

# C CAMPESTEROL

## Chemid

CAMPESTEROL

\*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	--	30	-0.4046460894399287	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	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Abrus precatorius	Seed	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Seed	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Acacia farnesiana	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Aesculus hippocastanum	Leaf	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Aesculus hippocastanum	Bark	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Seed	--	--		Jim Duke's personal files.
Aleurites fordii	Plant	--	--		--
Allium cepa	Bulb	10	50	-1	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium cepa	Seed	--	--		Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Fecs. Int. Conf. Chem. Biotechol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Allium sativum var. sativum	Bulb	0	150	1	--
Allium schoenoprasum	Leaf	--	10	-0.8494338122991827	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Aloe vera	Plant	--	--		--
Aloe vera	Leaf	--	--		--
Amaranthus spinosus	Leaf	--	--		Wealth of India.
Ananas comosus	Fruit	--	10	-0.574497534390022	--
Anethum graveolens	Plant	--	490	1.9454938284556806	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Annona cherimola	Seed	1700	2200	3.9222556371249584	--
Annona muricata	Plant	--	--		--
Apium graveolens	Pt	--	--		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	--	50	-0.5188689275444304	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Armoracia rusticana	Root	--	200	1.2834996430471919	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Artemisia dracunculus	Shoot	--	30	1	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Arundo donax	Leaf	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Avena sativa	Seed	--	--		--
Beta vulgaris	Leaf	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica juncea	Leaf	--	100	-0.3209842055692765	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Brassica napus var. napobrassica	Seed	--	--		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Brassica oleracea var. botrytis l.	Flower	30	300		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	20	200	0.2661820241306193	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. gemmifera	Leaf	60	600	2.614846942930202	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	Plant	--	--		--
Brassica rapa	Leaf	20	200	0.2661820241306193	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	10	100	-0.2945736885682078	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Calendula officinalis	Flower	--	--		--
Camellia sinensis	Seed	--	--		--
Camellia sinensis	Seed Oil	--	--		--
Cannabis sativa	Root	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cannabis sativa	Seed	--	--		--
Cannabis sativa	Plant	--	--		Turner, C. E., El Sohly, M. A., Boeren, E. G. 1980. Constituents of Cannabis sativa L. XVII. A Review of the Natural Constituents. J Natural Products, 432: 169-234.
Capsicum annum	Fruit	20	530	3.841640034312409	--
Capsicum frutescens	Fruit	20	30	-0.4046460894399287	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	Seed Oil	--	--		Jim Duke's personal files.
Carum carvi	Seed	--	30	-0.5601817141925177	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Caulophyllum thalictroides	Root	--	--		Jim Duke's personal files.
Centella asiatica	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.
Centella asiatica	Essential Oil	--	2000		Jim Duke's personal files.
Ceratonia siliqua	Seed	--	--		Wealth of India.
Chenopodium album	Plant	--	--		--
Chrysanthemum x morifolium	Flower	--	--		Wealth of India.
