

P Chondrus crispus

Common Name(s)

Irish Moss

How Used

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Chemical Plant Part		Low PPM	High PPM	StdDev	Reference Citation
5	ALUMINUM	Plant	355	355	-0.05101951693444631 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
2	ARSENIC	Plant	10	10	0.08644250895517988 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
112	ASCORBIC-ACID	Plant	130	130	-0.5631670670175627 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	ASH	Plant	150000	150000	0.5236862182691849 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
53	BETA-CAROTENE	Plant	55	55	-0.42930529693786285 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
28	CALCIUM	Plant	18820	18820	0.5595003539807759 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	CARBOHYDRATES	Plant	862000	862000	1.2208115934036765 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Chemical Plant Part		Low PPM	High PPM	StdDev	Reference	Citation
2	CARRAGEENAN	Thallus	--	--		Jim Duke's personal files.
0	CARRAGENAN	Plant	--	--		
24	CHROMIUM	Plant	12	12	0.255491824708617	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
5	CITRULLINE	Thallus	--	--		Jim Duke's personal files.
0	CITRULLINYL-ARGININE	Thallus	--	--		Jim Duke's personal files.
2	COBALT	Plant	70	70	1.8093516592784613	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
7	CYCLOARTENOL	Thallus	--	--		Jim Duke's personal files.
0	FAT	Plant	12000	12000	-0.5801239426660156	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
15	FIBER	Plant	111000	111000	-0.8266255732168902	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	GAMMA-CARRAGEENAN	Thallus	--	--		Jim Duke's personal files.
0	GAMMA-CARRAGEENAN	Plant	--	--		Jim Duke's personal files.
0	GIGARTININE	Thallus	--	--		Jim Duke's personal files.
8	GLUTAMIC-ACID	Thallus	--	--		Jim Duke's personal files.
6	IRON	Plant	874	874	0.2909506037197664	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	KAPPA-CARRAGEENAN	Plant	--	--		Jim Duke's personal files.
0	KAPPA-CARRAGEENAN	Thallus	--	--		Jim Duke's personal files.

Chemical Plant Part		Low PPM	High PPM	StdDev	Reference Citation
0	KILOCALORIES	Plant	2430	2430	-0.8023190887521179 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	LAMBDA-CARRAGEENAN	Plant	--	--	Jim Duke's personal files.
1	LANOSTEROL	Thallus	--	--	Jim Duke's personal files.
0	LEAD	Plant	--	--	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
65	MAGNESIUM	Plant	19600	19600	4.822191267871701 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
14	MANGANESE	Plant	38	38	-0.4225518633115063 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
1	MERCURY	Plant	7	7	-0.10988475423634798 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	MU-CARRAGEENAN	Thallus	--	--	Jim Duke's personal files.
39	NIACIN	Plant	--	83	0.08806890761626925 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
4	PHOSPHORUS	Plant	1800	1800	-0.8595158871407913 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
14	POTASSIUM	Plant	13310	13310	-0.5918919707508569 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	PROTEIN	Plant	123000	123000	-0.41356023629375166 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
15	RIBOFLAVIN	Plant	1.1	1.1	-0.7185852413200051 Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Chemical Plant Part		Low PPM	High PPM	StdDev	Reference	Citation
60	SELENIUM	Plant	--	18	0.3757777270293432	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
4	SILICON	Plant	67	67	-0.14217624742579515	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
1	SODIUM	Plant	81200	81200	4.190853118516457	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
6	TAURINE	Thallus	--	--		Jim Duke's personal files.
31	THIAMIN	Plant	2.3	2.3	-0.4504896463652736	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
4	TIN	Plant	27	27	0.417010609603476	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	WATER	Plant	834000	834000	0.27000219592889013	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
77	ZINC	Plant	44	44	-0.08032119569128418	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.