2205.
Taraxacum officinale	Root	878	6140	-0.13829986219334658	--
Tephrosia purpurea	Leaf	16500	16500	-0.13236299217371572	--
Terminalia bellirica	Leaf	--	20800	0.16144588299166054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Seed	320	5100	0.1751328022941634	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	580	9665	-0.5993824483958894	--
Tetrapanax papyrifera	Pith	18300	18300	1.411124921128867	--
Theobroma bicolor	Fruit	158	184	-0.8474181821307507	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Theobroma bicolor	Seed	650	675	-0.6375536174824907	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Fruit	1300	3095	-0.1756747356051228	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	800	1100	-0.5594989895943375	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma speciosum	Fruit	190	485	-0.7779593097830303	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Leaf	2806	16700	-0.11869746309625637	--
Thymus vulgaris	Plant	16935	22534	0.9567743716867843	USDA's Ag Handbook 8 and sequelae)
Trachyspermum ammi	Fruit	15250	16469	2.9105144962168454	--
Tragopogon porrifolius	Root	480	2610	-0.5248985576943124	--
Tribulus terrestris	Leaf	33500	33500	1.02920697941033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	500	9260	1.2469629654702794	--
Trifolium pratense	Flower	2358	13100	2.0277064932464137	--
Trifolium pratense	Shoot	4800	22900	0.5954625659846638	--
Trigonella foenum-graecum	Leaf	12900	12900	-0.3783425155679842	--
Trigonella foenum-graecum	Seed	95	730	-0.6274524303440239	--
Triticum aestivum	Plant	900	10400	-0.34115856607431033	--
Triticum aestivum	Seed	100	4100	-0.008525145677961804	--
Tropaeolum majus	Shoot	2110	15400	0.04812690289345519	--
Tropaeolum tuberosum	Root	70	500	-0.7559816306424817	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Turnera diffusa	Leaf	3801	18100	-0.023038759554040836	--
Tussilago farfara	Flower	3670	3670	-0.5811182468237849	--
Ullucus tuberosus	Root	30	365	-0.7707665665894025	--
Ulmus rubra	Bark	1602	9770	-0.8508922219141178	--
Urtica dioica	Leaf	5800	29000	0.7217325751674943	--
Vaccinium corymbosum	Fruit	58	400	-0.7975739415091307	--
Vaccinium macrocarpon	Fruit	1440	12000	1.8792463881704582	--
Vaccinium myrtillus	Fruit	510	6380	0.582373090515347	--
Vaccinium vitis-idaea	Fruit	180	1730	-0.490662645088971	--
Valeriana officinalis	Root	4956	42000	3.7890171974850206	--
Valerianella locusta	Plant	6410	7139	-0.6899767060148847	--
Valerianella radicata	Plant	19884	24463	1.1631129770058177	--
Vanilla planifolia	Fruit	19000	19000	3.494569000908142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Verbascum thapsus	Leaf	5852	13300	-0.3510114574130655	--
Vetiveria zizanioides	Leaf	2800	3100	-1.047953440363493	--
Viburnum opulus	Bark	23540	23540	0.46526131569268436	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Vicia faba	Fruit	500	3425	-0.09952381243320346	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
Vicia faba	Seed	220	31160	4.961258926447746	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Fruit	20100	20100	3.7484054114812064	--
Vigna aconitifolia	Leaf	23400	23400	0.3390977609986322	--
Vigna aconitifolia	Plant	23400	23700	1.0814974477894244	--
Vigna aconitifolia	Seed	1360	3500	-0.11871991446123692	--
Vigna angularis	Seed	660	762	-0.6215753760089159	--
Vigna mungo	Fruit	27100	27100	5.363728024218889	--
Vigna mungo	Plant	17400	17400	0.40760775701186586	--
Vigna mungo	Seed	1100	2220	-0.35380208786555734	--
Vigna radiata	Seed	1183	1602	-0.46730269971233074	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	110	1571	-0.4814496185209816	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	100	945	-0.587965971530017	--
Vigna unguiculata	Fruit	500	4115	0.059700845108082434	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	1255	1643	-0.4597727238454736	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	630	6164	-0.6258987216812653	--
Vigna unguiculata	Seed	253	14400	1.8831517184349278	--
Vigna unguiculata	Shoot	630	6164	-0.6258987216812653	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	8910	8910	-0.6509698206632984	--
Vitellaria paradoxa	Seed	--	1070	-0.5650087280335013	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Fruit	92	4774	0.2117719310786729	--
Vitis vinifera	Stem	17700	17700	-0.11330590567075993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	950	17800	-0.04353705317022988	--
Xanthosoma sagittifolium	Root	59	4000	-0.3726684764630539	--
Yucca baccata	Root	1718	8260	0.09387839119533542	--
Zea mays	Seed	10	181	-0.7282806437807207	--
Zea mays	Silk Stigma Style	2520	2520		--
Zingiber officinale	Rhizome	150	3458	-0.7549394061569589	--
Zingiber officinale	Root	116	1650	-0.6300358799835268	--
Zizyphus jujuba	Fruit	260	1602	-0.5201999728647457	--
Zizyphus jujuba	Leaf	19700	19700	0.08628547306563406	--
Zizyphus jujuba	Shoot	800	21600	0.5005910510488544	--
Zizyphus spina-christi	Fruit	1400	1544	-0.5335840745131437	--