Cinnamomum verum	Bark	--	30		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Citrullus lanatus	Seed Oil	--	--		--
Citrullus lanatus	Seed	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrullus lanatus	Fruit	--	--		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	Fruit	--	20	-0.48957181191497545	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	--	20	-0.48957181191497545	--
Citrus reticulata	Pericarp	--	--		--
Citrus reticulata	Root	--	--		--
Citrus sinensis	Fruit	--	40	-0.31972036696488193	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	--	--		Jim Duke's personal files.
Cocos nucifera	Seed Oil	--	--		Jim Duke's personal files.
Cocos nucifera	Fruit	--	30	-0.4046460894399287	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	110	120	-0.3742741742761247	--
Coix lacryma-jobi	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Commelina benghalensis	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
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.
Coriandrum sativum	Fruit	--	30	-0.4046460894399287	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Corylus avellana	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Corylus avellana	Seed	--	--		--
Cucumis melo	Seed	--	--		--
Cucumis sativus	Seed	--	--		--
Cucurbita pepo	Seed	--	--		--
Cuminum cyminum	Seed	--	50	-0.5188689275444304	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	--	90	-0.45238102172974776	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
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.
Daucus carota	Root	--	--		--
Digitalis lanata	Plant	--	--		--
Dioscorea villosa	Root	20	200	1.2834996430471919	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Elettaria cardamomum	Seed	40	55	-0.5085407308824086	--
Equisetum arvense	Plant	--	--		--
Equisetum arvense	Strobilus	--	--		Jim Duke's personal files.
Eriobotrya japonica	Fruit	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Euphorbia hirta	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Euphorbia pulcherrima	Plant	--	--		--
Fagopyrum esculentum	Seed	200	230	-0.14705384771164434	--
Ficus carica	Fruit	10	50	-0.2347946444898352	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Foeniculum vulgare	Leaf	10	12	-0.8376904877051847	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Fragaria spp	Fruit	--	--		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)
Gaultheria procumbens	Shoot	--	--		--
Ginkgo biloba	Seed	--	--		Jim Duke's personal files.
Glycine max	Seed	90	270	-0.06442827441546968	--
Harpagophytum procumbens	Tuber	--	--		--
Helianthus annuus	Seed	750	770	0.9683913917867137	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Heliotropium indicus	Plant	--	--		--
Hibiscus sabdariffa	Seed	--	--		--
Hordeum vulgare	Sprout Seedling	--	330	1	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Humulus lupulus	Stem	--	--		--
Illicium verum	Fruit	--	130	0.4446111353105388	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	--	--		--
Jatropha curcas	Leaf	--	--		--
Juglans nigra	Seed	--	60	-0.4982125342203867	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	Seed	20	85	-0.44657155091027756	--
Juniperus communis	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Kalanchoe spathulata	Flower	--	--		--
Lactuca sativa	Seed	--	--		--
Laurus nobilis	Leaf	--	60	-0.5558506974492348	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lepidium meyenii	Root	--	--		--
Linum usitatissimum	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Lycium chinense	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.
Lycium chinense	Seed	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycopersicon esculentum	Fruit	--	--		--



Plant	Part	Low PPM	High PPM	StdDev	Reference
Magnolia kobus	Seed	--	--		--
Malus domestica	Fruit	10	60	-0.14986892201478846	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Medicago sativa	Plant	--	--		--
Melissa officinalis	Tissue Culture	0.1	0.1	-1	Gbolade, A.A. and Lockwood, G.B. 1991. The Constituents of Melissa officinalis L. Cultures. J. Ess. Oil Res., 3: 111-114.
Mitchella repens	Plant	--	--		--
Moringa oleifera	Seed	--	--		--
Morus alba	Plant	--	--		--
Musa x paradisiaca	Fruit	20	80	0.019982522935305048	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	Aril	--	60		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	--	30	-0.5601817141925177	--
Nerium oleander	Plant	--	--		--
Nigella sativa	Seed	--	--		--
Nigella sativa	Seed Oil	--	--		--
Ocimum basilicum	Leaf	--	90	-0.37970082853926607	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Oenothera biennis	Seed	103	220	-0.16771024103568802	--
Oenothera biennis	Fruit	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Oenothera biennis	Inflorescence	--	--		--
Ononis spinosa	Root	--	22	-1.5254708872282197	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.
Opuntia ficus-indica	Seed Oil	--	140000		--
Origanum majorana	Plant	--	30	-0.5969128791852656	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Origanum vulgare	Plant	120	130	-0.044215768828538185	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	Plant	--	--		--
Paeonia moutan	Root Bark	--	--		--
Paeonia suffruticosa	Root Bark	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Panax ginseng	Root	--	--		--
Panax japonicus	Rhizome	--	--		--
Panax quinquefolius	Plant	--	--		--
Papaver somniferum	Seed	200	240	-0.1263974543876007	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Perilla frutescens	Plant	--	--		Han, J. S. 1978. A Study on Sterol in Perilla frutescens. Yongnam Taehakkyo Nonmumjip Chayon Kwahak Pyon, 11: 211-215.
Persea americana	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Petasites hybridus	Root	--	--		--
Petroselinum crispum	Sprout Seedling	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Phaseolus vulgaris	Seed	--	30	-0.5601817141925177	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Phellodendron amurense	Bark	--	--		--
Phoenix dactylifera	Stem	--	--		Abstract (See species file)
Pimenta dioica	Fruit	--	10	-0.574497534390022	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
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	--	--		--
Piper methysticum	Rhizome	--	--		--
Piper nigrum	Fruit	30	60	-0.14986892201478846	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Pisum sativum	Seed	--	--		--
Plantago ovata	Seed	--	--		--
Pluchea carolinensis	Shoot	--	--		Tramil
Prosopis glandulosa	Stem	--	--		Zirvi, K. A., Jewers, K., Nagler, M. J. 1977. Phytochemical Investigation of Prosopis glandulosa Stems. Planta Med. Suppl. 32: 244-246.
Prunus armeniaca	Seed	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus armeniaca	Fruit	10	100	0.18983396788539855	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	--	50	-0.5188689275444304	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Prunus persica	Seed	--	--		--
Ptychopetalum olacoides	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Punica granatum	Seed	--	--		--
Rosa multiflora	Fruit	--	--		--
Rosmarinus officinalis	Shoot	10	16	-1	--
Ruellia tuberosa	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Ruscus aculeatus	Root	--	--		--
Salvia officinalis	Fruit	--	--		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Salvia officinalis	Leaf	--	120	-0.2035509596292973	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Salvia officinalis	Fruit Essent. Oil	--	--		--
Sambucus canadensis	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Sambucus canadensis	Leaf	--	--		--
Sambucus nigra	Leaf	--	--		--
Sambucus nigra	Flower	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sarracenia purpurea	Shoot	--	--		--
Sarracenia purpurea	Root	--	--		--
Satureja hortensis	Plant	--	10	-0.707452301256611	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Scutellaria baicalensis	Root	--	--		--
Senna occidentalis	Seed	--	--		--
Serenoa repens	Fruit	28	90	0.10490824541035179	--
Sesamum indicum	Seed	--	910	1.257580898323325	--
Sesamum indicum	Seed Oil	--	--		--
Solanum dulcamara	Leaf	--	--		--
Solanum tuberosum	Plant	--	--		--
Solanum tuberosum	Tuber	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Sophora angustifolia	Root	--	--		--
Spinacia oleracea	Sprout Seedling	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Stevia rebaudiana	Leaf	--	--		--
Syzygium aromaticum	Plant	--	--		--
Syzygium aromaticum	Fruit	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
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.
Taraxacum officinale	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.
Theobroma cacao	Sprout Seedling	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Thymus vulgaris	Plant	--	30	-0.5969128791852656	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Tribulus terrestris	Flower	--	--		--
Trichosanthes kirilowii	Seed	--	--		--
Trifolium pratense	Plant	--	--		--
Trigonella foenum-graecum	Tissue Culture	--	10	0.9999999999999998	--
Trigonella foenum-graecum	Seed	--	180	-0.2503358143318627	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
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	--	--		--
Urtica dioica	Root	--	--		Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Urtica dioica	Shoot	--	--		Gruenwald, J. et al. 1998. PDR for Herbal Medicine. 1st ed. Medical Economics Co., Montvale, NJ. 1244 pp. (abbreviated as PHR or Physicians Herbal Reference in my mind)
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.
Verbascum thapsus	Stem	--	--		--
Vicia faba	Seed	80	400	0.204104838797098	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	20	25	-0.5705099108545394	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	10	100	-1	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vitis vinifera	Plant	--	--		Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Vitis vinifera	Seed	--	--		--
Withania somnifera	Tissue Culture	--	--		--
Zea mays	Seed	--	320	0.03885369220474866	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Zea mays	Shoot	--	--		--
Zea mays	Seed Oil	--	--		--
Zingiber officinale	Root	10	100	-0.2945736885682078	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)